

THE BORDEN STAR

Volume XXIX

May 30, 2001

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

Seniors celebrate completion of thirteen years of education

Borden County High School seniors celebrated the completion of 13 years of studies at 8 p.m. Friday in the high school auditorium in Gail.

Twelve seniors became graduates Friday during commencement ceremonies.

Jeanette Koehler played the processional as the seniors marched into the auditorium. The invocation was given by Holly Thomas.

Shawna Kempf gave the welcome prior to the salutatory address given by Rebekah Hensley.

Krystle Lee then gave the class history, Ross Aten the class prophecy, and Abby Flanigan the class will.

Trent Pepper delivered the valedictorian address followed by guest speaker, Dr. Zacharie Clements, who was introduced by Superintendent Jimmy Thomas.

Following Clements' speech, Principal Chet Dye presented the class for diplomas and awards. Jimmy Thomas and school board president Randy Adcock presented the diplomas and awards to the students.

Tom Griffin gave special recognition to all senior parents, as each student presented their parents with red roses and their diplomas.

The benediction was given by Kandace Kimmel followed by Ms. Koehler

playing the recessional as the senior class graduates left the auditorium.

A reception was then held in the school cafeteria. An all night Project Graduation party took place following the reception for the graduates and their friends in Snyder.

On Thursday, May 24th the seventeen eighth grade class members received their diplomas and are now ready to enter their High school career next fall. The program began with Emily Mayes giving the invocation and Garrett Chapman giving the welcome to family and friends. Mrs. Metta Tyler performed special music for the students and visitors. Billy Roper gave his Salutatorian address and LaShae Johnson gave the Class History and Casey Divin gave the Class Will. John Wilson gave the Valedictorian address. The diplomas were then presented by Mr. Chet Dye, Principal and Jimmy Thomas Superintendent. The program ended with the benediction given by Cassidy Rinehart. The class exited the auditorium with the recessional played by Jeanette Koehler.

A reception followed in the school cafeteria for the students, families and friends.

End of School Awards Assembly

An annual Awards Assembly was held on Wednesday, May 23rd at 2:50 p.m. in the school auditorium.

Mr. Jimmy Thomas, school superintendent gave the welcome to all the students, teachers, parents and guest. He tanked the students for an outstanding school year and praised them for all their hard work and dedication to their school.

Mr. Chet Dye, Principal announce the Perfect Attendance awards. They are: Kindergarten - Valerio Hernandez, Lexi Peterson, and Teryn Soto; 1st grade - Bethany Stamper; 2nd grade - David Rodrigues; 3rd grade - Chelsea Stephens; 4th grade - Clay Harding and Carlos Hernandez; 5th grade - Logan Howard, Quentin Shafer, and Miller Valentine; 6th grade - Rowdy Clary, Taylor Peterson, and Christina Soto; 7th grade - Andrew

Lamming; 8th grade - Adam Carter and Billy Roper; 10th grade - Talin Pepper; 12th grade - Jerry Hernandez and Holly Thomas. Holly was also recognized as having a Perfect Attendance for the last 4 years, throughout her high school career.

Ms. Sue Jane Mayes announced the new Beta Club members. They are: Dan Griffin, Kyle Pinkerton and John Stamper.

Mr. Mickey McMeans then presented the Scholastic Achievement Awards to the students. These awards were presented to student with a 90 average with no grade lower than 85. They were: 6th grade - Clint Chapman, Christina Soto and Daniel Williams. 8th grade - Garrett Chapman, Emily Mayes and Billy Roper; 9th grade - Clay John

Anderson and Kyle Pinkerton; 12th grade - Ross Aten, Tom Griffin, Shawna Kempf and Krystle Lee.

Mr. McMeans also gave highest GPA. These students were: 6th grade - Christina Soto; 7th grade - Whitney Anderson; 8th grade - Casey Divin Powers; 9th grade - Kyle Pinkerton; 10th grade - Micah Hensley; 11th grade - Andrea Lozano and 12th grade - Trent Pepper.

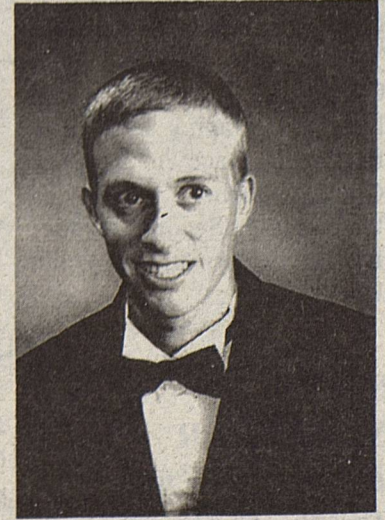
The Beta Achievement Awards were then presented by Mr. Dye. These students had no grade lower than a 90 in a six weeks. They were: 12th grade - Rebekah Hensley and Trent Pepper; 11th grade - Andrea Lozano; 10th grade - Micah Hensley;

Cont. to pg. 2

Citizenship Award



Abby Flanigan



Trent Pepper

**B.C.J.L.A.
Directors
Meeting
Mon. - June 4th
Borden County
Extension Office
7:00 p.m.**

Make the Grade

6th SIX-WEEKS

Beta Achievement:

Twelfth Grade: Ross Aten, Rebekah Hensley, Krystle Lee, Trent Pepper and Holly Thomas. **Eleventh Grade:** Andrea Lozano. **Tenth Grade:** Michele Bond, Micah Hensley and Talin Pepper. **Ninth Grade:** Clay John Anderson, and Kyle Pinkerton.. **Eighth Grade:** Garrett Chapman, Casey Divin Powers, Billy Roper and John Wilson. **Seventh Grade:** Whitney Anderson and Shylo Pool. **Sixth Grade:** Rowdy Clary, Kalli Poole and Christina Soto.

