

THE BORDEN STAR

VOLUME XXVIII

January 12, 2000

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

Rodriguez, Gain Six-Man All-Star Honors

BC Coaches also receive Honors

Borden County's Ed Rodriguez highlighted the 6-man Coaches Association All-State Football Team, which was released on Monday.

Rodriguez a defensive end for the Coyotes, was selected a member of the first-team defense. He was the only South Plains member listed on the Association's selections.

Not only did the group recognize Ed, but also recognition for consistent performances on the field and on the court came to

the Borden High School's coaching staff. Coach Bobby Avery was chosen to coach the West All-Star Football Team and Coach Gailan Winegarner will coach the West All-Star Girls' Basketball Team. The games are scheduled during the week of July 17th-22nd in Lubbock, concluding the annual weeklong meetings held by the coaches.

Assisting both Coach Avery and Coach Winegarner will be their own assistants at Borden



Ed Rodriguez

County, Coach Trey Riche and Coach Alan Wootan.

Borden County EMS new officers for upcoming year

On December 18, 1999, Borden County EMS celebrated Christmas with a party of delicious food. Special "Thanks" goes to Terry Roe and his turkey fryer. With all the good cooks in this organization, no one went away hungry.

New officers were elected at the business meeting also held that night. The offices were as follows: President: Mike Valentine; Vice-President:

Danita Roe; Secretary/Treasurer: Carrie Hart; Reporter, Nelda Burnett. The Board of Directors are Kent Holmes, Buddy Wallace and Tina Stansel.

Upon retiring as President for the past 10 years, Kent Holmes was presented with a beautiful plaque for his dedication and a new crash kit to keep his equipment together. Although Kent

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Southern Mesa Agricultural Conference Slated for January

"A direct result of producer-requested educational programming, the Southern Mesa Agricultural Conference will focus on regulations and policies affecting Texas agriculture as well as the BMP's (Best Management Practices) for cotton, grain sorghum and peanut production," says, Dennis Poole, County Extension Agent for Borden County.

This conference will be held Monday, January 17 in the Dawson County Annex Building, located at


609 North 1st Street in Lamesa, Texas, and will begin at 8:00 a.m. The registration fee, which includes technical sessions, door prize ticket, lunch, refreshments, educational materials and access to exhibits, is \$15 if paid by January 13, 2000. After January 13th, the registration fee will be \$20. Registration forms and fees, payable to "Dawson County Ag Fund", should be sent to the Dawson County Extension office at P.O. Box 1268, Lamesa



Texas 79331. The program, sponsored by the Texas Agricultural Extension Service in Dawson, Borden, Scurry,


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Let Me Get My Hat!

Remember!
January 13th.
Early Dismissal
12:30 p.m.
January 14th
NO SCHOOL

2000 Borden County Jr. Livestock Show

Thursday, January 13th
6:00 p.m. STEER SHOW 

Friday, January 14th
8:30 a.m. LAMB SHOW 
10:00 a.m. PIG SHOW 

Saturday, January 15th
7:00 - 9:00 a.m. Complimentary CHUCKWAGON BREAKFAST 

9:00 a.m. Award Ceremony
9:30 a.m. Premium Sale

Everyone is invited to attend the 2000 BCJLA Stock Show!

High School Basketball

Coyotes Begin 2000 With Wins; Sweep Sands in District Opener

Borden High School basketball players and coaches have been busy since the last issue of *The Borden Star*. Over the holiday "break", both varsity teams played in tournaments and hosted a non-district game.

The Lady Coyotes had another successful outing at the Slaton Tournament. The West Texas Invitational hosts perennially strong teams from both Texas and New Mexico, and this year the Lady Coyotes finished third, winning three games and losing to eventual champion Hobbs, New Mexico. Seniors Lindsey Smith and Julie Mayes and Junior Valerie Wootan were all named to the All-Tournament team.

The Coyote boys' team played in the Sundown Tournament, finishing with a 1-2 record.

Both varsity teams, however, started off the new year with big wins against Lubbock Christian High School on January 4.

The boys led from the start in their match-up. Trent Pepper's five first quarter points paced the Coyotes as they jumped out to a 10-6 lead.

The second and third quarters were strong for BHS as they scored 16 and 17 points, respectively. In the second quarter alone, Senior Justin Lawrence went to the free throw line and made five of six to help give the Coyotes a comfortable 26-15 half-time cushion.

In the final period, it was Freshman T. J. Sharp who caught on fire and scored eight of his game-high 19 points to pace the Coyote victory, 56-41.

Senior Nick Flanigan

finished with 11 points, including three 3's; Lawrence had nine of the evening as did Pepper. Freshmen Cody Nowlain and Payton Brown scored six and two points each in their first varsity games. Senior Ryan Sanders grabbed two rebounds as well.

In the girls' game, a strong first quarter also provided a fast start to the Lady Coyotes 67-30 victory over LCHS. The girls hit 8 of 15 shots from the field and were 4 for 4 from the free thrown line in the opening period to take a 20-11 lead.

On the evening, they finished with 25 of 54 shots from the field and 7 of 10 at the charity stripe, grabbed 34 rebounds, and had ten steals.

Scoring for the Lady Coyotes were Junior Valerie Wootan with 20 points (and also had four blocked shots), Senior Julie Mayes with 18, Junior Bekah Hensley with 9 points, Senior Adrianna Baeza with 8, Sophomore Rika Copeland with 6, Senior Lindsey Smith with 5 points (and two blocked shots), and Holly Thomas adding 1 point.

Senior Crystal Dye had two rebounds and one assists while Senior Kaci Poole had one rebound and one assist. Another Senior, Hailey Adcock, finished with two assists and one steal.

A Clean Sweep of Sands

Four games. Four victories. It just doesn't get much better than that on a Friday night home opener against a district opponent.

Beginning with the Junior Varsity girls' game, BHS dominated from the start as they jumped out to a 26-3 first period margin and finished the evening with a convincing 60-14 win to go 1-0 in district play.

