## A 'Grand Ol' Opry in Borden County

by Shawna Ellison, Julie Mayes, Robert Stamper - Staff UIL newswriters

Gail FFA and 4-H will benefit from proceeds made last Saturday at the annual Coyote Opry.
The Opry, featuring a variety of singers and musicians of all ages, was a success according to FFA Sponsor Buddy Wallace.
"We brought in an access of $\$ 3200$ in this benefit. It was possibly one of the all-time high sales."

Borden High School graduate, Mrs. Carla Jones Sandusky, once again hosted the event. She performed songs from "Cats" and "Titanic" and her personal favorite, "The Sound of Music."* Mrs. Sandusky commented that the Opry is a highlight of her year.
"I was in the mall in Abilene telling people that I needed something special to wear to the Coyote Opry. They had no idea how important this is to Borden County."
The community's chefs supplied the Opry with several delectable baked goods that helped to bring in the record proceeds. One crowd pleaser was the "hamburger" cookies made by Bobbie Kempf, 8th grade student at BCJH .

Besides the baked goods,
funds were also raised from raffle sales. Mr. Wallace mentioned the winners of these.
"Bob Kempf won the rifle, and Bill Phinizy and wife received the night out in Lubbock," said Wallace.
An interesting side note is that Mr. Kempf won a rifle raffled off by the Borden Co. EMT service just weeks ago. Special thanks to those groups and individuals who donated their time, particularly auctioneer Bob "Bubba" Kurtis and emcee Carla Sandusky. Mr. Wallace is also appreciative to many others.
"A BIG thanks to the community for their support in Borden County $4-\mathrm{H}$ and Gail FFA youth organizations."
${ }^{*}$ (this reference is added purely for entertainment purposes although Carla really can $\operatorname{sing}$ ).

Week-end Activities:

## Saturday Morning:

Cross Country Meet Lubbock
Afternoon: Texas Tech vs Baylor game at 6:00 Tenative bus departure from Gail is 2:30 p.m.

## Coyotes Hold off Balmorhea

The Borden Coyotes failed, and the score read hosted the Balmorhea Bears 6-0. last Friday, September 25 th, and held off a second half surge by the Bears.

The Coyotes produced 44 points in the first half of play, 22 points in each quarter, and allowed only 8 points for the Bears.

The second half seemed to belong to the Bears, as they moved the ball up the field and began to sustain drives to control the game. The Bears outscored the Coyotes in the second half 13 to 16.

The Coyotes had 416 yards of total offense, the Bears had 326 yards. The Coyotes rushed for 238 yards on 27 carries and the Bears had 247 yards on 48 carries. Colt McCook had all the passing yards for the Coyotes and was 9 for 18 attempts and 178 yards, Colt threw his first interception of the season, and threw for 5 touchdowns.

The Bears were 6 of 10 passing for 79 total yards and one touchdown. The Bears had 4 turnovers to the Coyote defense, while the Coyotes had only 2 turnovers.

The Coyotes scored first with 9:00 minutes left in the first quarter. Colt McCook hit Colt Miller for the Coyotes' first TD from 7 yards out. The PAT

The second score of the evening was again from the combination of Colt to Colt, McCook to Miller. This time from 14 yards out, Miller caught the ball in the flats and had to split two defenders on the goal line to dive his way over the line. The PAT was kicked good by McCook, with $5: 58$ still left in the first quarter, giving the Coyotes the lead 14 to 0 .

On the Bears' next possession, they put their best scoring drive together for the half. With 4:04 left in the first period, Arturo Miranda broke two tackles and scampered 33 yards to pay dirt. Miranda was their leading rusher with 113 yards on 15 carries. Roman kicked their PAT good, and the Coyotes lead was now 14 to 8 .

With 2:42 left in the
first period, the Coyotes answered with 8 points of their own. This time Ed Rodriquez got lose in the open field and raced 41 yards to the end zone. McCook kicked the PAT through to increase the lead 22 - 8. Ed Rodriquez scored the next two touchdowns for the Coyotes as well; this time receiving the ball from the hands of McCook. The first was from 5 yards out, and the second was a 70 yard missile that Ed ran under for the TD. McCook kicked one of the two PAT's good, and the score with $4: 15$ left was 36 to 8 .

