

Garza
Lynn Scurry
THE BORDEN STAR
Dawson Howard
Volume XXXI
January 16, 2002

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

2002 Borden County Jr. Livestock Show

Borden County 4-H and Gail FFA members recently participated in the 2002 Borden County Jr. Livestock Show at Gail, Texas. Judges for the event were as follows: Classifier was Bryan Reynolds, CEA-Ag Lynn County, Showmanship Judge was Lynn Walling, Director of Agriculture, Howard College in Big Spring, Steer Judge was Dr. Steve Kennedy, Veterinarian at Muleshoe, and Lamb, Goat, and Swine Judge was Steve Sturtz, CEA-Ag Glasscock County.

Congressman Charles Stenholm was present Saturday morning and attended the chuckwagon breakfast where he visited with many of the county residents after which he presented awards during our traditional awards ceremony.

The judges for this years stock show were: Steer - Dr. Steve Kennedy, Veterinarian, Muleshoe, TX; Lamb, Goat, and Swine - Steve Sturtz, CEA-AG. Glasscock County, Garden City, TX; Showmanship - Lynn Walling, Director of Agriculture, Howard County, Big Spring, TX., Classifier - Bryan Reynolds, CEA-Ag. Lynn County, Tahoka, TX.

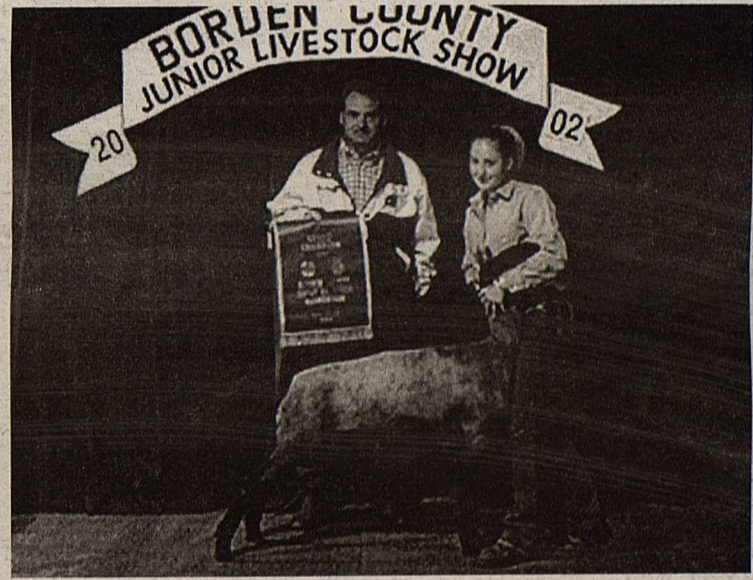
Steer Show

LW European:

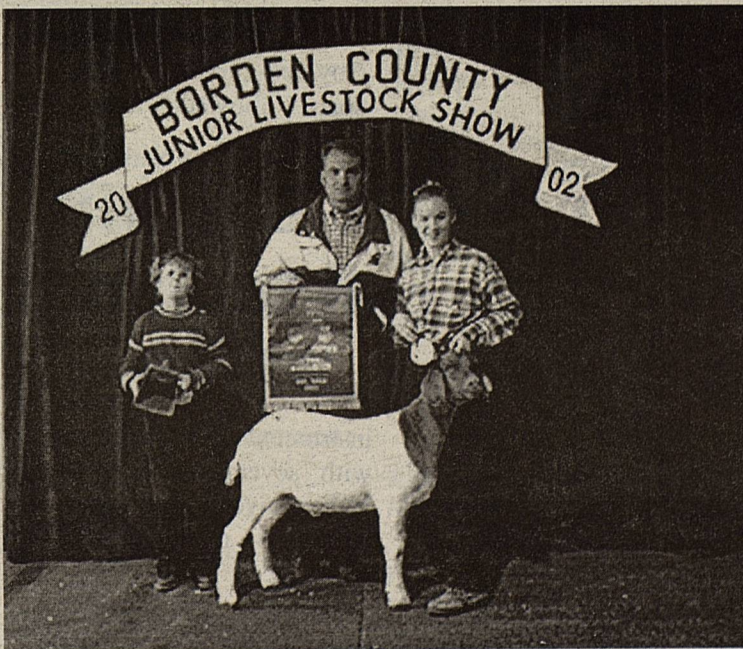
1st. Tanner Poole, 2nd Cutter Whipple, 3rd. Kyla Culp.



Grand Champion European Steer exhibited by Kalli Poole.



Grand Champion Med Wool Lamb, exhibited by LaShae Johnson.



Grand Champion Heavy Weight Goat, exhibited by Brandi Hudson.

Tanner received a belt badge donated by Mr. & Mrs. John Anderson

MW European:

1st. Kalli Poole, 2nd. Brionne

Jackson, 3rd, Kate Wallace, 4th, Sunni Ship.

