

Garza
Lynn Scurry
THE BORDEN STAR
Dawson Howard
VOLUME XXVIII
March 15, 2000
Serving the Counties of Borden, Dawson, Garza, Howard, Lynn & Scurry

**18-A All-District Honors for BHS
Basketball Players;
Mayes selected MVP for league play**

(article contributed by
Lamesa Press-Reporter
Dwight Heins)

In the same way that they dominated District 18-A girls basketball, the Borden County Coyotes also led the league's Dream Team released this week.

Senior guard Julie Mayes has been tabbed as the district MVP.

Two of Mayes' Coyote teammates, senior Lindsey Smith and junior Valerie Wootan, are also on the all-league team.

Borden County senior Justin Lawrence and junior Trent Pepper were tabbed to the boys' all-district team.

Receiving honorable mention is Borden County senior Nick Flanigan.

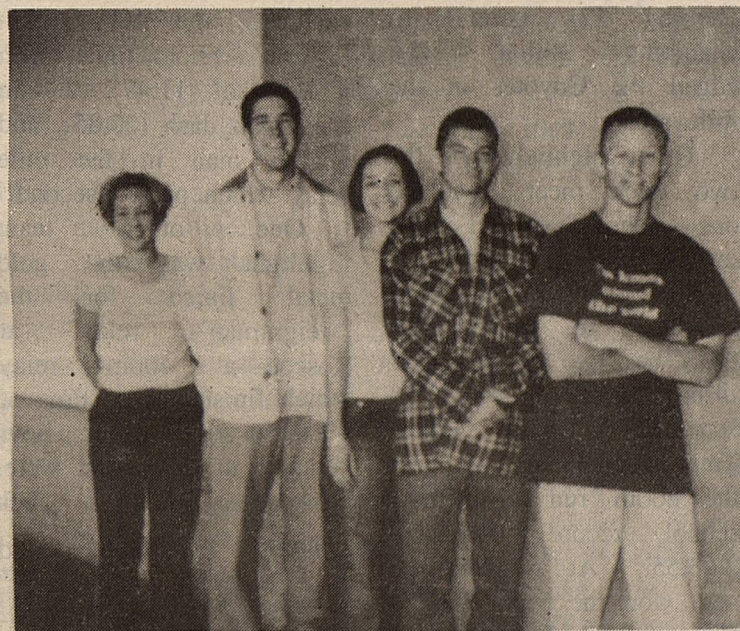
Area girls receiving honorable mention are Borden County senior Adrianna Baeza and junior Bekah Hensley.

Mayes, Smith, and Lawrence have been selected to play in the Texas Six-Man Association's All-Star Game this summer at Lubbock. Coach Gailan Winegarner has been tabbed as the girls' all-star coach.



BHS All District Honors: Back row: (L. to R.) Lindsey Smith, Nick Flanigan, Justin Lawrence, and Trent Pepper. Front (L. to R.) Bekah Hensley, Valerie Wootan, Adrianna Baeza and Julie Mayes, MVP.

First Time Voters!



Five students from the BHS Senior Government Class took time out to do their Patriotic Duty and vote in the 2000 Primary Election held on Tuesday, March 14th. First time voters are: (L. to R.) Hailey Adcock, Justin Lawrence, Crystal Dye, Robert Stamper and Foston Wilson.

**Texas Boll Weevil
Eradication Foundation
hiring for 2000 season**

The Texas Boll Weevil Eradication Foundation is hiring employees for the 2000 cotton-growing season in the Permian Basin zone.

Various positions are available throughout the six-county zone. Seasonal positions include assistant field unit supervisors, airport recorders, ground observers and trappers.

Trappers are the frontline troops of the eradication effort. They

check each trap weekly, making sure it is in place and functioning properly, recording the number of weevils captured and reporting the information to field unit supervisors. The information gathered by trappers is integral to the success of the program.

