

THE BORDEN STAR

VOLUME XXVIII

January 26, 2000

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

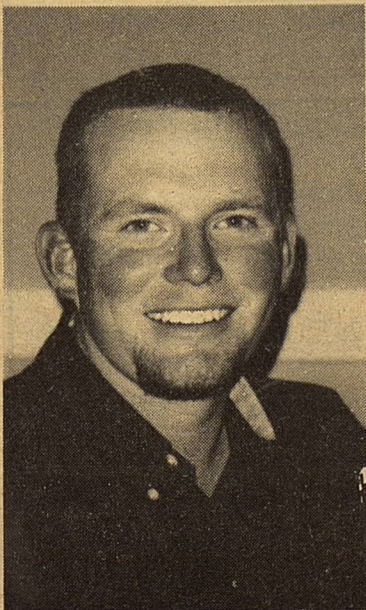
Two former BHS graduates receive the Bert Dennis Memorial Scholarship

The Bert Dennis Scholarship is awarded each year in memory of Bert Dennis to a former graduate of Borden County High School. The recipients this year are two very exceptional young men. The scholarship committee felt the need to have both young men receive this scholarship. They are, Doug Flanigan and Bryce Dye.

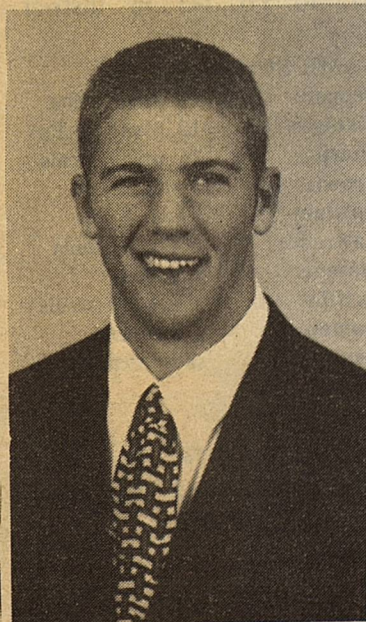
Doug Flanigan is the son of Bill and Nancy Gordon of Post and the late Mike Flanigan. He is a 1995 graduate of Borden County High School. He attended Howard Payne

University for 4 semesters and then transferred to Wayland Baptist University in Plainview, where he is currently an Agribusiness major. Doug has completed 95 hours and has a 3.0 GPA. Doug ranches and owns and operates Brazos Ag Supply, which deals in hay and liquid feed supplements. His future plans are to continue in this line of business on a larger scale.

The other recipient of the scholarship is Bryce Dye a 1998 graduate of Borden County High School and the son of Chet and Shirley Dye of Gail.



Doug Flanigan



Bryce Dye

Emergency Meeting "Freedom to Farm Bill"

South Plains producers are needed to help formulate new farm program proposals. Can the "Freedom to Farm Bill" be amended? Or should our current Farm Bill be rewritten?

Concern for the erosion of our entire area's economy will be bringing together producers from Oklahoma, West Texas and Eastern New Mexico.

Low prices for almost all commodities have dealt

Bryce has completed approximately 45 hours of college education. Bryce attended ASU in San Angelo for the 1998-99 semester majoring in Kinesiology and Math. He is currently attending Abilene Christian University majoring in Bible and Math.

His future plans include youth work, teaching math and coaching. He has worked as a counselor at White River Youth Camp this past summer. He is currently working at a driving range and golf course in Abilene while attending classes at ACU.

The scholarship committee believe both of these young men are very deserving of this memorial scholarship.

a massive blow to our nation's multi-billion dollar agriculture industry and thus our economy.

Farm and trade policy will see major changes this year. Hearings will soon begin that will affect all of us, and they may take place with or without your input. New policies may be influenced by others who do not necessarily have our best interests at heart.

This meeting is designed to let numerous farm organizations and/or independent farmers and ranchers have personal

input into new farm policies.

The time has come for the collective thoughts of area producers to be heard as they speak from the heart about the future of agriculture. Together we can make a difference.

DATE:
Monday, Jan. 31, 2000
MEETING TIME AND LOCATION:
7:00 P.M.
Holiday Inn Lubbock Plaza, Lubbock, Texas.

For additional information contact Rick Clem - 806/759-0923 or Bennie Pope - 806/777-2922

National Ranching Heritage Center Plans New Events for 2000

The National Ranching Heritage Center is a museum established to preserve the history of ranching, pioneer life and the development of the livestock industry in North America. More than 35 authentic and reproduction structures have been relocated to the heritage center, representing the evolution of ranch life from the late 1700s through early 1900s. Structures include Los

Corralitos, a Spanish fortress; Matador Ranch half-dugout; XIT headquarters Las Escarbas; the one-room Bairfield School House; JY Ranch bunkhouse; picker and sotol house; box and strip house; train engine and Ropes Depot, windmills, barns and corrals and the Queen Anne-style home of a wealthy rancher helping to attract the railroad to his small town. Each building

Cont. to pg. 2

High School Basketball

District Basketball Race Finds Lady Coyotes in First with 4-0 Record: Coyote Boys fall just short in Upset Bid over Westbrook

The district race is halfway over with Borden High School's Lady Coyotes holding on to first place with a 4-0 record.

High school basketball action took the varsity teams to Ira on Tuesday night and then saw them face Westbrook at home on January 21.