All Freshmen Lady Coyotes scored in the victory: Bobbie Kempf, 19 points, including 11 in the opening quarter; Pati Rodriguez, 13 points; Kyla Culp, 8 points; Dalene Kempf, 6 points; Carolina Arrelanos, Michele Bond, and Micah Hensley all with 4 points; and Laura Stamper with 2 points.

BHS Junior Varsity Boys followed suit, but did it by coming from behind to take a 47-40 win.

Trailing at the end of one by a score of 15-9 and at half-time, 23-17, and after three periods of play by a score of 31-24, the Coyotes decided to make things very exciting by scoring 23 fourth-quarter points and holding the Mustangs to only nine points in the final period. Final score: BHS JV 47, Sands 40.

Even more amazing about the victory is that the jv played five players the entire game because that is all that is on the team. The guys battled hard and played four quarters of never-say-die ball to earn the win.

Scoring in the jv boys' game was as follows: Talin Pepper, 21 points (including two 3's); Brionne Jackson, 10 points; Rowdy Dunlap and Jake Zant, 7 points each; and T. C. Stipe with 2 points.

The district rivalry between the varsity teams is legendary. Records are thrown out and it's like

starting over when these two teams meet. The same proved true Friday night.

The Lady Coyotes entered the game sporting an impressive 16-2 record. Sands was obviously not too impressed as they stayed with BHS through half-time, trailing only by a score of 31-27.

The Lady Coyotes returned to the court in the third period to establish how they had earned that 16-2 record and poured in 24 points, holding Sands to only 7. A solid 50% shooting in the final period (six of 12 from the field) finalized the win for the Lady Coyotes, 68-40, giving them their first district win of the season.

Game Statistics

Wootan 30 pts., 10 rebounds
Mayes 17 pts., 6 assts.
Smith 10 pts., 7 rebounds
Baeza 6 pts., 7 rebounds
B. Hensley 3 pts., 3 steals
Copeland 2 pts., 2 rebounds
Adcock 1 deflection, 1 reb.
Dye 1 reb., 1 asst, 2 steals
Poole 1 asst., 1 steal
Thomas 2 reb., 1 steal

If you missed the boys' game, it would well be worth it to rent the video. Coach Richey would love to show this one off.

Sands took a 14-12 first quarter lead and padded that at half-time, going in to the dressing room with a 34-22 cushion.

Upcoming Events:

January 11th - 14th
11th HS Basketball Grady There 4:00 pm
13th EARLY DISMISSAL 12:30 P.M.
13th - 15th
Borden County Livestock Show
14th NO SCHOOL
14th HS Varsity Basketball Nazareth @ Lubbock Monterey, 6:30 p.m.

With 1:56' remaining in the third quarter, Sands still had a comfortable lead, 40-29, and then the fun began. For the next few minutes of play, including the fourth quarter, the Coyotes went on a 27-7 blitz and came out smoking with a come-from behind 57-47 district win. At one point, BHS had gone on a 23-3 run.

Game Statistics

Lawrence 24 pts., 12 reb.
Flanigan 16 pts., 3 assts.
Sharp 8 pts., 5 steals
T. Pepper 6 pts., 3 assts.
Nowlain 2 pts., 3 steals
Brown 1 reb., 1 steal

District play continues this week as BHS travels to Grady Tuesday night. Friday night the varsity teams meet Nazareth in a non-district game to be played in Lubbock Monterey's gym. Starting time is 6:30.

Menu

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

January 17th - 21st

MONDAY: Fajitas, Beans, Salad, Fruit & Milk

Breakfast: Pancake Pups, Fruit, Juice & Milk

TUESDAY: Fish, Black-Eye Peas, French Fries, Hush Puppies, Ice Cream & Milk

Breakfast: Cereal, Toast, Juice & Milk

WEDNESDAY: Beef Pasta, Peas & Carrots, Broccoli, Break, Cake & Milk

Breakfast: Cinnamon Toast, Fruit, Juice & Milk

THURSDAY: Tacos, Corn, Salad, Fruit Salad, & Milk

Breakfast: Donuts, Fruit, Juice & Milk

FRIDAY: Sub Sandwich, Salad Cup, Tator Tots, Cookies & Milk

Breakfast: Pancakes, Ham, Juice & Milk

Help needed with Return Letters

The 2000 Borden County I.S.D. School Reunion letters were mailed on August 4th & 5th. There are already a lot of responses, but also a lot of letters are being returned with incorrect addresses. Below is a list of those returned letters. If you know of any correct addresses for these, please send the correction to Judy Kingston at Rt. 1, Box 118 O'Donnell, Tex 79739 or call 806/439-6686. Your help is much needed, we want everyone to be informed about the reunion.