Assist field unit supervisors duties include contacting growers about trapping and spraying

Cont. to pg. 4

NOTICE

To Borden County Water Customers

Please be advised that water service to customers in Gail will be turned off at 9:00 a.m. for approximately two (2) hours, Saturday, morning March 18th.

This is being done to perform routine maintenance on the water system.

Drive Safely . . . Our children are playing

Track Teams Spend Spring Break on the Run;

Stipe sets school record in 800m race

Borden High School's track team's began their season March 4 in Roscoe. Then on March 11th, Coach Richey took the teams to Anton to participate in the Amherst Relays.

At Roscoe, the boys' finished with a strong 4th place out of 22 teams from Class A, AA, and AAA area schools.

At Amherst, BHS boy's team narrowly missed out on the championship trophy with a second place finish (scoring 121 points) to champion Anton, who edged the Coyotes in the mile relay.

Other highlights of the two track meets involved one school record and several personal bests.

Sophomore T. C. Stipe continues to prove that BHS has two of the best distance runners in the state (along with Junior Trent Pepper) as he won the 800m run in a new school record time of 2:03.55. At Amherst, he also won the event with a time of 2:09.53.

In the two-mile run which Pepper won (10:02.86), T. C. also had a personal best time of 10:36.34 to finish second.

Pepper also took a gold medal in the mile run later in the day with a time of 4:36.50. Pepper is the Class A defending state champion in the two-mile event and a 1999 state qualifier in the mile.

Senior Robert Stamper also showed that he will be a contender in the area's hurdles as he won both at Roscoe and at Amherst in the 300m race. At Roscoe, Stamper finished with a new meet record and a personal best of 42.22.

His time at the Amherst Relays, also a first place finish, was

42.56.

Senior, Joseph Hardman returned to form at Amherst after battling an illness at Roscoe to compete in and place in five events, scoring 30 individual points for BHS.

In field events, Hardman placed 2nd in the long jump (19'10 three-quarters inches) and 2nd in the triple jump (40' 8 one-fourth inches).

Hardman was also a medalist in three running events: the 100m dash (3rd in a photo finish with a time of 11:47), 2nd in the 200m dash (23.85), and anchor man in the mile relay which placed second.

One other team highlight was the gold medal finish for the "weightman's relay" at Roscoe—a 400m relay which finished in a time of 49.19. The four boys running in this event were: Rowdy Dunlap, Nick Flanigan, Lee Pepper, and T. J. Sharp.

Other Coyotes participating and their results are listed below:

Senior Nick Flanigan, participant in the discus at Roscoe; Junior Lee Pepper, pole vault: 5th place at Roscoe (11' 0") and 2nd place at Amherst (11' 0"), participant in the shot put at Roscoe; Junior Tom Griffin, gold medalist in the 400m dash at Amherst (55.57); Freshman T. J. Sharp, 4th in shot put at Amherst (35'0") and 3rd in discus at Amherst (110' 3"), participant in the sprint relay and long jump; Sophomore Jacob Zant, 4th in pole vault at Amherst (9'0"), 2nd place high jump at Roscoe (5' 6"), tie for 6th in high jump at Amherst (5' 4") participant in 110m high hurdles, 300m intermedi-

ate hurdles, and the long jump; Sophomore Rowdy Dunlap, 4th in discus at Amherst (108 8"), participant in both relays in the discus and the 200m dash, and a member of the 5th place mile relay team at Roscoe; Sophomore Payton Brown, 8th in the 800m run (2:23.36), participant in the triple jump (34' 9") and sprint relay; Freshman Talin Pepper, participant in both relays in the 400m dash, the 200m dash, the pole vault, the triple jump, and the high jump; Freshman Raul Rodriguez, a participant at the Amherst Relays in the 200m dash, the 100m dash, the sprint relay.

Junior Holly Thomas was the only girl competing in the Amherst Relays. Holly won 2nd place in the 3200 meter run.

Two junior high boys also competed: John Stamper and Ben Griffin.