The Coyotes found the end zone one more time before the half. With 2:33 left on the clock, Fernando Baeza ran through wouldbe tacklers from 10 yards out. McCook kicked the PAT through the uprights

Cont. to pg. 2

## COYOTE FOOTBALL

Thursday, October 1st
Borden Jr. High vs Hermleigh Jr. High Here 6:00 p.m.
Coyote JV vs Whitharral Here - 7:30 p.m.
Friday, October 2nd
Borden Coyotes vs Whitharral
There - 7:30 p.m.

# SCORES \& MORE 

## OFF AND RUNNING Cross Country News By Trent Pepper

## Big Spring Results

The Coyotes and Lady Coyotes continued their winning ways Saturday at Big Spring. Between the hilly course and the tiring wind, the runners' times were not as good as last week's, but the Coyotes still racked up some impressive accomplishments.

Holly Thomas led the Lady Coyotes to a third place team finish in the AA and under division by placing eighth with a time of $14: 43$. She was followed closely by medalists Bekah Hensley, who placed twelfth in 14:58, and Valerie Wootan, who placed thirteenth in a time of 15:00. Julie Mayes and Katie

Kemp were not far behind, placing eighteenth in 15:30, and twenty-third in 15:46 respectively.

In the AA and under high school boys division, Trent Pepper led the way with his second first place finish. Trent covered the 3.1 mile course in 17:55. T.C. Stipe was the next Coyote to finish, placing twenty-eighth in a time of $21: 33$. Ramon Griffin was third among the Coyotes, finishing in 22:42, followed by Kevin Pinkerton in 23:02

The Coyotes' next meet will be in Lubbock on Saturday.

## Parents Club Scheduled for <br> Carnival November

## Help is needed:

by Tracy Cooley
Hey Everyone! Fall is other out it will be a great here and it will soon be carnival and easier for Carnival time again. This everyone. I will do the years carnival theme $A$ best I can to help anyone Coyote Carnival, The with anything they may carnival is scheduled for need.
November 7th from 6:30 p.m. to $9: 00$ p.m, at the county show barn.

There will be some new booths added this year and we hope they will be a lot of fun.

I know the carnival is a hard project for us all, but it's something our children look forward to and enjoy every much. I think if everyone can get together and help each fundraising project that

## Coyotes Hold off Balmorhea

Cont. from pg. 1 to up the lead 44 to 8 .

The Coyotes traded touchdowns with the Bears in the second half, each scoring twice. The Coyotes were the first to find the end zone in the second half. With 7:07 left in the third period. McCook found Kevin Pinkerton in the back of the end zone for 6 points. This time the Coyotes converted PAT for one point with a pass from McCook to Preston Sharp. The score now read 51 8.

The Bears were the next to produce a scoring drive. With $4: 41$ left in the 3rd period, the Bears completed a 15 yard pass into the end zone. Their PAT was kicked good, and the score was 51 to 16 .

The Bears found the end zone one last time. With 9:13 left in the game, a Bear dove across the end zone from one yard out. The PAT was kicked good, and the score was 51 to 24 .

Ed Rodriquez put the Coyotes' next points up, as he cut loose from 39 yards out. The PAT failed, and the score with :39 seconds
help support the Parents Club Scholarship that is awarded each year. your help in any way will help to insure a scholarship for a 1999 BHS graduate.

Please bring any Bingo donations to the school cafeteria or by my house. It would be appreciated if we could have the prizes the week before the carnival, so we can get an idea of how many prizes we have and how many more will be needed.
left to play was 57 to 24 .
Therc were a lot of stars for the Coyotes. Colt McCook completed 9 of 18 passes for 178 yards, one int. and 5 touchdowns. He had 9 tackles on defense.

Ed Rodriquez carried the ball 8 times for 122 yards and two touchdowns.