6th Six-Weeks

Honor Roll:

Twelfth Grade: Abby Flanigan, Tom Griffin, Shawna Kempf, Kandace Kimmel and D.J. Smith. **Tenth Grade:** Kyliia Culp, Bobbie Kempf and Dalene Kempf. **Ninth Grade:** Dan Griffin and John Stamper. **Eighth Grade:** Emily Mayes. **Seventh Grade:** Megan Brooks and Cassidy Odgen.. **Sixth Grade:** Ana Arellanos, Clint Chapman, John Coward and Sarah Harding. **Fifth Grade:** Logan Howard, Shelby Roberts, Miller Valentine, Kate Wallace, Cutter Whipple and Rachel Wilson. **Fourth Grade:** Carlos Hernandez. **Third Grade:** Flynn Chapman, Eric Espinoza, Rachael Payne, Chellsie Pigford, Lacey Roberts, Chelsea Stephens and Raylea Underwood. **Second Grade:** Bailey Anderson, and John Hensley.

SECOND SEMESTER

Beta Achievement

Twelfth Grade: Rebekah

Hensley and Trent Pepper. **Eleventh Grade:** Andrea Lozano. **Tenth Grade:** Michele Bond, Micah Hensley and Talin Pepper. **Eighth Grade:** Billy Roper. **Seventh Grade:** Whitney Anderson.

SECOND SEMESTER Honor Roll

Twelfth Grade: Ross Aten, Tom Griffin, Shawna Kempf, Krystle Lee and Holly Thomas. **Ninth Grade:** Clay John Anderson, Kyle Pinkerton and John Stamper. **Eighth Grade:** Garrett Chapman, Casey Divin Powers and Emily Mayes. **Sixth Grade:** Clint Chapman, and Christina Soto. **Fifth Grade:** Logan Howard, Shelby Roberts, Miller Valentine, Kate Wallace, Cutter Whipple and Rachel Wilson. **Fourth Grade:** Carlos Hernandez, **Third Grade:** Flynn Chapman, Eric Espinoza, Rachael Payne, Lacey Roberts, Chelsea Stephens and Raylea Underwood. **Second Grade:** Bailey Anderson, and John Hensley.

School Awards Assembly

Cont. from pg. 1

8th grade - Casey Divin Powers; 7th grade - Whitney Anderson.

Each year the teachers' select a senior girl and boy they feel are suited to receive the Citizenship Award. This award is based on the students overall attitude towards teachers and fellow students. This year's Citizenship Award was presented to Abby Flanigan and Trent Pepper.

Class of 2001 Scholarship Recipients

Ross Aten, son of Bill and Donna Aten of Post was chosen to receive the *Poka Lambro Scholarship*. Ross plans to attend Abilene Christian University and achieve a degree in Electrical Engineering.

Abby Flanigan, daughter of Billy Max and Nancy Gordon of Post received the *Brandon Adcock Memorial Scholarship*. Abby is currently undecided on college plans and a career, but will attend a local University.

Thomas Griffin, son of Lane and Diane Griffin of the Vincent Community received the *J. Pat Porter Memorial Scholarship*. Tom plans to attend West Texas A&M University where he will major in General Business.

Rebekah Hensley, daughter of Randy and Donnelle Hensley of the Plains Community received the *Texas Tech Salutatorian Award*, the *Lyntegar Electric Scholarship*, and the *Panhandle Plains Higher Education Authority Scholarship*. Bekah plans to attend Texas Tech University and major in Nursing and become a Nurse Practitioner.

Shawna Kempf, daughter of Bob and Mary Kempf of Gail was chosen to receive

the *Don Cox Memorial Scholarship*. Shawna plans to attend Howard College and began her college career in Radiology.

Kandace Kimmel, the daughter of Chuck and Paula Kimmel received the *Western Texas College Scholarship*, the *Borden County Junior Livestock Association Scholarship*, the *Promising Freshman Agriculture Scholarship* and the *South Plains Fair Scholarship*. Kandace plans to attend Western Texas College and then attend Tarleton State University to finish her education and plans to major in Agricultural Education.

Krystle Lee, daughter of Jeanette Koehler of Gail received the *Poka Lambro Scholarship*, and the *Borden County Parents' Club Scholarship*. Krystle plans to attend The Art Institute of Dallas and major in Graphic Design and receive a degree in Associate of Applied Arts.

