

THE BORDEN STAR

VOLUME XXVIII

June 24, 1998

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

Meet Your Borden Co. EMS



Mike Valentine

This week our EMT of the week is, Mike Valentine.

Mike is an EMT, Intermediate for the Borden County EMS and serves in the Fluvanna area. He has taken several classes to improve his knowledge for the EMS, including ACLS (Advanced Cardiac Life Support), ABLIS (Advanced

Burn Life Support), EMT Defib classes and he hopes to take the Paramedic class soon.

Mike and his wife Tammy live in Fluvanna along with their three sons, Miller, Miles and Myrick. He has been a part of the Borden County EMS service since 1996. Mike also serves on the Borden County ISD School Board.

Prom Pictures may be picked up at the Cooley's house. until Thurs., June 25th After that date, they can be picked up in the Superintendents' office.

Grant becomes a new Marine Recruit

If Ryan Grant thinks Mrs. Lewis's English class is boot camp -- wait until he experiences the real thing next summer upon graduation from BHS in 1999. As of June 22, Ryan officially became a recruit for the U.S. Marine Corp.

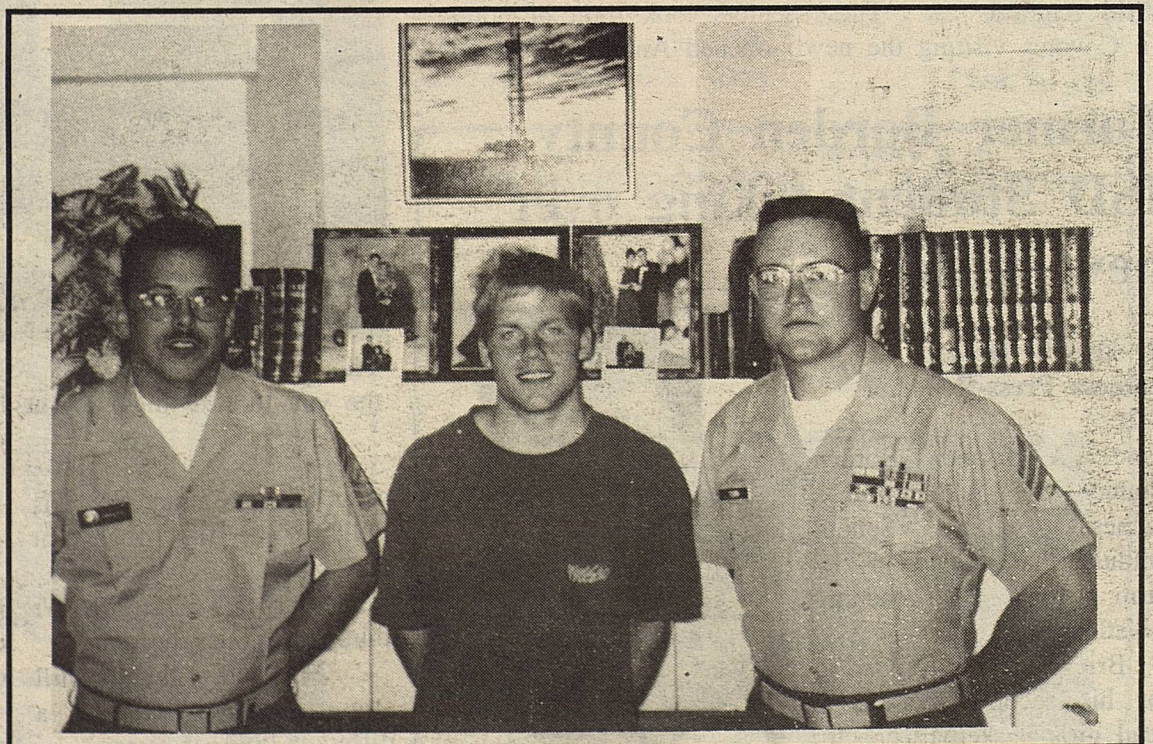
Ryan, son of Eldon and Elizabeth Grant of Gail, will be based at Camp Pendleton for basic training in San Diego next summer. He has a four-year enlistment and plans to finish

his college education during this time and the two-years following the initial enlistment period.

While in the service, Ryan wants to complete training in the Officer Candidate School and work specifically in the Marine forces that combat terrorism.

Ryan comes by his desire to serve country quite naturally; in fact, with his enlistment in the Marine Corp, the family

now has "hit for the cycle" so to speak: his great-grandfather, and Army recruit, fought in World War I; a grandfather served in the U.S. Navy and a grandfather alone with his dad Eldon who both served in the United States Air Force - so Ryan now completes the picture as a Marine. His dad says they may have to prepare younger son Dale, who will graduate in 2002, for the Coast Guard. Dale, we hope you don't get seasick.