*Next Track Meet
For BHS
March 18th.
Rotan High School*

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Heavy Duty
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Metal Frame,
Call: Jeanette 756-4466
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Well cared for with
many extra's
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After 5:00 p.m.

Last Go 'Round U.I.L. Academic Teams Gear Up for District Meet

The Borden County High School U.I.L. Academic Teams came home from their last practice meet in a successful fashion. Seven students sacrificed an evening of their Spring Break and attended the Post High School meet this past Thursday.

Bringing home medals were juniors Trent Pepper and Ross Aten. Pepper medaled in two events, placing 1st in Extemporaneous Persuasive Speaking and tying for 1st in Calculator Applications. Aten won the silver in the Current Issues and Events contest.

Also competing in

the meet were Michele Bond and Jerry Hernandez in Extemporaneous Informative Speaking, Abby Flanigan in Accounting and Mathematics, Nick Flanigan in Current Issues and Events, and Laura Stamper in Poetry Interpretation.

These students, as well as many others from B.C.H.S., will be competing in the U.I.L. District 9-A Academic Meet next week at Wellman-Union High School. Continue the success you have had in the practice meets. Devote as much time as you can this week in preparation for District. Let's win it all!

Scientific data on Glucosamine supplements still shady

While many athletes are turning to glucosamine to help maintain healthy joints and cartilage, some sports medicine experts say its true effectiveness is still unknown.

"There is some information in the veterinary literature about the effects of glucosamine supplementation, but we still do not have any substantial scientific studies in humans," said Dr. Lon Castle, a sports medicine specialist at Baylor College of Medicine.

Glucosamine is a naturally occurring amino sugar involved in the formation of nails, tendons, skin, eyes, bones, ligaments and heart valves. It is commonly combined with sulfate and taken as a dietary supplement.

These supplements are reported to reduce pain and tenderness associated with osteoarthritis, reduce swelling, improve range of

motion and help cartilage retain its "shock absorbing" property. In addition to supporting healthy joints, these supplements are also thought to assist the body in generating connective tissue.

"The bottom line is that we don't know a lot about glucosamine, but it does not seem to be harmful," Castle added. "However, not every person is going to get the results they hope for."

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

Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Court of Texas Cooperating.

San Angelo Results:

Ten Borden County 4-H and FFA members participated in the final stock show of the season last week held in San Angelo. These exhibitors did a good job and represented Borden County well.

Results from the San Angelo Livestock Show are as follows:

Steers:

- Tyler Wallace
1st Place HW American
- Kylia Culp
2nd Place HW American
- Kaci Poole
3rd Place MHW
European
- Kalli Poole
4th Place HW British
- J. Ryan Gicklhorn
7th Place MW American

Swine:

Lindsey Smith
5th Place MW Cross

Others exhibiting swine were Brionne Jackson and Miller Valentine.

Exhibiting lambs were Miller Valentine and T.C. Stipe.

Congratulations to all exhibitors! Thanks again to all the parents who helped throughout the entire stock show season. We want to wish our 4-H and FFA members a wonderful and prosperous future.

Congratulations to you again on all you have achieved!

Multi-County Pre-Emerge Weed Control Clinic

There will be a multi-county Pre-Emerge Weed Control Clinic held on Monday, March 20, 2000 at 8:30 a.m. at the Fluvanna Community Center. Dr. Peter Dotray, Weed Specialist from the Texas Agricultural Experiment

Station at Lubbock, will be on hand to visit with us in preparation for our 2000 cotton crop.

For more information, please contact the Borden County Extension Service at (806) 756-4336.

Getting a good night's sleep

As we age, the quest for sweet dreams can become a real nightmare.

Complaints of sleep difficulties are common among older individuals. Typical symptoms for individuals over age 65 include problems falling asleep and maintaining sleep, early-morning awakening, and excessive daytime sleepiness.

A variety of reasons keep seniors from getting enough rest. They include medical illnesses, medication, psychiatric disorders, social changes and poor sleep habits.