## He caught two passes for

 75 yards and two touchdowns. he had 11 tackles, 9 of which were unassisted, and he had a fumble recovery.Fernando Baeza carried the ball 16 times for 99 yards and a touchdown. He caught a 10 yard pass from McCook. Fernando also led the defense with 19 tackles, 13 of which were solo.

Colt Miller caught two McCook passes for 21 yards and two touchdowns. He had 15 tackles on defense, 11 of which were solo tackles. He also recovered two fumbles.

Kevin Pinkerton caught 4 passes for 72 yards and a touchdown. He had 12 tackles on defense, 8 being solo. He also had an interception. In addition, Kevin kicked a beauty of a
punt that went 55 yards in the air and out the back of the end zone.

Preston Sharp had a one point PAT conversion, and had two tackles on defense, Lee Pepper played special teams for the Coyotes and has snapped for the punter in Ramon Griffin's absence. Robert Stamper played some quarterback on special teams and recorded two tackles. John Harding and Justin Lawrence had a touchdown-saving tackle each. Nick Flanigan played some offense at center and Cesar Mujica played on the extra point kicking team.

## COACHES COMMENTS:

by Coach Avery
The Coyotes finally met a team that could give them four hard quarters of football. This is the kind of work our guys need. When it looked like we were going to put them away, the Bears fought back and put more points on the board to keep the game going. They fought hard and never let up. We were a little tired in the second half because we have not had to work that hard for that long this year. The game was good for the future of both teams. Our next opponent is Whitharral. It will be their homecoming game, so we are going to need all the support we can muster. Let's fill their stands and show them how to make some noise.

The classes starting balance for the 1998-99 school year from previous carnivals are as follows:

| Grade | Amount | Class of |
| :---: | :---: | :---: |
| 1st | $\$ 229.53$ | 2010 |
| 2nd | $\$ 615.60$ | 2009 |
| 3rd | $\$ 480.73$ | 2008 |
| 4th | $\$ 441.39$ | 2007 |
| 5th | $\$ 667.82$ | 2006 |
| 6th | $\$ 1205.60$ | 2005 |
| 7th | $\$ 1075.37$ | 2004 |
| 8th | $\$ 1800.81$ | 2003 |
| 9th | $\$ 1177.88$ | 2002 |
| 10th | $\$ 1915.01$ | 2001 |

## 1998

Cross Country Schedule

## Date Location

Oct. 3 Lubbock
Oct. 10
TBA
Nov. 7
Nov. 14

## Sundown

District TBA Regional Lubbock State Round Rock


Scholarships are "free money" that do not have to be repaid to the donor, and parents of high school students should be aware that many scholarship awards are closely connected to community service. Even though opportunities for community service are somewhat limited in our remote rural community, we should be aware that there are possibilities now available, and we must be willing to create more opportunities if we want our students to compete with students in urban areas. There are elderly people who need lawns mowed or houses cleaned; there are roadsides and grounds with trash to be picked up; there are other students who need tutorial assistance; and there are community beautification projects like weedy vacant lots, etc. We are proud that our students are deeply

## To The Parents of Eligible

## Children,

Ages $7-12$ as of $6 / 30 / 99$ :
With the rising cost of encouraging kids to read college, it is never too and awarding scholarships early to start looking for for reading. Look for scholarship opportunities. Kellogg's Rice Krispies This one can be found on cereal, Rice Krispies Treats your grocer's shelf on a cereal, Razzle Dazzle Rice well-known product spon- Krispies, and/or Rice soring an excellent cause - Krispies Treats for a box

## Parents Club Collecting Your Favorite Recipe for Cookbook <br> by Tracy Cooley

The Parents Club has decided to compile a cookbook for a fund-raiser this year. If you would please send 3 to 4 recipes by October 9th. to help with this project it will be greatly appreciated. The more recipes received will
involved in school, extracurricular, and church activities, but as an investment for the future and scholarship eligibility, community service is a must. Current scholarship entries are now available in the counselor's office for the Coca-Cola Scholarship, the Toyota Scholarship, the Target Scholarship and Radio Shack/Tandy Scholarship. At least a third of the eligibility for these scholarships is based on documented community service. Another third is based on school leadership and academic. ACT/SAT test scores and class rank are also important, and may require an essay. Younger students in high school and junior high should be aware of these requirements and work toward meeting them in order to compete successfully for scholarships as seniors.


