

Nutrition Advertising Targets Texas Health Professionals

health professionals will learn more about beef's nutritional benefits thanks to a print advertising campaign funded by the \$1 beef checkoff program.

The "Everyday Hero" campaign advises health professionals that beef is a solution for busy moms who need key nutrients to help them get through the

The Texas Beef Council (TBC) placed full-page ads in the April issue of the Texas Medical Association's Texas Medicine and in the April, May and June issues of Texas Family Physician, the official journal of the Texas Academy Family Physicians. The two journals have a combined circulation monthly 38,000 health professionals.

The National Cattlemen's Beef Association ran the same ads in national medical journals starting in December.

the nation's primary care title. physicians, the Texas ads will reach more than 87 percent of the state's licensed medical practitioners. In this way, the state-national nutrition partnership assures that a large

Texas doctors and other majority of doctor's nurses committee. "The nutrition and dietitians will receive information provided by the information more than beef's ads helps doctors once.

> "Health are re-thinking their recom- essential for daily life." mendations about beef and TBC's domestic marketing

and nurses understand why professionals beef's dietary benefits are

Evan said the checkoff diet, thanks to the beef nutrition ads are the latest checkoff program." Said step in a 10-year effort to Danny Evans, chairman of provide beef's factual bene-

Cont. to pg. 6

Car sales by unlicensed dealers cost consumers more than just money

Consumers in the market for a used car need to be careful with whom they deal with or they could be buying a lot of trouble, according to state motor vehicle officials.

Potential problems resulting form buying a car form an · unlicensed seller could range from purchasing a stolen car to getting stuck with a damaged vehicle needing costly While the national ads repairs to not being able to will reach 80 percent of get a clear certificate of

The problem, according to investigators with the Department Transportation Motor Vehicle Division, involves people selling cars to which they don't possess

the title. In other cases, the seller fails to transfer the title into their name and is engaging in business without a motor vehicle dealer's license. It is a growing crime that state and local officials cracking down on.

A recent two-day sting operation in San Antonio dubbed "Operation Alamo Lookout" - resulted in 58 transportation code citations being issued to unlicensed individuals, recovery of stolen motorcycle parts and one arrest. The citations, all of which are punishable by a fine up to \$5,000, are usually issued for selling vehicles without a motor

Cont. to pg. 8

Easter Egg Safety Kid's Nutrition

Question: Are the eggs collected during Easter egg hunts safe to eat?

Unless you know they have been handled -, it's best to treat colorful Easter eggs as disposable decorations, not food, said Janice Baranowski, a research with the dietitian USDA/ARS Children's Nutrition Research Center Baylor College of Medicine in Houston.

Most people are aware that raw and undercooked eggs pose a food-poisoning risk. But few realize that hard-cooked eggs are also very perishable and need to be treated with care.

Eggshells

porous, which is why most produced commercially eggs are coated with a thin protective layer of mineral oil. Cooking removes this coating, leaving hardcooked eggs vulnerable to bacterial contamination.

Although the risk of food-borne illness from hard-cooked eggs is small, the following precautions will help keep Easter eggs safe to eat:

1. Remember the two-hour rule: Two hours is the maximum total time that a perishable food

Cont. to pg. 6

Parents Club Pre-School Easter Egg Hunt



There will be a Pre-school Easter Egg Hunt Thursday, April 20th at 2:45 P.M. At the Borden Co. Park Pavilion. Please bring 1 dozen Candy Filled Eggs

Hope to see you there!

The Journey is Over

B.H.S. One-Act Play Season Ends

cast and of the Borden High County School One-Act Play saw season end last Thursday night in Eden at the Area One-Act Play contest. After advancing from the Zone and District contests and receiving individual acting awards along the way, the play had high hopes of advancing to regional competition.

The B.H.S. production Stephen of Sondheim and James Lapine's Into the Woods proudly shined at the which contest, included several of the state's top 1A One-Act Play programs. Defending state champion Highland High School advanced from the contest with its production of Memories. Becoming Perennial One-Act Play power Eden also advanced regional competition with its performance of Dearly Departed. High School, who has won state several times in the last 10 years, produced Assassins and was named as the alternate play to the regional contest. Also in the contest were Menard High School and Dawson High School.

Receiving individual acting awards from Borden County were Krystle Lee and Justin Lawrence. Lee was named to the All-Star Cast (ASC), Lawrence was placed on Honorable Mention the ASC.

The cast and crew the Borden County production, their characters, and their awards from this year are:

Seniors— Hailey Adcock (Cinderella's Stepmother); Joseph Hardman (Narrator/ Mysterious Man)—Zone, Honorable Mention ASC; Shawna

Despite an almost Ellison (Light Technician); flawless performance, the Justin Lawrence (Wolf/ Cinderella's Prince)—Zone Area, Honorable Mention ASC; and Erica Schooler (Little Ridinghood)—District.

Honorable Mention ASC. Juniors-

James Bond (Jack); Flanigan (crew); Tom Griffin (crew); Bekah Hensley (Baker's Wife)—Zone, Best Actress District, ASC; Kandace Kimmel (Jack's Mother); Krystle Lee (Cinderella)—Zone,

Honorable Mention ASC; District, Best Actress; Area, Smith ASC: D.J. (Baker)-Zone and District ASC; and Holly Thomas (Witch)—Zone, ASC, and District, Honorable Mention

Sophomore—

Cody Nowlain (Rapunzel's Prince). Freshmen—

(Sound Technician); Michele Bond (Rapunzel); Oralia Galicia (Granny); Micah Hensley (Florinda); and Laura Stamper (Lucinda).