The girls started off the first period shooting 50% from the field and hitting two three's in the first period to jump to a 21-2 first quarter lead.

Ira came back to outscore the Lady Coyotes 13-12 in the second quarter even though the girls continued to shoot consistently: 2/6 three-pointers and 4/8 from the

field. Second-half action saw the defense take control once again as BHS held Ira to only seven points combined in the third and fourth periods. The Lady Coyotes took the win by a 57-22 score.

GAME SUMMARY

Smith	18 pts., 4 assts.
Mayes	17 pts., 5 rebs.
Wootan	13pts., 11 rebs.
B. Hensley	5 pts., 3 steals
Baeza	2 pts., 8 rebs.
Copeland	2 pts., 1 reb.
Dye	2 rebs.
Poole	1 reb.
Adcock	1 steal
Thomas	1 deflection

In boys' action, the Coyotes faced an Ira team with only one loss on the season. Depth and height advantages gave the

Bulldogs the edge in a game in which they never fell behind.

The Coyotes trailed at the end of one period, 10-4, and found themselves on the short end of a halftime score, 25-7.

However, the Coyote offense came alive in the second half as BHS scored 23 points to close the gap somewhat. Ira dominated the boards and went on to win by a score of 57-30.

GAME SUMMARY

Lawrence	14 pts., 8 rebs.
Flanigan	7 pts., 2 steals
T. Pepper	4 pts., 8 rebs.
Sharp	3 pts., 4 rebs.
Nowlain	2 pts., 4 rebs.
Sanders	1 rebound
Stamper	3 rebs., 1 asst.
Griffin	1 deflection

Battling for a runner-up playoff spot, the Coyotes were motivated as they stepped on to the court Friday to meet a strong Westbrook team.

The intensity and desire proved both advantageous and harmful as the Coyotes hustled and clawed their way to a first-quarter lead, 16-13, but found themselves in foul trouble at the end of one.

It was to be a night of the three-point shooting as Coyotes lit up the scoreboard with seven 3's alone in the first half. Four of those came in the second quarter as BHS took a 32-26 lead into the locker room.

Hoping for some friendly calls in the second half, the boys came out and continued to play with hustle and determination.

National Ranching Heritage Center

Cont. from pg. 1

reflects the geography of its original location and the materials available for construction. No admission charge; handicapped accessible.

Open Monday - Saturday

10 a.m. - 5 p.m.,

Sunday 1-5 p.m.

3121 4th Street,



With 5:20 remaining in the 3rd period, BHS led by a score of 46-35.

Foul trouble began to take its toll, though, as Westbrook went to work on those with four fouls. Still, the Coyotes led going in to the final period, 39-34.

Despite the adversity, BHS found itself in the lead with 3:08 to go in the game, but that's when the Westbrook comeback took over as they hit a one and one and went ahead with 2:51 to go in the game, 48-47.

The guys lost three players to foul trouble and were unable to find the mark in the final two minutes, falling to the Wildcats by a score of 54-51, to go 1-3 in district play.

GAME SUMMARY

Pepper	17 pts., 5 rebs.
Flanigan	15 pts. (five 3's)
Sharp	11 pts., 5 steals
Brown	3 pts., 2 reb.
Nowlain	3 pts., 4 reb.
Lawrence	2 pts., 2 steals
Stamper	2 steals
Griffin	1 reb., 2 steals
Dunlap	1 rebound
Zant	saw action on
defense	

Both boys and girls will face district opponents this week: January 25 at home against Grady and January 28 at Ackerly against Sands.

just east of Indiana Ave., Lubbock, Texas

Closed Thanksgiving, Christmas Eve, Christmas Day and New Year's Day

(806)742-0498

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Menu

Lunch: \$1.00 K-6th.

\$1.25 7th-12th.

Breakfast: .50c

Jan. 31st - Feb. 4th

MONDAY: Enchiladas, Mex. Bean Salad, Rice, Tortilla Chips, Fruit & Milk

Breakfast: Eggs & Cheese on English Muffins, Juice & Milk

TUESDAY: Ham, Broccoli & Cauliflower, Sweet Potatoes, Bread Stick, Pudding, & Milk

Breakfast: Cinnamon Rolls, Fruit, Juice & Milk

WEDNESDAY: Beef Stroganoff, Green Beans, Salad, Toast, Fruit Crisp, & Milk

Breakfast: Breakfast Burrito, Hash Browns, Juice & Milk

THURSDAY: Chicken Strips, Potatoes, Green Peas, Hot Rolls, Fruit & Milk

Breakfast: Pop Tarts, Fruit, Juice & Milk

FRIDAY: BBQ on a Bun, French Fries, Beans, Cake & Milk

Breakfast: Eggs & Ham, Toast, Juice & Milk

Upcoming Events:

January:

27th JH vs. Ira, Here 6 p.m.

28th HS vs. Sands, There 4:00

29th UIL Math/Science South Plains College

February:

1st HS Basketball

OPEN

3rd JH vs Westbrook

There 6:00 p.m.

4th HS vs Ira Here 6 p.m.

Coyotes Split with Westbrook

In Friday's district game, the Lady Coyotes really had to beware and not be too relaxed against a team with no district wins.