## Photo Montages

One Sunday afternoon my wife and I were looking at some momentous brought back from a trip to Europe: brochures, programs from plays and concerts, photos, studs of subway, monorail, hover craft, train and airline tickets, invoices from purchases, just a bunch of little junk that didn't amount to anything.

This took place right after we were married some thirty-five years ago. Decoupage was popular then. Glue or paint something on a piece of wood, spray it with some sort of protective lacquer and hang it on the wall. it was the rage. Everybody was doing it.

I don't recall if it was my wife or myself who said. "Why don't we make some sort of montage with all this stuff. . . glue these little things on a board, spray it, hang it up and enjoy it." Anyway we did it. I found a piece of board about the size of a kitchen cabinet door and we started crating a European montage. We got out the scissors and blue and stated cutting and pasting little pieces of paper onto the wood. Amazingly, it took only a few hours to compete.

That board has hung on a wall of our house all these years and you can still read all the printing, the colors have held up well and when we look at
it we remember that Sunday afternoon of cutting and pasting and spraying and hanging.

In 1992, I decided to do another photo montage. We spent a week at Surfside on the Texas coast. I took hundreds of pictures of the sea, the surf, the sand, the sky the house where we stayed, the birds, the fishing boats and anything else I thought was representative of our stay at the beach. All of our immediate family members were there and I took several pictures of them.

When the pictures came back, I selected the ones I thought should go into the montage. I had no fixed idea as to what the end product would look like. I just wanted it to show that we really had some fun on the Texas coast.

I had some of the photos blown up to poster size. Some were eleven by 14. Some were five by seven. Some were four by six. We cut some of them to fit into some of the blank spaces. I first glued them onto some strong backing material, then placed them at various distances from the wall. The overall piece covers approximately six feet by four feet and hangs over my wife's desk in our studio. I never look at it without seeing something new in it. And when I look at it, I am reminded of a wonderful week with
the family in fabulous, fun place. The montage has 18 photos in it.

I've just finished my latest photo montage. I had a friend of mine who is good with a saw cut out the shape of Texas from a piece of good, solid wood. He simply put a map down on the wood, drew an outline of the state, then cut it out. Texas has some wonderful travel magazines with excellent photos. The Texas State Travel Guide has some of the best. My wife and I took that magazine, cut out pictures from San Antonio, put them where San Antonio is on the map and did the same thing for all the cities in the state. We then mounted the Texas photo montage on a base and display it when we make speeches.

Call me sometimes and Ill show you my photo montages.
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Thank You!
Our family would like to say a very heartfelt thank you to everyone who assisted us during our cat ordeal. We truly appreciated your phone calls and concern. We would like to extend a special thanks to the men who promptly responded to help capture the cat, and to our neighbors who stayed out until late hours helping with the search.

We feel very fortunate to live in a place where everyone pulls together in times of need. The overwhelming love and support in this community cannot be matched.

Tatum says "thank you'.
She is doing great!
Sincerely,
The Riches


## OBITUARY

## Michael Jones 1956-1998

Services for Michael Jay Jones, 41, of Lames were held at 2 p.m. Saturday at Northridge United Methodist Church with the Rev. Billy Everett, pastor, officiating.

Burial was held in Lames Memorial Park under direction of Branon Funeral Home.

Jones died Thursday, Sept. 24, 1998, as the result of a bicycle-truck accident in Lamest.

He was born Dec. 7, 1956, in Hereford. He married Esther Yarter on Sept. 6, 1980, in Sal, N.M. He moved to Lames from Portales, N.M. in 1992. He
was a correctional officer for the Texas Department of Criminal Justice at the Preston Smith Unit. he was a member of Northridge United Methodist Church.