Congratulations all who were involved in this year's One-Act Play. You made the journey so exciting and memorable.

A special thank you also goes to all of the parents and families that traveled the long distance to Eden to support the production.

With a strong cast and crew of veterans returning experienced group of eighth graders coming up from district champion Junior High One-Act Play, next year should to be another exciting adventure for the Borden County High School One-Act Play program.



U.I.L. Academic Teams Prepare for Regional Meet

Competition set for this weekend

weekend. trip to the U.I.L. Academic individual finish or a State Meet in Austin in three weeks. Stepping up to the challenge: Borden County High School U.I.L. Academic Teams.

Borden County High School students are finalizing their preparation materials this week as they anticipate good results from this weekend's U.I.L. Academic П-А Meet. Ten students, three and alternates, several sponsors will make their way to Abilene's Hardin-

This Simmons University for the The place: meet. These students have Hardin-Simmons University, earned the opportunity to Abilene. The cost: Lots of compete in this contest via hard work. The reward: A a 1st, 2nd, or 3rd place place team finish at the U.I.L. District Academic Meet held two weeks ago at Wellman-Union High School.

> Entered in the U.I.L. regional competition from B.H.S. are: Calculator Applications:

Trent Pepper Current Events Team:

Ross Aten Nick Flanigan Robert Stamper Ryan Sanders, alt. Literary Criticism Team:

Tom Griffin Joseph Hardman Erica Schooler Valerie Wootan, alt. Mathematics:

Trent Pepper Persuasive Speaking:

Trent Pepper Prose Interpretation: Bekah Hensley Ready Writing:

Tom Griffin.

Good luck to all of the competitors! Best wishes for an excellent showing at the regional meet.

C

Menu

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

April 10-14, 2000

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

Breakfast: Eggs & Cheese English Muffin, 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: Pop Tarts, Fruit, Juice & Milk THURSDAY: Hamburger. French Fries, Salad, Cup, Cake & Milk

Breakfast: Eggs & Ham, Toast, Juice, & Milk

FRIDAY: NO SCHOOL EASTER HOLIDAY



Brandon Adcock Carolina Arellanos Memorial Scholarship

Applications are now being accepted

Applications are currently being accepted for the Brandon Adcock Memorial Scholarship. Applicants wishing to be considered must submit a formal letter of application prior to May 15th. 2000. Letters of application must be sent to the following address:

Brandon Adcock Memorial Scholarship Committee P.O. Box 95. Gail, Texas 79738

The primary criteria used to determine the recipient of this scholarship is that the individual selected will be an outstanding young person that is a positive representative of the Borden County School Community evidence by their respective moral character, serviceminded attitude, dedication, and scholastic achievement.

Recipients must be a candidate for graduation or be a former graduate from Borden County High School.

Candidates must attend a state-accredited/southern association accredited college, university, or post secondary institution to be eligible for consideration. The selection committee will have sole authority to determine the candidate's eligibility status related to the postsecondary institution to be attended.

Financial need will not necessarily be a criterion for consideration; however, financial need may be considered by the selection committee.

Complete selection authority has been delegated to the selection committee by the Brandon Adcock Family, and the committee has the authority to waiver all rules, regulations and formalities in order to select the candidates that the committee feels is most deserving.

H.S. Track Teams Continue District Championship Streaks –

Four in a Row for both Boys and Girls

It wasn't the same Sands kind of overwhelming victory. Both had to scramble and claw for But, in the end, the result was the same: the District 9-A track titles in both boys' and girls' divisions were captured by Borden High School.

This was the fourth year in a row for Borden County to win the girl's and boy's district track championship.

This is impressive stat when one considers the strength of this district-Sands, Grady, and Wellman-all with potential state qualifiers in the past.

Coach Bobby Avery (girls) and Coach Trey Richey (boys) have worked hard to develop this track program that just a few years ago saw only a handful of students participate.

Borden High School hosted the district meet last Friday in what turned in to a rather windy day morning temps and times were low, but as soon as the cold front hit, a noticeable change conditions took place.

Qualifiers to the area round—those who finished in the top four slots-will compete Thursday, April 13, in Wellman at a qualifers' meet. competition is slated for April 20 at Abilene Wylie. Regionals are set for April 28 and 29 at Abilene Christian University.

Teams totals for the division are as girls' follows:

BHS 158 points Well.-Union 99 points 67.5 points Ira 60 points Dawson

Team totals for the boys' division are below: BHS 135

Area qualifiers are listed below as well as district track participants:

AREA QUALIFIERS Crystal Dye: 2nd in 100m hurdles, 3rd in 300m hurdles; Julie Mayes: 3rd in 400m dash, 1st on mile relay; Bekah Hensley: 2nd in 200m dash, 2nd in 100m dash, 2nd in long jump, 1st on mile relay; Holly Thomas: 1st in 3200m run, 1st in 1600m run; Valerie Wootan: 1st on mile relay, 2nd on 800m relay; Rika Copeland: 1st in shot put, 4th in discus, 2nd on 800m relay; Carolina Arrelanos: 4th on sprint relay; Kylia Culp: 2nd in 800m relay, 4th in 400m relay; Micah Hensley: 1st in 300m hurdles, 4th in 100m hurdles; 1st on mile relay;

Bobbie Kempf: 2nd in 1600m run, 3rd in 3200m run; Dalene Kempf: 4th in 3200m run; Pati Rodriguez, 2nd on 800m relay, 4th on sprint relay; Laura Stamper: 4th on sprint relay.