Trent Pepper, son of Kelly and Lesa Pepper of the Plains Community received the *John Brown University Presidential Scholarship*, the *John Brown University National Merit Scholar Award*, the *National Merit Scholarship*, the *Texas Association of Secondary*

School Principals Leadership Award and the *VFW "Voice of Democracy" Contest Scholarship*. Trent plans to attend John Brown University in Siloam Springs, Arkansas and to major in history and minor in theological studies.

D.J. Smith, son of Lin and Deb Smith of Borden County received the *West Texas A&M University Theater Scholarship* and the *Ruth Weathers Memorial Scholarship*. D.J. plan to attend West Texas A&M and major in theater and then plan to attend a film school to screen-write.

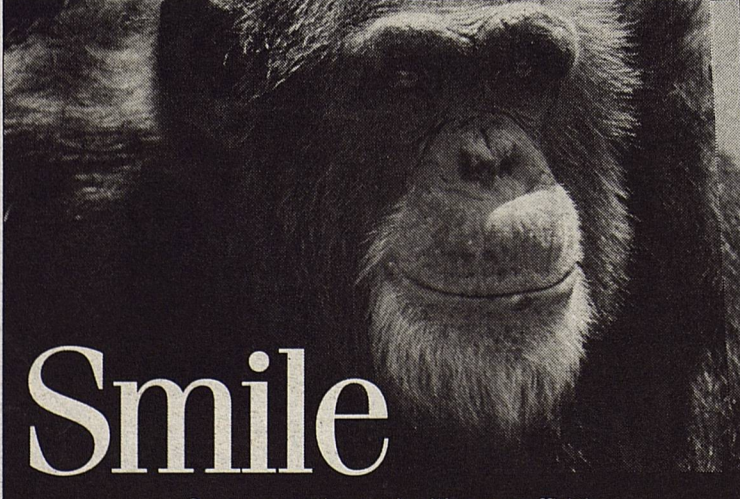
Holly Thomas, daughter of Jimmy and Kim Thomas of Gail received the *Caprock Electric Scholarship* and the *Karen Key Memorial Scholarship*. Holly plans to attend Hardin Simmons University and major in Speech Therapy.

WTC announces Who's Who

The 2001 edition of WHO'S WHO AMONG STUDENTS IN AMERICAN JUNIOR COLLEGES will include the name of, Peggy Pigford, who is attending Western Texas College in Snyder.

Peggy lives in Gail alone with her husband Andrew and children Aaron a 7th grader and Chellsie a 3rd grader at Borden County School. Peggy also works part time at the Gail Post Office.

Campus nominating committees and editors of the annual directory have included the names of students based on their academic achievement, service to the community, leadership in extracurricular activities and potential for continued success.



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Accelerated Reading Final Report

This is the final AR report for the school year 2000-2001

1st Grade

Austin Fields – Level IV & V
Vivian Hernandez – Level IV
Austin Tyler – Level V

2nd Grade

John Hensley – Level VI
Miles Valentine – Level VI
Ethan Winegarner – Level VI

3rd Grade

Eric Espinoza – Level III
Olivia Key – Level III
Karl Lamming – Level III
Rachael Payne – Level V
Chellsie Pigford – Level III
Shylo Rinehart – Level III
Lacey Roberts – Level VI

Drew Tyler – Level II
Raylea Underwood – Level IV
5th Grade

Quentin Shafer – Level IV
6th Grade
Sarah Harding – Level IV
Symeron Rinehart – Level III

Christina Soto – Level VI
7th Grade

Mika Peterson – Level II
8th Grade

Jeffrey Minnick – Level II
9th Grade

Dan Griffin – Level V
Andy Lozano – Level II

10th Grade

Dalene Kempf – Level II
11th Grade

Jessica Ellison – Level I



Accelerated Reading Prizes: The drawing for the Accelerated Reader prizes was held on Thursday, May 24th. Bailey Anderson was the winner of the K – 2nd drawing for a bicycle. Lacey Roberts was the winner of the 3rd – 4th grade drawing. To be entered in the drawing each student had to have at least 50 AR points.



Rowdy Clary, 6th grader and Shelby Roberts, 5th grade were the winners of the AR drawing for grades 5th thru 7th. This year, two prizes were awarded because so many students had qualified for the drawing by having the minimum of 200 AR points.

BHS receives TxDOT grant, gifts for project graduation

Borden County High School was among 29 high schools in the Abilene district to receive a \$350 mini-grant each from the Texas Department of Transportation for Project Celebration 2001.

Brenda Mitchell, Abilene district traffic safety coordinator, said she was delighted that TxDOT continues to support this safety oriented senior activity.

In addition to the grant, Mitchell visited each high school and presented the Project Celebration chairperson key chains for each of the graduates who

attend their high school event. These mementos bare the slogan, *Zilch, Zero, None, Nada, Celebrate Sober*. T-shirts baring the same slogan were also donated as door prizes.