Survivors include his wife; three daughters, lacy Rosie and Lyric, all of Lamest; a son, T.J. of Lamest; his parents, Mr. \& Mrs. A.J. Jones of Roswell, N.M.; three sisters, Gale Brown of San Angelo, Sharon McGowen of Midland and Karen Laverty of Farwell; and his grandparents, Mr. and Mrs. Earl Jones of Plainview.

A fund to help the family has been established at Lames National Bank. donations will be accepted during normal banking hours.

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## Linens and Laces Require Proper Care

Stains are inevitable part of meals. Don't forget that table linens need special treatment before they are stored. Here are a few simple steps to ensure a long useful life to your linens.
*When cleaning, consider the age of the table cloth, it's condition, fiber content, and construction technique. Measure the cloth before washing, since it may need to be blocked to it original size afterwards. If the item has lace trim or is completely lace, determine the type of fiber. cotton, linen, ramie, or polyester. Check the lace for holes or loose or pulled threads.

Treat any stains before storing. Soils and stains attract insects that can damage lace and linens. Colored linens or linens with trim should be tested to make sure that colors do not bleed or fade. Do this by applying

## Top 10 Tips To

 September is National Food Safety Education Month1. Avoid handling food when ill, or if you have cuts or sores on your hands.
2. Hand washing how to: rub hands vigorously with soap under hot running water for 20 seconds (sing "Happy Birthday" twice to yourself). Rinse thoroughly. Dry with a paper towel.
3. Wash hands properly before and after handling food.
4. Wash hands properly after: using the bathroom; changing diapers; handling tion, never taste food with pets; touching hair and your fingers; cut or ladle a

## lothing.

5. Do not wipe hands on apron or clothes.
6. Clean in between: wash cutting boards, knives and kitchen utensils after preparing each food item and before you go on to the next.
7. After washing cutting boards, utensils and surfaces, sanitize with a disinfectant or a solution of water and bleach; let air dry.
8. During food prepara-
a water/detergent solution to an inconspicuous area of the cloth. Blot with a towel. If the color remains on the towel, then do not wash the linen, instead, take it to a dry cleaner.
*Any stain release finish originally on the table cloth may need to be reapplied each season. Make sure that laces can withstand washing by puling gently in one direction and another. If the fabric feels like it will tear apart, it's probably too fragile for cleaning. However, it may be soaked with no agitation in a mild detergent. Rinse twice and lightly extract the excess water by pressing with a towel and then air dry - do not wring. Pressing a lace table is best done while the lace is damp. Store in a cool, dry place till the next use.

If you would like more information on clothing or textile care, including heirlooms, please contact the extension office at 7564336.

## "Keep it Clean"

small amount into a separate dish; wash the tasting dish and utensil after each use.
9. Wipe up spills on surfaces and floors immediately.
10. Dispose of trash frequently and wash hands afterwards.


## Branon Funeral Home

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5...THE BORDEN STAR, ẄED., SEPT. 30, 1998



## Supplemental Feeding For Whitetail

by Thompson Temple
me have about a $1-1 / 2 \%$ salt content. I have done well feeding only corn and blocks to my deer. I see a nice 19-20 inch 10 point buck eating corn and chewing on a block behind my house.

How about deer pellets? What is a deer pellet? Years ago Texas A\&M University did a study to determine what was the best diet for a whitetail deer. They gave that formula to Gene Bode over in Harper, Texas. Gene had this feed compressed into a little cube. Since then Acco Feeds, Godbold Feeds, and many other companies have been producing what is known in the industry as deer pellets. You would think that a "deer pellet" would be something you would find left in your yard after a deer was there. Well now maybe I have accurately described what a deer pellet is.

I have big hog feeders that hold about 60 sacks of

deer pellets in each feeder. The deer can walk up and eat as much as they want natural vegetation has a protein content of about $11 \%$ protein. A whitetail needs $16 \%$ to do his best. The deer pellets have $16 \%$ protein. It a buck gets $16 \%$ protein, then he gets a big rack! I saw a study one time on protein and deer. There were 8 whitetail bucks in 8 pens on the left side of an alley way. there were 8 bucks in 8 pens on the right side of the alley way. Each buck on the left side was given a diet with $11 \%$ protein. Each buck on the right was given a diet of $16 \%$
protein. Every buck on the left was smaller than every buck on the right in both body size and antler size. The next year the bucks on the left got high protein and the bucks on the right got lower protein. You guessed it, every buck on the left outsized every buck on the right the second year.

