

Graduates receive **Diplomas**

the Class of 2000 received their diploma's last Friday night during the Commencement Exercise with the auditorium was full of family and friends of the graduates.

The program began with the invocation given by Ryan Sanders. Erica Schooler gave the welcome followed by Salutatorian Address given by Nick Flanigan. Kaci Poole gave the Class History. Robert Stamper read the Class Prophecy and Julie Mayes read the Class Will. Jana Himes gave the Valedictorian Address and Amber Ramsey, cousin of one of class members, performed special music. Guest speaker Dr. Chuck entertained the Jackson graduates and audience with a lot of humorous antidotes and ended the speech with a serious note, telling the seniors that it's "time to get down to work". To be patient and don't be a 'scarfer', work hard and wait for the good things to come your way. Listen to your elders and carry on the family tradition and to remember your family will always be there for you. He told them, "You are the only

Twenty-one members of one that knows what you do when you are own your own. Make good and moral decisions.

> Superintendent, Jimmy Thomas and Board President, Kenny Hensley then presented diplomas. Crystal Dye recognized graduates parents with each senior giving their parent a red rose symbolizing their love and thankfulness. The program ended with the Benediction given by Kevin Pinkerton. Jeanette Koehler furnished the piano music before and after the

On Thursday, evening the nine eighth grade class members received their diplomas and are ready to enter their High School career next fall. The program began with Dan giving the Griffin and Evan Invocation giving the Winegarner Welcome to family and Debra friends. Mrs. Hardman performed special John Stamper gave his Raul Rodriguez, Salutatorian Address and Kyle Pinkerton gave the Class History and Andy Lozano gave the Class Will. Clay John Anderson announced the new Beta the Valedictorian gave Address and diplomas were

Cont. to pg. 3

End of School Awards Assembly

The Annual Awards Anthony Aguinaga Assembly was held on Wednesday, May 24th at 2:50 p.m. in the school auditorium.

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

Music director, Nathan Gutschke presented several Elementary and Jr. High students with Music Awards they had earned throughout the year.

Principal, Mr. Chet Dye then announced the Perfect Attendance awards were: Elementary: Vivian Hernandez, Chelsie Stephens, Lacey Roberts, Raylea Underwood, Carlos Hernandez, Tyrell Massingill, Jessica Pelham, Roberts, Shelby Wallace and Rowdy Clary. Jr. High: Meagan Brooks, Emily Mayes, Billy Roper and Tyler Wallace. High music for the students. School: Bobbie Kempf, Nowlain, Holly Thomas, Valerie Wootan, Crystal Dye, and Kaci Poole.

> Ms. Sue Jane Mayes Club members they were: Michele Bond, Micah Hensley, Jessica Ellison,

Ryan Sanders.

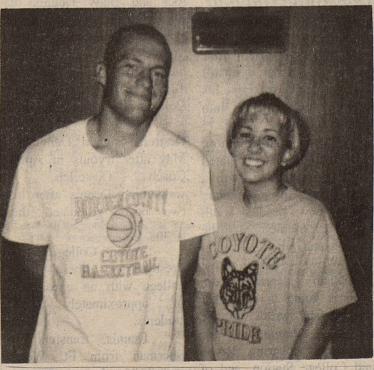
Mr. Mickey McMeans then presented Scholastic Achievement Awards. These awards were presented to students with a 90 average with no grade lower than 85. They were: Billy Roper, Dan Griffin, Kyle Pinkerton, John Stamper, Micah Hensley, Ross Aten, Abby Flanigan, Tom Griffin, Bekah Hensley, Shawna Kempf. Mr. McMeans also gave highest GPA. Junior High students were: 6th Grade: Whitney Anderson; 7th grade: John

Wilson; 8th grade: Clay John Anderson High school: 9th Micah Hensley; 10th grade: Andrea Lozano; 11th Trent Pepper and grade: Jana Himes.

The Beta Achievement Awards were presented. These students had no grade lower than a 90 in a six weeks. They were: Whitney Anderson, Garrett Chapman; John Wilson; Michele Bond; Andrea Lozano; Trent Valerie Wootan Pepper; and Jana Himes.

Cont. to pg. 3

Citizenship Award



Nick Flanigan and Hailey Adcock

Borden Co. High school Grads Continue to 'Ex'Cel

It runs in the family

Or, maybe it could be said, "Like father, like son."

Either way, people at Wylie ISD in Abilene now have a Mr. McMeans as a principal, too.

Bart McMeans, a 1981 graduate of BHS and son of longtime BHS principal and current assistant principal Mickey McMeans and 3rd grade teacher Shirley McMeans, has been named the new high school principal at Wylie High School.

McMeans familiar face in southwest Abilene school district, as he served as the of school principal from 1996-1998.

The past two years has been elementary school principal in the same school district.

Bart and his wife Vivian are the parents of Zach, Molly, and Mallory. The triplets turn five this August.

'96 Graduate Goes from Raiderland to Aggieland

Her dad tried four years ago but wasn't successful in talking his daughter younger attending Texas A & M.

Laura Hensley chose Tech, graduated from there May 13 with a BA degree in journalism, but is now headed south for the home of the maroon and white.

Why? Tech is going to serve her of approximately well as she writes for the Eagle, the

course, Texas A & M.

serve as a feature honor reporter. having allowed to bypass the usual the "copy room" jobs saved semesters. for new employees.

Some of the reasons why Laura's resume probably looked so good to the employers were the national writing honors she spring in received this collegiate journalism competition.

