

THE BORDEN STAR

Volume XXIX

July 18, 2001

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

Redistricting of the Commissioner Precincts in Borden County

The Borden County Commissioners Court held a special session on June 25th, 2001, at 3:00 P.M. to receive public comment on redistricting of the commissioner precincts in Borden County. At the conclusion of the hearing, the Borden County Commissioners Court voted to approve the redistricting plan for Borden County. This redistricting plan shall be effective, subject to Department of Justice preclearance, on January 1, 2001, for all subsequent elections.

The redistricting of the Borden County Commissioners precincts is required to comply with the obligation of the "one-person-one-vote" balance as required by applicable state and federal law. The 2000 Census found that Borden County population to be 729 persons. This will require a balance of 182 person in each commissioners precinct. This figure can vary by 10% over the whole county. The plan approved by the Commissioners Court set the population for Precinct #1 at 178, Precinct #2 at 183, Precinct #3 at 190, and Precinct #4 at 178.

The redistricting plan's

primary changes are in the Town Site of Gail. Persons living south of U.S. 180 and east of S. Elm street and north of E. Simpson Ave. are placed in Commissioner Precinct #3. This area was previously in Commissioner Precinct #2.

Persons living west of N. Maple Ave. and north of U.S. 180 and north of W. Kincaid Ave. are placed in Commissioner Precinct #2. This area was previously in Commissioner Precinct #4.

The last two changes take place west of Gail on U.S. 180. The Rocker Ranch headquarters and the Coleman Ranch headquarters are moved to Commissioner Precinct #1. These area was previously in Commissioner Precinct #2.

All other areas of Borden County will remain unchanged.

See maps of redistricting of Commissioner Precincts on page 4.

For all your School and County information. Subscribe to the Borden Star today! Only \$12.00 a year Box 137 - Gail, TX

Six-man athletes ready to play in all-star games

By Dwight Heins
Lamesa Press-Reporter

Next weekend's Texas Six-Man Association all-star games in Lubbock will provide a change of pace for the area's three representatives: Bekah Hensley of Borden County, and Shelli Blagrove and Seth Smithson of Sands.

Hensley and Blagrove will be playing on the West all-star girls hoop squad which will play the East at 1 p.m. next Saturday at Lubbock Christian University's Rip Griffin Center.

Smithson and his West teammates will take on the East in the all-star boys basketball game at 3 p.m. next Saturday, also at the Rip.

Hensley and Blagrove have grown accustomed to being on opposing teams throughout their high school hoop careers. Next weekend, they will find themselves as teammates.

"Borden County has always been one of our biggest rivals and here it's our last game and we're going to be playing together for a change," said Blagrove.

Despite growing up as arch rivals, the two don't appear to have any problems becoming teammates.

"It's probably going to feel a little different, especially in

the beginning, but we're both looking forward to a real fun week," said Hensley.

The all-star boys hoop contest will provide Smithson, an all-South Plains performer, a break from his horse and rope.

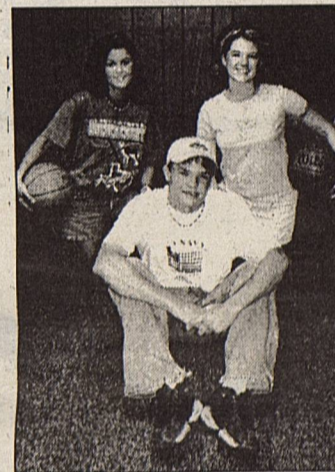
Smithson has been very busy on the rodeo circuit this summer.

"We've been everywhere - California, New Mexico, Oklahoma, Nevada and Arizona," said Smithson, a team roper

Choosing between roping and one final shot on the hardwoods wasn't much of a choice, Smithson said.

"I can rodeo pretty much the rest of my life, or as long as I'm healthy anyway. It doesn't look like I'm going to get to play in many more basketball games," he said.

Smithson plans on continuing his rodeo career at Howard College in Big Spring.



Bekah Hensley, Shelli Blagrove and Seth Smithson

There will be five all-star games played in Lubbock next week in conjunction with the Texas Six-Man Coaches Association's annual coaching clinic.