Rocky Harber
P.O. Box 118087
Charleston, SC 29423

Bryan Branshaw
P.O. Box 209
Colegate, OK 74556

Rex Cox
1801 Ft. Worth Rd.
Weatherford, TX 76087

Kathryn (Holmes) Smith
169 Arizona Circle
Laredo, TX 78041

Robin Hood
903 Garden Grove
Yukon, OK 73099

Martha Couch
6715 Emerald Court
Amarillo, TX 79124

Sammy Davenport
3234 Palo Duro
San Angelo, TX 76904

Klint Kemper
1303 Baylor Blvd.
Big Spring, TX 79720

Shane Kemper
4220 Hamilton St.
Big Spring, TX 79720

Lesa (Hensley) Enlow
1518 Hanover
Wichita Falls, TX 76302

Lance Telchik
2114 Carl
Big Spring, TX 79720

Jennifer (Wilson) Basinger
9202 B. Ciarfeo
Laughlin, AFB, TX 78843

Dana Gray
Town Creek, Apt. #10-190 N
Coppell, TX 75019

Janice (Browne) Morgan
(Need 911 Address)
Seminary, MS 39279

Sue (Rogers) Ferrell
P.O. Box 21231
Oklahoma City, OK 73156

John Hamilton
P.O. Box 351
Roscoe, TX 79545

Lisha Sternade
P.O. Box 92
Loco Hills, NM 88255

Mary (Bowles) Purswell
506-31st St.
Snyder, TX 79549

Sally (Anderson) Bland
P.O. Box 1167
Lovington, NM 88260

George Crow
HCR 3, Box 82
Seminole, TX 79360

Debra (Kountz) Leonard
905 S. 6th Street
Artesia, NM 76932

Mark Rice
P.O. Box 368
Lorenzo, TX 79343

Mike Stephens
HCR 5, Box 35
Lockney, TX 79241

Sid Westbrook
HC 70, Box 26
Coahoma, TX 79511

Leslie (Smith)Wills
907 W. Runyon
Artesia, NM 88240

Joe Zant
P.O. Box 81
Big Spring, TX 79721-0081

Virgil A. Whitaker
2392 E. 160
Pagosa Springs, CO. 81547

Mary (Henderson) Scott
1111 W. 13th St. Apt. 24
Odessa, TX 79763

Annette Couch
4101 W. Adams
Temple, TX 76504

Will Phinizy
1002 Rock Island
Dalhart, TX 7790222

Jeff Lewis
2417-88th St.
Lubbock, TX 79423

Kenneth Hagins
P.O. Box 3134
Big Spring, TX 79721-3134

Valerio Hernandez
1010-30th Street
Snyder, TX 79540

Marcus Sweatt
822 Ravenwood Drive
Arlington, TX 76013-1552

Donna (Rudd) Turner
P.O. Box 4217
Ft. Worth, TX 76106

Darrell Davis
1918 74th Street
Lubbock, TX 79423

Lesa (Barnes) Rollins
3226 94th Street
Lubbock, TX 79423

Elizabeth Garcia
NEED 911 ADDRESS

JV Boys, Jr. High Teams Finish 1-1 Junior Varsity Girls Take Two To Win O'Donnell Tournament

Four teams saw action Saturday, January 8, in O'Donnell, and all four came away with at least one victory.

Leading the way for BHS were the junior varsity girls who won both of their games to win the tournament.

In their first game, the Lady Coyotes defeated Lubbock Christian, 66-17. In the finals, the girls almost duplicated the earlier score by taking a 65-16 win over host O'Donnell.

Scoring Summaries

Arellanos	11 pts., 4 pts.
Bond	2 pts., 2 pts.
Culp	11 pts., 6 pts.
M. Hensley	3 pts., 12 pts.
B. Kempf	10 pts., 8 pts.
D. Kempf	20 pts., 13 pts.
Rodriguez	7 pts., 20 pts.
Stamper	2 pts.

The junior varsity boys' team fell to Lubbock

Jeana Jones
2251 Lingelville Hwy. #19-B
Stephenville, TX 76401

Ray Martinez
606 N. Gregg
Big Spring, TX 79720

Robert Beal
3342 S. Sandhill #9-209
Las Vegas, NV 89121

Also, the postcards with the reunion letters, must have your name on them for us to know who they are from. Please make sure to sign your name to these cards. I have six postcards that came back with no names. Three have Lubbock postmarks, one has Waco, one has Midland-Odessa and two have Abilene. (On the Abilene postmarks, the person marked it with a red pen.) If possible I need to know who these postcards came from, so everyone check with friends and kin to see if they put their names on their postcards before mailing it.

Christian, 39-19 in their morning game but came back to defeat Dawson 37-35 to finish with a 1-1 record on the day.

Scoring Summaries

Dunlap	4 pts., 7 pts.
Jackson	3 pts., 12 pts.
T. Pepper	9 pts., 6 pts.
Stipe	2 pts., 2 pts.,
Zant	1 pt., 10 pts.

In junior high action, the Missy Coyotes stayed with an older, taller Lubbock Christian team before falling 40-30 in their first game.

In the afternoon session, the BJHS met Dawson, trailing only 11-7 at half, but eventually losing 36-18.

Junior high girls traveling to the O'Donnell Tournament were 8th Graders Alexis Brooks (2 pts.) and Shayla Gass (9 pts.); 7th Graders Thelma Balaque (3 pts.), Ashley Ellison, Emily Mayes (14 pts. and 8 pts.), LaShae Johnson (2 pts., 3 pts.), Cassidy Rinehart (2 pts. and 5 pts.); 6th Graders Whitney Anderson, Megan Brooks, Keesha Clements, Cassidy Ogden, and Micah Peterson.

The boys' team took an opening-round win by defeating Lubbock Christian Jr. High 35-22.

In the championship game the boys fell to host O'Donnell 45-19.

Jr. high boys traveling to the tournament include the following: 8th Graders Clay John Anderson (5 pts.), Dusty Gwinn (3 pts.), Dan Griffin (10 pts., 7 pts.), Andy Lozano (2 pts.), Kyle Pinkerton (15 pts., 4 pts.), John Stamper, and Evan Winegarner (3 pts.); 7th Graders Adam Carter (5 pts.), Garrett Chapman, Ben Griffin, Billy Roper, Tyler Wallace, and John Wilson.

The junior high teams also saw action Thursday, January 6, as they faced Grady in their first games of the new year.

The boys dropped a heartbreaker, 32-31, as they rallied in the final quarter to tie the score. Dan Griffin and Kyle Pinkerton led the Coyote Pups with 13 and 10 points, respectively.

In the girls game, Grady proved too tall and too strong again as the Missy Coyotes fell 38-23 despite Shayla Gass's 17 points.

BJH girls' 6th Graders played in a game prior to the regular junior high game, falling to Grady 44-14. Megan Brooks scored 8, Whitney Anderson 4, and Cassidy Ogden 2. Also seeing action were Shiloh Pool and Keesha Clements.

Erica Dye Receives Degree

Erica Renee Dye received a Bachelor of Science, Magna Cum Laude, with a major in Early Childhood during the Fall Commencement held at Angelo State University. She was listed on the Dean's List and was chosen Who Who's among American College students. She was also inducted into the Alpha Chi National Honor Society.

Erica is a 1996 graduate of Crosbyton High School and is the daughter of Chet and Shirley Dye of Gail.

Presently Erica is substituting in the Lubbock area schools and is currently working on her Master's Degree in Education at Texas Tech.