Primary sleep disorders are also more common in older adults than in younger persons. Restless leg by syndrome and periodic limb movement disorder can disrupt sleep and sleep apnea can lead to daytime sleepiness.

These sleepless nights do add up. Loss of sleep can lead to falls and accidents. Sleep-disordered breathing can have serious cardiovascular, pulmonary and central nervous system effects. And, there is strong association between sleep apnea and hypertension.

A refreshing sleep requires both sufficient total sleep time, usually eight hours, as well as sleep that

is sync with the individual's circadian rhythm. The circadian rhythm is an internal clock that promotes a daily cycle of nighttime sleep and daytime alertness.

If you are chasing a good night's rest, try these strategies to help you sleep better:

1. Gradually cut down on caffeine until you've "decaffeinated" yourself.
2. Avoid eating a heavy meal or drinking alcohol right before bedtime. A full stomach can give you heartburn, which can disrupt sleep, and alcohol can affect deep sleep, allowing you to be awakened throughout the night more easily.
3. Make exercise a part of your daily routine, but plan relaxing nighttime activities before bedtime.
4. Set the stage for sleep. Identify factors that include the sleep-wake cycle including excessive light, uncomfortable room temperatures, and ringing telephone. Eliminate as may interruptions as you can.
5. Don't use your bedroom as an office/lounge - paying bills and watching TV are non-resting activities.

Bedrooms should be a haven purely used for relaxing.

6. If you're in bed, but toss and turn and can't sleep a wink, go into another room and read a book for a while or listen to some music. When you start feeling drowsy, head back to bed.
7. Soak feet or legs in a warm bath to provide relief from restless leg syndrome.

If problems persists, take action. Have a clinical evaluation performed by an informed primary care physician or geriatric specialist.

Like the Irish proverb says, "The beginning of health is sleep."

Menu

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

March 20-24, 2000

MONDAY: Chicken Fried Steak, Potatoes, Green Beans, Hot Rolls, & Milk

Breakfast: Pancake Pups, Fruit, Juice & Milk

TUESDAY: Spaghetti, Carrots, Salad, Garlic Toast, Pudding & Milk

Breakfast: Donuts, Fruit, Juice & Milk

WEDNESDAY: BBQ Franks, Potato Salad, Beans, Bread, Fruit & Milk

Breakfast: Eggs & Ham, Biscuit, Juice & Milk

THURSDAY: Chicken Stir Fry, Noodles, Salad, Bread Sticks, Fruit & Milk

Breakfast: French Toast, Juice, & Milk

FRIDAY: Sub Sandwich, Salad Cup, Tater Tots, Cake & Milk

Breakfast: Hot Pockets, Hash Browns, Juice, & Milk

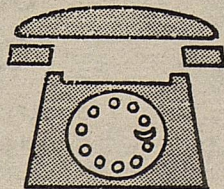


FCE Study Group Meeting

There will be a FCE Study Group meeting on Monday, March 20th beginning at 6:00 p.m. in the Community Building in Gail. This month's program will be on *Managing Clutter, Part 2*

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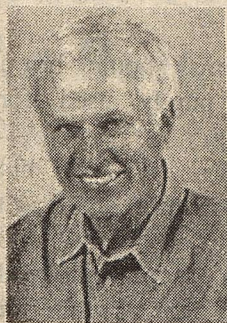


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Frances Rains Stephens
O'Donnell, TX (806)428-3335



**Congressman
Charles W. Stenholm**
17th Congressional District

**Stenholm Urges Citizens
to 'Claim our Fair Share'**

Congressman Stenholm is continuing his efforts to convince citizens of the 17th Congressional District to "claim our fair share" of federal and state dollars by completing the census forms which will be arriving in homes over the next few weeks.

"The census results are used to allocate federal funds for everything from highways and employment training to Medicaid and education," Stenholm noted. "If other states and counties have a high return rate while a significant number of our citizens fail to stand up and be counted, we'll never receive our air share."