In the Colombia University contest, Laura's articles earned her first and third place awards.

While at Tech. Laura served as news editor on the college paper, The University Daily.

Laura is the daughter Kenny and Carla assistant Hensley of the Plains Community in Borden County.

Jeff Dennis signs to play basketball at Austin College

An honors graduate from the Class of '99 will be back on the court in

Jeff Dennis, son of Joel and Betty Dennis of Borden County, has signed a letter of intent to play Division NCAA basketball in Sherman, Texas, home of the Austin College Kangaroos.

Coach Chris Oestreich signed Dennis in May after tryouts in April. Oestreich welcoming Dennis after his two posts graduated this spring.

Well, that Presbyterian liberal arts have not received any journalism degree from college with an enrollment notice, call sue Phipps, students.

and College Station, and of and TCU where he was a 60th Celebration.

Dean's Scholar, a freshman Laura has been hired member of the national society, Alpha been Lambda Delta, and also on Dean's List

> While attending BHS, Dennis was class valedictorian, member of the district champion basketball teams, and 4th place finisher in the discus throw at the State Meet in

> would like to We continue this article throughout the summer. Please send us information about your Borden County Grad so we can continue letting readers know where the BHS grads are now and what they are doing.

> information to Borden Star, Box 137 Gail,

Celebrating 60 Years 1940-2000

Dawson School Welch community planning a celebration on August 4th and 5th. Registration will begin at 6:00 PM with a sandwich supper in the old gym. A dance will follow beginning at 8:00 PM.

Saturday activities will begin with registration at 10:00 AM. A catfish dinner will be available at noon. We will start serving the Bar-B-Que at P.M. Ex-students entertain you in auditorium at 7:00 PM. Final mail-out will be on Austin College is a June 5th. If by chance you 1200 806/489-7685, or Sam 806-872-7718. Adams, Dennis transfers to Everyone is encouraged to newspaper covering Bryan Sherman from Ft. Worth attend the Dawson Dragon

Accelerated Reading Winners



Ana Arellanos and Whitney Andersons' names were drawn to receive a Boom Box for the Accelerated Reading program. Students that have been involved in the AR reading program throughout the year names were put in a box and the winners were announced last week during



Bailey Anderson and Skyler Williams were the Elementary winners of bicycles when their names were drawn during the AR reading program drawing held last week.

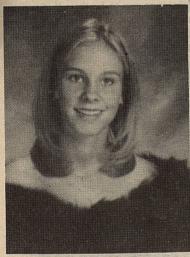


Scholarship Winners Announced



Crystal Dye, daughter of Chet and Shirley Dye of Doug and Debby Isaacs of Gail has been chosen by the scholarship comto receive the Karan Key Memorial Scholarship.

Crystal plans to attend South Plains College in Levelland this fall. While in school Crystal was a cheerleader for three years; state-qualifier in cross country; state qualifier on the 1999 Lady Coyote basketball team; regional qualifier in golf; and regional qualifier in track.



Kaci Poole, daughter of; Dennis and Sheri Poole of Gail was chosen by the scholarship committee to receive the Pat Porter Memorial Kaci plans to attend Texas committees to receive the Tech this fall and major in Brandon pre-dentistry. Kaci's honors Memorial Scholarship and include Cheerleader; UIL the Parent's feature writer; voted Most Scholarship. Hailey plans School Spirit in member of State Semi- and study to be a speech finalist basketball team in pathologist and elementary '99; FFA president; 4-H teacher. Hailey's honors president; ran track and while in high school cross-country.



Shaina Isaacs, daughter of the Plains Community by the selected scholarship committee to receive the Ruth Weathers Memorial Scholarship. Shaina plans to attend Texas Tech in the fall. Her honors received in high school include: member of the Lady Coyote basketball team including the State Semi-finalist team in '99; state qualifier in cross country; regional qualifier in golf; named Who's Who in sports; senior class favorite; and voted Typical Senior by her peers.



Adcock, Hailey daughter of Randy and Verna Adcock of Gail was Scholarship. chosen by the scholarship Adcock '99; to attend Midland College include: member of the Lady Coyote basketball team; member of the crossteam, qualifying country team member for state cross-country '98; member of the cast of the one-act qualifying play; twirler for the Coyote band; voted Best Personality by her peers and was an active FFA member and officer; statequalifier in FFA Public Relations contest 2 years.

Graduation

Cont. from pg. 1

then presented by Chet Dye, School Principal and Jimmy Thomas, Superintendent. The program ended with the Benediction given by Shayla Gass. The class exited the auditorium with the Recessional played by Jeanette Koehler.

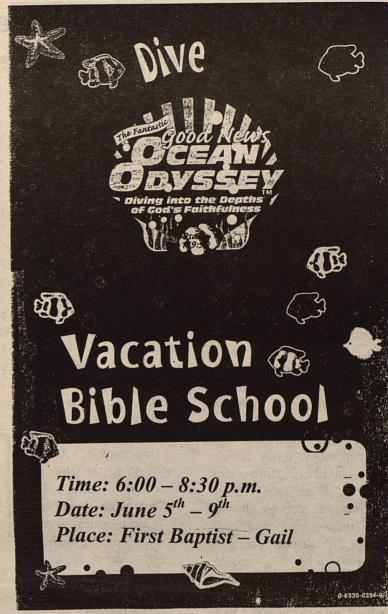
A wards Program

Cont. from pg. 1

Each year, the teachers' select a senior girl and boy they feel are suited to receive the Citizenship This award based on the students attitude towards overall fellow teachers This year's students. Citizenship Award presented to Nick Flanigan and Hailey Adcock.