*From the Counselor:
By Mary Airhart*

To All Seniors and Senior Parents:

January, February and March, are crucial months for college-bound seniors because federal aid forms (FAFSA) should be filed as soon as possible after 1999 income taxes are completed. Paper forms are available in the counselor's office, but on-line filing will be possible about February 15th. In order to make the whole financial aid process more understandable for students and parents alike, Ronnie Barnes of Panhandle-Plains Higher Education Authority, Inc. of Canyon and Lubbock will meet with the seniors and any of their parents who are able to attend on Wednesday, January 19th from 11:10 to 12:30. The session should be very informative (and reassuring), so, if possible, please reschedule any medical or dental appoint-

ments made for seniors at that time.

Scholarships now available are largely dependent on certain criteria, specifically community service, work experience, and/or high ACT/SAT scores. Information is made available to seniors who meet the criteria, but all are encouraged to visit the web sites for free scholarship listings and information.

Seniors should have taken the ACT or SAT or should be scheduled for the February administrations. College choices should be narrowed to two, and seniors should be communicating with those choices either by mail or on-line to establish a contact there and find out what financial aid is available through that institution.

Poka Lambro Scholarship Available

Poka Lambro Telephone Cooperative, Inc. is now accepting applications for three \$2,500 scholarships. The son or daughter of any Poka Lambro Telephone Cooperative member graduating from an area high school is eligible.

Scholarship recipients are selected based on academic achievement, involvement in extra-curricular activities, and

financial need.

Applications have been mailed to area high schools and may also be obtained from Poka Lambro. Entry deadline is March 1, 2000. Scholarship presentations will be made at Poka Lambro's Annual Membership Meeting in March.

For additional information, please contact Amy Preston at 1-800-422-2387.

Drive Safely



Watch out for the Children . . .

Classes present Christmas program for parents & Community



The Spirit of Christmas

On Tuesday, December 21st the Kindergarten and First Grade classes presented "The Spirit of Christmas" to the community at 1:30 p.m. then again at 2:45 p.m. for their parents. After conveying the true meaning of Christmas to the audience,

each child presented a guest with a homemade cake in a jar baked by the classes.

Some of the guests shared Christmas memories of when they were children.

Children participating were: First grade students:

Bailey Anderson, John Hensley, Keri Anne Howard, Taylor Richey, David Rodriguez, Miles Valentine, Ethan Winegarner and Justin Wilson. Kindergarten students: Stefanie Cooley, Xavier Gonzales, Katie Pelham, Bethany Stamper, Chance Taylor, Vivian Hernandez.

Kid's Nutrition A&Q

Q: How much juice is too much for my 4-year-old? I thought juice was healthy, but my mother tells me that I'm giving my son too much.

A: Serving 100-percent fruit juice is a great way to help kids get the recommended five or more servings of fruits and vegetables a day. But, too much juice could dampen a child's appetite for milk and other nutritious foods, says Dr. Debby Demory-Luce, a registered dietitian with the USDA/ARS Children's Nutrition Research Center at Baylor

College of Medicine in Houston.

Both fruits and fruit juices are rich in vitamins and minerals like vitamin C, potassium and float, but whole fruits offer some nutritional advantages. Fresh, canned and frozen fruits are generally a good source of fiber, but fruit juices are not. Ounce-for-ounce, whole fruits also tend to be lower in calories. Many fruit juices contain between 60 and 75 calories per one-half cup, which is 35 to 60 percent more than the calorie count for the same size portion of whole fruit.

To keep juice a healthy part of your son's diet, avoid serving more than one or two four ounce servings per day, keep an

eye on your son's overall appetite and calcium intake, avoid offering juice before mealtime, and check food labels to be sure you are buying 100-percent fruit juice. Fruit punches and drinks can contain as little as 10-percent juice. Although these products may be fortified with vitamin C, most are low in minerals and high in sugar, which could contribute to tooth decay.

FOR SALE

Steel Buildings

40x34 was \$7660

Now \$3890

50x60 was \$11,830

Will Liquidate at \$6490

1-800-292-0111



Texas Stories

A showcase of the Texas Spirit

Tumbleweed Smith
Part owner of Texas

Christmas Letters

Every year's end we get long notes from our out of town friends we don't see too much of anymore. Usually they tell about achievements, babies, illnesses, trips and all kinds of family news. Some are funnier than others.

We love to hear from Jo Bird who lives in the county near Rockdale.

"I set out again to lose weight and Jack wanted to grow facial hair. Both goals were accomplished. He weighs 15 pounds less and I laid in a supply of facial hair.

Jack has given up on exercising. He goes to the mailbox in the truck. No more tricycling down there. He no longer sits 8 or 10 hours in the 'get up and down yourself' chair. He goes straight to the hydraulic job which gets him up and down at the touch of a button."

He's intimately involved with Superman and Lois re-runs and has threatened to leave home if I don't program the VCR to operate by remote. I'm presently testing that threat.

I've become a computer junkie. Spend long hours at it. Maybe too much time. My first clue: my housemate drove down, got the mail, brought back a letter addressed to me marked URGENT, it was from him. Said he hadn't seen me in a good while and hoped I was all right. In the country, no amount of communication equipment convinces citizens to call before they drop in. Anybody is fair game. You

drive up out here on me without warning and I'm likely to come to the door in my woolly socks and Big Bird T-shirt. No makeup, no personality, no hairdo. I've had them jump back and say 'Jo, is that you?' Who did you expect? Liz Taylor?

A neighbor's cat wandered onto our property, noticed I thoroughly detested it and promptly took up residence at our place. She had two litters of kittens before I found out she wasn't spayed and could deliver a batch of cats every few weeks. I can't be expected to know the habits and gestation periods of all the livestock I encounter out here in the country.

I called the neighbor, told her she was the mother of ten cats and asked where she wanted them dumped. The neighbor seemed hurt and said she couldn't take responsibility for a cat suffering major stress from rejection by its chosen human.

We sold all the extra beds, cleaned, painted and closed the kitchen in an attempt to avoid high grocery bills and the specter of life under a bridge if expenses didn't abate. We intend to keep up appearances, but with all we are expected to know about septic tanks, drop-ins, bush-hogs, good ole boys and avoiding road kill, we are hard pressed to manage. I can't get used to holding up my gown to keep it from dragging the floor, possibly

Wilson Seeks JP Office

Gail residence, Dorothy Wilson, announced her intentions to seek the office of Borden County Justice of the Peace, subject to the March Democratic Primary.