Whenever you feed deer, it is important to try to determine if you are raising the deer population above the number of deer that the land will support. Increased harvest of whitetail does can put the population where it needs to be. Persons with questions or comments can contact me at: Thompson Temple P.O. Box 498 Ingram, TX,
$830-367-5069$

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TEXANS RIINOS
DRIVE DRUNK TGN. What is that? TGN stands for "Total Digestive Nutrients". Many of the best ranchers feed corn to their goats. They know that corn is good, especially in cold weather. A deer has a diet similar to a goat in that they are primarily browsers and not grazers. A browser eats weeds and leaves. A grazer eats grass. I do not know how many tons of corn are fed to deer in Texas, but it is a bunch!

Another popular deer feed is a deer block. A deer block weight about 33 pounds. It is made up of good things that deer like to eat. It is usually higher in protein content than corn. Some of the most popular blocks have a $16 \%$ protein content. These blocks almost always have a salt content. Deer need salt, but not too much. The blocks that work best for

## Watch Out for The Children! <br> A Important Reminder from:



Moore-Rains Insurance Frances Rains Stephens 701 8th Street O'Donnell, TX 806/428-3335

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



 phmishon eman or roxas ecoporatith

## Sticky Cotton Alert

A few sticky cotton bales produced in 1995 caused major problems to textile mills. South Plains producers are again threatened with the possibility of sticky cotton from a late buildup of aphids on opening cotton in some fields.

The West Texas Sticky Cotton Task force has once again gone on the offensive to alert producers to this potential problem and to provide recommendations on how to avoid honeydew contaminated cotton caused by small numbers of aphids feeding in fields with opening cotton.

The 1995 sticky cotton problem was the result of honeydew contamination in probably less than 120.000 acres of the over 3 million acres South Plains Crop, said James Leser, Texas Agricultural Extension Entomologist headquartered in Lubbock. "Some mills found they needed to blend as many as 30 clean bales with a sticky bale to overcome the problems associated with processing sticky cotton."
"Contaminated cotton adheres to the machinery causing production slow downs," said Dean Ethridge, International Textile Center director of Texas Tech University. "Sand clinging to the sticky fiber can cause increased abrasion and premature wear of machine parts. This all leads to additional expense to the mill. The end result can be significant discounts, and even more importantly, loss of market access in ensuing years."

While aphids are only a
scattered problem across contaminated cotton from the area says Leser, some one farm can ruin the fields already have a reputation of all cotton stickiness problem from produced in west Texas." earlier infestations. "Unlike the higher numbers of aphids required to cause yield reductions earlier in the season, levels as low as $10-15$ aphids per leaf could excrete enough honeydew to get a field into trouble with sticky lint."

Leser advises producers to check potential problem fields and consider treating aphid infestations once cotton is at least $5 \%$ open and aphids number 15 or more per leaf on the 5 th mainstream leaf from the top of the plant. "This action level comes from California where rainfall events are rare after cotton begins to open. The South Plains production region has a. higher probability of getting honeydew-washing rains and may be able to be less aggressive in spraying aphids in opening cotton."

According to Randy Boaman, Extension Cotton Specialist located in Lubbock, once the lint is contaminated, it doesn't do any good to control the aphids until the honeydew deposits are removed by rainfall. "At least a $1 / 4$ inch is considered necessary to clean the lint. Producers with overhead sprinkler systems may consider applying a 1/4 inch irrigation to clean a contaminated field."