The North-South all-star girls and boys basketball games will be played Friday at 7 p.m. and 8:30 p.m.

The all-star football game will kick off at 7:30 p.m. next Saturday at Lowry Field.

ATTENTION FOOTBALL PLAYERS

The summer is about over and football practice is right around the corner. It is time to be getting ready for the upcoming season.

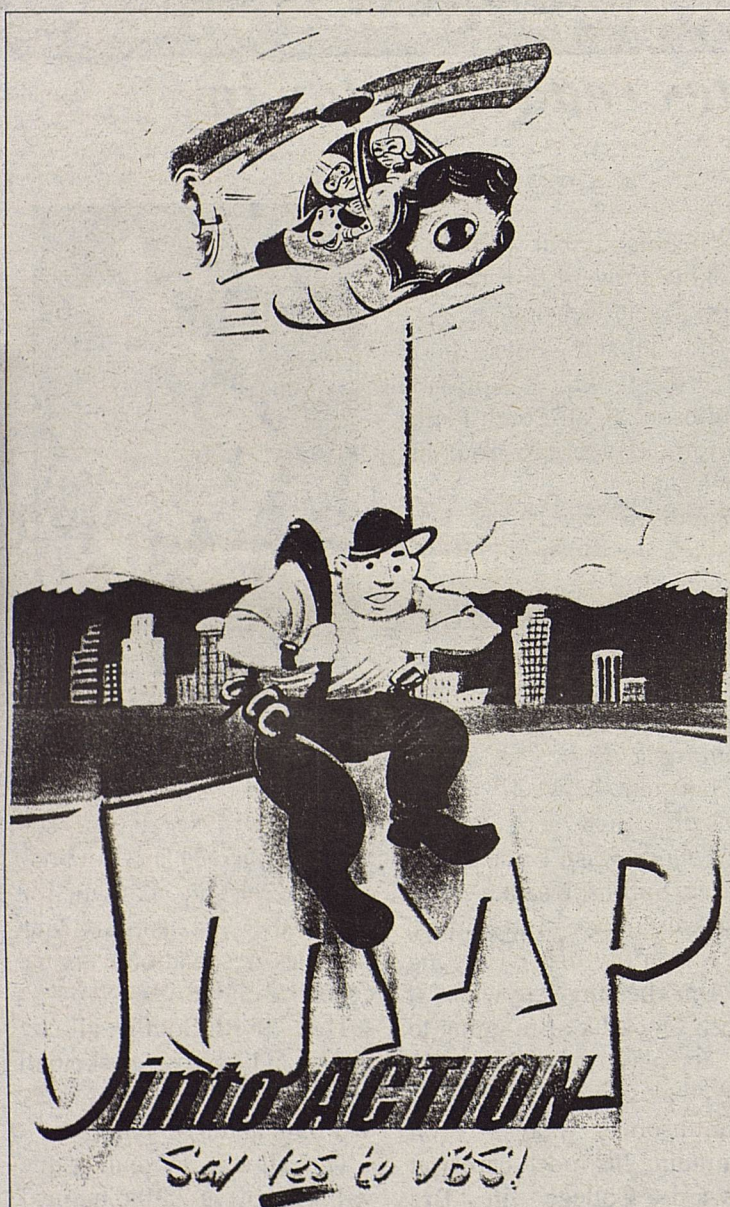
FOOTBALL PRACTICE WILL BEGIN MONDAY, AUGUST 7th, AT 5:00 P.M.

If you are not able to make these work outs you need to let Coach Avery know at 806/756-4370.

FFA Members Attend Leadership Camp

Three members of the Gail FFA Chapter were among some 250 FFA students from Area II that attended the annual Area Leadership Camp. Raul Rodriguez, Shayla Gass, and Kyle Pinkerton represented the Gail Chapter at this event.

The camp, which is hosted by Howard College in Big Spring, is a 3-day action packed event with a focus on leadership and teamwork to accomplish goals. The students received this training from the Area II Offices and part of the State Officer team. Other events of the camp consisted of sports activities and water Olympics contest. The Gail FFA members were accompanied by their advisor and teacher, Buddy Wallace. Be sure to watch next week for exciting pictures and an article concerning the trip to the State FFA Convention in Houston.