New Marine recruit Ryan Grant, pictured with Master Sgt. Doyle, left and Sgt. Tohm, right

Citizens Waste Transfer Station (Landfill)

Will be CLOSED Saturday, July 4, 1998 for the Holidays

BHS Seniors Travel to Florida

Could it be that the new Harrison Ford/Ann Heche movie, "Six Days, Seven Nights," is based on a senior trip? Nah . . . but this year's seniors enjoyed five days and four nights in sunny Florida during the first week of June.

Sixteen seniors and their sponsors, Tom Lewis and Carol Lewis, spent time enjoying the high-

lights of DisneyWorld, including the newest theme park, Animal Kingdom. Other attractions included Epcot, Magic Kingdom, Universal Studios, and Planet Hollywood.

Students raise their money annually for the trip by working the basketball concession stand and having various fund-raisers, such as this year's t-shirt sales.



Preparing for take-off: The Senior Class of 1998 gathers in front of Old Yeller Wednesday, June 3 ready for the trip they have been working for all year. Pictured (L. to R) standing: Oscar Baeza, Clint Cowart, Lee Barkowsky, Chrissy Armstrong, Shalina Reyes, Tammy Cooley, Haley Roe, James Nance, Randi Farmer, and Tera Stamper. Kneeling: Clint O'Brien, Bryce Dye, Clint Scott, Trini Vasquez, and John Brummett.



Wild Animals . . . These seniors look right at home -- 16 Coyotes visiting the newly-opened Animal Kingdom.

Former Borden County ISD Student taking over new duties

By Dwight Heins
Lamesa Press-Reporter

A former Borden County ISD student and a Lamesa High School graduate has traded in the farm for a coaching whistle.

Bric Turner is preparing for his second year as a head girls basketball coach.

After heading up Class 2A McCamey's program last season, Turner is moving to another 2A school, Morton, where he was recently tabbed as



BRIC TURNER

their girls new head basketball coach.

"I actually still had a



The Waiting Game . . . After their arrival in Florida, the seniors waited patiently for the van to take them to the hotel in Disney World.

crop at McCamey so this will be the first year that I'm only going to coach," said Turner. He doesn't think he'll miss farming.

He said, "there's still stress involved but it's a different kind of stress."

"In farming, there's so many things that are outside of your control. As a coach, you've got a little more control over the outcome. Plus, it doesn't

have to rain to have a good season."

Turner first made his mind up to get into the coaching ranks the summer of 1994.

"I've always wanted to give this a shot, but that summer I finally made my mind up to go back to school," said Turner, a 1996 graduate of the University of Texas-Permian Basin.

"It's just a lot of fun being part of a team. It's also very satisfying to watch how everything comes together and a bunch of kids strive to reach their goals."

While Turner is looking forward to meeting his new team in Morton, he's got another in his own house.

Cont. to pg. 3

Former student takes over new duties

Cont. from pg. 2

Bric and his wife Tanya, a Shallowater native, have two children five-year-old son Blake, four-year-old daughter Mattie and are expecting the birth of their third child in September.

"We're real excited about being back on the South Plains again," said Turner. "It was a different world at McCamey. It really was like the wild, wild west. Making the move to Morton should help us feel more at home again."

Tradition is one of the things which drew Turner to Morton.

"They are something like only one of five schools in the state to ever win both a boys and a girls state basketball championship in the same year," said Turner.

"They've got some good young talent in their program which means that we're probably a year away from where we want to get."

After earning his degree from U.T.P.B., Turner started his coaching career as an assistant at Forsan.

"It was a learning experience especially

working with younger kids. I also worked with the junior high kids there," he said about his first coaching job at Forsan.

After a year at Forsan, Turner landed his first head coaching job at McCamey.

"It was a big difference being the head guy for the first time. I read in one of John Wooden's (UCLA coaching legend) books once that an assistant gets to make suggestions while the head man get to make decisions."

Fundamentals are a big part of Turner's coaching strategy.

"You've got to put a big emphasis on your junior high. That's the place where you build programs," said Turner. "It's also real important to have a real structured program so when you get in to a game situation you'll automatically know what you're supposed to be doing next."

Turner already has established goals for his new job.

"They have been in a pretty tough district in the past. They've been in there with the likes of

Does Higher Education Make the Grade with Recycling?