These thought provoking graduation souvenirs are designed to be a reminder to the students to remain drug and alcohol-free around prom and graduation time, Mitchell said

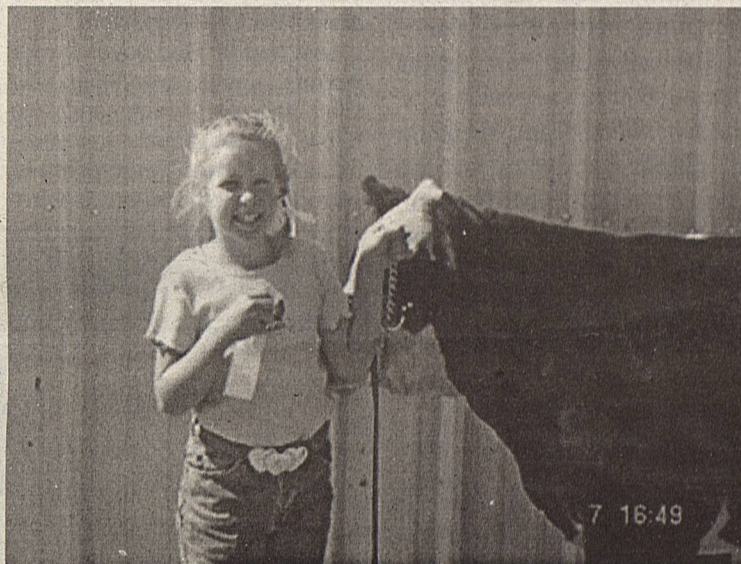
“We know the temptation seniors and their friends face this time of year as we’ve all been there ourselves,” she added. “That’s why TxDOT

thinks it is so important to help finance prom and graduation all-night parties and to offer small tokens as reminders of the importance of remaining sober while making memories that will last a lifetime.”

The grants to support Project Celebration are made available through the department’s Traffic Operations division. The money is divided between the state’s 25 districts that then determine the amount of each grant based on the number of high schools participating in their individual district.

Transportation officials report that this program is one of TxDOT’s most popular and well-received projects offered throughout the state.

It’s obvious these mini-grants cannot fully fund a Project Celebration event, Mitchell said. But we want to do our share in providing seed money to high schools so they can start their planning process for their alcohol/drug-free end of school parties. The funds are to be used to cover expenses such as printing, materials, postage, supplies, room rentals, and the like.



3rd Place Simmental: Chelsea Stephens received a 3rd place ribbon with her Simmental in the Seymour Steer Show held May 5th, in Seymour. Chelsea is a 3rd grade Borden County 4-H member and the daughter of John and Lori Stephens of Borden County.



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



Texas Stories
A showcase of the Texas Spirit

Tumbleweed Smith
Part owner of Texas



Setting the Stage for the Big Entertainers

When I first knew Charles Sweeney he was in high school and his nickname was Chip. He got involved in radio news in Houston and people started calling him Scoop. He now lives in California and has a website called Stage Dude.

He works in concert production, stage managing major acts all over northern California. For a really big show, his work starts a month or two in advance.

"Basically, my responsibility is to pull together all the pieces that will one day make the show happen: lighting, sound, staging, hiring stage hands, dealing with security companies, all sorts of things. It's like building a small city that's gonna be there for a day, then will go away."

For a really big show, five or six eighteen-wheelers will pull up to the concert site. They're full of band instruments and lighting and sound equipment.

"I'm always the first one there and I enjoy seeing the empty lot just before dawn. I try to picture what it's going to look like. By noon you've got security, a medical operation, fencing, caterers, vendors, the stage area. It's like a little village. Then around midnight they start tearing down and within a few hours it's an empty lot again. It's an interesting life."

He says Chris LeDoux always has a bunch of fireworks and flowers.

"He shows up with full pyrotechnics which takes a whole day to set up. He has a pyro-technician who travels with him. We set up charges

that makes the place look like World War three when Chris hits them during his show. We have to bring in fire marshals, put up danger zone signs. It's an intense thing."

Chris has to have fifty red carnations and fifty white carnations before every show.

"Basically, he just grabs them and throws them out to the fans. Here I am, spending a couple of hours in the middle of Nowhere, California trying to find carnations, which is a major challenge. The whole purpose is for Chris LeDoux to take them and throw them away. But that's show business."


Scoop really dreads to hear Chris do the song, "Copenhagen." But the crowd loves it.

"On the first note of that song, you'll see fifty Copenhagen cans come flying through the air. Chris never seems to get hit, but all the other poor guys on stage do. You've got Copenhagen cans bouncing off guitars and drums and the musicians' foreheads. On a few shows we've actually had to string up a net to catch the stuff to protect the performers."

Scoop works with country groups. He says they're more family-oriented.

"I took the pledge. I swore off doing rap shows just because the music is too strange. I guess maybe I'm too old to get the purpose of it. I can't understand the lyrics and when I do, I really don't want to know those lyrics. It's a different world and I'm sure they have a message. I just haven't figured it out. Besides that, I

just got tired of getting shot at."



SEEDS FROM THE SOWER
Michael A. Guido
Metter, Georgia

One night, after boiling water over the campfire, the hunters walked into their house. In their absence, a bear wandered into the camp and seized the burning kettle.

Instead of dropping it, he hugged it to him - his only known method of defense.

Worries are like that. If, instead of casting your cares upon Christ, you hold them and hug them to you, they'll burn and blight you.

The Living Bible says, "Don't worry about anything; instead pray about everything; tell God your needs and don't forget to thank Him for His answers."