It's Here! and It's a Boy!

Brandon Paul Avery arrived at 8:06 a.m. in Lubbock Tuesday, May 30, 2000, weighing 8lbs. 15ozs. and is 22 3/4 inches long. Proud parents are Bobby and LaNita Avery. Watch next week's issue for more play by play action of this great event.



Bring a sack lunch for your evening meal

WORD SEARCHER "COOL ANIMAL CARS"

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Locate all the words listed below. They run in all directions; up, down, backward, forward and diagonally. Source; Pleasant Valley Adult School

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| ARRACUDA | FOX | RAM |
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| OUGAR | PINTO | TIBERON |
| AGLE | PUMA | TIGER |
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Pooches and a Preventable Public Health Problem in Children

The headline read "DOG ATTACKS, KILLS TODDLER".

newspaper story The described the fatal attack on an 11-month-old child a family pet. The child's grandmother, who witnessed the scene in the living room was quoted saying, "He (the dog) just walked up to the baby and just grabbed him." She went on to say that family members never imagined the animal would intentionally attack the boy.

Horrible? Yes. Unusual? 400,000 No. Almost persons are bitten by dogs every year in Texas, and 60 percent of those victims are children. More than half of all children will be victims of a dog bite by the time they reach age One-quarter of all 12. bitten persons require medical care, and most bites are inflicted by dogs whose owners thought their dogs would never bite. Studies show that most victims of fatal dog bites are the very young and the very old - whose who are often least able to protect themselves. In most cases, the dog was familiar to the family, frequently family pet. The chances of dying of a bite are much greater for babies than adults. Often, the infant is killed while asleep or in a crib. The dog does not have to be of a large or aggressive breed; a 6-weekold puppy mauled a 3week-old baby while the father was asleep in the home in a small West Texas town.

Dog bites are a major, yet preventable, public health problem among children. No one knows why a normally friendly dog will act aggressively toward an infant who is too young to intentionally provoke an attack. "Do dogs, as pack animals,

view their human family as their pack and resent the intrusion of the new baby into their territory?" said Jane Mahlow, DVM< director, Zoonosis Control Division of the Texas Department of Health. "Are the biting dogs displaying jealousy? Does the baby's crying and flailing of arms merely push the dog over the edge? No one can really say for sure."

People with a dog should:

- Always supervise a young child around any dog, no matter how well known, friendly, or small that dog may be. A parent sleeping in the same room does not constitute supervision.
- Lavish extra attention on the dog when a new baby is brought home. All too often the family housedog is relegated to the backyard when the new baby arrives. "A better alternative would be to encourage the dog to view the baby as a "good thing" by petting and talking to the dog while holding

the baby," recommend Mahlow. "Also, have somebody else carry the baby into home for the first time. That way, when the dog jumps toward the mother who has been away in the hospital, she can give her attention to the dog and not worry about the safety of the baby at that moment."

Parents can reduce the chances of older children being bitten if they teach them some basic safety tips:

- Never approach an unfamiliar dog;
- Never run from a dog and scream;
- Stay still when an unfamiliar dog comes up to you;
- If knocked over by a dog, roll into a ball and lie still;
- Don not star a dog in the eyes because it may view that as threatening;
- Do not disturb a dog that is sleeping, eating

or caring for puppies;
 Do not pet a dog without letting it see and sniff you first;

- Do not ride your bicycle or run past a dog;
- Do not tease a dog, pull its ears or tail or squeeze it too hard.

Almost half of all dog bites are provoked, regardless of whether the victim is a child or an adult. The mistake is made when people view provocation from a human viewpoint rather than from the animal's perspective.

It's important for new dog owners to understand:

- That canines are pack animals, and puppies should be trained to look to humans for leadership and to avoid competition with children;
- The need to socialize the puppy to many different types of people;
- The important of puppy obedience class;
- That wrestling, tug-ofwar, and "siccing" instills bad habits in a dog;

- The important of spaying or castrating the dog (studies show that neutered animals are less likely to be aggressive); and
- The significance of teaching children how to properly behave around animals.

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Texas A&M prof says PGA putting all-important

COLLEGE STATION - It's been an axiom of golf for decades: You drive for show, but putt for dough.

But is it true? A Texas A&M University statistics professor says yes, and he can prove it.

Those golfers who can hit a ball 350 yards off the tee to wow a crowd often are not among the leaders at the end of the round because they falter when it comes to the soft touch of putting, says Dr. Scott Berry, who has published his findings in Chance, a statistics magazine.

Berry studied the play of 195 Professional Golf Association (PGA) golfers and examined putting, driving distance off the tee, driving accuracy, chipping, iron shots and sand play. Specifically, he wanted to see which skills differentiated them.

Berry compiled a variety of charts, graphs and analytical tables.

His conclusion: At the end of the day, those with the lowest score on the PGA tour are those who are good putters.

"For professional players, the lesson seems to be this: If you can only be good at one part of your game, the most important part is putting," Berry says.