OTHER POINTS SCORED FOR THE LADY COYOTES: **D. Kempf:** 6th, 1600m run; Wootan: 5th in 800m run; Stamper: 6th, 300m hurdles.

OTHER EVENTS Valerie Wootan, discus: Stamper, 100m Laura hurdles; Jessica Ellison, 100m dash, shot put; shot Krystle Lee, Kylia Culp, 200m dash jump; long Pati and 100m dash; Rodriquez, Carolina Arrelanos, 200m Bond, Michelle dash; Tahnee 400m dash; Sanches, discus.

> PERSONAL BESTS Bekah Henlsey 200m dash

27.46 100m dash 13.07

13 of 17 Lady Covote team members qualified for area competition.

AREA QUALIFIERS BOYS

Ramon Griffin: pole vault (9'6"); Joseph Hardman: 1st in 200m dash (23.80), 2nd sprint relay (46.70), 1st mile relay (3:44.27); Robert Stamper: 4th in 110m hurdles (15.93), 1st in mile relay; Tom Griffin: 1st mile relay; Lee Pepper: 2nd in pole vault (10'6"); Trent Pepper: 1st in 3200m run 10:12.13), 1st in 1600m run(4:39.91), 1st mile relay; Payton Brown: 3rd in 800m run (2:18.41); Rowdy Dunlap: 2nd 400m relay (46.70); Ed Rodriguez: 2nd in triple jump (39'1/14"), 2nd 400m relay (46.70); T.C. Stipe: 1st in 800m run (2:05.48), 1st in 400m dash (53.38), 1st mile relay (3:44.27); T. J. Sharp: 1st in discus (135'5"), 2nd 400m relay (46.70)

OTHERS SCORING **POINTS**

Joseph Hardman: 5th in 100m dash; Tom Griffin: 5th in 400m dash; Payton Brown: 5th in 1600m run; Talin Pepper: 6th in pole



Hair today, gone tomorrow; 50 percent of Caucasian men go bald; only 18 percent of African American men do.

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Junior High Runs Well at Wellman;

District Meet Coming Up Next Week

week in Wellman.

ing their finish in a particular event.

Below are the places, times, and distances of all those attending the track

GIRLS' RESULTS

Alexis Brooks (8th Grade): 1st place discus (72' 81/4"), 6th place shot put (21'4"); Shayla Gass (8th Grade): 2nd in 200m dash heat (31.6), 2nd place in triple jump (27'11/4"), 3rd on sprint relay (4:52.11); Balaque Thelma

In their final tune-up Grade): 2nd place in 200m before district competition hurdles (37.17, 3rd on on April 17, the boys' and sprint relay; Ashley Ellison girls' junior high teams (7th Grade): 3rd in 100m had strong showings last dash heat (14.2), 200m (33.76); LaShae dash No point totals were Johnson (7th Grade): 3rd kept as each participant place in 100m dash heat received a ribbon designat- (15.2), 200m dash (33.76); Emily Mayes (7th Grade): 1st in 200m dash heat (31.5), 2nd in triple jump (26'9"), 4th in long jump (13'3/4"), 3rd in sprint relay; Cassidy Rinehart (7th Grade): 3rd in 2400m run (10.42), 1st in triple jump (28'3/4"), 3rd in long jump (13'61/4"), 3rd in sprint relay.

BOYS' RESULTS

The Jr. High Boys Wellman Results will be in next week's paper.

BORDEN HIGH SCHOOL "PROJECT **GRADUATION**"



Parents and friends of the 2000 Senior Class of Borden County High School are asking for donations for "Project Graduation". Project Graduation is a drug and alcohol free celebration for graduation night.

This project helps make this very important event in the lives of our children SAFER and helps to make a very memorable evening for all. Your gifts and donations will be greatly appreciated and will help make this night even more

You may send your donations to: "BHS Project Graduation" in care of Borden County I.S.D. P.O. Box 95, Gail, Texas 79738 or contact any senior parent or the school.

Sincerely, Class f 2000 Senior Parents



Griffin Shoots 86 to Take Honors

BHS Golfer Wins Three-Person Playoff to earn trip to Abilene for Regional

Junior Tom Griffin, for the second year in a row, won the District 9-A boys' golf title to advance regional competition April 24 and 25.

Griffin, who had to defeat two others tied at 86 in a playoff, will represent the Borden High School golf team who finished in 6th place.

Borden High School's girls' golf team finished just out of the medal race at 4th and were paced by Senior Crystal Dye's 109.

Below are complete results for both teams:

BOYS	
T. Griffin	86
Nick Flanigan	104
Lee Pepper	109
Ramon Griffin	114
John Harding	118
Cody Nowlain	125
Ross Aten	128
T. C. Stipe	130
Talin Pepper	131
D. J. Smith	144
Rowdy Dunlap	151

GIRLS	M.S.
Crystal Dye	109
Lindsey Smith	128
Erica Schooler	132
Kandace Kimmell	138
Abby Flanigan	141

Applications for the Marie Hall Scholarships are Available

The Permian Basin Area Foundation announces that applications for the Marie Hall Scholarships are available for distribution to students who either (1) graduated from a high school located in one of the following counties, or (2) maintained a permanent resident for the last five years in one of following counties: Andrews, Borden, Crane, Dawson, Ector, Gaines, Garza, Glasscock, Howard, Kent, Loving, Lynn, Martin, Midland, Mitchell, Scurry, Sterling, Ward, and Winkler.