The Lone Star State has some of the finest colleges and universities in the country. But how do they rate when it comes to teaching the average college student how to reduce or recycle the 820 pounds of waste they generate each year?

The Recycling Coalition of Texas (RCT) is looking to the state's institutions of higher education for viable solutions to waste reduction. Through the newly formed College and University Recycling Council (CURC), RCT will examine and improve recycling and buying recycled product opportunities on campuses statewide.

"We're not sure yet if our colleges and universities are making the grade when it comes to recycling, but through CURC we're aiming to give them the tools they need to find out," said Ben

Shallowater which won it all only two years ago. They've moved Shallowater up to 3A so at least we won't be in there with any great big gorillas which should help open things up for the rest of us."

Walker, RCT president and southwest regional manager of the Steel Recycling Institute.

Since 1991, many of the state's 35 public universities or 50 community colleges (with an enrollment of 5,000 or higher) have been mandated to provide procedures for collecting and storing recyclable materials, including (at a minimum) aluminum, steel containers, aseptic packaging (like juice cartons), office paper, and corrugated cardboard.

RCT's CURC will address issues particular to recycling on college campuses -- from dining rooms and classroom buildings to student participation in residence halls.

In fiscal year 1997, Texas A&M University recovered 634 tons of paper on the campus of some 44,000 students. "And we have more to do," said Nicole Patschke, Environmental Conservation Specialist at Texas A&M University and CURC co-chair. "Out landfill here is going to be filled to capacity within five years



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unless all of us drastically change our (recycling) ways. Although the people on campus and the community are very supportive, we definitely see a need to focus our efforts on educating all about the value of waste reduction and solid waste management."

Under the guidance of Lanse Fullinwider, RCT/CURC co-chair and Plant Operations Manager at the University of North Texas in Denton, North Texas recycled a total of 436 tons of paper in 1996-97, and 1.7 tons of aluminum in the same period. "When you begin reducing the amount of waste you

Cont. to pg. 7

VE Caution:
School's Out
Watch for
Children

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

It's just not the TEXAS way
to leave a **CHILD** behind.

"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..."

TOM LANDRY
spokesman for Child Find

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

public service announcement

Love That Lasts

Editor's note: The following article was written by Kelci Hart, a granddaughter of the couple featured. Kelci is a high school student at Post High school and she contributes articles for *The Post Patriot*.



Mr. and Mrs. Boy Hart

Something old, something new, white dresses and wedding rings--June is traditionally the month for weddings. Many people spend lots of money making sure that the ceremony is perfect and the reception unforgettable, but it is the Love that matters. The following is a story of an area couple that should help everyone to focus on the most important element of June weddings or weddings in any month for that matter.

It all began at school one day. Elizabeth Fowler was outside playing basketball when she felt a slap across her legs. She turned around to see a boy sitting on her horse with a switch in his hand and a huge grin on his face.

Elizabeth never dreamed that day would mean so much to her 62 years later.

"I got in so much trouble for that," she said. "I asked my friend if he was her brother and found out his name was Boy Hart."

The next time she would hear from Boy would be on Valentine's Day.

"I got a valentine from a Henry Hart. I didn't know who that was. Then I found out at school, it was Boy," Elizabeth said.

Boy flirted with her for two years before he ever asked her out.

"He asked my out when I was 17, and after only a few dates, he asked me to marry him," Elizabeth said.

The young lovebirds were married at the Baptist preacher's home in Snyder on December 17, 1938.

"We came to Garza County on October 7, 1942 as the sun was going down," Boy said.

They raised five children, Sonny, Royce, Richard, Nancy and David; and now have 14 grandchildren and 3 great-grandchildren.

"All five are married and still with their original mates," Elizabeth said.

She and Boy believe that is quite an accomplishment and feel they have made quite an accomplishment themselves.

"I don't even know how long we've been

married," Boy said. Well, it's been almost 60 years. How had their marriage survived all these years?

"It's a 50-50 thing," Elizabeth said. "It's a lot of give and take. Boy's uncle always told us to never let the sun go down mad at each other, but I imagine it did when he went rodeoing and left me with the kids."

The Harts have lived on a ranch almost all of their married life.

Boy and Elizabeth moved into town five years ago.

"It was quite an adjustment," Elizabeth said, "but we have wonderful neighbors here."

After all those years of ranching, rodeoing and raising a family they look back at the wonderful life they have spent together because after all those years they are still in Love.

A Baby Girl

*Soft as a whisper, so precious and sweet . . .
Tiny perfection from her head to her feet.
She's a dear baby girl to hold and to love . . .
All of the things sweet dreams are made of.*

Zoie Mexia Key

Born: April 21, 1998

Weight: 7 lbs. 3 ozs.