"Your vote and support would be greatly appreciated", stated Mrs. Wilson.

Isaacs Runs for Re-election

Doug Isaacs, announces his intentions to run for re-election for his second term as Commissioner of Precinct #1 of Borden County in the March Democratic Primary. "It has been a privilege to serve the people of Precinct #1 and I hope to have the opportunity to continue serving the people of Borden County as Commissioner. Your vote and support will be greatly appreciated," said Mr. Isaacs

having a scorpion hitch a ride and looking to pop me. My housemate goes blithely along, taking it all in stride while I attend stress management classes and have a one-gallon Prozac dispenser.

Send letters! I need the diversion and Jack needs the exercise of getting up and walking to the truck and driving to the mailbox!"

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LETTER TO THE EDITOR

We are disappointed to hear from a news release that U.S. Senator Bingaman from New Mexico announced victoriously that the Air Force has selected West Texas instead of New Mexico for its RBTI. We have felt from the beginning that the Air Force was misrepresenting the facts. They went into this process with their minds already made up on where they wanted to go. The Environmental Impact Statement (EIS) says exactly what the Air Force wants it to say. The Air Force simply pretended to study the issue because they were required to under the National Environmental Policy Act (NEPA).

Since the Abilene Reporter News has continually reported the Air Force's claim that we won't even hear those B-1's and B-52's, much less be inconvenienced by them, some people probably believed that. After all, very few Americans want to believe that their military, sworn to protect them, would intentionally set out to deceive and harm them. Yet, that is precisely what is happening here and now.

We admire and appreciate all the local and state officials who fought the RBTI. They understand the circumstances, in which we, their constituents, live, and have stood strong for the values they each took a solemn oath to support and protect. Rep. David Counts, former Snyder Mayor David Holt, and every County Judge in our eight-count area were unanimous in their opposition to the RBTI. Not one mayor, not one commissioner, not one school board and not one Chamber of Commerce in our area supported the RBTI. So much for the Air Force' claim that they

wanted input from the people. What they meant was that they wanted to hear from the people if they were in favor of the RBTI.

We hope that the FAA will stop this bad idea dead in its tracks. The 54,000 people living in these eight counties should not be expected to shoulder the burden of training our national Air Force at the expense of our environment, economy, sanity and our children's future. Should the FAS not act in our favor, with the support of those who recognize the value of our Western Heritage and its importance not only to West Texas but also to the rest of our nation, we will take this fight to the courthouse. We trust that the American judicial system will stand up and protect us from our own military.

/s/ Buster Welch, President
Heritage-Environmental
Preservation Association

POLITICAL CALENDAR March Democratic Primary 2000

Justice of the Peace:

Jane Jones
Shirley Bennett
Dorothy Wilson

County Sheriff

Tax Assessor/Collector:

Billy Gannaway
Chuck Kimmel

County Commissioner:

Precinct #3

Ernest Reyes
Joe Harding

County Commissioner:

Precinct #1

Doug Isaacs



Twenty-inches – Ten-points

These words will make the serious deer hunter squirm in his chair! Why is this?

It is easier to ask this question than it is to answer it. Every serious whitetail buck hunter would like to take at least one whitetail buck in his life that had a twenty-inch spread with ten goods points. Once this is accomplished he can rest in his easy chair and pass up hunting on a real cold morning. He can go to the family reunion on November 10th and not cry about missing a good day of hunting. He can let his son shoot and he will sit in the blind with him.

Why is this? If he has a twenty-inch ten-pointer, then he has done it. As the saying goes "He has been there, seen it, and brought the T-shirt".

I used to be a rabid deer hunter. I lost girlfriends in high school because I left town every weekend for two months to go sit in a deer stand. They got tired of waiting on me.

How did I get my twenty-inch ten-pointer? It is a gift hunt from a dear friend. My high school friend Robin French asked me to go hunting on their family ranch. It was 21,000 acres under high fence. They did not lease it out. There were big bucks everywhere. His father hunted with me. He found me a buck that had a twenty one-inch spread with twelve points. I dropped the big buck with one shot. It was more than a twenty-inch ten point! I was so excited. That was 30 years ago and I still remember it like it was yesterday. My dream was not met by my hunting ability. It was met by

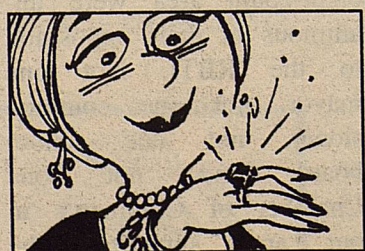


getting to hunt as a guest on an awesome ranch. Thank you Robin!

I have hunted much more casually since then. The good news is that this season will see many twenty inch ten point bucks taken in the Texas Hill country. Well-spaced rain earlier in the year produced bucks. In two more weeks our deer are going to be out of food. The dry weather could make deer hunting easy then. That twenty-inch ten pointer will be coming to your feeders. Remember – keep the wind in your face, the sun at your back, and the lord in your heart. Good hunting.



The late afternoon light highlights the antlers of this twenty-inch – ten point buck!



The rarest diamond color is blood red.

Bad Fads! Keys to weight loss still exercise and balanced diet

When fad diets make the cover of Time magazine, something is going on. Something big – and we're not just talking waist sizes here. Diets like the Cabbage Soup Diet and the Grapefruit Diet along with low carbohydrate diets are sweeping the nation and that has some nutrition experts concerned.

In a nutshell, "fad diets set people up for failure," explains Dr. Jenna Anding, a registered dietitian and nutrition specialist with the Texas Agricultural Extension Service.

"Many fad diets are so restrictive or boring that people tend to stay on them for only a short period of time. Most fad diets are not healthy and run counter to what long-term research has shown about weight loss. For successful long-lasting weight loss to happen to people need to adopt a lifestyle that includes a healthy diet and regular physical activity."