Stickiness is difficult to detect until it adheres to machinery surfaces during processing, Ethridge said. "While research is underway to develop a commerprincipled leaders we'll meet in the near future. I
with you to build a better Texas.

cial testing procedure, it will be up to individual producers to do their part in preventing contaminated bales from entering the market undetected. Unfortunately, sticky cotton is a problem that is not limited to the field or farm from which it came. Sticky cotton is everyone's problem since honeydew-

> Borden Co. EMS Numbers: 806/759-5111 Alternate No. 806/756-4311


GENERAL ELECTION CALENDAR Election - November 3, 1998
October 4th Last day voter who has moved to different election precinct within county may submit transfer of registration notice to be eligible to vote in the precinct of new residence.
October 5th . Last day a person may register in person to vote in November 3, 1998 general election.
October 19th Early voting by personal appearance begins.
Óctober 27th Last Day to receive application to vote early by mail.
October 30th Last day to vote early by personal appearance.
November 3rd ELECTION DAY


As I have walked the neighborhoods of West Texas and District 70, I'm more As I have walked the that we can solve most of our problems if we rely on the confiden thess of our communities rather than on government bureaucracies resourefun or Washington D.C. As Governor Bush has shown, keep more of their in Austin or Was government, allowing working people to keep more of communities. interference from government, allowing dors and resources to local communities
hard earned dollars, and retuing power
I believe that families are still the basic building of society and that we
I believe that families are still the basic buental values of our nation by electing can do much more to restore the fundamerepresent communities, not
special interests. More to listen and respond to your concerns. More than likely, I've been
time to to your home and listened if you had an issue to discuss. If missed and working


Scott McLauchlin for State Representative
P.O. Box 1672 * Big Spring, TX 79721 * Phowe (915) 263-0410 * Fax (915) 263-0440


Robert J. Luchi, M.D. Huffington Center on Aging Baylor College of Medicine Houston, Texas

In the battle between muscle and flab, muscle doesn't have much of a chance.
Loss of muscle tone is a natural part of aging. This loss begins as early as age 25 and continues throughout life. Since a sedentary way of life places few physical demands on most people, the impact of this deterioration often isn't felt until a 75 -year-old starts having trouble rising from the couch.
An estimated one-third of men and two-thirds of women over the

Strength training gives elderly a lift
age of 75 cannot lift an object heavier than 10 pounds. However, studies indicate that even frail elderly people can begin a simple strength-training program.
Experts at the Baylor Sports Medicine Institute at Baylor College of Medicine in Houston say the impact of weight lifting for older people can mean the difference between enjoying life's later years and languishing through them. Benefits include: - Reversal of the loss of muscle tone - Prevention against osteoporosis, weakening of the bones - Increased energy

- Increased strength

Walking is often the exercise of choice for older people, since it is easy on the joints and involves little impact. While walking is an excellent activity to improve overall health, weight lifting is better for
retaining strength and muscle function. The combination of the two activities, done two to three times a week, can significantly increase fitness and protect older people against falls, the leading injury-re-

## Make Your Mark FFA News By Brande Wells

## Poole Family Dives in Head First at Taylor County Fair

The weekend provided a good showing for Kaci, Tanner, and Kalli Poole as they travelled to Abilene with their steers to compete in the Taylor County Fair.
Kaci won a $3^{\text {rd }}$ place as did Tanner while younger sister

## Cookbooks

Cont. from pg. 3
recipe. A recipe collection form is available for anyone who would need one, or you can just write them on a plain piece of paper. Please be sure to put a title on your recipe and your name. Not all recipes may be used but we will try out best to get everyone in the cookbook.

Everyone in the community is welcome to submit a recipe.

Mail your recipe to Tracy Cooley, P.O. Box 101, Gail, Texas 79738. For more information contact Tracy at 456-4493.

Kalli's steer placed $2^{\text {nd }}$
4-H students as well as FFA students continue to work in the fall to prepare for the second semester's major stock shows in January, February, and March.

## FOTBALL FORECAST


ercise program, though, check with your doctor. He or she can determine the appropriate level of activity to use as a starting point. After that, a weight-lifting program can be as simple as picking up some hand weights or dumbbells to fight the
lated cause of death among people over the age of 65 .
Evidence also suggests that a regular exercise program can help stave off depression, a constant threat among the elderly.
Before beginning any type of ex-

US News and World Report Newsweek

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