Scholarship awards, ranging generally from \$1,500 semester, are available to students of any academic pursuit. Recipients of the

scholarship must attend one Health Sciences Center, of the following colleges Midland, or universities: 1. Angelo State University, San Angelo, Texas 2. Howard College, Big Spring, Texas 3. Midland College, Midland, Texas 4. Odessa College Odessa, Texas 5. Sul Ross University, Alpine, Texas 6. Texas Tech University Lubbock, Texas 7. Texas Tech University

Odessa Lubbock 8. University of Texas of the Permian Basin, Odessa, Texas

Applications request an application by contacting the financial aid office of one of the above educational institutions. Completed applications are to be returned to the financial aid offices by May 31, 2000.

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J. Pat Porter Memorial Scholarship

Applications are now being accepted

Applications are currently being accepted for the J. Pat Porter Memorial Scholarship. Applicants wishing to be considered must submit a formal letter of application prior to May 15th 2000. application must be sent to the following address:

J. Pat Porter Memorial Scholarship Committee P.O. Box 95,

Gail, Texas 79738 The primary criteria used to determine the recipient of this scholarship is that the individual selected will be an outstanding young person that is a positive representative of the Borden County School community as evidenced by his/her high moral character, service-minded attitude, dedication, and determination to succeed along with maintaining passing grades.

Potential recipients must be a member in good standing of the current Borden County High School graduating class or must be a previous graduate of Borden County High School.

Candidates must attend a state-accredited/Southern Association accredited college, university, or postsecondary institution to be eligible for consideration. The Selection Committee will have sole authority to determine the candidate's eligibility status related to the post-secondary institution to be attended.

Financial need will not necessarily be a criterion for consideration; however, financial need may be considered by the Selection Committee.

Members of the Porter family will have no input into the selection process. Complete selection authority has been delegated to the Selection Committee, and the Committee has the authority to waive all rules, regulations, and formalities in order to select the candidates that the Committee feels is most appropriate. The selection process is a subjective task that will be left to the discretion of the J. Pat Porter Scholarship Selection Committee in order to select a person that the Committee feels is a dignification of the positive attributes that were exhibited by the late J. Pat Porter.

Coyote reunion needs names, addresses

An every-five-year reunion of students, teachers and employees of Borden County ISD is being planned for Aug. 4 and 5.

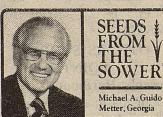
Judy Kingston, one of the jrdkings@poka.com. organizers, said some 450 letters were sent earlier to individuals who live outside this area. Just over 200 postcards included with those letters have been returned.

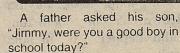
Kingston is encouraging everyone who received a letter to return the card with their name on it. Anyone outside the area who did not get a letter should send their name, address and graduation year O'Donnell, TX 79351. She also may be contacted by phone at (806) 439-6686 or e-mail at

Letters were not sent to most poeple with Gail, O'Donnell, Vealmoor, Fluvanna, Snyder and Big Spring addresses. Kingston said anyone in those areas who wants information on the reunion may also send their name, address and graduation year to her.

"If you know of the death of any student, teacher or employee, please send their name, year of death, and graduation year, if a student," she

All information is needed before May 2, when the organizing committee holds its last meeting before mailing out letters with details about the reunion. That meeting will be at 7 p.m. at the Community Center in Gail. Everyone is invited to attend.





"Well, dad," he replied, "I wasn't good or bad, just com-

Many church members practice Jimmy's philosophy in their Christian lives.

They want to be good citizens, but not godlike Christians. With them it's not a matter of being too good or too bad, just comfortable.

They confess without changing, listen without learning, profess without practicing, and worship without witnessing.

Theirs is a religion of convenience, not conviction. But religion that does nothing, gives nothing, costs nothing and suffers nothing is worth nothing.







Adventure out West

We flew to California his shirt the whole trip. over spring break. The plane stopped in Las Vegas enroute and the landing was very rough. I asked the stewardess: "Did we land on purpose or were we shot down?"

We went west to visit Disneyland with our 9-year grandson, Jackson. When we arrived at the amusement park Tuesday morning, I actually had a lump in my throat. It was a sentimental moment. My last visit there was in 1975 when we took our two sons, then 11 and 8-years old. The déjà vu made me feel 25 years younger.

The first thing I did Jackson buy exclusive Mickey Mouse Pin, the type sold only at Disneyland. He wore it on

There were Disney characters greeting guests. We say Minnie Mouse, the White Rabbit, Pocahontas and others. I bought Jackson a Disneyland autograph book and get them to sign his book. He set a goal of 10 autographs. He reached it easily. Jackson had private visit with Mickey spectacular. Mouse and has the picture to prove it.

We rode the teacups, Orbiter, the the Astro Indian Jones vehicle, the and creates music for TV rocked rods,

mountain roller coaster, the Disneyland Railroad and Monorail. We explored Tarzan's tree house, toured the Haunted House, visited small world, experienceed Peter Pan's flight, Snow White's scary adventures and Pinocchio's daring journey into the belly of a whale.