Classified Ads

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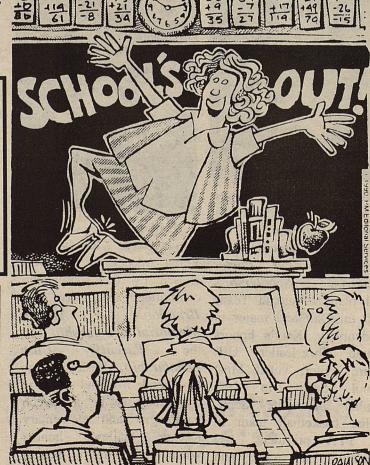
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Texas Stories A showcase of the Texas Spirit

Tumbleweed Smith Part owner of Texas



Texas School Kids are tested and tested and tested

Students graduating from a Texas public high school Florida lead the nation in pass a **ASSESSMENT** OF SKILLS **ACADEMIC** (TAAS) test, scoring a Murray Murphy, deputy least a grade of 70. It superintendent of the Big questions contains reading, writing and math. are two math questions from a TAAS test:

shadow that is 150 feet long. At the same time, math tests. The next three Julie, who is 3 feet tall, casts a shadow 5 feet long. How tall is the tree?

2. Agnes tossed a coin 3 Right now, tenth graders times and got 3 tails. What begin their is the probability that she TAAS testing. This gives will get a tail on her them the maximum amount fourth toss?

answers. I do have the Spring, Summer and Fall answers to a TAAS test of each school year. given to 8th graders, who take more tests in any grade. They are tested on the tenth. The test will math, reading, studies history) and science. Here's social studies as will as a social studies question:

the Florida and Texas have questions in algebra territories was that they two and trigonometry. both were 1) purchases by Andrew administration 2) admitted to the US at the same That's above the time under the same treaty average, 3) Spanish colonies at one percent. If students are time or 4) difficult for having settlers to reach over land segment of the test, they routes.

Texas, California and TEXAS testing. "Texas is probably number one in testing both students and teachers," says in Spring Independent School District.

"Grades K through 2 recent have no state testing. Third graders take reading and 1. A redwood tree casts a math tests, fourth graders take reading, writing and tested grades are writing and math. Ninth graders take no TAAS test. exit of time to pass the test, Sorry, I don't have the which is given in the

In four years, the exit that test will be given in the other eleventh grade instead of writing, also be harder, containing (includes questions in science and English and Math. The One similarity between math test in four years will

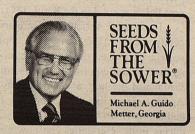
> Murray says 99 percent Jackson's of students in Big Spring pass the TAAS exit test. which is trouble with get help from tutors and

study guides. They can take practice tests on the internet.

School getting harder. Graduation requirements include four years of English, a foreign language and knowledge of computers. In the future, promotion in lower grades will be tied to TAAS.

The correct answer to TAAS question mentioned earlier is 3.

Students in Texas High Schools are getting a better education academically. Some parents say emphasis on testing is too great and vocational being training overlooked.



Every tomorrow has two handles - fear and faith.

The Psalmist took hold of tomorrow with the handle of faith. He said, "In Thee, O Lord, do I put my trust."

He trusted in the Lord to guard him. He said, "Be Thou my strong rock, for an house of defense to save me." Whom He saves, He shelters.

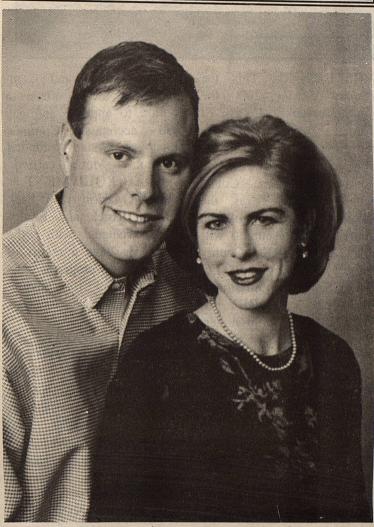
He trusted in the Lord to guide him. He didn't know what was before him, but he knew Who was. For he said, "Lead me."

He trusted in the Lord to gird him. He said, "Thou art my strength." And with His strength comes success.

Fear and faith don't go together. So take hold of the tomorrows of the New Year with the handle of faith, won't you?

New Year 2000

Engagement Announced

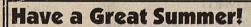


Mary Kate Phinizy and James Ryan Davis

Mr. and Mrs. Bill Phinizy of Gail are proud to announce the engagement and approaching marriage of their daughter, Kate to James Ryan Davis, son of Mrs. Liz Metcalf of Fort Collins, Colorado and Mr. and Mrs. Mike Davis of Panhandle, Texas.

Kate is a graduate of Borden County High school and Texas Tech University. She teachers at Will Rogers Elementary in Amarillo. Ryan is employed with Cactus Feeders in Amarillo.

They plan to marry on July 22, 2000, at St. Paul's of the Plains Episcopal Church in Lubbock. They plan to reside in Amarillo following the wedding.





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Courthouse News

WHEREAS, On This the 8th day of May, 2000, the Commissioners' Court of Borden County, Texas, convened in Regular Session in the Commissioners Courtroom at the Courthouse in Gail, Texas, the following members of the Court being present, to wit: VAN L. YORK, County esiding; DOUG Judge, ISAACS. Commissioner, 1: LARRY D. Prec. No SMITH, Commissioner, 2; VERNON WOLF, Commissioner, 3: HURSTON LEMONS JR. Commis-No. sioner, **JOYCE** HERRIDGE, and Ex-County Clerk Officio of the Commissioners Court

constituting when the following proceaccordance with the posted agenda:

MINUTES APPROVED

of April 24, 2000 were read. Commissioner Wolf made a motion to approve said minutes. Motions was seconded by Commissioner Smith.