Just now let God have all your worries. Leave everything with Him: failures, fears, and the future. He's equal to every situation. He's ever-present, never-failing, and all-sufficient.

Classified

SUMMER WORK WANTED

Do you need a baby sitter or help with your house cleaning? If so, call Cassidy Rinehart at 806/756-4323.

Work Needed!

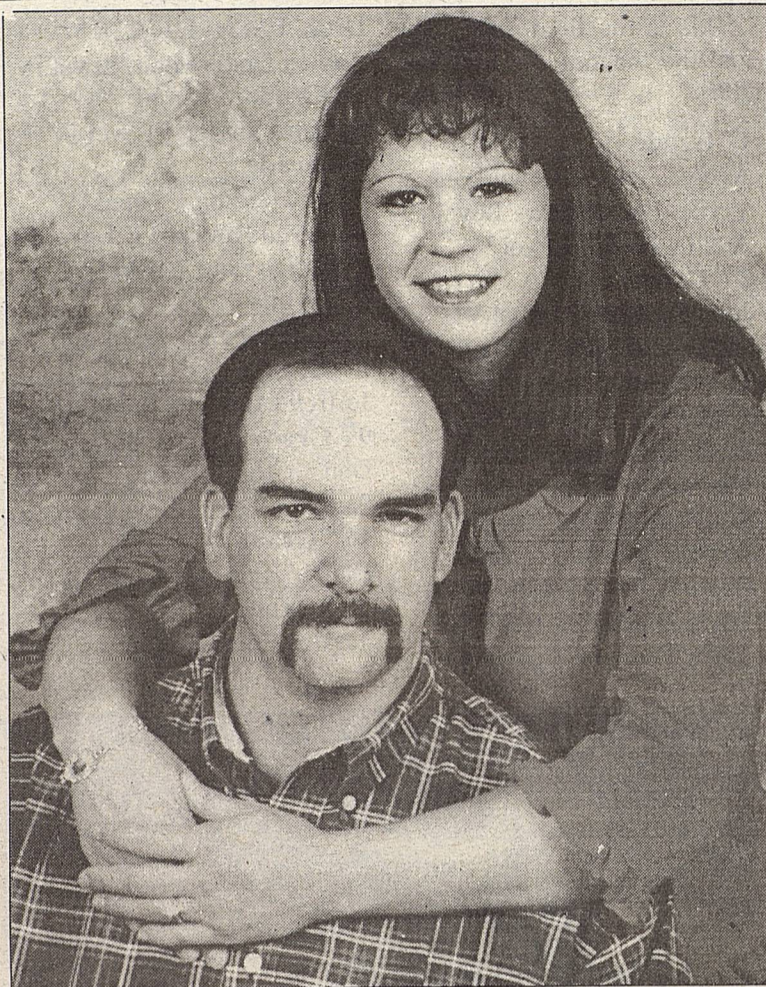
Need someone to do yard work or odd jobs around the house or farm. If so call Caden at 756-4460

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Engagement Announced



Michelle Levens and Jon Herring

Levens, Herring plan June wedding vows

Randy and Shawna Levens of Water Valley announce the engagement and approaching marriage of their daughter, Shauna Michelle, to Jon Clay Herring, the son of Ray and Gwen Herring of Fluvanna.

The bride-elect is a 1994 graduate of Lake View High School I San Angelo. She is employed by Cellular One in San Angelo. The future groom is a 1990 graduate of Snyder High School in Snyder and the South Plains College Law Enforcement Academy in Levelland. He also attended Tarleton State University in Stephenville. He is employed by One Stop Accessories in Lamesa.

The couple will exchange vows on June 23rd at the Church of the Hills in Fluvanna.

Branon Funeral Home

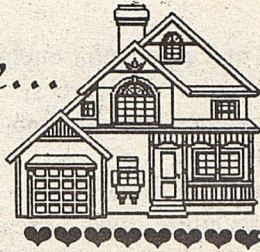
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Heart and home...

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.

Cures for kids' Nothing-to-do Blues

Even though school has only been out a few days, chances are that your child is starting to say they have nothing-to-do. Even though they're just two little words, "I'm bored," can sound like fingernails scratching a chalkboard. It doesn't matter if there is a college tuition's worth of video games on the shelf, the dog is panting for a game of fetch, the family room is buried in toys and the bicycles are gathering dust in the garage. Kids have selective vision. They can look at it all and still wail that there's "nothing to do."

The trick is to teach them to amuse themselves. Here are a few tips:

1. Remind yourself that boredom can be a good thing. Since it's often during quiet, restless moments that imaginative thoughts gel, you'd think boredom would be considered a positive state.
2. Put a thoughtful limit on high-tech diversions. Youngsters often fill their leisure hours with television, movies and video/computer games. The consequence of this electronic involvement?

When everything is turned off, the unaccustomed silence can be deafening. Have them read books, draw or color, help with meal preparation, etc.