Parents: Brice & Darby Key

Big Sister: Olivia

Grandparents: Roland & Karan Key
Billy Gordon

Celebrate Jesus Revival

July 19, 20, 21, & 22

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Randy Hardman, Music
First Baptist Church, Gail

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Thanks

A heartfelt thanks to the Borden County EMS. Because of their fast response and transfer to Odessa, we feel a situation that could have been irreversible was avoided. A special thanks to Kent Holmes, Royce Nance, and Nelda Burnett for being there for us.

God Bless you!
Patsy and Bell Roe
Terry and Danita Roe

Thank You

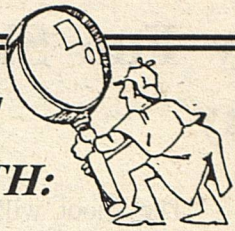
Thank you to all of my dear friends for the love and support you have poured out to me and my family.

The prayers, visits, cards, calls, flowers, and food have helped us through a very difficult time and continues to do so.

We appreciate everything you have done.

Sincerely,
Karen Key and Family

OUT 'N ABOUT
with the **NEWS SLEUTH:**



Kris and Van Lee York of Lubbock, had two events to celebrate Sunday, June 21, their wedding anniversary and Father's Day.

To add excitement to the already joyful occasion, their three year old daughter, Kaitlen was rushed to the emergency room to have a piece of glass removed from her foot.

Catherine York Amonett, Van and Barbara's daughter, has been teaching English in Loop for the past two years. She was also involved in their drama department, sold sodas at the basketball games, and was a class sponsor. This next fall she will be teaching in Mertzon near San Angelo where her husband Mark has been transferred.

The summer lightening storms haven't brought much rain, but they have caused quite a few grass fires. The Borden County Fire Department and members of the EMS were kept busy Sunday night and early Monday morning fighting fires in Scurry and Borden County. They had to fight flames that shot as high as 80 feet. The high winds did cause a respark and they had to go to the Shannon Ranch again to extinguish the fire. We appreciate their hard work.

Bob and Terri Buchanan took some days off from work to travel to

Plainview to visit Gerald and Dorothy Buchanan. From there they drove to Hartley to see what John and Jackie Harris, former teachers at Borden County ISD, were up to. They then hit the road again to visit Terri's mom in Denver Colorado and to attend an almost family reunion of the Wheeler clan. South Dakota was next on their map to travel to and see Mt. Rushmore and Deadwood. By now it was time to head for home by way of Lubbock to enjoy a bar-b-que cook-out at the new residence of their son Robert and Gracie Buchanan. They made it home in time to sleep for about 3 hours as their vacation had ended and work had begun. Traveling with them was their daughter Charla and her children Trey, Christina, Tony, and Teryn Soto.

Bob and Cookie Dyess really enjoyed watching the news on Channel 13 for a change. Their grandchildren, Erin and Spencer Kitten were filmed in connection with a segment on "Being safe while playing in a city park". Their mother, Suzanne, had told them when to tune in to watch the kids. They were surprised at the length of the news item, but realized it was due to the importance of the warning.

Rube Smith rushed his wife to the hospital the

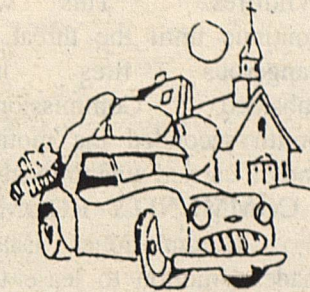
Borden Star Wants Your Summer Vacation Dream or Nightmare Stories

Family traditions vary. Some consist of holiday get-togethers; others make birthdays the big occasion. And, some still have the good, old-fashioned Sunday dinner after church. All of these enable family bonds to remain strong. But, one of the best ways to see just how close your family can be is to travel with them--and summer time is prime time for vacations. So, this summer, when you and your family take **THE TRIP**, whether near or far, bring pictures and an article to the *Borden Star* about how you survived several days in the car or

bus or train or plan or RV, and the tale will be printed for our interested readers.

Your vacation may inspire (or discourage) a family to take that bold step into the world of travel. Good or bad, travel provides lots of memories that just can't be replaced. Have fun--and report back!!!

Save the Summer for the "SAVIOR!"



Pause to Worship ON VACATION!

Everyone is invited to come and join us for worship and fellowship!

Sunday School: 10:00 a.m.
Morning Worship: 11:00 a.m.

Youth Alive!