Motion carried. ACCOUNTS ALLOWED The current accounts unanimously

were examined and Commissioner Isaacs made a motion to approve and pay accounts. Commis-Lemons seconded the motion. Motion carried.

ROAD EQUIPMENT

John McMackin with Pack Permian Truck and Equipvisited with Court. He gave a report of the county programs his company had for buying, leasing or lease to own equipment.

SOLID WASTE TRANSFER STATION

Commissioner Smith made a motion to close the Solid Waste Transfer Station on May 27, 2000 in observance of Memorial Day. Commissioner Isaacs seconded the Motion carried.

ORDINANCE

The Commissioners edings were had, in Court discussed the making of plans for an Ordinance regulating Location Certain Sexually Oriented Minutes of the Com- Commercial Enterprises in missioners Court meeting Borden County. No action taken at this time.

ADJOURN

A motion was made by Commissioner adjourn. Motion seconded by Commissioner Isaacs approved

DROUGHT AND TAXES

By U.S. SEN. PHIL GRAMM



Every farmer I've talked to this year says you can explain the problems of agriculture today in two words: Drought and taxes. Nature inflicts one; government, the other.

Droughts used to be a sporadic and unpleasant fact of life, but the sheer persistence of the current one has, for the first time in most

people's memories, made it impossible for agricultural producers to recover in the off-seasons. In fact. Texas is in the grip of a killer drought that hasn't let up in four years. And at a time when our national economy is booming, these year-round arid conditions are robbing farmers and ranchers of their share in America's growth and opportunity.

The numbers are as dry as the land, and they tell an equally depressing story. The Texas Agriculture Statistics Service reports that precipitation in 1999 was 26 percent below normal in the Low Rolling Plains region and 54 percent below normal in the Trans-Pecos area and 40 percent below normal in the South Texas region.

I contacted Agriculture Secretary Dan Glickman recently and urged that every Texas application requesting a secretarial disaster declaration be processed immediately so that our agricultural producers could quickly take advantage of the help available through the Farm Service Agency. Since that time, I am told, USDA has reviewed and approved 147 counties for disaster declarations. Producers in these counties can now apply for low-interest emergency loans through the Farm Service Agency, and take part in USDA's Emergency Conservation Program.

Another matter of particular concern right now is the lack of available forage for hay production and livestock grazing. The Texas Department of Agriculture says that 95 percent of the state's ranges and pastures are in fair to poor condition. Since last summer. Texas ranchers have spent almost \$200 million in supplemental feed and water hauling expenses. During previous droughts, in 1996 and 1998. USDA used discretionary authority to provide Conservation Reserve Program (CRP) contract holders with an option to harvest hay or graze livestock on CRP lands. In early February. I again asked USDA to allow livestock producers and CRP contract holders to employ this practice and use every available resource to provide forage for Texas livestock. Now. 49 counties have been approved for emergency grazing on 1.83 million acres of CRP land.

More funding for livestock producers is on the way thanks to last year's agriculture appropriations legislation. The USDA is releasing payments for grazing losses under the Livestock Assistance Program (LAP). Texas will receive \$40.4 million, 20 percent of the national total of LAP funding, for 42,000 Texas producers.

An additional \$40 million has been set aside to help producers reestablish pasture land that was lost to drought.

In addition, in an effort to address the immediate concerns of producers, Congress is working to make managing risk more workable. I have heard from many Texas producers that the current crop insurance program simply doesn't work well as a risk management tool. For that reason, crop insurance reform has received a tremendous amount of attention over the past year. Both the House and Senate Agriculture Committees have worked to develop a plan for an improved crop insurance program that will provide producers with a better means of handling these recurring natural disasters.

We do not, however, have to wait on nature to cure a government-induced problem that can put a farmer out of business even faster than a drought. I'm talking about the death tax, and my top tax priority this year is to repeal it.

According to Robert Howden, executive director of National Federation of Independent Businesses in Texas, nearly 80 percent of failed family businesses go bankrupt following the unexpected death of the founder. Just as the family is mourning. Uncle Sam steps in with his hand out. looking for death-tax rates of 37 percent to 55 percent of the value of the business. Those higher rates force many heirs to sell their businesses — even if they are family farms in order to break them up or liquidate their assets. Agricultural businesses are built by families, and farmers and ranchers should be able to pass the business along to those who have helped build it - their sons and daughters.

jui

When my great-uncle Bill died, he left me a cardboard suitcase full of yellowed sports clippings. During my life that is the only thing anyone has ever left me. Yet I recognize that it cannot be right that Texans work a lifetime to build up a family farm, they pay taxes on every dollar they earn, and yet when they die, their children often have to sell their farm to pay the government. That is wrong, and I am determined to eliminate the death tax.

I am optimistic that Texas agricultural producers will overcome these twin plagues of drought and taxes once they have the risk-assessment tools they need, all the help they deserve, and, God willing, a little rain.

(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, you may also wish to visit Sen. Gramm's Web site at www.sencte.gov/~gramm)

RRC Reminds Backyard Cooks of Propane Safety Before, During and After the Cookout

cooks roll out their hambur4gers for backyard Matthews. "Propane is less propane grills this summer, cookouts, there are basic expensive, faster Railroad Chairman Michael Williams, Commissioner Charles Matthews, and Commissioner Tony Garza today offered Texans some this year's barbeques." simple safety reminders.