Vacation Bible School Gail Baptist Church

July 30th - August 3rd
6:00 to 8:30 p.m.

3 yrs. old - thru last years fifth graders

Bring a sack lunches for your evening meal
(drinks & cookies provided)

Back to School Supply List

Kindergarten: Elmer's School Glue (NOT paste), 2 glue sticks, 2 boxes of 16 crayons, scissors (Fiskars for kids), supply box (cigar box size), 4-#2 pencils, gym shoes, towel for nap time, large box of Wet Wipes.

First grade: 2 boxes of 16 primary color Crayons, 4 or 5-#2 pencils, supply box, scissors, hard rubber eraser, 2 medium sized Elmer's School Glue, 1-1 subject wide rule spiral notebook, gym shoes, large box of Wet Wipes.

Second grade: 12-#2 pencils, crayons, Elmer's School Glue, red grading pencil, wide rule notebook paper, scissors, eraser, gym shoes, ruler, large box of Wet Wipes.

Third grade: loose-leaf notebook, wide rule notebook paper, wide rule spiral, 14-#2 pencils, 4-red pens or 4-red pencils, 12 inch ruler (metric & standard), 2 art gum erasers, small bottle of glue, crayons, 2 folders, gym shoes, 4 boxes Kleenex, 2 large boxes of Wet Wipes.

Fourth grade: 1 box Kleenex, crayons, map colors, 4-#2 pencils, 2 red grading pens, 8 folders with 2 wholes and inside pockets (no brads), wide rule notebook paper (not college rule), metric and standard ruler, 2 large boxes of inexpensive baby wipes, loose leaf notebook with 3 holes.

Fifth grade: notebook, wide rule notebook paper, dividers with pockets, ruler with metric & standard, scissors, 6-#2 pencils (NO mechanic), 4 red pens, 2 large glue sticks, map colors (24 or 48 pkg), markers (thin point & broad point), 2 black sharpies, 4 different colored wide rule spirals, 4 colored folders with pockets (to match spirals), large box Wet Wipes.

Sixth grade: notebook, wide rule notebook paper (2 pkg.), scissors, 2 red pens, eraser, 12-#2 pencils (NO mechanical), 3 black pens, pencil box, map colors 7 dividers with pockets.

ATTENTION COYOTES All-Sports Physicals Set

If you are in the seventh (7th) through the twelfth (12th) grade and plan to play a sport of *any kind* at Borden County ISD you will need a physical. On Saturday, August 4th, students will be taken to Lubbock for a physical at the Rehabilitation center, at South Loop 289 and University. These physicals are \$10.00 and furnished by the school. If you are unable to make this trip you will need to get a physical on your own at your expense.

The bus will depart from Gail at 8:00 a.m. and return approximately at 1:00 p.m. If you plan to meet there you need to have your physical form with you and be there at 10:00 a.m.

If you would like to eat after your physical, you may go to the McDonald's near by and eat. Bring some money if you would like to eat.

For more information, contact Coach Avery at 756-4370.

Keeping an Eye on Texas

TEXAS' TAX-FREE HOLIDAY

The Sales Tax Holiday is expected to save Texans \$31.2 million in state sales tax and \$8.4 million in local sales taxes this year. Shoppers can take advantage of the savings Aug. 3 - Aug. 5.

No state and local sales taxes will be charged on most clothing and footwear priced under \$100 including the following items:

- Dresses
- Baby clothes
- Underwear, socks
- Suits, slacks, jackets
- Jackets, coats, raincoats
- Jogging apparel-bras, suits, shorts
- Caps/hats-baseball, fishing, golf, knitted
- Shoes-sandals, slippers, sneakers, tennis, walking



SOURCES: Carole Keeton Rylander, Texas Comptroller
(www.window.state.tx.us)

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Fad diets may be bad diets Mason, Pennell plan September wedding

Americans' girths are growing. Even in this era of fat-free foods, people are continuing to pack on the pounds. A startling 55 percent of American adults are now overweight, according to the U.S. Department of Agriculture. And a new report from the RAND Institute found that obese adults have nearly twice the chronic health problems of people of normal weight.