Sunday Night Services: 6:00 p.m.
Youth Fellowship every Sunday evening following worship service

All Area Youth are invited to come and enjoy worship and fellowship!
(Ages: 7th. grade and up)

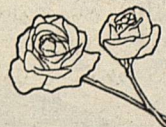
First Baptist Church Gail, Texas

Clifton Igo, Pastor

Randy Hardman, Youth Director

Gail Cemetery Donations:

Mr. & Mrs. Kenny Hensley
Billie Roberts



first of last week for an emergency appendectomy. Sue was able to come home the very next day and is gaining strength every day. Luckily her husband was able to convince her to go to the hospital, because at first she thought she only had a tummy ache from eating too much of Rube's world-famous gravy.

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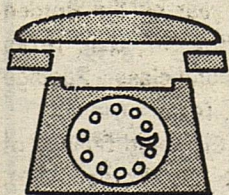
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Courthouse News

WHEREAS, On this the 26th day of May, 1998, the Commissioners' Court of Borden County, Texas, convened in Special Session in the Commissioners Courtroom at the Courthouse in Gail, Texas, the following members of the Court being present, to-wit:

VAN L. YORK, County Judge, Presiding; DOUG ISAACS, Commissioner, Prec. No. 1; LARRY D. SMITH, Commissioner, Prec. No. 2; VERNON WOLF: Commissioner, Prec. No. 3; HURSTON LEMONS, JR., Commissioner, Prec. No. 4; JOYCE HERRIDGE, Co. Clerk and Ex-Officio of the Commissioners' Court constituting a quorum, when the following proceedings were had, in accordance with the posted agenda:

MINUTES APPROVED

Minutes of the Commissioners Court meeting of the 11th day of May, 1998 were read. Commissioner Isaacs made a motion to approve said minutes and motion was seconded by Commissioner Smith. Motion carried unanimously.

ACCOUNTS ALLOWED

The current accounts were examined and Commissioner Lemons made a motion to approve and pay said accounts. Commissioner Wolf seconded the motion. Motion carried unanimously.

PERMANENT SCHOOL FUNDS

Commissioner Wolf made a motion to renew the Permanent School Funds Certificate of Deposit in the amount of \$734,300 and \$839,600.00 for a period of twelve (12) months in accordance with the Snyder Bank

Depository Contract. Commissioner Isaacs seconded the motion. Motion carried unanimously.

FIRE PROHIBITION

Commissioner Lemons made a motion to extend Judge Van L. York's Proclamation of Declaration of Disaster for Threat of Wildfires. This will continue until the threat of dangerous fires has subsided. Commissioner Smith seconded the motion and it carried unanimously.

COMMUNITY ROOM

Commissioner Isaacs made a motion to lease the Community Room to Hall-Bennett Clinic for one-half day per week, at the rate of \$50.00 per one-half day for one year. Commissioner Wolf seconded the motion. Motion carried unanimously.

BIDS OPENED

As advertised, bids for the purchase of a Vibratory Compactor were opened at 10:00 a.m. Bids were received from Yellowhouse Machinery Co. of Lubbock and from Bee Equipment Sales, Inc. of Lubbock. Commissioner Isaacs made a motion to accept the bid from Bee Equipment Sales, Inc. Commissioner Wolf seconded the motion and it carried unanimously.

ADJOURN

A motion was made by Commissioner Isaacs to adjourn. Motion was seconded by Commissioner Wolf and approved unanimously.

THE FOREGOING MINUTES READ AND APPROVED THIS THE 26TH DAY OF MAY, A.D. 1998.

More Courthouse News
Con. on Page 7

Borden County Fun Shoot Slated Saturday

There will be a Borden County Fun Shoot on Saturday, June 27, 1998 at Gail, Texas.

The trap and skeet range is located North of the Borden County School.

The shoot will begin at 8:00 a.m. The events to be offered are Trap, Skeet, and 5-Stand.

The cost is \$5.00 per round. Sub-Jr.--50 targets; Junior--75 targets; Senior--100 targets.

Individual prizes will be given for 1st through 3rd place. No team prizes will be awarded.

A concession will be provided by the Borden County Shooting Sports Club and the proceeds will benefit the Borden County Shooting Sports Program.

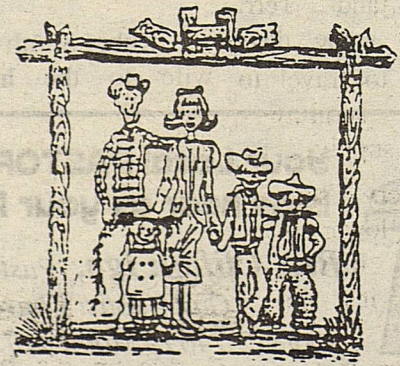
For more information, call Bill Jackson at (915)399-4407.