Initially, the girls were offensively sluggish, but at 3:27 remaining in the first period, BHS got untracked and went on a 20-point run which gave them a 24-5 lead going in to the second quarter.

The girls continued their percentage shooting from Tuesday night's Ira game by hitting 19 of 34 shots from the field in the first half. Free-throw shooting, which has been a weak area this year, was much improved as the Lady Coyotes went to the charity line 13 times in the first half and hit 9.

Leading at halftime

by a score of 50-19, the team continued to play good defense and demonstrated some passing skills that enabled eight players to score in the contest.

In the final period, BHS hit two of three 3's to ice the game and give the Lady Coyotes a convincing 93-40 win.

Senior Lindsey Smith enjoyed a career game in all aspects as she scored 24 points, grabbed 8 rebounds, had 7 assists, and stole the ball 9 times. Other Lady Coyote stats are below:

Wootan	24 pts., 9 rebs.
Mayes	21 pts., 6 steals
B. Hensley	10 pts., 4 assts.
Baeza	5 pts., 7 rebs.
Copeland	5 pts., 1 block
Dye	2 pts., 3 assts.
Adcock	2 pts., 1 reb.
Poole	2 rebs., 1 block
Thomas	2 rebs., 1 steal

Junior High Teams both take Second Place Trophies at Ira Tournament over week-end

Traveling to the infamous dogpound for the second time in a week, Borden Schools left with trophies in hand as they each won one game and lost one to take second place honors.

Coach Richey and his assistant, Coach Avery, led the boys to a 62-39 win in the opener over Abilene Christian Jr. High.

The first two periods were close, but a strong third quarter in which the Coyote Pups hit 21 points gave them a cushion as they went on to play solid defense and win by 23.

The girls, coached by Alan Wootan and Gailan Winegarner, had the same opponent in their first round match, ACJH, and did just what the boys did: relied on strong play in the second half to take them to a 28-27 win. Shayla Gass, using her leadership as one of only two 8th graders on the team, hit both ends of a one and one to help win the game for the young Missy Coyotes.

Ira was the opponent

in the finals, a team that had barely defeated the Coyotes Pups earlier in the year by a score of 33-28.

It appeared that this time BJH might avenge the loss as they led 15-12 at halftime. However, Ira came back, scoring 15 points in the final quarter to BJH's four and won the championship game, 35-25.

As with the boys, the girls were seeking to turn the tables on an earlier meeting in the year with Ira, but a cold-shooting first quarter put them in a bind as they trailed 18-3.

Scoring only two points in the second quarter did not help the Missy Coyotes' cause, but the second half saw them mount somewhat of a comeback as they scored 18 second-half points to Ira's 12.

The difference in the game proved to be the first period, and the Missy Coyotes lost 38-23 in the championship game.

TOURNAMENT SUMMARIES

Boys vs. ACJH

D. Griffin 27 pts.
Pinkerton 18 pts.

Winegarner 6 pts.
Carter 6 pts.
Lozano 3 pts.
Rodriguez 2 pts.

Also seeing action:

B. Griffin, C.J. Anderson,
J. Stamper, T. Wallace,
B. Roper, D. Gwinn

Boys vs. Ira

Pinkerton 10 pts.
Winegarner 7 pts.
Griffin 4 pts.
Carter 4 pts.

Also seeing action:

B. Griffin, C.J. Anderson,
J. Stamper, A. Lozano,
J. Wilson, G. Chapman,
T. Wallace, D. Rodriguez,
B. Roper, D. Gwinn

TOURNAMENT SUMMARIES

Girls vs. ACJH

Gass 12 pts.
Mayes 10 pts.
Rinehart 4 pts.
Balaque 2 pts.

Other Missy Coyotes: L. Johnson, C. Ogden, S. Pool, W. Anderson, A. Ellison, M. Vasquez, M. Brooks, A. Brooks

Girls vs. Ira

Mayes 10 pts.
Gass 4 pts.
Anderson 4 pts.
A. Brooks 2 pts.
Rinehart 2 pts.
Johnson 1 pt.

Next action for the junior high teams is Thursday, January 27, at home against Ira.

Children's Health and Safety

Recognizing the signs of strep throat:

When is a sore throat cause for concern? When it is caused by bacterial called strep.

Look for symptoms such as fever, headache, swollen tonsils and lymph glands, and pain when swallowing. The back of the throat is usually red with white patches.

"Strep is contagious," said Dr. Carol Baker, an infectious disease specialist at Texas Children's Hospital in Houston. "Be sure to take you child to the doctor as soon as you suspect there may be a

problem so a throat culture can be done."

If strep is confirmed, your child will be given an antibiotic. It is important that you child takes all the medication as directed by the doctor. If your child's temperature is normal, he or she can return to daycare or school 24 hours after starting the medication.

To keep germs from spreading, instruct family members tow ash their hands often. Teach your child not to share food and eating utensils or other items placed in or on the mouth.

Putting the squeeze on nosebleeds:

Nosebleeds can occur for a variety of reasons - trauma, vigorous rubbing or being in a heated or dry environment.

To control bleeding, apply firm pressure just above the nostrils using the thumb and index finger. Your child's head should be bent forward so the chin is almost resting on the chest. Use a clod, clean washcloth at the end of the nose to help stop the bleeding.