The Government's General Accounting Office (GAO) has reported that over 95 percent of "formula grant" funding is apportioned using census date in 22 of the 25 largest formula programs.

The biggest programs depending on these census numbers are Medicaid, highway planning and construction, grants to local education agencies, foster care, community development grants and the WIC food program. Other grants help provide funding for childcare, Vocational education, adoption assistance and Drug Free Schools.

According to GAO numbers, Texas experienced an estimated net undercount of about 486,000 individuals in the 1990 census. If that undercount had been corrected, an additional \$93 million would have been delivered from Washington to Texas.

Stenholm also expressed concern that Texas will lose out in the 2000 census if the most scientific methods are not employed or if those results are not released.

Estimates have been made that without using state-of-the-art statistical methods, Texas could fare even worse in this year's count, with more than 600,000 people potentially being undercounted. Under such a scenario, states with rapid population growth, particularly among minorities, would fare the worst. PricewaterhouseCoopers, an independent accounting firm, estimated conservatively that Texas will lose nearly \$2 billion in federal funds over the next decade if the Census Bureau is not allowed to release correct census data derived using the most modern scientific methods.

"With so much at stake, it is important for every person in our District to return his or her form so that we're guaranteed the many services we need," Stenholm remarked.

**Texas Boll Weevil Hiring for
2000 Season**

Cont. from pg. 1

activities and recording all the information gathered by trappers.

Air port recorders observe and document activities of each contracted aerial applicator when operations are in progress at airfields and ground observers monitor the application process when aircraft apply treatments to cotton fields.

Training for all positions is provided, so previous experience is not necessary, but a background in agriculture is helpful. Applications must be at least 18 and insurable under the Foundation's insurance.

Interested individuals may apply at one of the

following district officer:

Lamesa:
1211 CR 19, 806/872-0778

Big Spring:
1401 W. I-20, 915/263-1200

Stanton:
708 N. Lamesa Hwy.,
915/756-3198

For more information on employment opportunities with the Foundation, visit our website at www.txbollweevil.org.

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Phone: 403 N. Austin
806/872-8335 Lamesa, Texas

Hunting Lodge

House in Spur, Texas ready to be converted into Hunting Lodge. Large common room ideal for parties, dominoes, visiting and relaxing after a long day of hunting.

Bedrooms will accommodate 8 - 16 or more,
2-1/2 baths, kitchen and dining area combined.

Across street from video store.

Priced to sell at \$19.50 a square foot.
Call for appointment to see possibilities.

Bob Dyess (806)439-6624 or
Bill Dyess (254)772-2392

**Texas Boll Weevil
Eradication Foundation**

We're hand-pickin' our most valuable resource

HIRING SOON!!

Seasonal Positions

- *Assistant Field Unit Supervisor (some exp. required)
- *Airport Recorders
- *Trappers
- *Ground Observers
- *Mist Blow Operators

At least 18 years old & valid driver's license and be insurable under foundation fleet insurance policy.

No experience necessary. Outdoor work. Ag background helpful. If you applied or worked during 1999 you must complete a new application for the 2000 season.

For more information, apply in person:

Lamesa	Big Spring	Stanton
1211 CR 19	1301 W. I-20	708 N. Lamesa Hwy.
Lamesa, TX	Big Spring, TX	Stanton, TX
806/872-0778	915/263-1200	915/756-3900

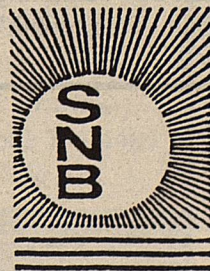
www.txbollweevil.org

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Never argue with an idiot—folks might not be able to tell the difference.

—Anonymous

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**CENSUS TAKERS
CREW LEADERS**

\$9.75 PLUS per hour for field assignments
Mileage reimbursements (for field jobs)
.31 cents mileage reimbursement

Testing and Applications will be taken at the Borden County Community Center on Saturday, March 25th; April 8th; and April 22nd, beginning at 10:00 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!