As backyard bar be que remember the steaks and barbeque Commission propane safety rules that L. must come first," "These simple Williams. precautions will make it easier and safer to enjoy

"It's estimated that 4.5 "While it's easy to million Texans use propane cleaner burning than other fuels, but as with any energy source, precautions must be make to ensure that it is used safely and correctly to get maximum results."

"As Texans prepare to

fire up their grills, there directed are some basic safety tips to keep in mind," added "By using clean Garza. burning Texas propane and following these backyard chefs can grill safely and concentrate on the most important part of any cookout - the food."

Williams, Matthews, and Garza advise Texans of internal damage such as the side of a building. dents, gouges, bulges, fire damage, corrosion, leakage to catch juices and help or excessive rust. Outdoor avoid grease fires. cooks should also make sure the propane cylinder is secured to the grill as

the by manufacturer before starting any cookout.

Other safety tips to remember include:

*Always open the grill hood before lighting and light according to manufacturer's instructions.

*Never use gasoline or kerosene to start the fire.

*Always grill in a wellnot to use a propane gas ventilated area. Do not cylinder if it shows signs grill indoors or close to

*Use foil or a drip pan

*To see how much Cont. to pg. 8

Are You Watering Your Kids?

by Christine Palumbo

(NAPS)—Water is the body's most important single element—it's involved in every biological process and is found in every cell. Without sufficient water, the human body just would not work.

Yet while most American adults meet only about 60 percent of their daily hydration needs, the statistics are even worse for children. One study found that 70 percent of pre-school children drink no water at all during the day. As a Registered Dietitian, and a mother, I find this all the more troubling because children have very real hydration needs that impact their general health. For instance, consider that the bodies of growing children produce more heat than those of adults, and they have a harder time coping with hot weather and humidity. In short, children are much more susceptible to dehydration than adults.

One thing every parent must know is, when it comes to children, not all beverages are created equal. A national study conducted by Cornell Medical Center found that children who drink more than 12 fluid ounces of sweetened fruit juices a day are prone to obesity and diminished growth.

he

Because children's drinking habits are formed early, usually at home, health and medical experts recommend exposing children to pure spring water early in their development, before they acquire a taste for sweetened beverages and juice drinks. A survey conducted by Sierra Springs found that when a water cooler is in the home, children are far more likely to reach for water instead of less healthy alternatives. The study also found that some families reduced home beverage costs by as much as 40 percent just by switching to water from less healthy beverages.

(1)

WEAR A HAT

DON'T GET BURNED

** AMERICAN CANCER SOCIETY*

PROTECT YOURSELF FROM SKIN CANCER.

ALL YOU HAVE TO DO IS:

PROTECTIVE

CLOTHING

USE SUNSCREEN

SPF 15

OR HIGHER

LIMIT DIRECT

SUN EXPOSURE

(BETWEEN 10 AM AND 4 PM)



Christine Palumbo, RD, says: Drink water on a regular basis. By the time you are thirsty, you are already dehydrated.

And the benefits of switching to water don't end with your kids. Drinking water is an essential means to weight loss and an important part of any successful diet. Water suppresses the appetite and helps the body metabolize stored fat. The key is getting into the water habit by adhering to a daily water regimen.

Try the Nutritionists' Challenge: Each day replace just one sugared can of soda with a bottle of spring water and you can lose up to 10 pounds in a year.

Nutritional guidelines suggest that you should be drinking 1/2 ounce of water for each pound of body weight. But to learn more about water and health, visit water.com, a comprehensive online resource where you can calculate your water needs and ask questions of medical and health experts from the Sierra Springs Good Health Advisory Board. Help start your family today on the road to good health with home delivery of pure spring water. Call 1-800-444-PURE for more information.

Texas A&M professor backs elimination of marriage penalty

COLLEGE STATION - With the passing of a \$180 billion tax bill by the House of Representatives that would end the so-called "marriage penalty tax," one Texas A&M University professor's battle may be near an end.

L. Murphy Smith, an accounting professor who has researched the marriage penalty tax for the past 10 years, has actively opposed the underlying provisions, suggesting they have a substantially negative impact on the health of American families and on the social health of the nation.

"I've always thought it was ridiculous that the U.S. tax laws caused a married person to have to pay more taxes simply because he or she was married," Smith said.

Couples encounter the marriage penalty when if filing a joint return they pay more in tax than if filing as two singles. For example, suppose a husband and wife each earn \$15,000 and have two children. They would face a total tax loss of \$4,445, nearly 15 percent of their income - an amount otherwise not lost if they remained single.

Central to Smith's research is the fact that the marriage penalty hits hardest those who can least afford it. Low-income families are most affected by the marriage penalty, losing a larger percentage of their income than do middle and upper-income families, Smith said.

Parents Can Prevent the Leading Cause of Eye Injuries in Children

(DM)-You wouldn't think of letting your child play football without pads or baseball without a helmet. So why do you allow your child to play these and other sports without eye protection?

Every year, we send our Little Leaguers to the plate where base-balls pitched at speeds upwards of 70 mph are hurled at their bodies. That helmet will protect their head from the blow, but their eyes are vulnerable. On the basketball court, expensive shoes may support their feet, but their eyes are left unprotected from the volley of aggressive elbows, hands and fingers.

Of course, not every game ends in tragedy, but sport-related eye injuries are on a frightening upward trend. An estimated 100,000 sports and recreation-related eye injures occur every year; a majority of the victims are children.

The injuries these children experience range from abrasions and contusions to internal injuries that lead to vision loss. But an amazing 90 percent of these injuries could have been prevented had the athlete been wearing protective eyewear.