3. Realize what bored kids really want. The TV is turned off and you've pointed to the clouds. The kids still look decidedly less stimulated. Know that children's moans of boredom are often cries for your attention, and there's nothing wrong with that.
4. Help build your child's creativity. Most important, lay a strong foundation by being a good, self-motivated role model. If you are easily bored and don't actively seek ways to challenge yourself, then your child will follow in your footsteps. Work together to plant a flower/vegetable garden, draw with your child, teach them how to cook and or sew, write a fun book together, rearrange your furniture in your home, or do something you both like to do together.

PET TALK

If your dog Blue has the blues, he may not be alone.

More and more dog owners are inquiring about new drugs available to treat their pets that suffer from behavior problems. Dogs, it seems, get depressed just like people.

Two new drugs on the market - only recently approved by the Food and Drug Administration - include Anipryl and Clomicalm. Studies have shown both to be effective in treating certain pet behavior disorders, according to Bonnie Beaver, a veterinary professor and animal behavior expert at Texas A&M University's College of Veterinary Medicine.

"One of the biggest problems pets face, especially dogs, is separation anxiety, meaning the owner is away from the dog for a period of time and the animal becomes very distressed," Beaver explains.

"It tends to happen a lot more than we had thought. The signs may not be apparent at first, but after other things have been ruled out, separation anxiety is often the underlying problem."

Veterinarians have begun treating the condition with prescribed pills, just as in humans. One form of the new drugs has been used to treat Parkinson's disease in humans.

So what are the signs that Spot is stressed?

"One is destruction, when a pet tears up things it normally doesn't harm. Another is frequent house soiling, and others could be excessive vocalization, such as loud barking, so loud that the neighbors complain. Or excessive drooling or licking or even pacing back and forth.

"Often," she adds, "these are problems that can mean something else, not separation anxiety. So it can be difficult at times to diagnose."

The Story of Taps

We have all heard the haunting melody of 'TAPS'. It's song give us that lump in our throats and usually tears in our eyes. But do you know the story behind the song? If not, you will be pleased to find out about its humble beginnings.

Reportedly, it all began in 1862 during the Civil War, when Union Army Captain Robert Ellicombe was with his men near Harrison's Landing, Virginia.

The Confederate Army was on the other side of the narrow strip of land.

During the night, Captain Robert Ellicombe heard the moans of a soldier who was severely wounded on the field. Not knowing if it was a Union or confederate soldier, the Captain decided to risk his life to bring the stricken man back for medical attention. Crawling on his stomach through the gunfire, the Captain reached the stricken soldier and began pulling him toward the encampment. When he reached his own line, he discovered it was actually a Confederate soldier, but the soldier had died during the retrieval. The Captain lit a lantern and suddenly caught his breath and went numb with shock. In the dim light he saw the face of the soldier.

It was his own son. The boy had been studying music in the south when the war broke out. Without telling his father, the boy enlisted in the Confederate Army. The following morning, heartbroken, the father asked permission to give his son full military burial despite his enemy status. His request was only partially granted. He asked for a military band to play a funeral dirge. The request was denied because of the son's enemy status. Out of respect for the grieving Captain the Army did grant his a lone bugler. The bugler was asked to play a series of notes scribbled on a piece of paper he found in the boys' uniform. The wish was granted and the haunting melody which we now know as 'Taps' used at military funerals, was born.

Day is done, Gone the sun, From the lakes, From the hills,
From the sky, All is well, safely rest, - God is nigh.

Fading light, Dims the sight, And a star, Gems the sky,
Gleaning bright, From afar, Drawing nigh, Falls the night.

Thanks and praise, for our days, Neath the sun, Neath the stars,
Neath the sky, as we go, This we know. - God is nigh.

C.W. Berryman & The Cisco Ramblers

Proudly Announce
A Senior Citizen Dance
Saturday, June 9th
7:00 p.m. - 10:30 P.M.

Located in the County Show barn in Gail

A Pot Luck Supper will begin at 7:00,
So bring your favorite dish!
Music starts at 7:30 P.M.

Part of the proceeds
will benefit the
Borden County 4-H Club

Admission: \$4.00

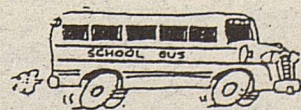


School is OUT!

Be careful and Watch Out
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BACK TO SCHOOL

DRIVE SAFELY!

Watch out for the Children . . .

Online Driver's License Renewal Available:

Advanced Feature Provides Eligible Citizens Convenient New Option for Renewals

Online driver license renewal is the latest online government service available to Texans at www.TexasOnline.com, the official Government Web site for the State of Texas. This new feature allows eligible citizens to conveniently renew their driver license or identification card from home or work using a valid credit card.

The State of Texas, in partnership with KPMG Consulting, is working to provide citizens online access to many state and local government services. With TexasOnline.com, citizens now have two new convenient options for renewing their driver's license or identification card, by phone (866-DL-RENEW) or on the Internet.

"We're pleased that the Department of Public Safety Express Service offers the citizens of Texas a convenient way to renew their driver licenses 24-hours a day, seven days a week," said Col. Thomas A. Davis, Jr., Director of the DPS.

DPS hopes to increase the percentage of citizens renewing without having to visit a driver license office.