Jackson said it was the best day of his life. By the way, the weather was perfect, despite predictions of rain the previous week.

Wednesday morning we boarded AMTRAK and spent twelve hours getting to San Francisco. It is something everyone should ballpoint pen so he could do once. The ocean is to the left, the strawberry fields, almond trees and grape orchards are on the a right. The scenery

> Our son BZ met us at the train station. He has a recording studio downtown San Francisco the space shows, movies, and web

sites. He arranged a special treat for us on Thursday.

We took the ferry to Alcatraz, where some of to LA by car. We got the most notorious criminals from the 20's and the 50's spent some time. Our walking tour of the prison, known as "the rock" was enhanced by a well produced audiotape, which we listened to with headsets. Prior to becoming a prison, Alcatraz was a fort and a lighthouse. It's located in the heart of San Francisco bay, just a mile and a quarter from one of the most beautiful cities in the world. Today, Alcatraz is a national park and has

Phone

806/756-4483

more than a million visitors a year.

Friday we headed back there in just six hours, half the time it took to make the trip by train. We went to Hollywood, ate on Wiltshire Boulevard, saw Rodeo Drive, the famous shopping street and drove through some beautiful neighborhoods.

Then we did something I had wanted to do for sometime, visit the La Brea Tar Pits. That didn't take much time at all.

We got on the plane and came home. We saw a lot in 4 days.

GAIL, TEXAS 79738



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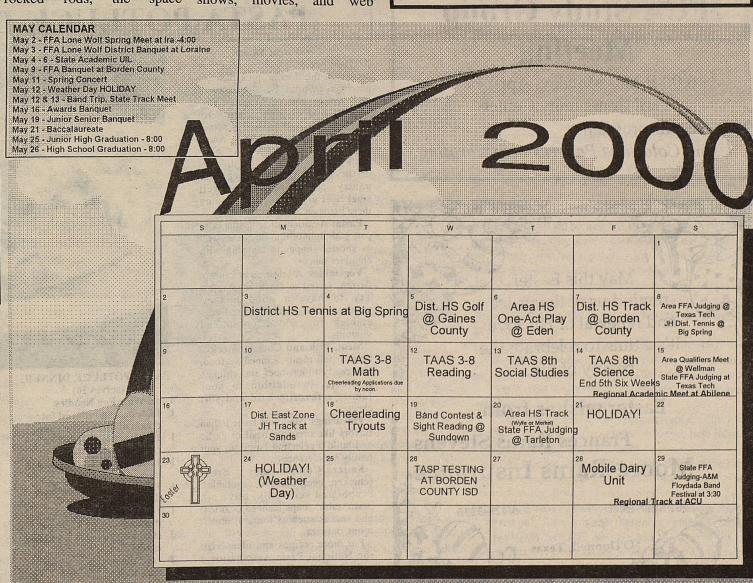
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Nutrition

Cont. from pg. 1

fits to health professionals.

Other ways the checkoff impacts the medical professionals' opinions is through information dissemination at state and national health conventions, through creation of factual and useful materials like the "Why Beef?" pamphlet, and through continuous partnerships with national groups like the American Heart Association and its state and local affiliates.

"Health professionals are influential most the advisers we have when it comes to diet," Evans added. "The checkoff gives them scientifically supportfacts about beef's benefits. When they use that information to advise consumers to include beef in healthy diets, everyone wins."

Easter Egg Safety Kid's Nutrition

Cont. from pg. 1

can be exposed temperatures over still be degrees and safe to eat.

- Wash hands thoroughly before and after handling raw or cooked eggs.
- 3. To cook large eggs: Cover with at least one inch of water. Bring to a boil. Remove from heat and cover. Let stand 15 to 17 minutes. Rinse with cold water. Refrigerate if decorating immediately.
- To color: Only use dyes that are safe for use on food. Follow directions. package decorated Refrigerate eggs until time for the hunt.
- 5. Avoid hiding eggs

where they can come contact with into animals, insects or lawn chemicals.

After the hunt: Don't eat cracked eggs or those that have been in temperatures over 40 degrees for more than two hours. If not eaten immediately, should be refrigerated and used within seven



days.

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Testing and Applications will be taken at the Borden County Community Center on Wednesday, April 19th, beginning at

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

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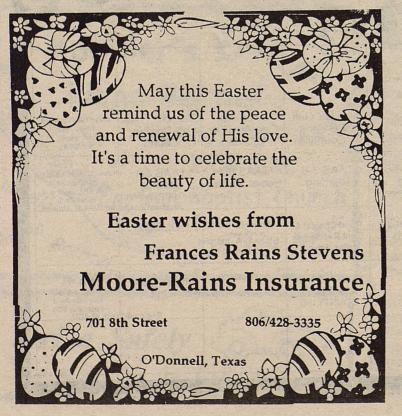
Lamesa, TX

FCA Study Group Meeting

6:00 P.M. - Monday, April 17th Gail Community Center

This months program:

Using Color and Patterns in Decorating



PASTA POTLUCK DINNER

by Leslie Beal Bloom

(DM)-When you want a delicious dinner on the double, pick pasta, a perennial favorite. For this featured dish, simply team egg noodles, vegetables and chopped ham with creamy mushroom and celery soups. Add shredded mozzarella to round