Kalli received a belt badge donated by Mr. & Mrs. Wendell Johnson.



Grand Champion White OPB, exhibited by Bobbie Kempf.

HW European:

1st. Sydney Shipp, 2nd. LaShae Johnson, 3rd. Chelsea Stephens. Sydney received a belt badge donated by Mr. & Mrs. Ben Miller

Breed Champion:

Kalli Poole

Reserve Breed Champion:

Tanner Poole

Cont. to pg. 3

Copeland Grabs 15 rebounds, Scores 10

Lady Coyotes continue winning ways over Lady Bulldogs 60-45

It was shoot at will for the Borden High School Lady Coyotes basketball team Tuesday night against Ira.

Eighty-seven shots after the opening tip-off, BHS converted on enough to take the 15-point win over Ira, 60-45, and remain undefeated in district play.

The low shooting percentage did not hurt the Lady Coyotes as they did the fundamental things and blocked out, pulling down a total of 48 rebounds in the game.

BHS romp over Sands to take District win at home

The Coyotes first district win couldn't have been any sweeter, defeating district rival Sands at home 42-27 Friday night.

All seven Coyote players scored, with T. J. Sharp notching 12 points in the contest.

Strong play in the first and third quarters proved the difference as BHS jumped out to a 15-7 lead after one period of play.

Sharp scored 8 of his 12 points in that initial eight minutes, and it would be senior Jacob Zant who would then take over to score 6 points in the second quarter to give the Coyotes a 25-17 halftime lead.

After intermission, senior Cody Nowlain came out to knock down four points as the Coyote lead extended to 37-23.

Both teams were cold in the final quarter as the visitors did not even put

Defense also shone on this night, as Coach Bobby Avery's players stole the ball 23 times, converting most of those steals to points.

The only thing that kept Ira in the game was free throw shooting as the Lady Bulldogs went to the line early in bonus just after second quarter play began.

BHS would go to the line 26 times, hitting just over 50% with 15 made free throws.

points on the board until 1:03 remaining in the game.

The win, the Coyotes sixth of the season, now gives Coach Trey Richey's team a 1-2 district record.

BOYS' SCORING

Vs. Ira

Sharp (14), Pepper (8), Zant (7), Stipe (4), Griffin (3), Nowlain (2)

Vs. Sands

Sharp (12), Zant (8), Pepper (7), Stipe (4), Nowlain (4), Pinkerton (4), Griffin (3)

GIRLS' SCORING

Vs. Ira

Culp (16), B. Kempf (15), Copeland (10), Hensley (5), Ellison (3), Gass (2), Rodriguez (2), D. Kempf (2), Mayes (2), Rinehart (2), Arellanos (1)

Vs. Sands

Hensley (18), D. Kempf (10), B. Kempf (7), Rodriguez (6), Culp (5), Gass (3), Arellanos (2)

Coyotes keep plugging; Fall just short at Ira 45-38

It's going to happen sooner or later—the boys' basketball team is going to pull out a close one.

BHS's Coyotes have to be thinking that it's déjà vu duplicated after yet another down-to-the-wire game January 8 in Ira.

Coyote players provided plenty of hustle and defensive rebounding early in the game to trail Ira by

only three after one quarter of play, 17-14.

Despite going 1-of-9 at the free throw line in the first half, BHS outscored Ira in the 2nd quarter to make it a 25-23 Ira lead at halftime.

Junior Talin Pepper, one of the leading scorers for the Coyotes with a 10.6 ppg. average, got into foul trouble, however, and was forced to sit some.

BHS picked up the slack, with junior T.J. Sharp driving for a lay-up at the buzzer to end third quarter of play to draw the Coyotes to within one point, 31-30.

The Bulldogs would outscore the Coyotes 14-8, thanks to some free throws, in the final period to take the district win, 45-38.

District win streak at three For Lady Coyotes Defeat Sands

BHS' Lady Coyotes encountered a feisty Sands Lady Mustangs team Friday night but managed to pull away in the third quarter to win 51-29 and hold on to first place in the district race.

Early on it looked as if the girls would have an easy go of it when Micah Hensley converted two free throws with 3:23 in the first period to give BHS a 10-0 lead.

Bobbie Kempf added two free throws after being fouled at the end of the first quarter to make it a 12-5 BHS lead.

Second-quarter play, though, was not as

productive as the Lady Coyotes went over five clock minutes without scoring.

Finally, with only 1:21 before halftime, sophomore Shayla Gass was good on two free throws which gave BHS its first points since junior Carolina Arellanos baseline jumper at the 6:46 mark.

The third quarter of play was much like West Texas weather, a little of everything.

Sands got as close as 22-21 with 4:37 remaining in the third.