"If the bleeding remains

Cont. to pg. 4

From the Counselor: By Mary Airhart

The TASP, which must be taken and passed (if not exempted by TAAS scores) before attempting any college courses, will be offered to all Borden County junior and senior students on Thursday, February 10th. Harvey Rothell, Howard College counselor, will be on campus at Borden County to administer the test beginning at 8:30 a.m. and concluding about 2:00 p.m. For admission to the test, students must bring a picture ID (driver's license) and a check or money order for \$29 made to NES (National Evaluation Systems). The student's social security number should be noted on the check. Students who wish to take the test should notify Mrs. Airhart by February 1st.

The TASP test consists of three sections: Writing, Reading, and Math, and all three sections must be passed. If one or more parts are not passed at this testing, an additional fee of \$29 will be required for retesting; however, the student will not have to retake the parts, which were passes.

TAAS (Texas Assessment of Academic Skills) Alert:

On Tuesday, February 22, 4th graders, 8th graders

and 10th graders across the state of Texas will be taking the Writing portion of the TAAS. The sophomores only will continue testing that week to take the exit level Math on Wednesday, February 23 and take the exit level Reading on Thursday, February 24th. These tests are vitally important to the individual student and to the school district as a whole. To receive a diploma of graduation, a student must have passed all three portions of the TAAS. Also, students may be exempt from the TASP if they score high enough on all three portions of the TAAS: Math - 86, Reading - 89, and Writing - 1770. Failure to score high enough on anyone of the three cancels the exemption.

Student group scores are used to calculate program and district effectiveness, and the scores become the basis of the Borden County ISD report card to determine whether the district is rated Exemplary, Recognized or other. Teachers have provided materials, instruction, and support, and we believe that the students are mentally prepared to conquer these tests. Please arrange medical or orthodontic appointments around these dates and add your encouragement to motivate your students to do as well as possible on the upcoming test.

FINANCIAL AID WORKSHOP

Seniors and parents are invited to a Financial Aid Workshop at Lamesa High School on Thursday, February 10th from 6:30 p.m. to 8:30 p.m. There will be financial aid experts and accountants on hand to answer questions and finalize FAFSA reports.

Couple exchange vows in small double ring ceremony

Leslie Copeland became the bride of Bryan Dee Justice in a double ring ceremony on January 8, 2000 at the Citizens Bank Community Room in Post with Justice of the Peace, Dee Justice, father of the groom officiating. The ceremony was a small gathering of close family and friends to celebrate the union of two very special young people.

Paul Jones, minister of Post Church of Christ led the opening blessing and ended the ceremony with a special prayer for the couple.

Parents of the bride are Mr. and Mrs. Leslie D. Copeland of Gail and Mr. and Mrs. Dee Justice of Post.

Given in marriage by her father, the bride wore a tea length dress of Hunter Green and carried a

bouquet of white satin roses, white satin bow and ribbons. Keeping with tradition, the bride wore a pearl necklace and earring set belonging to her paternal grandmother, Bertie Copeland for something old and something borrowed. Something new was her dress and something blue was her garter.

Rika Copeland, sister of the bride served as brides maid and Brent Justice, brother of the groom, served as best man.

The couple entered the room down an isle decorated with white satin bows, babies breath and fern. The couple stood in front of the fireplace decorated with white candles and white flowers, satin bows and fern.

A reception was held following the ceremony. The bride's table was

covered with a white lace cloth with a two tiered white cake covered with yellow daisies. A centerpiece of white flowers and fern adorned the table. Punch and cookies were also served.

The grooms table was covered with a white lace cloth and a centerpiece of white doves, greenery and white satin ribbon. Hord'ouvers were served.

The registration table was decorated with a white lace cloth with a basket of keepsake tokens with the bride and groom's names engraved on them. Pictures of the bride and groom at age 4 also adorned the table.

Becky is a 1999 graduate of Borden County High School and plans to continue her college education next fall. Bryan is a graduate of Post High



Mr. & Mrs. Bryan Justice
...nee Becky Copeland

School and plans to attend the Police Academy in Lubbock beginning in March. They are currently employed at Justice Mason Funeral Home in Post. Following a wedding trip to Lubbock, the couple will reside in Post.

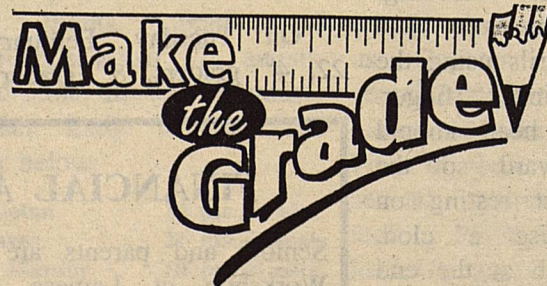
New Address while recovering

Jo Hensley will be staying close to her daughter, Lesa in Wichita Falls, while recovering from her illness. Her new address is 2649 Plaza Parkway #2115 Wichita Falls, TX 76308. She would really enjoy hearing from her Borden County neighbors and friends while she recovers.

The Borden Star (USPS' or PUBLICATION NO. 895-520) is published weekly except Christmas and New Year's week for \$12.00 per year by the Borden Star, P.O. Box 137, Gail, Texas 79738. Second-class Postage paid at Gail, Texas. POSTMASTER: Send Change of Address to the Borden Star, P.O. Box 137, Gail, TX. 79738

First Baptist Church Gail will celebrate "Super Sunday" on January 30th. with Dinner in the fellowship hall immediately following morning services. Everyone is invited to bring Pot-Luck and come join the food and fellowship.
No evening services

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Applications and Testing will be taken at the Borden County Community Center on Saturday, Jan. 29th, beginning at 10 a.m.