It's easy to make flavorful, spurof-the-moment meals when your pantry and refrigerator are well stocked. I always suggest keeping these items on hand:

Pasta: A variety of long shapes to pair with light or thin sauces, as well as shorter shapes to team up with chunkier sauces

Vegetables: A selection of canned, frozen, jarred or fresh vegetables. Try to have a good mix of yellow, green, orange and red vegetables for added color and

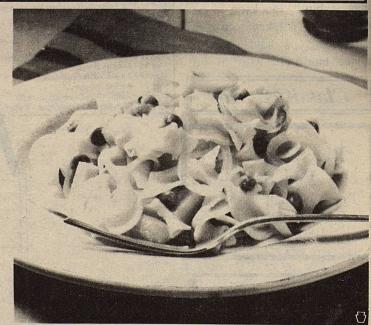
Meat, Fish and Cheese: A selection of deli meats, canned seafood, and ready-to-eat beef and chicken products, in addition to your family's favorite hard and soft

Flavorings: Start with basic Italian flavors like oregano, basil or garlic and build a selection based on your family's preferences.

Sauces/Condiments: Broth (chicken, beef, clam or vegetable), evaporated skim milk, olive oil, pesto, salsa, soups (canned or dried) and sauces such as tomato, mushroom, or pizza.

For more recipes and ideas visit the National Pasta Association's web site at www.ilovepasta.org.

Leslie Beal Bloom is a cookbook author and culinary consultant.



PASTA POTLUCK DINNER (serves 10)

oz. Wide Egg Noodles 10 3/4 oz. can reduced fat

- cream of mushroom soup 10 34 oz. can reduced fat
- cream of celery soup 12 oz. can no fat evaporated
- milk 1 15 oz. can English peas,
- drained 14 oz. can baby carrots, drained
- cups cooked extra lean ham, cubed
- cups lite mozzarella cheese, shredded
- large onion, thinly sliced, rings separated

1/2 cup cheddar cheese salt and pepper to taste.

Cook pasta according to package directions, drain. While pasta is cooking, combine the soups and milk until well blended. Stir in the peas, carrots, ham, cheese, onions and seasonings. Mix sour mixture with drained pasta until well blended. Pour into a greased 13x9 inch casserole dish. Top with cheddar cheese. Bake at 375 degrees for 30 minutes, or until

Nutrition Information (per serving): 336 calories, 20g protein, 10g fat, 41g carbohydrates, 63mg cholesterol, 1073mg sodium, 83mcg folate. Calories from fat; 29%

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Cotton Pcg

PCG Elect 2000-2001 Officers & Executive Committee

LUBBOCK, April 7, 2000 By Shawn Wade

Members of the Plains Cotton Growers, Inc., Board of Directors came together to select a new slate of officers to guide the organization during the 2000-2001 growing season.

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The PCG Board installed Ronnie Hopper, of Petersburg, Texas as the organization's President. Hopper replaces Don Langston of Lubbock who becomes Chairman of the Board.

Also elected to officer positions within the organization were Mark Williams of Farewell, Texas as Vice Rickey President and Bearden of Plains as Secretary-Treasurer. Each of the newly elected officers will serve one-year terms.

PCG Bylaws limit terms of service for each officer position to two consecutive terms. All three of these individuals will be eligible for re-election to their current position in April 2001.

Also selected at the PCG Board of Directors meeting were representatives from each of the organization's six subregions to serve with the officer corps as members of the 2000-2001 PCG Cotton Executive Committee. The provided following is a list of the discussions 2000-2001 Committee:

District 1: Kevin Riley,

Dimmett District 2: James Brown, Muleshoe

District 3: Dan B. Smith,

Lockney District 4: Craig Heinrich,

Slaton District 5: David Pearson,

Lubbock District 6: Van Gaskins. Knott

President: Ronnie Hopper, Petersburg

Vice Pres.: Mark Williams, Farwell

Sec./Treas.: Rickey Bearden Plains Chairman: Don Langston,

Lubbock Past Pres.: Jackie Burris,

Wellman

In other action Thursday, the PCG Board recognized the efforts of outgoing Chairman of the Board Jackie Burris during

his two terms as President of the organization (1996-98) and Chairman of the Board (1998-2000). Burris was presented with an award commemorating his

PCG 43rd Annual Meeting Wrap-Up

years of service.

Attendees Plains at 43rd Cotton Growers Annual Meeting were treated to three outstanding speakers as the organization celebrated it 44th year of operation on behalf cotton producers on the Texas High Plains.

PCG speakers Berrye Worsham, CEO of Cotton Incorporated in Cary, NC; Keith Kelly, Administrator of the USDA Farm Service Washington, Agency in D.C.; and Dr. Mark Lange, Economic Director of Services at the National Council each depth the of Executive organization's and roles presented their thoughts on the future.

topics covered from domestic and export trade forecast, through proapproximately 225 proleaders.

Kelly touched several current news items announced. the release of the 2000 Upland Cotton Loan premium and Discount tables, noted the release of the final payment rate for the 1999 Disaster Assistance Program and updated the group on the status of the cottonseed assistance program.

Worsham discussed the activities and programs of the Cotton Incorporated and noted improved forecasts for cotton demand on the horizon. Lange provided an in depth look at updated forecasts for cotton prices and demand as well.