Citizens are eligible to renew online if they did not renew by mail last time, their license expires no more than a year from when the license customer renews, their license has not been expired for more than two years, or their record indicates they are not eligible to renew online. Citizens can also change their residence and/or mailing address while renewing online.

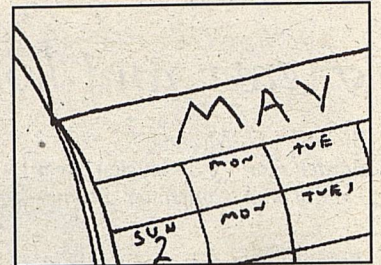
"Online driver license renewal is technology Texans can use today to help make their lives easier," said Governor Rick Perry. "In providing this Internet option, Texans no longer must adjust their schedules to coordinate with the office hours of state government. Technology allows this service to be available at the customer's convenience. By continuing to expand the services available through TexasOnline, we are making state government more efficient and putting Texans first."

Visitors can access TexasOnline's services with confidence because the site is designed to handle numerous transactions simultaneously and incorporates the highest

level of security available today. "Security is a top priority for TexasOnline," said Carolyn Purcell, Executive Director of the

State of Texas Department of Information Resources, the state agency coordinating the development of TexasOnline.com.

"TexasOnline was created using the latest state-of-the-art security features, including the fully-redundant firewalls and monitoring systems found in some of the largest and most secure Websites on the Internet."



While many countries of the world celebrate their own Mother's Day at different times throughout the year, there are some countries such as Denmark, Finland, Italy, Turkey, Australia, and Belgium which also celebrate Mother's Day on the second Sunday of May.

END OF GAME NOTICE

These three are about to be scratched for good.

On June 30th, 2001, three Texas Lottery instant games will close – 9's in a Line (#213), Fiesta (#130), and Texas Poker Party (#65). You have until December 27th, 2001, to redeem any winning tickets for this game. You can win up to \$900 playing 9's in a Line, up to \$30,000 playing Texas Poker Party. You can claim prizes of up to \$599 at any Texas Lottery retailer. Prizes of \$600 or 22 Texas Lottery claim centers or Lottery Customer Service Line at 1-800-37-LOTTO (1-800-375-6886).

More prizes.
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More fun!

NOTICE: A Scratch Off game may continue to be sold even when all the top prizes have been claimed. For current information on prizes remaining in a Scratch Off game, call 1-800-37-LOTTO. Overall odds of winning any prize in 9's in a Line are 1 in 4.68, including break-even prizes. Overall odds of winning any prize in Fiesta are 1 in 3.23 including break-even prizes. Overall odds of winning any prize in Texas Poker Party are 1 in 4.91 including break-even prizes. Must be 18 years or older to purchase a ticket. © 2001 Texas Lottery.

Keeping an Eye on Texas

Food Safety Tips

As summer temperatures heat up in Texas, so do grills across the state. By following these simple tips, grilled food can be safe and healthy for everyone:

- **Scrub the grill grate with a wire brush to loosen stuck-on food particles, then spray it with oven cleaner and rinse thoroughly.**
- **Thaw meat in the refrigerator or a cooler, not on the counter top or the picnic table.**
- **Grill hamburgers at 160 degrees Fahrenheit to ensure proper cooking.**
- **Prevent food cross-contamination by using clean dishes and utensils every time cooked and uncooked food is carried to and from the grill.**

SOURCES: Carole Keeton Rylander, Texas Comptroller of Public Accounts (www.window.state.tx.us) www.recipe.com, and Aggie Extra.

A Silent, but Costly Disease: More Texans Are at Risk for Osteoporosis

She's your typical Texas woman with too much to do and too little time to do it in. She's 51 with teen-agers to worry about, or a career that keeps her busy, or maybe both. The last thing on her mind is how much calcium she's getting every day.

But that's an important question for women of all ages, especially those age 50 and above. Almost 75 percent of osteoporosis costs occur in Texans age 75 and older. This share will increase as the Texas population ages. For many, activity intervention is needed now to prevent painful and costly bone fractures.

"you and your doctor can easily find out what condition your bones are in," said Elaine Braslow, administrator for the Osteoporosis Awareness and Education Program at the Texas Department of Health (TDH).

"A bone density test is a safe, painless X-ray technique that compares an individual's bone density to the peak bone density that someone of her gender and ethnicity should have reached between ages 30 and 35, when bone density is at its highest. Many insurance programs will pay for all or part of the cost," she said.

Last year, osteoporosis caused 71,828 bone fractures in Texans, at a cost of almost \$977 million. That cost is expected to accumulate to almost \$11 billion over the next decade. To prevent a lot of unnecessary pain and expense, seniors and their health care providers are urged to diagnose osteoporosis early and treat the disease swiftly.

Osteoporosis is a disease in which bones become weak and are more likely to break. "If not prevented or if left untreated," explained Braslow, "osteoporosis can progress painlessly until a

bone breaks. These fractures typically occur in the hip, spine and wrist. Any bone can be affected, but fractures of the hip and spine are especially serious."

A hip fracture almost always requires hospitalization and major surgery. It can impair a person's ability to walk unassisted and may cause long-term or permanent disability or even death. Unfortunately, national statistics show that 10 percent to 20 percent of people with hip fractures die within six months, half cannot walk without aid and a fourth require long-term care.