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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.

Bottle vs. Faucet: 'Tap' into truth about water

As temperatures begin to heat up and Texans reach for something refreshing to cool them off, a nutrition expert with the Texas Agricultural Extension Service reminds consumers bottled water isn't any better than tap water.

Water doesn't have any significant nutritional value.

What's more, just because a bottled water might taste better, that doesn't make it safer to drink. And sometimes, bottled water comes right out of a public water supply system.

A public water system is any system that supplies water to more than 15 connections or 25 or more people.

Any tap water from a public water system that regulated by the Texas Natural Resource Conservation Commission is tested at least monthly and has to meet state and federal public drinking standards.

Public system waters must meet two standards. First, water must be safe for drinking and is tested for 80 or more specific chemicals, including bacteria and mineral and inorganic compounds. The secondary standard applies to aesthetics and utility/ usefulness of the water -- usually its taste.

Due to the scrutiny given, the water supply in our state is very safe. Bottled water is lower in minerals and salt. It may taste better, but it's not necessarily safer.

It is well known that a

lot of the water in Texas is hard, affecting not only its taste but reducing the life of hot water heaters and other fixtures.

At the Amarillo center, water is used that has gone through reverse osmosis to remove minerals. The water is relatively high in salinity -- it comes from an old salt basin in New Mexico. The mineral content scales up the coffee pot and the coffee maker.

Another point-of-use water system available is activated charcoals that filter out bacteria from water.

Much of the water in Texas has an undesirable taste factor but does not present a health problem in most cases.

If someone is on a restricted sodium diet, they'd be better off with bottled water or reverse osmosis.

In one case, health concerns have given rise to innovative water usage. The Seymour Aquifer Area is a prime place for using bottled water because of the nitrate level in the water.

Here we have an example where farmers are adjusting levels of fertilizer on fields because of the nitrate in the water. That's a savings because they've learned to use nitrate in the water to their advantage.



Buckle up, it's the law!

Courthouse News

Continued from pg. 5

WHEREAS, On this the 8th day of June 1998, the Commissioners' Court of Borden County, Texas, convened in Regular Session in the Commissioners' Courtroom at the Courthouse in Gail, Texas, the following members of the Court being present, to-wit: VAN L. YORK, County Judge, Presiding; DOUG ISAACS, Commissioner, Prec. #1; LARRY D. SMITH, Commissioner, Prec. #2; VERNON WOLF, Commissioner, Prec. #3; HURSTON LEMONS, JR. Commissioner, Prec. #4; JOYCE HERRIDGE, County Clerk and Ex-officio of the Commissioners Court.

constituting a quorum, when the following proceedings were had, in accordance with the posted agenda:

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ACCOUNTS ALLOWED

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INSURANCE

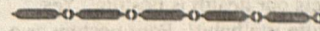
Shirley Bennett, representative of AFLAC Insurance Co., met and presented AFLAC Insurance Plan to the Court. Commissioner Isaacs made a motion to authorize Pay Roll Deduction for employees who wish to participate. Commissioner Smith seconded the motion. Motion carried unanimously.

Recycling

Cont. from pg. 3

produce, you cut the amount you're sending to the landfill," Fullinwider said. "The goal is to reuse as many materials as you can."

The problem that stands in the way of most



RESOLUTION

Commissioner Smith made a motion supporting INMATE REIMBURSEMENT LEGISLATION. Commissioner Isaacs seconded the motion and motion carried unanimously.

ADJOURN

A motion was made by Commissioner Wolf to adjourn.

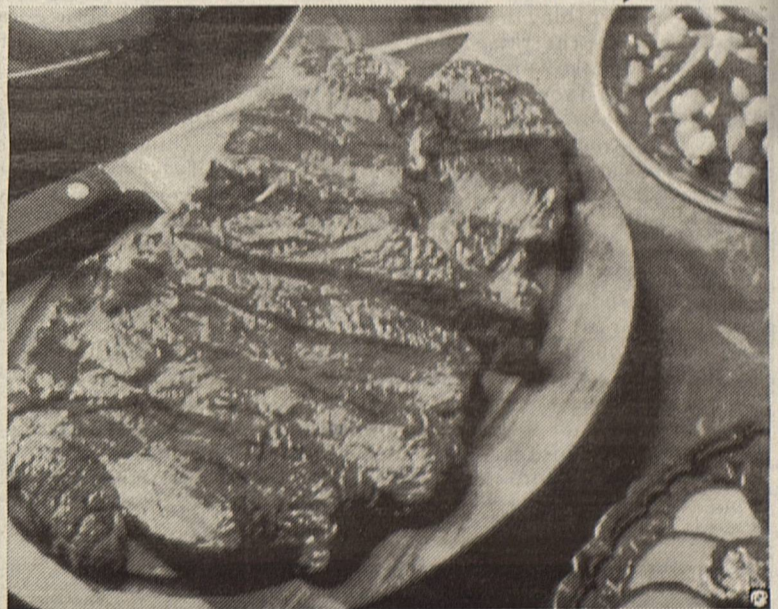
colleges and universities is that staff and students are new to recycling and buying recycled. Before the programs can be successfully implemented, this target group must be educated.