CCC Loan Prem. & Disc. Schedule Announced

USDA released the 2000 crop Upland and ELS Cotton Marketing Program Premium and Discount table late Wednesday afternoon.

Although it may be to swallow the increases in the discounts Cont. to pg. 8

Justice of the Peace Run-off Election Results

The results of Tues	day,	Shirley Bennett	9
April 11th Borden Cou		Fairview - 3B	
Justice of the Pe	eace	Jane Jones	18
Democratic Run	-off	Shirley Bennett	14
Election are as follows:		North Gail - 4A	
		Jane Jones	43
Plains – 1		Shirley Bennett	12
Jane Jones	20	Snelling – 4B	
Shirley Bennett	20	Jane Jones	18
South Gail - 2A		Shirley Bennett	1
Jane Jones	17	Early Voting:	
Shirley Bennett	3	Jane Jones	40
Vealmoor/Ackerly - 2I	3	Shirley Bennett	15
Jane Jones	4		3/11/
Shirley Bennett	0	Total:	
Murphy - 3B		Jane Jones	173
Jane Jones	13	Shirley Bennett	74

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CONGRESS RESTORES BENEFITS TO WORKING SENIOR CITIZENS

By U.S. SEN. PHIL GRAMM



I am proud to say that Congress has approved and sent to the President a new law that lets workers over 65 collect their full Social Security benefits, abolishing the Social Security "earnings test." Last year, I had introduced legislation to do exactly that.

The so-called test limits the amount many senior citizens can earn without having their benefits cut. Currently, benefits are reduced by \$1 for each \$3 of earnings over \$17,000. This test takes money out of the pockets of nearly a million seniors, and provides a disincentive for seniors who want -- or need -- to work.

The policy is a relic of the Great Depression, and it should have been eliminated long ago. Back in the 1930s, with unemployment over 20 percent, the idea behind the they earnings test was to prod seniors to quit and turn their jobs ranging over to younger workers.

Today, we do not have a labor surplus, but a labor shortage. Unemployment is at an all-time low of 4 percent, one-and-a-half points lower than the so-called 'full spects for future farm employment' mark of 5.5 percent. America needs people legislation to a crowd of who want to work more than ever in our history.

Another reason to ditch the test is that it treats work as ducers and cotton industry bad and punishes people who engage in it. When combined with federal, state and other Social Security taxes, taxes on the elderly can total more than 80 percent. An individual who is struggling to make ends meet should not be faced with an effective marginal tax rate that grabs half or three-quarters of his paycheck.

Worst of all, the test amounts to old-fashioned discrimination against people simply because they are no longer young. Nobody, regardless of creed, color, gender, or age should be penalized for wanting to work, or lose the money they earned because the law deems them "too old."

If the President accepts the legislation, the change will be retroactive to Jan. 1, generating refunds for many of the senior citizens who are already working.

It marks the first significant change in the 65-year-old Social Security program since 1983, when Congress voted to gradually raise the age at which workers become eli-

According to a news report in The Los Angeles Times. "Although Republicans have been pushing for years to repeal the earnings limit, Democrats have opposed the move for fear its cost would reduce the amount of money available for other domestic programs."

"President Clinton initially opposed repealing the earnings limit unless it was coupled with longer-term reforms in Social Security," the Times said.

Now that we seem to have finally defeated the earnings test, I hope we can focus on full-scale reform of the Social Security system in order to prevent it from going bankrupt. I want to make certain that Social Security is there not only for my mother, but for my children. too.

(EDITOR'S NOTE: Sen. Gramm wants to hear from you on this and other issues facing Texans. To send him your views, please write him at 370 Russell, Washington, D.C., 20510. To learn more about what's happening in Washington, vou may also wish to visit Sen. Gramm's Web site at http://gramm.senate.gov)

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Car sales

Cont. from pg. 1

vehicle dealer's license or the correct certificate of title.

A similar crack down unlicensed car dealers last year in the Rio Grande Valley ended with citations issued, eight arrests and one grand jury indictment for forgery.

"One thing the consumer should look out for is a group of cars for sale by the side of the road," said Eddie Thorp, senior investigator with the Motor Vehicle Division. "That is a good sing someone might be selling cars without a proper motor vehicle dealer's These are cases where people generally use existing business parking lot or a vacant lot to advertise cars for sale. This is an illegal practice that the motor vehicle industry refers to as 'curbstoning.'

Purchasing a car under these circumstances runs the consumer a nearly one in three chance of buying a car that is stolen, has mileage on odometer, is rebuilt salvage, has flood or water damage, has frame damage due to a wreck, has a lienholder who has not been paid off, or does not have a clear chain of ownership on the certificate of title, according to John Barajas, senior investigator with the Motor Vehicle Division.

"The consumer have thought they were dealing with someone just selling the old family car legally," said Barajas. "Unfortunately, if you are not careful, you're buying the family car all right, but the family is not the one selling it. You may not be able to get a clear title. And the buyer risks losing their hard earned money, the vehicle, and getting nothing but heartaches in return."

Problems can avoided, according Thorp.

"The easiest tip is to ask to see the certificate of title before handing over any money. If the seller is reluctant to show you the title, there likely is a problem they are trying to hide," Thorp said.

There are also on-line companies that can help verify a vehicle's history over the Internet.