For example, the high protein/low carbohydrate diets that are the hope of so many dieters can actually be very harmful. Some fad diets are based on the idea that by reducing carbohydrates (sugars), the body is forced to burn fat reserves for energy.

"The problem with this is that some parts of the human body, like the brain, need carbohydrates to function. When you run out of carbohydrate stores, the body initially starts to break down muscle but then switches to body fat for energy. On the surface, this seems like a good thing because it preserves valuable protein. Unfortunately without carbohydrates, the body cannot effectively use the fats that are being broken down. As a result, these fats are

turned into ketone bodies. As the body tries to use fat for fuel, the level of ketone bodies build up in the blood and can cause ketosis. Ketosis is not a normal state and can lead to some unpleasant effects including nausea,

dizziness, bad breath, headache and dehydration," Anding said.

On the surface though, fad diets seem to be working – but not for the reasons many diet gurus claim.

"In the first week or



CAPITOL COMMENT

U.S. SENATOR
KAY BAILEY HUTCHISON



THE ROAD AHEAD

Like many, my teachers gave me a rich supply of wise sayings. One of my favorites went like this: "Even if you are on the right track, you will get run over if you just sit there."

My mind kept turning to this saying during the recent New Year's celebration.

In the years leading up to 2000, I believe history has proven that Texas is on the right track.

The latest figures show that our gross state product exceeds one half trillion dollars. That's right, Texans are responsible for \$551 billion worth of business — the third largest state economy in the nation. Even though Texas is home to the most farms of any state in the nation, we are also becoming well-known as another Silicon Valley – rich in computers, cellular technologies and the human talent that seems to never stop inventing.

But like my teacher said, even though we are on the right track, we can't just sit there.

Fortunately, Texans have never been content sitting still. It's not in our nature.

So with the New Years' celebrations safely behind us, now is the time to lift our heads from the daily distractions and chart our journey into the new millennium.

As your Senator, the task before me is to chart our course in Washington, to find answers to the hard questions Congress will face this year on taxes, education priorities and economic, immigration and farm policies and others.

So on this important event, I want to share with you the broad goals on which I will focus in this new session of Congress so that we can keep America's star shining brightly far into the new millennium.

- Stronger Families – The family is the building block of this nation. No government worker or agency can ever replace a parent's wisdom. All government policies must be examined to see that they help, not hurt, families. That is why, for example, I will be working to eliminate the unfair marriage tax penalty.
- Stronger Economy – A healthy and free economy is the engine that makes possible everything our nation does. The government's first rule must be to help the economy grow stronger and more free. That is why education and low taxes are such high priorities of mine. Good schools help students realize their potential, creating the businesses that employ others. And low taxes help all businesses grow and stay competitive in an increasingly global market.
- Stronger Defense – Our powerful national defense prevents our nation from falling prey to others and it allows us to protect freedom-loving people the world over. A strong military is not something one simply creates. It must be sustained every day.

Because one in 14 Americans calls Texas home, our state is a big part of our nation's fabric of strong families and its strong economy and national defense. Texas and the rest of the nation have made unparalleled strides in the march to 2000.

Powered by this momentum and with the rest of our history before us, our future knows no limit.

We are on the right track, but we've still got miles to go. Let our rich past guide us in our journey forward.

Happy New Year!

Extend level A&M Coun

So Co Cont

Mitch Coun inform produ crop contr of c and ment looks cusse

VISIT throug Fi tion U provid comm comm attend Sp Borgs Depart Dr. V Agricult

U.S. Departme

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.

Southern Mesa Agricultural Conference Slated for January

Cont. from pg. 1

Mitchell, Lynn and Garza Counties, will also feature information on the latest production technology for crop production, insect control, and weed control of cotton, grain sorghum and peanuts. Risk management and production outlooks will also be discussed. Top quality speakers from across the State and the South Plains area will make presentations concerning current research production trials. Producers will have the opportunity to discuss their experiences with experts, specialists and other growers. Also, producers will be able to visit commercial booths throughout the day.

Five Continuing Education Units (CEU's) will be provided for private, commercial and non-commercial applicators for attendance at this program.

Speakers include Shelly Borgstedte with Texas Department of Agriculture; Dr. Wayne Keeling, Texas Agricultural Experiment

Station; Drs. Randy Boman, Calvin Trostle, Peter Dotray, Billy Warrick and Tom Fuchs with the Texas Agricultural Extension Service; Osama El Lissy Program Director of the Texas Boll Weevil Eradication Foundation; and Extension Agents Tommy Doerderlein and John Farris.

Producers who wish to pre-register should mail in a registration form with their fee. Registration forms may be obtained from the Extension office in any of the counties listed above. Remember, the registration fee is \$15 if paid by January 13, 2000. After January 13th, the fee will be \$20.00.

We will seek to accommodate all persons with disabilities for the meeting. Please contact John Farris at the Dawson County office of the Texas Agricultural Extension Service (806) 872-3444 as soon as possible to advise of auxiliary and/or service needed.

Bad Fads! Keys to weight loss still exercise and balanced diet

Cont. from pg. 6

so, many fad diets appear to work but the weight that is lost is usually water weight. And some people will lose weight, but usually it's because they're taking in fewer calories, not because they're eating less of a certain food group."

Interestingly enough, one mental health therapist thinks most people know deep down that fad diets don't work.

"I think there is sort of an underlying desire for a quick fix. Losing weight and keeping it off is so difficult. The statistics for keeping it off are not good. Most people say they'll try anything but exercising," says Lauri Baker Brown, licensed professional counselor, and licensed marriage and family therapist in the mental health department at Scott and White Clinic.

"Also I think there is an ongoing separate issue here that many people are overweight due to their emotions. Ninety-five

percent of women can give you almost a nutritionist's answer on how you can lose weight but aren't doing it."

Anding and Baker Brown both pose the question: How long can people be satisfied with eating only cabbage soup, or bacon and eggs or grapefruits?

Not long, they say. And falling off the diet can lead to lots of guilt.

Baker Brown, who works with many patients who are trying to lose weight, says this can create a vicious cycle that only adds to a person's "emotional hunger."

"I ask them if they're willing to trade the cycle for something that does work - a healthy diet and exercise."