That's why the American Academy of Ophthalmology urges all athletes to wear protective eyewear made of polycarbonate plastic and fitted by an eye care professional such as an Eye M.D. (ophthalmologist).

Basketball and baseball aren't the only sports that contribute to the thousands of eye injures to children every year. Football, hockey soccer, tennis and squash are also dangerous to their eyes. These sports require

different types of protective eyewear. Your Eye M.D. can recommend the right kind of eyewear for your sport.

The pros are already getting the message - protective eyewear doesn't hinder their performance, it protects their careers. After James Worthy was poked in the eye a couple of times, he began wearing protective eye goggles. The NBA rated Worthy as one of the 50 all-time best professional players; and when he retired from the L.A. Lakers in 1994, both his goggles and his championship uniform were inducted into the Smithsonian Institute.

Other brilliant NBA players such as Kareem Abdul Jabbar and Moses Malone were also smart enough to wear protective eyewear. And on the gridiron, it's becoming more common to see NFL players wearing eye shields with their facemasks.

Sports are the leading cause of eye injuries in children, but most sporting leagues do not require their young athletes to wear eye protection. Yet when they do, the occurrence of eye injuries disappears.

When Alabama's Dixie Youth baseball league mandated the use of face guards for all batters and runners in 1994, the number of eye injuries was reduced to zero. The same thing happened in Canada when its amateur hockey league required its players to wear facemasks in 1976.

Until mandatory eye protection comes to your child's sporting league, its up to you to lobby for and protect your young athlete.

Perfect Pasta: The Lighter Side of Alfredo

(DM)-When the calender signals a change of seasons, it is an ideal time for a recommitment to healthy eating. According to the National Pasta Association (NPA), it couldn't be easier with pasta which is low in fat and calories. Start by making simple substitutions in a favorite recipe like this "lighter" version of Fettuccine Alfredo from the NPA. This dish uses light cream cheese and sour cream, and fat-free milk in the sauce. The dish is transformed without any sacrifice in flavor. To round out the meal, serve with a whole grain roll and fresh green salad. More recipes and tips on healthy eating can be found online at www.ilovepasta.org.

THE LIGHTER SIDE OF ALFREDO

(serves 4)

- 8 ounces uncooked fettuccine 4 ounces light cream cheese
- 4 cup light sour cream
- 2 tablespoons skim milk 1 garlic clove, minced
- 34 to 1 teaspoon salt
- 1/4 cup grated Parmesan cheese
- 4 cup finely chopped green onion

In a large stock pot, cook pasta according to package directions.

Freshly ground black pepper

Meanwhile, in a food processor I tablespoon Parmesan cheese and I tablespoon green onion on top of

with steel blade attachment, add cream cheese, sour cream, milk, garlic and salt, process until smooth and set aside.

When pasta is cooked, drain well, place in fairly large mixing bowl, add cream cheese mixture and toss gently, yet thoroughly to coat completely. Place equal amounts on each of 4 dinner plates, sprinkle

tablespoon Parmesan cheese and I tablespoon green onion on top of each serving, sprinkle with freshly ground black pepper and serve immediately.

Nutrition Information (per serving): 508 calories, 20g protein, 9g fat, 84g carbohydrates, 24mg cholesterol, 798mg sodium, 5g dietary fiber, 198mcg folate. Calories from fat: 16%

SEE YOUR DOCTORS

Allergies May Do A "180" With New Allegra® (fexofenadine HCI) 180-mg Tablets

(NAPS)—Sally R.'s allergy symptoms had taken a toll on her daily activities. Sally, a 31-year-old avid runner and mother of two, cut short her daily jogging routine and stopped taking her children to the park. "Some people think that having allergies is not a big deal, but it is when I can't run or spend time outdoors with my kids." Sally turned to her physician to see how she could better take control of her seasonal allergic rhinitis symptoms.

Sally's visit to her physician opened her eyes to prescription treatment options. Her physician prescribed for her Allegra® (fexofenadine HCl) 180-mg tablets, a new addition to the Allegra family of products. This strength of Allegra is a new, once-daily, nonsedating antihistamine indicated for the relief of seasonal allergic rhinitis (SAR) in patients 12 years or older. Aventis Pharmaceuticals recently announced that the oncedaily Allegra had been approved by the U.S. Food and Drug Administration (FDA).

Sally now takes once-daily Allegra to manage her seasonal allergy symptoms. "I have never felt so free of my allergy symptoms," said Sally. "I also love the fact that I don't have to worry about remembering to take my medication more than once a day, so I can concentrate on my kids and not my allergies." Individual results may vary.

Consumers can find informa-



Nonsedating antihistamine keeps allergy symptoms at bay.

tion about the Allegra family of products by calling 1-800-ALLE-GRA. In addition to information about the Allegra family of products, pollen forecasts for 100 cities nationwide and in-depth articles about seasonal allergic rhinitis can also be found at www.allegra.com.

"Allegra is a viable treatment option for seasonal allergic rhinitis sufferers, aged 12 and older," stated Thomas Casale, M.D., Director of the Nebraska Medical Research Institute, and Clinical Professor of the University of Nebraska Medical School and Creighton University, in Papillion, Nebraska. "It provides physicians the ability to prescribe an effective antihistamine to seasonal

allergic rhinitis sufferers that is nonsedating and can be taken once daily at a time which is convenient to the patient."