For more information in the Borden County area please call: Gene Quigly at (915)263-7013 or Call the Local Census Office at (806)785-6740 or 1-888-325-7733

The Bureau of the Census is an Equal Opportunity Employer!

Drive Safely



Watch out for the Children . . .



Texas Stories
A showcase of the Texas Spirit



Tumbleweed Smith
Part owner of Texas

Sometimes you get really hungry!

I've just returned from an interview trip through East Texas. No two interview trips are alike. This time I got 25 interviews during 5 days on the road. That's typical, as far as the number goes. I aim for 5 interviews a day and have no trouble doing that.

I spent three nights with family or friends and one night in a motel in Crockett. I arrived at the Crockett Inn around 5:30 p.m. and decided to do some work on my list of prospective interviewees. I usually do this around the first of the yea. I got out my laptop and went to work.

I have divided the state into 7 sections and when I'm traveling in a particular area I refer to my list for that part of the state and pick and choose whom to interview. My list now contains more than two thousand names, almost enough to carry me through nearly 8 years of daily radio programs and weekly newspaper columns. Most of the suggested names have come from listeners or readers.

After working for a couple of hours at the motel in Crockett, I got hungry. My eating is erratic, to say the least, on interview trips. There is no real schedule and I never know where I'm going to be at any given time. A couple of nights on this trip I was interviewing at midnight.

I got in my car and

drove to a place called Ames Chicken to go. I looked over the menu and noticed that the more chicken you brought the less you paid. I could get 3 pieces of chicken for \$2.09 or 2 pieces for \$3.19. I ordered the 3 pieces. The lady taking my order said it would be 4 minutes before the chicken got through cooking. I told her I was going to the store next door for a candy bar and would return in about 4 minutes to pick up my order.

When I returned the same customers who were there earlier were still there and some new ones had come in. They were all waited on and I still had not got my order. I noticed the stack of chicken on the rack diminishing. I also noticed large numbers of phone in orders and window orders being picked up. I left, drove around Crockett looking for a place to eat and ended up at Dairy Queen.

I ordered a basket of steak fingers and an ice cream sandwich. The girl behind the register figured my bill and I got out a fifty dollar bill to pay for it. "We don't take fifties," she said. I told her I was really hungry and needed to eat something and the fifty was the smallest bill I had. In fact, it was the only bill I had with me. "Our manager told us not to take fifties." I asked if she took credit cards and she said no. I left and went to KFC.

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Directed by Beth McBrayer

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Curtain Times:

Friday & Saturday - 7:45 p.m. - Sunday Matinee - 2:30 p.m.

Tickets:

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Box Office Hours:

Monday - Friday

12:30 - 5:00 p.m.

Except Show Weekends

12:00 p.m. - Curtain Time



I told the lady there I wanted some dark pieces and she told me there was a special: 8 pieces for 4 dollars. I told her I'd take it. I paid for it with my fifty. When she gave me the order, she asked me if I was going to eat all of the chicken by myself. I said probably.

I took the 8 pieces to the motel and devoured 6 of them. After all, I had been trying to get something to eat for more than an hour. Fast food is not always fast. I was hungry.

I had the other two pieces for breakfast the next morning.

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

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Children's Health Safety

Cont. from pg. 3

profuse or difficult to control after 15 or 20 minutes, it's a good idea to call your child's doctor," said Dr. Jan Drutz, a pediatrician at Texas Children's Hospital in Houston. "If nose bleeds are recurrent or there are other signs of bleeding, such as easy bruising or gums that bleed easily, notify your child's doctor.



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Rutting Bucks Get Skinny!



Thompson Temple's
Texas Wildlife

Poor judgement causes rutting whitetail bucks to chase does and ignore their bodies' needs. A buck chasing does in heat will frequently go days or weeks without eating properly. This can cause them to lose weight and get weak. When they are in this situation their mortality rate skyrockets.

Coyotes and other predators have been known to take down full grown bucks after they have become weakened by a long vigorous breeding season. Cold weather can bring on pneumonia to the stressed bucks.

Of course this breeding activity also gets many a big buck shot by a hunter. I have seen whitetail bucks almost run over my truck to stay on the trail of a doe in heat. Temple Inland has a large hunting area where they plant big oat fields. There will frequently be herds of whitetail does eating oats. One day, you can stop at a big oat field and there will be a giant whitetail buck in the middle of the field with does! That buck has been wily and careful for the past five years. On this day he is an easy take for any hunter.

Another significant mortality factor for a mature buck is getting gored by the antler of another buck. Two grown bucks fight more seriously and brutally than younger bucks. Sometimes the loser may die during the fight or shortly thereafter.

When there are a lot of

Never tell people how to do things. Tell them what to do and they will surprise you with their ingenuity.

—George S. Patton

does and not many bucks due to unbalanced hunting pressure, then the fighting is far less. It is difficult to rattle up a buck when there are a lot of does. Bucks are hesitant to come to fight for a doe when there is a doe in heat behind every bush!