With mounting evidence of long-term health problems associated with being overweight, including heart disease, stroke, and diabetes, many people are searching for a magic weight-loss answer.

There is no shortage of diets available. Publications and airwaves are filled with all types of "quick and easy" weight loss plans, promising rapid weight loss with little or no effort. Unfortunately, many of these "fad" diets are

unhealthy and do not result in long-term weight loss. In fact, a whopping 95 percent of people on diets gain back their weight within two years. Chances are, if a diet seems too good to be true, it probably is.

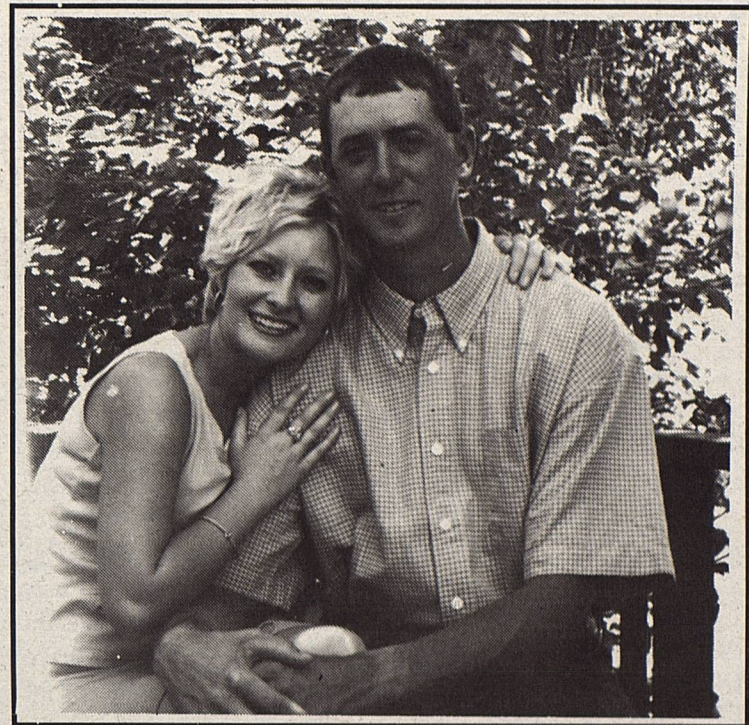
The physicians of the Texas Medical Association encourages people to take a healthy approach to weight loss and talk with their doctor before beginning a diet. Although you will not see results overnight, losing weight sensibly and safely requires setting reasonable weight-loss goals, changing your eating habits by cutting back on calories, and exercising regularly. Changing your habits and losing weight slowly is the only way to control your weight in the long run. Here are some steps to help you get started:

Mr. and Mrs. Dennis Mason of Post announce the engagement and upcoming marriage of their daughter Amy D'Lynn Mason, to Shawn Roy Pennell, son of Mr. & Mrs. Joe Pennell of Post.

The bride-elect is a 1997 graduate of Borden County I.S.D. and attended Lubbock Christian University and is currently employed with Dr. Charles McCook, DDS.

The future groom is a 1994 graduate of Post High School. He attended Tarleton State University and is currently employed at The George R. Brown Partnership.

The couple will exchange vows, Saturday, September 15, 2001 at the Hotel Garza



Amy D'Lynn Mason & Shawn Roy Pennell

Bed & Breakfast in Post, The couple will reside in Post, Texas.

Cont. to pg. 4

LEGAL NOTICE

The Borden County Independent School District, Gail, Texas is accepting bids for the following:

Year 2001 Improvements (Wheel Chair Lift) for Borden County ISD

All bids must be submitted by 3:00 P.M., local times, July 25, 2001 at the Superintendent's Office, or sealed bids may be mailed directly to:

Jimmy Thomas, Superintendent,
Borden County ISD,
P.O. Box 95,
100 Kincaid Ave.,
Gail, Texas 79738

Or faxed bids may be faxed to: 806/863-2479

Plans and Specifications are available and may be acquired from:

Grimes and Associates, Consulting Engineers
PO Box 65
Wolfforth, TX. 79382
806/863-2462

The Borden County Independent School District Board of Trustees reserves the right to reject any or all bids, and waive all formalities.