To find out more about CURC or to see how you local school can participate, call RCT toll-free at 1-888-258-3404 or visit the Web site at www.recycletx.org. RCT, based in Austin, is the state's largest membership organization of recycling industry professionals. its mission is to promote waste reduction through public policy advocacy, professional networking and public education.

Housework can kill you if done right.

—Erma Bombeck

An American Classic Can Win You \$3,000



Add spark to your favorite American dish and you could win \$3,000 in the "America Cooks with Kikkoman" contest. Announced in the June, 1998 issue of *Gourmet*, contestants are invited to demonstrate how Kikkoman sauces can go beyond Asian cuisine and enhance the flavor of American classics.

Home chefs have the chance at one grand prize of \$3,000 and two first prizes of \$250 to be awarded to entrants who create a classic American dish—main course, salad, appetizer, or side dish—that uses a Kikkoman sauce. See the June, 1998 *Gourmet* for rules and further contest details. For inspiration, try the Sizzling Tex-Mex Steak that uses Kikkoman Teriyaki Marinade & Sauce:

Sizzling Tex-Mex Steak

- | | |
|--|--|
| 1/2 cup Kikkoman Teriyaki Marinade & Sauce | 2 teaspoons fresh lime juice |
| 1 large clove garlic, pressed | 1 teaspoon Asian sesame oil |
| 1 serrano chile*, seeded and minced | 1-1/2 pounds boneless beef sirloin steak, 3/4 inch thick |
| 1/2 teaspoon grated fresh lime peel | |

Combine teriyaki marinade & sauce, garlic, chile, lime peel and juice and sesame oil; pour over steak in large plastic food storage bag. Press air out of bag; close top securely. Turn bag over several times to coat steak well. Refrigerate 45 minutes, turning bag over occasionally. Cook steak on grill 4 to 5 inches from hot coals 5 minutes on each side (for medium-rare), or to desired doneness. (Or, broil 5 minutes on each side, for medium-rare, or to desired doneness.) To serve, cut across grain into thin slices.

*Avoid touching face or eyes while handling chile; wash hands in warm soapy water.

I get a pain in my low back that comes and goes. I usually ignore it. What could be causing this?

Eighty percent of Americans under age 45 will have some form back pain at some point. You are not alone! It is difficult to pinpoint the cause of low back pain in any one patient--not all cases have the same cause. Some common factors which can contribute to low back pain can be poor muscle tone, muscle tension, muscle spasms, sprains, ligament or muscle tears, disc problems, or degenerative changes. One must also consider other medical conditions, occupation, gender related conditions, age and many other factors. It is essential that you see a chiropractor to rule out some of the less common causes of back pain, such as prostate disease in males, or gynecological diseases in women. What could be causing your recurring low back pain? Check with your doctor of chiropractic to find out the cause of your problem and the best possible solutions.

I'm a teacher and I see many students slouching in their chairs.

Back Talk

Chiropractic Care Questions & Answers

Will they outgrow this, or is this a problem I need to address?

Many habits developed as children are never outgrown. One habit that affects our health is posture. Yes, posture is a habit! Poor posture as a child will lead to poor posture as an adult. "As the twig is bent, so grows the tree." Have you ever noticed how a tree that grows on a windy hill is bent over in the direction of the wind? Children's bones, which are in an active state of growth, also grow in response to the stresses placed upon them. The natural shape of the spine when sitting correctly is an elongated "S" shape, what we call "natural S." Slouching in a chair makes the spine assume a "C" shape, "slouchy C." Slouching

in children leads to adult habits that are hard to break and can lead to further back trouble. Encourage your students to use "natural S" rather than "slouchy C" whenever you can. Slouching in children can also be a sign of back conditions such as scoliosis. Persistent slouching by the child despite constant reminders about "natural S" indicates that parents should seek an evaluation of the child by a doctor who specializes in spinal care--your chiropractor.