We are looking for some really big bucks all across Texas this year! Say your prayers and behave yourself, this could be your year for that once in a lifetime buck. Remember, keep the wind in your face, the sun at your back, and the Lord in your heart! Good hunting.



This buck has gotten skinny by chasing does and not eating properly!

for a lifetime of healthier skin

from the
American Academy of Dermatology

New treatments fade acne scars from sight

Did you spend your teenage years in front of the mirror cursing your latest acne outbreak? Are you spending a fortune on lotions and cover-ups to conceal the scars left behind? If so, by spending some time with your dermatologist you can learn about the latest treatments that can turn acne scars into a faded memory from the past.

"Today, there are more safe, effective treatments for acne scarring than ever before," advises dermatologist Bruce Katz, MD, Clinical Professor of Dermatology, Columbia University. "Patients who have suffered with acne through their teenage years or beyond, and are now left with this cruel reminder of their condition, are realizing that they don't need to live with acne scars."

Acne can create a wide variety of scarring, some quite basic, and others, very complex. Dermatologists and dermatologic surgeons have worked with a variety of laser treatments and improved instruments to create state-of-the-art procedures. These techniques are affordable, precise, and offer quick recovery times.

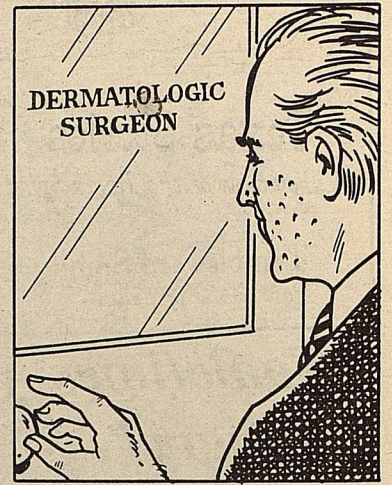
The nature of the scarring dictates which procedure will work best for you. Often, a combination of lasers works most effectively in creating smoother skin. After a thorough ex-

amination, your dermatologist can recommend a treatment that is personalized to your condition. In most cases, only one treatment is required, with permanent results.

If your scars are mild, but still noticeable, make your reservation for the latest technique, microdermabrasion - labeled the 'lunchtime' peel because it is a quick procedure that leaves you with only minimal redness. Microdermabrasion removes damaged skin while stimulating new cell growth. Since it creates no wound, and is noninvasive, you need multiple treatments to remove acne scarring. The results are a smoother, clearer appearance.

To combat more severe scarring created by cystic acne, dermatologists are literally filling in the holes with a procedure known as autologous fat transfer. By taking fat cells from another part of the body, dermatologists are successfully achieving permanent results with multiple procedures.

As with almost any medical procedure, early intervention is a plus to treating acne scarring. Call your dermatologist to discuss which procedure will work best for you, or contact the American Academy of Dermatology at 1-888-462-DERM (3376) or www.aad.org.



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Jackie Esworthy was killed by a drunk driver one week after her high school graduation.

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U.S. Department of Transportation

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Council

Healthtalk: Smart Antibiotic Use Will Help You Avoid Infection

How many antibiotics are in your medicine cabinet right now? Are you still hanging on to at least one half-finished prescription? It will come in handy to cure your next sore throat or stuffy nose, right? Wrong!

In fact, cutting your prescribed antibiotic course short and saving the remaining medicine for another infection may seem prudent, but it could make you sicker.

Antibiotics are used to kill the bacteria that cause some illnesses, such as ear infections or strep throat. They are prescribed for a period of time long enough not only to relieve symptoms, but also rid the body of all of the infection-causing bacteria. Discontinuing the medication course as soon as your symptoms are gone may allow some of the stronger bacteria to remain and reproduce. As a result, another infection may flourish, making you sick all over again.

Moreover, continued misuse of antibiotics can

eventually lead to an infection that is resistant to antibiotic treatment – a dangerous and increasingly prevalent trend.

Fortunately, there are several things you can do to get the most out of antibiotic treatment and protect yourself from further infection:

***Don't assume you need an antibiotic.** The flu and common colds are viral infections. Antibiotics will not treat viral infections at all – they are only effective against bacterial infections.

***Never borrow someone else's medication.** Different antibiotics fight different bacteria. What cured your friend's sore throat may not cure yours, particularly if your infection is not bacterial. Old medication also may have lost its effectiveness and could even be dangerous.

***Wash your hands regularly.** Washing your hands often and correctly is the most effective way to avoid infection. To thoroughly cleanse, you

should rub hands together with soap and warm water for 10-15 seconds, making sure to wash the back of your hands, palms, fingers, and nail beds. Do this several times a day, especially after sneezing or coughing, using the bathroom, or handling raw foods (particularly meat, poultry, or fish).



SEEDS FROM THE SOWER®

Michael A. Guido Metter, Georgia

Last week I noticed some boys and girls walking home from school. They were having a happy time.

But something happened. Immediately they formed sides and started throwing mud at each other.

They were poor shots. They missed their mark. But their hands got dirty.

What a lesson I learned. Don't throw mud. You may miss your mark. But you will dirty your hands whether you hit or miss. And the defacement of self is despairing as well as degrading.

Love and mud-throwing don't go together. Love never throws mud – even at enemies. For the Bible says, "Love your enemies."

empty bottle in the medicine cabinet. Consult your healthcare provider to determine the most effective and safest treatment for you.