Osteoporosis is a disease of the skeleton in which the amount of calcium present in the bones slowly decreases to the point where the bones become brittle and prone to fracture. In other words, the bone loses density. Osteoporosis is diagnosed when bone density has decreased to the point where fractures can happen with only mild stress on the bone.

During childhood and adolescence, bone is formed at a faster pace than it is removed. This continues until peak bone mass is reached, usually by age 30 to 35. After age 30, bones typically lose tissue faster than it is replaced. This is particularly true for women after menopause, when estrogen production is sharply reduced. Estrogen, a hormone produced by the ovaries, has been shown to have a protective effect on bones.

Preventing osteoporosis is a lifelong job. And even though there is no cure for osteoporosis, its progress can be slowed or even stopped. Adequate calcium (see chart below), vitamin D (400 IUs daily) and weight-bearing exercise such as walking, dancing and stair climbing are important for maintaining bone health.

Also:

- Limit alcohol intake because alcohol can slow bone building
- Don't smoke; smokers have lower bone density and a higher risk for fracture.
- Discuss osteoporosis, prevention, diagnosis and treatment with your doctor.

Consider getting a bone density test.

Age

Recommended Calcium Intake

(mg per day)

Birth-6 months	400
6 months-1 year	600
1-10	800-1200
11-24	1200-1500
25-50	1000
51-64	1000
(women on estrogen replacement therapy and men)	1500
51-64	1500
(women not on estrogen replacement therapy)	1500
65 or older	1500
pregnant or lactating women	1200-1500

Source; National Institute of Health

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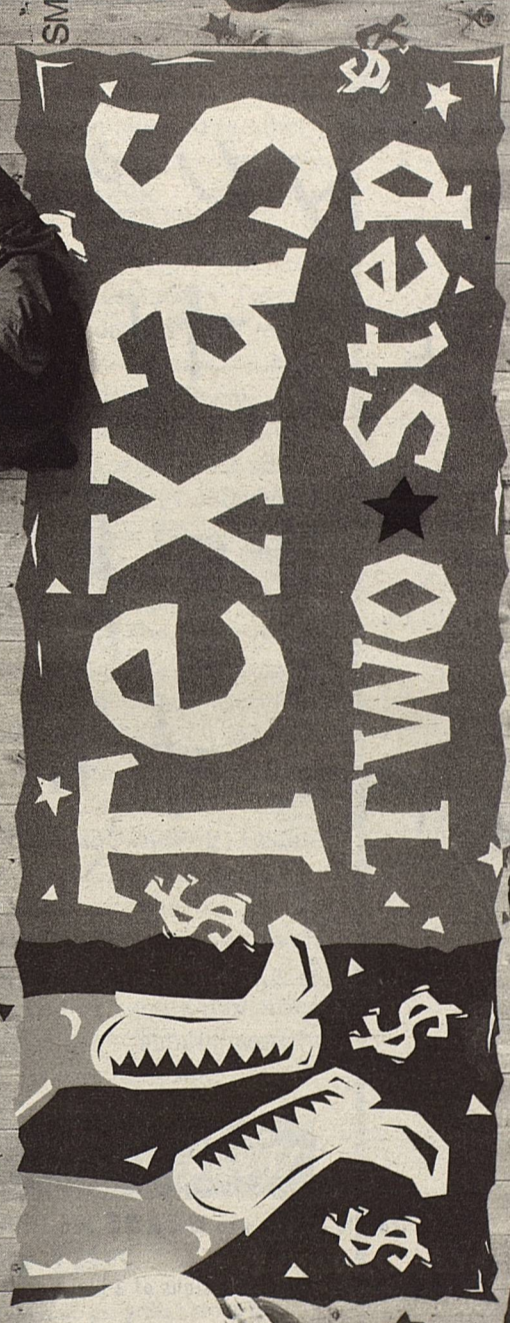
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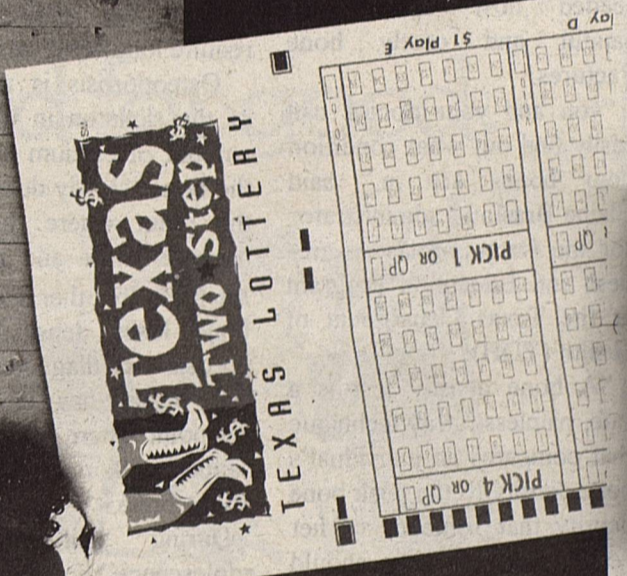
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