"The vehicles could also belong to a dealer whose licensed expired or canceled due previous violations and is trying to sell vehicles to unsuspecting consumers looking for a deal," Thorp

The San Antonio operation on illegal vehicle sales and unlicensed car dealers took place March 7-8 and targeted about 24 locations throughout the

The cooperative effort was led by TxDOT's Motor Vehicle Division Enforcement Section and included the State Comptroller's Office Criminal Investigation Division, Department of Public safety Motor Vehicle Theft Service, San Antonio Police Department Vehicle Crimes and SAFE Units,

Cotton PC

for short staple categories actually fall in the "Good News" column for producers. The reason is that officials decided to reduce the size of the discounts in the final schedule.

by the Going strictly would have formula resulted in even LARGER discounts for short staple categories as a result of abnormal relationship the the that existed in marketplace during 1999 marketing season.

Also included for the first time in the 1000 CCC Schedule Loan Premiums and Discounts for Length Uniformity that will be based on readings obtained via and High Volume Instrument (HVI) classification system.

change This precipitated by the decision to make the 2000 crop the first to have the official classification Color



city of San Antonio Code compliance Department and the Bexar County, Sheriff's Department Auto Theft Investigation Criminal Division.

Crackdowns and sting operations are planned in other locations around the state later this year, but officials will not reveal when and where they will occur.

side-by side comparison of provided solely 1999 and 2000 rates for machines.

The table below shows a selected qualities of cotton.

Base:	51.92		1999 Rates		2000 Rates				
Daco.	THE RESERVE THE PARTY OF THE PA	iple >	32	33	34	32	33	34	
		Leaf	Point	s per F	ound	Points per Pound			
	SM &	1&2	-350	-75	150	-465	-195	165	
W	better	3	-365	-80	145	-490	-200	160	
Н	11	4	-410	-155	50	-545	-290	55	
- 1	&	5	-515	-310	-180	-635	-465	-215	
T	21	6	-665	-515	-455	-790	-640	-515	
mi E	STATE OF	7	-870	-720	-720	-960	-810	-810	
	MID	1&2	-370	-90	135	-495	-215	145	
	31	3	-385	-95	135	-520	-220	145	
		4	-425	-170	45	-565	-305	45	
		5	-540	-320	-195	-675	-475	-235	
		6	-685	-535	-470	-825	-675	-535	
	waster.	7	-890	-740	-740	-990	-840	-840	
	SLM	1&2	-460	-200	10	-600	-340	20	
	41	3	-465	-200	10	-600	-340	15	
		4	-480	-205		-625	-345	Base	
	In The Late				Base				
		5	-605	-395	-320	-735	-545	-350	
		6	-750	-600	-560	-890	-740	-635	
		7	-980	-830	-830	-1075	-925	-945	
				99 Rat	es		00 Rate	es	
	SM &	1&2	-410	-170	30	-545	-325	15	
	better	3	-430	-185	5	-565	-345	-10	
	12	4	-500	-305	-205	-635	-465	-205	
L	&	5	-600	-430	-370	-740	-590	-400	
J.	22	6	-765	-615	-615	-890	-740	-725	
G	10 July 1994	7	-990	-840	-840	-1130	-980	-930	
Н	MID	1&2	-455	-225	-60	-585	-385	-80	
T	32	3	-455	-225	-70	-590	-385	-90	
	nick con	4	-545	-365	-275	-680	-530	-280	
S		5	-630	-475	-420	-785	-635	-455	
P		6	-795	-645	-645	-930	-780	-765	
0	AFFIRE S	7	-1020	-870	-870	-1200	-1050	-990	
T	SLM	1&2	-565	-400	-305	-700	-550	-345	
	42	3	-590	-420	-335	-720	-570	-365	
		4	-625	-450	-375	-760	-610	-415	
		5	-735	-585	-540	-890	-740	-595	
		6	-885	-735	-735	-1030	-880	-865	
		7	-1100	-950	-950	-1245	-1095	-1080	
- 1000									

NOTICE TO CONTRACTORS OF PROPOSED TEXAS **HIGHWAY IMPROVEMENT CONTRACTS**

Sealed proposals for highway improvement contracts will be received by the Texas Department of Transportation (TxDOT) until the date (s) shown below, and then publicly read.

CONSTRUCTION/MAINTENANCE CONTRACT (s)

Contract 0518-01-015 for WIDEN SUBGRADE, ADD SHOULDERS AND SEALCOAT in MITCHELL County, etc. will be opened on May 04, 2000 at 1:00 p.m. at the State Office.

Contract 6054-70-001 for RIPRAP REPAIR in HOWARD County, etc. will be opened on April 27, 2000, at 3:00 p.m. at the District Office for an estimate of \$298,941.15.

Plans and specifications are available for inspection, along with bidding proposals, and applications for the TxDOT Pre-qualified Contractor's list, at the applicable State and/or District Offices listed below. Bidders must submit pre-qualification information to TxDOT at least 10 days prior to the bid date to be eligible to bid on a project. Pre-qualification materials may be requested from the State Office listed below. Plans for the above contract (s) are available at reproduction companies in Austin, Texas at the NPO: 86

State Office

Construction Division 200 E. Riverside Dr. Austin Texas 78704 Phone: 512/416-2540

District Office

Abilene District District Engineer 5250 N. Clack Abilene, Texas 79603 Phone: 915/676-6800

Minimum wage rates are set out in bidding documents and the rates will be part of the contract. TxDOT ensures that bidders will not be discriminated against on the grounds of race, color, sex, or national

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