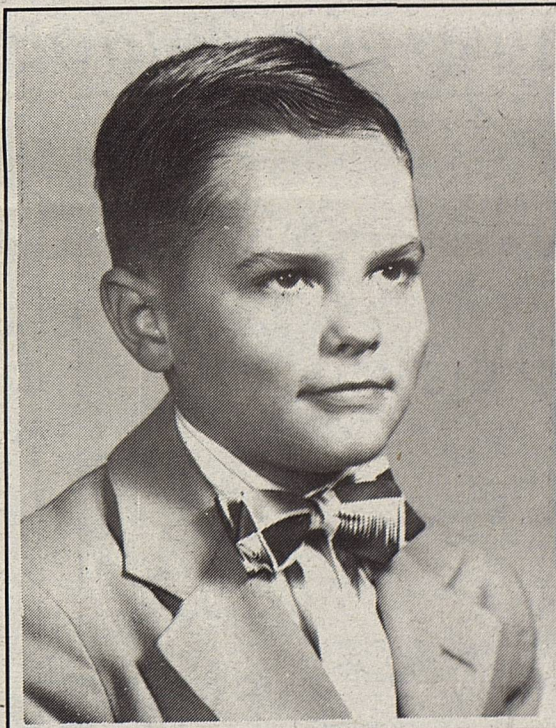
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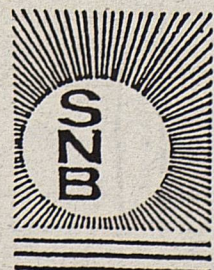
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Fad diets may be bad diets

Cont. from pg. 3

- **Step 1: Determine a realistic weight goal.** Your physician can help you decide what weight is appropriate for your height and frame size. Oftentimes, it's best to set incremental goals to help you get started. Plan to lose about one pound per week by reducing your food consumption by 300-500 calories each day.
- **Step 2: Concentrate on your eating habits.** Most people who begin a diet are surprised to learn how much they are actually eating. Keep a journal of everything (yes, everything) you eat and drink for a week, including approximate portion sizes. Share that information

with your physician to help determine where you can make changes in your eating habits. Most people need to consume a minimum of 1200 calories a day. While it may be tempting to make more drastic cuts in calories, remember that consuming less than 1,200 calories a day can result in the loss of muscle tissue, as well as fat. So while you may show some initial weight loss, your body will have a higher percentage of fat than it did before. In addition, consuming too little food can actually slow down your metabolism, making it

harder to keep weight off in the long run.

Refer to the food pyramid developed by the federal government as your daily guide to healthy, balanced nutrition:

- 2-3 servings of low-fat milk, yogurt, and cheese
- 2-3 servings of meat, poultry, dry beans, eggs and nuts
- 3-5 servings of vegetables
- 2-4 servings of fruits
- 6-11 servings of whole grain bread, cereal, rice, or pasta
- Use fats, oils and sweets sparingly.

And don't forget to drink water. Drink at least 8 glasses of water per day to aid your weight loss and feel more energetic.

- **Step 3: Exercise.** Get

moving! Daily exercise not only also burns calories to help you lose weight, but it also is good for the heart and soul. The good news is that exercise doesn't have to be strenuous or overwhelming to contribute to weight loss. Moderate physical activities, such as waling, biking, swimming, or gardening will help you maintain a healthy weight. The key is to find physical activities that you enjoy and plan to be active on a daily, or almost daily, basis.

Losing weight sensible is a process that takes time. While it may be tempting to pursue one of the many "quick and easy" weight loss programs you see advertised, those fad diets tend to focus on the short term and often are not

healthy. The safest and best way to obtain a healthy weight is to change your habits by eating a well balanced diet, reducing your caloric intake, and participating in daily physical activity. While it may take a little longer to see the results, you will be much more likely to keep the weight off for the long term.

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Watch Out for our Children...

Area Youth Seeking SUMMER WORK

Do you need a baby sitter or help with your House cleaning?
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Maps of Redistricting of Precincts