Anding agrees. "For weight loss to be long term, we need to move away from 'dieting' and instead adopt permanent behaviors that promote healthy lifestyles."

"For weight management to be successful,

Anding recommends that people set realistic goals and commit to eating a healthy diet and obtaining regular physical activity.

Incorporate fruits, vegetables and whole grains in place of high fat foods and snacks. also, watch portion sizes. People can still have cake, ice cream and other "forbidden" foods, just eat less of them. Engage in physical activities that are enjoyable. In addition, try to identify and control events, such as stress or social situations, that encourage people to eat - even when they're not hungry.

Baker Brown adds that understanding the relationship a person has with food and finding out the importance of food in their lives is very important. Is food comfort, a way of relieving stress or depression?

"Find another alternative that is satisfying, yet easily accessible and quick like listening to music, needle-pointing, walking, writing in a journal," she says.



A Nicole Rodríguez la mató un chofer borracho cuando ella salía a jugar con una amiguita vecina.

¿Qué se debe hacer para impedir que un amigo maneje borracho? Lo que fuere necesario. Los amigos no dejan a sus amigos manejar borrachos.

U.S. Department of Transportation Ad Council

BORDEN COUNTY INDEPENDENT SCHOOL DISTRICT COMBINED STATEMENT OF REVENUES, EXPENDITURES, AND CHANGES IN FUND BALANCES ALL GOVERNMENTAL FUND TYPES AND SIMILAR TRUST FUNDS YEAR ENDED AUGUST 31, 1999				
DATA CONTROL CODES	GOVERNMENTAL FUND TYPES		TRUST FUNDS	TOTAL
	100-199 GENERAL FUND	200-499 SPECIAL REVENUE FUND	800-829 EXPENDABLE TRUST FUND	98 AUGUST 31, 1999
REVENUES:				
	Local, Intermediate, and Out-of-State			
				Investment Income
	\$ 415,167	\$ 331	\$ 1,726	\$ 417,224
	Other Local and Intermediate Sources			
	3,915,329	135,944		4,051,273
5700	Total Local and Intermediate Sources			
	4,330,496	136,275	1,726	4,468,497
5800	State Program Revenues			
	152,561	41,556		194,117
5900	Federal Program Revenues			
		128,192		128,192
5020	Total Revenues			
	4,483,057	306,023	1,726	4,790,806
EXPENDITURES:				
Current:				
0010	Instruction and instruction-related services			
	1,286,417	128,426		1,414,843
0020	Instruction and school leadership			
	125,710	104,013		229,723
0030	Support services - student (pupil)			
	524,212	133,044		657,256
0040	Administrative support services			
	246,832	1,700		248,532
0050	Support services - nonstudent based			
	524,407	1,154		525,561
0060	Ancillary services			
	14,752		1,650	16,402
0080	Capital Outlay			
	59,465			59,465
0090	Intergovernmental Charges			
	252,106			252,106
6030	Total Expenditures			
	3,033,901	368,337	1,650	3,403,888
1100	Excess (Deficiency) Revenues Over Expenditures			
	1,449,156	(62,314)	76	1,386,918
7020	Other Resources			
	800	62,314		63,114
8030	Other (Uses)			
	(174,908)			(174,908)
1200	Excess (Deficiency) of Revenues and Other Resources Over Expenditures & Other Uses			
	1,275,048	0	76	1,275,124
0100	Fund Balance - September 1, 1998			
	7,366,913		46,252	7,413,165
3000	Fund Balance - August 31, 1999			
	\$ 8,641,961	\$ 0	\$ 46,328	\$ 8,688,289

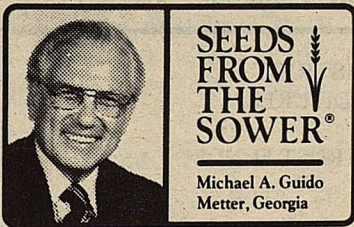
Meeting Held

Cont. from pg. 1

has retired as President, he will still be very active in the organization and will serve as Senior Farmer/Paramedic. President Mike Valentine's first order of business was to appoint Kent as Education Coordinator also. Ollie Holmes, also received a gift certificate for the tremendous support she has given Kent and the EMS organization.

This past year has seen the EMS change to include six paramedics and three intermediates. There is a class of EMT-basic that will be taking their state test later this month. The members of the EMT would like to wish them "Good Luck".

To the wonderful people of Borden County, the EMS would like to say "Thank you for your support", both financially and morally. Without your help the emergency service would not exist. We appreciate each and every one of you.



SEEDS FROM THE SOWER

Michael A. Guido
Metter, Georgia

A salesman asked a boy, "Is your mother at home?" "Yes," he answered, "but this isn't our home."

One day Moses confessed, "Lord, You have been our home." But is He your home?

You need a home for your body. Be it ever so humble, there's no place like home.

But you also need a home for your soul. The farther your soul is from the Lord, the more its restlessness.

That's the reason for today's boredom. We have it easier than our forefathers, but more uneasiness; we're living more comfortably, but less contentedly.

Your soul is homesick for the Lord. Without Him, life is confused and empty.

Come home to the Lord, won't you?

Healthy Eating Made Delicious

You and your family have made it through the holidays—the parties, special desserts, family traditions, extra helpings. Now it's time to think about getting back to a healthier lifestyle. Exercise and overall increased physical activity can play an important role in a healthy lifestyle. So can increasing your daily intake of fiber and whole grains while decreasing calories and fat in your diet. The challenge is incorporating these elements into daily life. It can be easier than expected.

Today, more than ever, there are many ways to prepare healthy foods for your family without sacrificing great flavor. Incorporating vegetables, fruits and other low fat sources of fiber such as oatmeal into recipes can boost the nutritional value of main dishes.

While good tasting and hearty as part of a healthy breakfast, oatmeal is also a whole grain ingredient that can be a low fat source of soluble and insoluble fiber, adding great flavor, texture and nutrition to many recipes. The fiber in oatmeal can contribute to a fuller feeling often leaving less room for higher-fat foods, in addition to its overall health benefits. Oatmeal, a versatile ingredient, is great used in coating chicken, as a thickening agent, a ground meat extender and a flavor enhancer for chili, soups, stews and other dishes.