For more information on antibiotics, contact:

Alliance for the Prudent Use of Antibiotics
617-636-0966
www.apua.org



CAPITOL COMMENT

U.S. SENATOR

KAY BAILEY HUTCHISON



TAX-CUT PRIORITIES

"I always like to go to Washington. It gives me a chance to visit my money." – Bob Hope

Last summer Congress passed what I thought was a fair and balanced tax relief bill, a definite improvement for America's hard-working taxpayers. It included some elements I view as critical. The first and most important of those was elimination of the marriage tax penalty.

Other significant tax-reduction provisions of the bill included:

- Phasing out the death tax, which is critical to maintaining our family farms, ranches and small businesses.
- Allowing those over age 50 to make catch-up payments to pension plans, such as 401(k)s, and Individual Retirement Accounts. This would benefit, in particular, women who return to the workforce after raising children.
- Increasing the maximum allowable contribution to Individual Retirement Accounts to \$5,000 from \$2,000.
- Providing additional personal exemptions to those giving long-term care to elderly family members.

These tax cuts were possible because the federal budget is expected to show a \$3 trillion surplus over the next 10 years. Congress had devoted 75 cents of each surplus dollar to protect Social Security and Medicare, pay down the national debt and fund national defense and education priorities. The remaining 25 cents of each surplus dollar would be returned to the taxpayers who sent it to Washington.

Sadly, the President vetoed this bill and insisted on maintaining the status quo. This means that next year we will resume the fight to do away with the tax on marriage, and other counterproductive taxes, once again.

In fact, lowering taxes will be the focus of even more strenuous efforts in 2000. And eliminating the marriage tax penalty will still be at the top of my tax-relief agenda. Abolishing this tax alone would save Texans an estimated \$1 billion over the next three years.

I also believe it is important for Congress to provide broad-based tax relief for all taxpayers, so next on the agenda would come a 10 percent, across-the-board tax cut to ease the burden on all Americans.

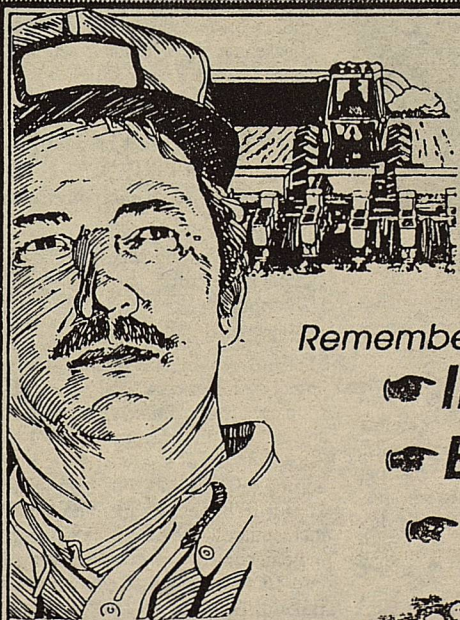
Two other areas of tax relief priorities, as well: reducing the inheritance and capital gains taxes. The bill President Clinton vetoed would have phased out and finally repealed the inheritance, or death tax. While it generates only 1 percent of all federal tax receipts, that revenue is offset by administrative costs and receipts lost from payroll and other taxes that disappear when small businesses are destroyed by the tax and jobs are lost after a death in the family.

The capital gains tax is a bad idea as well, are: Americans pay taxes on their salaries or incomes. If they have anything left to save and invest, they are taxed at a rate as high as 20 percent on what their savings have earned. Capital gains taxes discourage the creation of new businesses and get in the way of the growth of existing enterprises. They are a drain on America's economic vitality.

This has been a brief overview of my tax-cut priorities. I would like to know what Texans think should be changed or eliminated. Please write my office with your comments and suggestions.

Our address is:

Senator Kay Bailey Hutchison
284 Russell Senate Office Building
Washington, D.C. 20510.
Attention: Tax cuts



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Jose, Emily favorite names for booming number of babies in 1998

Texas residents had more babies in 1998 than in any other year since births were first recorded in the state in 1903, according to the Bureau of Vital Statistics at the Texas Department of Health (TDH). And those 342,199 infants were more likely to be called Jose if a boy and Emily if a girl than by any other names.

These two names led the list of the 10 most popular names for all Texas children born in 1998, the last year for which complete statistics are available. And those names will likely be around for a while. Overall life expectancy for a baby born in Texas in 1998 was 76.5 years. A male infant born that year could expect to live 73.5 years while a female's life expectancy

was 79.5 years. Also, females had a higher life expectancy than male infants in all racial and ethnic groups.

Jose also heads the list of most popular boy names for Hispanic infants, with Jennifer the favorite for Hispanic girls. Both names were favored in 1997 as well. For African-American babies, the names Jordan and Jasmine were most often selected; for Anglo children, Jacob and Hannah, again the same as in 1997. The list is tabulated using the exact spelling of infant names listed on birth certificates.

The previous year, Jose also headed the favorite male list; while Ashley was at the top for all girls, followed by Emily at number two.