Allegra® (fexofenadine HCl) is well tolerated with side effects similar to placebo. Compared to placebo, the most commonly reported adverse events with Allegra 180-mg tablets are headache (10.6 percent vs. 7.5 percent), upper respiratory tract infection (3.2 percent vs. 3.1 percent), and back pain (2.8 percent vs. 1.4 percent) in SAR patients 12 years and older. The incidence of drowsiness is similar to placebo (1.3 percent vs. 0.9 percent).

Allegra 180-mg tablets are available by prescription only. Allergy sufferers should consult their physician or health care professional with questions.

Seasonal allergic rhinitis (SAR) is a chronic condition occurring during the spring and fall allergy seasons that is caused by the body's reaction to allergens that enter through the respiratory tract. Allergies affect as many as 40 million people in the United States. Typical allergens that cause SAR are grass, tree and weed pollens. Symptoms typically affect the nose, but patients also report itchy, watery eyes, and sneezing. SAR often remains undiagnosed and untreated because people mistake their symptoms as related to a "cold" or the "flu."

Please see enclosed prescribing information.



EDUCATIONINITIATIVES TARGETOPPORTUNITY, EXCELLENCE

his month the Senate began its debate on the Educational Opportunities Act. At the heart of this legislation are two ideas: 1) that the more parental involvement there is in education, the better; and 2) the critical importance of maintaining state and !ocal control of public schools.

We know from history, and from study after study, that the single most important factor in providing children with a quality education is parental involvement. We also know, conversely, that the parents of many underachieving children are not involved in their education. Education reforms that incorporate parental decision-making are much more effective than those that don't.

Just as important to quality education is local control. The Educational Opportunities Act strengthens local control by giving states and school districts the flexibility to respond quickly to changing student needs. It attaches fewer strings to federal funding, letting the states and local school districts make more decisions, so that schools can meet the specific needs of their students rather than following a one-size-fits-all pattern imposed by Washington, D.C.

Schools succeed because parents, businesses and civic leaders get involved and make them better. Local participation and local control are the cornerstones of providing equal educational opportunity.

The Educational Opportunities Act also aims to:

• Support exceptional teachers. Our bill encourages school districts to hire, reward and retain the best teachers. The Senate included my Careers-to-Classrooms legislation that will streamline teacher certification procedures so talented people with badly needed skills can move into the classroom more quickly. This will be especially helpful to rural schools and schools that are experiencing a teacher shortage. I want to encourage professionals with expertise in such areas as foreign languages, math and science to share their knowledge with our children.

Help disadvantaged students meet higher standards. It is wrong to let any
child slip through the cracks. This bill provides schools and teachers with
greater decision-making authority in exchange for increased responsibility
for improving student performance.

In addition, I continue to support Advanced Placement, an educational initiative that I have long worked to expand. This program tests high school students for college credit and is set up to encourage more students to take college-level courses while still in high school. Texas has been a national leader in making Advanced Placement available at high schools across our state. A head start on college may just be the deciding factor that propels many a student through the doors of higher education.

For 30 years, federal education programs have proliferated while student performance across the country has stagnated or declined. But we have started to turn things around, notably in Texas where we have had spectacular success in improving test scores and reversing the high dropout rate among students.

particularly minorities.

We can't afford to deny any child the opportunity to succeed by failing to equip that child adequately for the future. We should be proud that our state has been leading the way, setting an example for others to follow. The Educational Opportunities Act would make even more progress possible by ensuring that the federal government is part of the solution, not part of the problem.

Propane Safety

Cont. from pg. 6

propane is left in your ylinder, run a wet finger down the side. The wet streak will evaporate faster over the empty part of the cylinder.

*Since a hot grill is easier to clean than a cold grill, clean with a wire brush or scraper immediately after cooking, then wash off.

*To turn the cylinder valve on and off, remember "rightie tightie, lefty, loosey."

*After grilling, the cylinder must not be stored indoors or within any enclosed space.

The Railroad Commission Texas' Alternative Fuels research and Educa-

tion Division (AFRED) can provide consumers with basic safety tips, as well as additional propane uses and rebates by calling tollfree (800)64-CLEAR (800-642-5327.



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

NOTICE OF APPLICATION FOR FLUID INJECTION WELL PERMIT

<u>Texaco E & P Inc., P.O. Box 2800, Midland, Texas 79702</u> is applying to the Railroad Commission of Texas for a permit to inject fluid into a formation, which is productive of oil and gas.

The applicant proposes to inject fluid into the <u>Sprayberry</u> Formation, <u>Jo Mill Unit</u> Lease, Well Number <u>4535H</u>. The proposed injection well is located <u>14</u> Miles <u>southwest</u> of <u>Gail</u> in the <u>Jo Mill</u> Field, in <u>Borden</u> County. Fluid will be injected into strata in the subsurface depth interval from <u>7050</u> to <u>7250</u> feet.

LEGAL AUTHORITY: Chapter 27 of the Texas Water Code, as amended, Title 3 of the Texas Natural Resources Code, as amended, and the Statewide Rules of the Oil and Gas Division of the Railroad Commission of Texas.

Request for a public hearing from persons who can show they are adversely affected, or requests for further information concerning any aspect of the application should be submitted in writing, within fifteen days of publication, to the Environmental Services Section, Oil and Gas Division, Railroad Commission of Texas, P.O. Box 12967, Capitol Station, Austin, Texas 78711 (Telephone: 512/463-6792)

Branon Funeral Home Serving in this area since 1922 Phone: 806/872-8335 403 N. Austin Lamesa, Texas