Back Talk is copyrighted by the Texas Chiropractic Association and is edited by a panel of doctors headed by Dr. Chris Dalrymple, editor in chief of the Texas Journal of Chiropractic. Send questions for Back Talk to 1601 Rio Grande, Suite 420, Austin, Texas, 78701.

PROTECT YOUR HOME WHILE ON VACATION

SUMMER IS A GREAT time for vacations. Unfortunately, burglars do not take breaks. We at the Office of the Attorney General want your home to be safe while you are gone. That is why we have prepared a list of simple precautions.

Take a few minutes to safeguard your property. You will enjoy your trip more knowing that you took care of things at home, and you will minimize your chance of being robbed while you are gone.

A vacation to-do list

Few thieves like to break into an occupied home. Your best defense against robbers is a house that looks lived-in. Do not leave your house looking abandoned while you are away. At a minimum, be sure to do the following:

- Stop mail and newspaper deliveries.
- Double-check all your locks and windows.
- Turn down the ringer on your phone. If you have an answering machine, turn down the speaker, and do not change your message to say you are on vacation.
- Mow your lawn before you leave. If you are going to be gone for a long time, have someone you trust maintain your yard.
- Leave blinds, shutters or curtains open or partially open. Windows that are tightly covered all day, every day, are a signal to potential thieves.
- Have a friend come by periodically to pick up any circulars or other evidence that you are away. Also, leave your itinerary with a friend and a list of phone numbers where you can be reached in case of emergency.

Many e-mail programs allow you to send an automated response to incoming mail. While this is a useful feature, avoid using it to announce that you will be away from home during your vacation. You never know to whom the message might be sent.

More safety tips

Some robbers cruise neighborhoods, looking for houses that are dark or quiet night after night. Consider getting a number of timers, and hooking them up to lamps or your TV. Place the timers in different rooms and set them to work at different times. Another good idea is to leave your air conditioning on a higher temperature, rather than turning it off completely. It is a sure sign that you are out of town if the A/C is off when the weather is hot.

Before leaving, use an engraver to mark all your valuables with your social security number or driver's license number. Some police forces will lend you an engraver and provide you with a window sticker that tells all potential thieves that your house is no easy mark. Many burglars will move on to an easier target once they see this.

Above all, have a trustworthy neighbor, friend or relative check your house occasionally. He or she can take care of things while you are away, like removing advertising flyers from your front door or seeing that everything looks normal. It might even be a good idea to arrange for a house sitter -- that way, the house will look lived-in because it is. Avoid mentioning to anyone outside your confidence that you will be away.

When all else fails

In spite of your best efforts, someone could rob you while you are away. To help settle insurance claims if you are burglarized, have a list of your valuable items with an estimate of their cost. There are now computer software programs that can help you automate this task. Many insurance companies suggest that you also take photographs of the valuables. Check with your agent for more ideas.

We hope these tips will help you enjoy your vacation with a calmer mind. Be safe, be smart, and have a great vacation.



RAISED BEDS GIVE GREEN THUMBS

The nearest thing to magic in the garden is the raised bed. Raised beds make a pro out of an amateur. And if you live on poor, shallow soil or on a slope or heavy clay that will not drain, raised beds are a must.

Raised-bed gardening requires walls 8 to 16 inches high filled with tailor-made soil you blend yourself. It should always be porous, spongy and well-aerated, similar to potting soil used with house plants.

Rototilling is not needed to work the soil in a raised bed. It stays mellow and spongy without tilling. To get rid of crop residues, you simply pull them up, put them in the compost heap, level the surface with a rake and you are ready to plant again.

Heavy rains will not bother raised beds. Even when regular gardens are flooded out, raised beds are well above the water line, moist but not wet.

Another nice thing about a raised bed, even if you have good, deep soil, is convenience with low-growing crops like lettuce. The raised beds get these small plants up off the ground where they are much easier to plant, irrigate, feed and harvest.

Raised beds are for highly intensive gardening. They make possible bumper crops in small spaces. Close spacing is used, not possible in a regular garden row. Fertility is kept unusually high to support thick plantings.

With a raised bed only 10 feet long by 3 feet wide, you will be

amazed at how easy it is to grow food and how much you can grow. The length of beds can be varied depending on your space, but 30 feet is usually the maximum desired. If you build two or more beds side-by-side, leave a walkway 16 to 18 inches wide between them.

Building materials can include any untreated lumber or cinder blocks.

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