The following easy-to-make, nutritious recipes combine the goodness of a variety of readily-available ingredients such as vegetables, meat, cheese and oatmeal. They are lower in fat and calories and higher in fiber than their traditional counterparts, and your family will love them! Healthy eating can be satisfying and delicious.



Photo courtesy of 3 Minute Brand® Oats
Parmesan Chicken, Vegetable Chili and Broccoli-Stuffed Tomatoes are all healthier alternatives to their traditional counterparts.

VEGETABLE CHILI

Serve this slightly spicy and extra chunky chili with some hearty whole grain bread for an easy and satisfying meal. Low fat and high fiber, too!

- 1 tablespoon olive oil
- 2 cups zucchini, cut in 1/4-inch slices
- 1 cup each of chopped onion, chopped green bell pepper, chopped celery
- 1 can (28 oz.) whole tomatoes, undrained, chopped
- 1 cup sliced mushrooms
- 2 cups water
- 1 cup picante sauce
- 1 teaspoon ground cumin
- 1/4 teaspoon chili powder
- 1 can (16 oz.) navy beans, drained
- 1 can (16 oz.) kidney beans, drained
- 1/2 cup 3 Minute Brand® Quick Oats
- 1 cup (4 oz.) shredded low-fat cheddar cheese

Heat oil in large saucepan. Add zucchini, onion, green pepper and celery. Cook 3 to 4 minutes or until crisp-tender. Stir in tomatoes, mushrooms, water, picante sauce, cumin and chili powder. Bring to a boil; reduce heat.

Cover and simmer 30 minutes, stirring occasionally. Stir in navy beans, kidney beans and oats; cook until hot. Garnish individual servings with about 1 1/2 tablespoons cheese.

Makes 10 (10 oz.) servings. Nutrition information per serving: 188 calories, 31g carbohydrate, 11.5g protein, 3g fat (14% calories/fat), 2mg cholesterol, 592mg sodium, 7g dietary fiber.

GARDEN VEGETABLE MEATLOAF

Shredded vegetables give this low fat meatloaf extra flavor and nutrition. Try this unique, great-tasting recipe as an alternative to regular meatloaf.

- 1 1/2 pounds ground turkey breast
- 1 cup 3 Minute Brand® Old Fashioned Oats
- 1/2 cup shredded carrot

- 1/4 cup each shredded zucchini, chopped onion, chopped green bell pepper
- 1/4 cup tomato paste
- 1/4 cup fat-free (skim) milk
- 1/4 cup cholesterol-free egg product or 2 egg whites
- 1 tablespoon Worcestershire sauce
- 1/2 teaspoon Italian seasoning
- 1/4 teaspoon salt, optional

Preheat oven to 350°F. Combine all ingredients in large bowl until well mixed. Shape into loaf and place in 13 x 9 x 2-inch baking pan or press into 9 x 5 x 3-inch loaf pan. Bake 1 hour and 20 minutes. Cool 5 to 10 minutes before slicing and serving.

Makes 6 (5.5 oz.) servings. Nutrition information per serving: 198 calories, 12g carbohydrate, 32.5g protein, 2.5g fat (11% calories/fat), 58mg cholesterol, 54mg sodium, 2g dietary fiber.

BROCCOLI STUFFED TOMATOES

This simple-to-make vegetable dish is a delightful compliment to any meat or can be served as a light vegetarian entrée. And it's only 100 calories per serving.

- 6 medium tomatoes
- 1 package (10 oz.) frozen chopped broccoli
- 1/4 cup chopped onion
- 1/2 cup 3 Minute Brand® Quick Oats
- 1/4 cup low-fat cottage cheese
- 1/4 cup shredded part-skim mozzarella cheese
- 1/4 teaspoon Italian seasoning
- 1/4 teaspoon garlic powder
- 2 tablespoons grated Parmesan cheese

Preheat oven to 350°F. Slice 1/4 inch from stem end of each tomato. Scoop out pulp and seeds; discard. Place tomatoes in 1-quart baking dish. Cook broccoli with onions according to package directions; drain well. Stir in oats, cottage cheese, mozzarella cheese,

Italian seasoning and garlic powder until well combined. Fill tomatoes with mixture; top each with 1 teaspoon Parmesan cheese. Bake 20 to 25 minutes or until heated through. Makes 6 (7 oz.) servings. Nutrition information per serving: 100 calories, 14g carbohydrate, 7g protein, 3g fat (27% calories/fat), 6mg cholesterol, 133mg sodium, 3.5g dietary fiber.

PARMESAN CHICKEN

Oatmeal in the coating adds wonderful flavor to this lighter version of an all-time favorite. It's great on its own or served on a bed of your favorite pasta.

- 4 boneless skinless chicken breast halves (1 to 1 1/4 pounds)
- 1/4 cup 3 Minute Brand® Old Fashioned or Quick Oats
- 1/4 cup Parmesan cheese
- 1/4 cup chopped fresh parsley or 1 tablespoon dried parsley
- 1/4 teaspoon garlic salt
- 1/4 teaspoon pepper
- 1 egg
- 1 tablespoon milk
- 1 tablespoon olive oil
- 1/4 cup shredded part-skim mozzarella cheese
- 1 cup prepared spaghetti sauce, heated

Pound chicken breasts to 1/4-inch thickness. Combine oats, Parmesan cheese, parsley, garlic salt and pepper in shallow dish. Lightly beat egg and milk in bowl until combined. Dip each piece of chicken in egg mixture and then oat mixture. In large skillet, heat oil. Cook chicken 8 to 10 minutes or until tender and no longer pink, turning once. Place chicken on serving plate. Drizzle spaghetti sauce over chicken; top each piece with 1 tablespoon mozzarella cheese. Makes 4 (7 oz.) servings. Nutrition information per serving: 326 calories, 21g carbohydrate, 32g protein, 12g fat (33% calories/fat), 73mg cholesterol, 598mg sodium, 3g dietary fiber.

DRIVE SAFELY!

Watch out for the Children . . .