Most popular names for all babies born to Texas residents, 1998

Rank	Male	Female
1	Jose	Emily
2	Jacob	Ashley
3	Michael	Alexis
4	Christopher	Samantha
5	Joshua	Sarah
6	Matthew	Victoria
7	David	Hannah
8	Brandon	Jessica
9	Jonathan	Jennifer
10	Daniel	Madison

Most popular names for Hispanic babies

1	Jose	Jennifer
2	Juan	Samantha
3	Luis	Ashley
4	Jonathan	Victoria
5	Jesus	Maria
6	Daniel	Alexis
7	David	Stephanie
8	Christopher	Jessica
9	Michael	Alyssa
10	Carlos	Vanessa

Most popular names for African-American babies

1	Jordan	Jasmine
2	Joshua	Alexis

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Most popular names for Anglo babies (Includes other and unknown race/ethnicity.)

Christopher	Taylor
Michael	Destiny
Cameron	Brianna
Anthony and Brandon	Ashley
Christian	Kayla
Darius	Brittany
Isaiah	Jada
James	Diamond
Jacob	Hannah
Matthew	Emily
Michael	Madison
Joshua	Sarah
William	Taylor
Christopher	Lauren
Austin	Ashley
Tyler	Alexis
James	Elizabeth
Zachary	Samantha

HOST A SUPER BOWL SOUP PARTY!



The zesty Mexican flavors in this chowder will satisfy any football fan.

The time is right for having a party! The holidays are over and you survived Y2K! Take the edge off winter by inviting your friends and neighbors over to watch the biggest football game of the year. This deliciously do-able menu will make you and your guests want to stand up and cheer. Tex-Mex Cheesy Chicken Chowder is super easy, and you can have everything ready ahead of time—meaning you get to enjoy the game, too.

"Cooking is more do-able than ever when you start with easy-to-use convenience food products," says Marggi Walstrom, senior product development specialist for Pioneer Flour Mills. "This flavor-filled soup uses convenient chicken broth, frozen hash browns, gravy mix and prepared salsa to keep it simple," Ms. Walstrom explains. The hearty chowder can be as hot and spicy as you like—just use your favorite salsa (mild, medium or hot).

Hot and Buttery Biscuit Squares,

warm from the oven, are the perfect accompaniment for Tex-Mex Cheesy Chicken Chowder. These melt-in-your-mouth biscuits will disappear quickly, so you may want to bake two batches. "When biscuits are baked in a pan with sides, they rise higher and fluffier," says Ms. Walstrom. "Just pat the dough into a pan, cut into squares, brush with melted butter and bake. It's that easy!" Round out the menu with cool, crisp carrot and celery sticks, cucumber slices and dip, and your favorite beverage for football-game-watching.

Tex-Mex Cheesy Chicken Chowder

- 1 cup chopped onion
- 1 cup thinly sliced celery
- 2 cloves garlic, minced
- 1 tablespoon vegetable oil
- 1 1/2 lb. boneless skinless chicken breasts, cut in 1/2-inch cubes
- 1 carton or can (32 oz.) chicken broth

SKIN CANCER CAN KILL YOU. AND NOW FOR THE REALLY BAD NEWS.



Skin cancer can kill you. But it's much more likely to disfigure you. Every year, thousands of Americans lose chunks of their skin to the disease. Noses. Ears. Eyebrows. So examine your skin regularly for warning signs. If you find anything bleeding, crusting or not healing, see your dermatologist. For more information on how to identify skin cancer, call 1-888-462-DERM, or visit www.aad.org.



AMERICAN ACADEMY OF DERMATOLOGY

- 1 bag (32 oz.) frozen southern-style hash brown potatoes (about 8 cups)
- 1 package (2.75 oz.) Pioneer No-Fat or Regular Country Gravy Mix
- 2 cups milk
- 8 oz. processed cheese food (such as Velveeta), cut in 1/2-inch cubes
- 1 jar (16 oz.) chunky salsa
- 1 can (4 oz.) chopped green chilies

In large saucepan, cook and stir onion, celery and garlic in oil over medium heat until onion is translucent, about 5 minutes. Add chicken; cook and stir until chicken is no longer pink. Add chicken broth; bring to a boil. Add potatoes; cook over low heat for 10 to 15 minutes or until potatoes are soft, stirring occasionally. Return to boiling. Dissolve gravy mix in milk; stir into boiling mixture. Add cheese, salsa and green chilies. Cook and stir over low heat until cheese is melted. Makes 8 servings.

Hot and Buttery Biscuit Squares

So easy to make! So delicious to eat!

- 3 cups Pioneer Buttermilk Biscuit & Baking Mix
- 1 cup sour cream
- 1/2 cup milk
- 3 tablespoons butter, melted

Measure biscuit and baking mix into large bowl. In small bowl, stir together sour cream and milk; stir into biscuit and baking mix to form a soft dough. Turn out onto surface dusted with additional biscuit and baking mix; knead 10 times. Shape into an 8x8-inch square. Place in an 8x8-inch baking pan coated with cooking spray. Cut into 16 squares. Brush top with butter. Bake at 400° for 15 to 18 minutes or until biscuits are golden brown. Remove from pan. Serve warm or at room temperature. Makes 16 biscuits.

Helpful Tip: When measuring biscuit and baking mix, gently spoon mix into nested (dry) measuring cup/s. Using a metal spatula or straight-edged knife, level off the top.

For exciting recipes, baking tips, and more, visit Pioneer Flour Mills' web site at: www.pioneermills.com



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