Three consecutive Lady Coyote turnovers in this span allowed Sands to

make their move, but fortunately it was short-lived.

A steal by Arellanos and subsequent assist to Micah Hensley at 3:20 proved to be a spark for BHS as the girls went on a 14-2 run to close out the third quarter to lead 36-23.

Sands never recovered from the momentum swing as BHS went on to score 15 more points in the final period to take yet another district victory.

After a non-district Tuesday night game with Dawson January 15 at home, the Lady Coyotes will travel to Westbrook to try and complete a sweep of first round district play.

JV Boys take Big win over Ira; Fall to Sands in close one 37-20

The week of January 7-11 saw BHS's jv boys' basketball team split with their opponents, Ira and Sands.

In the Ira contest, BHS led at halftime 22-16.

In the third quarter, the Coyotes went on a 14-2 run to make it a 37-20 lead.

Shane Tarleton and Adam Carter were

instrumental in the run, with several steals, assists, and converted lay-ups in the final minutes of that quarter.

Carter also nailed a jumper to start fourth quarter play, and Tarleton's free throws stretched it to 41-22.

John Wilson's assist to Tarleton with less than a minute to play in the game

gave the Coyotes their final points on the evening as they took a 51-31 come-from-behind win over the Bulldogs.

Vs. Ira

BHS 6 16 15 14 51
IHS 12 4 4 11 31
Tarleton (23), Carter (19), Rodriguez (4), Chapman (4), Wilson (1)

Vs. Sands

BHS 10 5 6 7 28
SHS 8 6 7 12 33
Tarleton (12), Rodriguez (7), Wilson (4), Carter (4), Chapman (1)

Results Continued

LW American:

1st. Kalli Poole, 2nd. J.Ryan Gicklhorn; 3rd. J.Ryan Gicklhorn.

J. Ryan Gicklhorn received a belt badge donated by Indian Canyon Ranch.

HW American:

1st. Tanner Poole, 2nd. Tyler Wallace, 3rd. Kyla Culp, 4th. John Coward, 5th. Kyla Culp.

Tyler Wallace received a belt badge donated by Mr. & Mrs. Scott Clayton.

Breed Champion:

Kalli Poole

Reserve Breed Champion:

Tanner Poole

Grand Champion Steer:

Kalli Poole (European)

Kalli received a monogrammed rolling duffle bag donated by Doyle & Shirley Newton; a buckle donated by Dennis & Sheri Poole, Guy and Patricia Zant and Julie Mumme; \$100.00 and a monogrammed duffle bag given in Memory of Borden Gray by the Borden Gray Family

Reserve Champion Steer:

Tanner Poole (European)

Tanner received a monogrammed rolling duffle bag donated by Bill & Donna Aten and a buckle donated by Ralph & Dewey Faye Miller.

Lamb Show

Fine Wool Cross:

1st. Miller Valentine, 2nd. Miles Valentine, 3rd. Cody Nowlain, 4th. T.C. Stipe, 5th. T.C. Stipe.

Miller received a belt badge donated by Mr. & Mrs. Larry Smith.

Breed Champion:

Miller Valentine

Reserve Breed Champion:

Miles Valentine

Medium Wool:

1st. Lashae Johnson, 2nd. Miller Valentine, 3rd. Miller Valentine, 4th. Lashae Johnson.

LaShae received a belt badge donated by Mr. & Mrs. Gary Stipe.

Breed Champion:

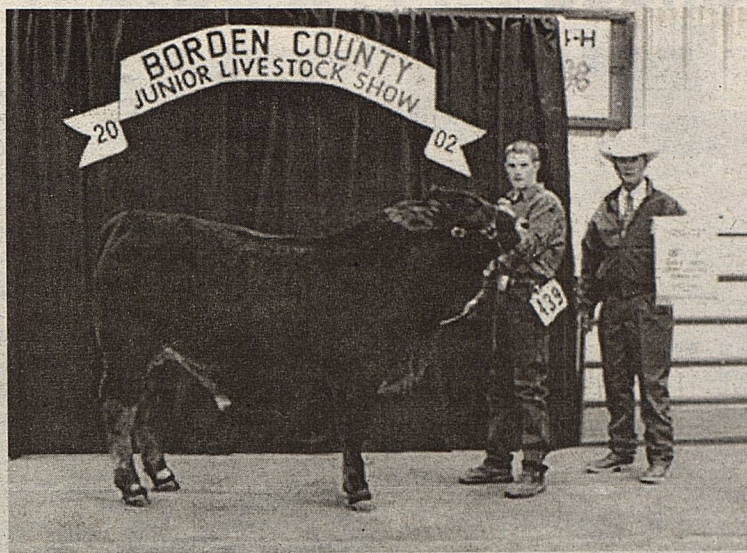
LaShae Johnson

Reserve Breed Champion:

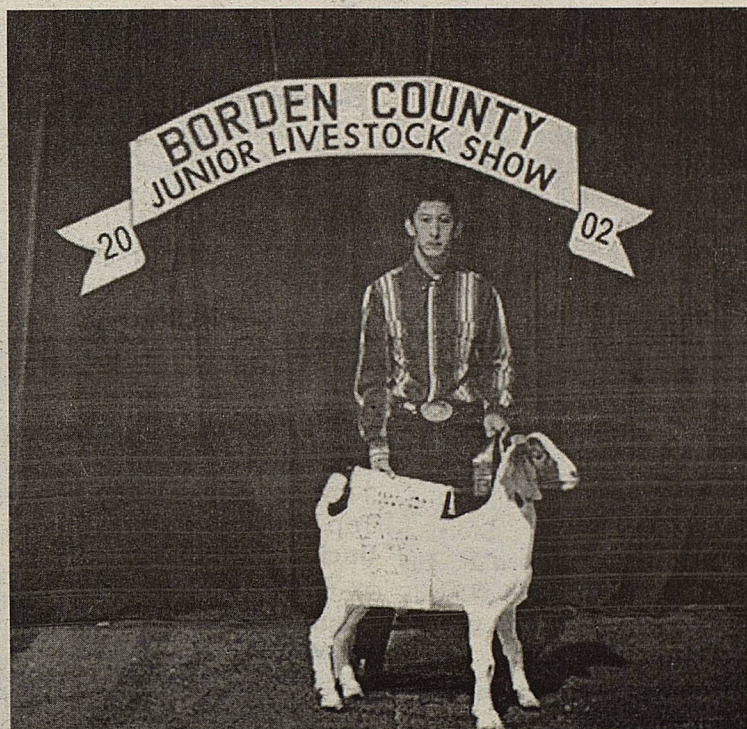
Miller Valentine

LW Southdown:

1st. Miles Valentine, 2nd. Miller Valentine, 3rd. Miles Valentine, 4th. Kate Wallace, 5th. Kate Wallace.



Reserve Grand Champion European Steer, exhibited by Tanner Poole.



Reserve Grand Champion Medium Weight Goat, exhibited by Andy Lozano.

Miles received a belt badge donated by Mr. & Mrs. Van York.

HW Southdown:

1st. Lashae Johnson, 2nd. Miles Valentine, 3rd. LaShae Johnson, 4th. Shylo Rinehart.

Shylo received a belt badge donated by Mr. & Mrs. R.D. Lewis.

Breed Champion:

LaShae Johnson

Reserve Breed Champion:

Miles Valentine

Fine Wool:

1st. Cassidy Ogden, 2nd. Symeron Rinehart, 3rd. T.C. Stipe, 4th. Cassidy Ogden, 5th. T.C. Stipe, 6th. T.C. Stipe.

Cassidy received a belt badge donated by Mr. & Mrs. Mile Johnson.

Breed Champion:

Cassidy Ogden

Reserve Breed Champion:

Symeron Rinehart

Grand Champion Lamb:

LaShae Johnson (Med. Wool)

LaShae received a monogrammed rolling duffle bag donated by Key Brothers Implement; a buckle donated by Mike & Tammy Valentine; and a monogrammed duffle bag given in Memory of Corky Ogden by the Ogden Family.

Reserve Champion Lamb:

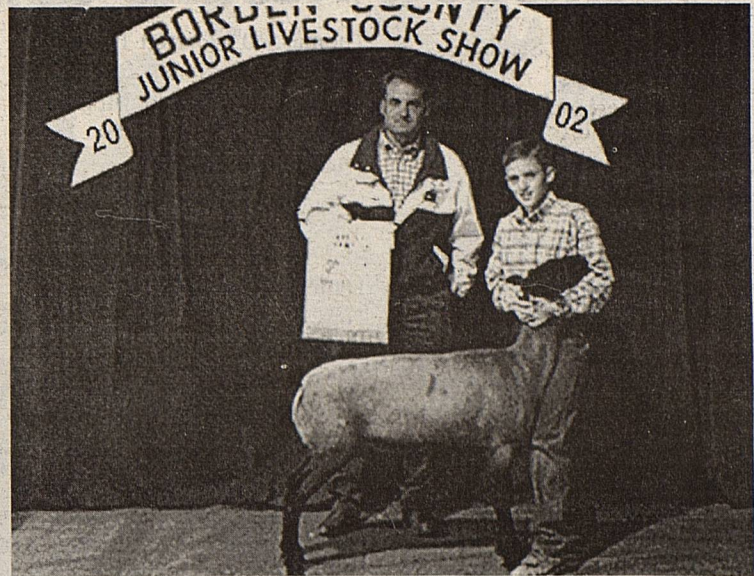
Miller Valentine (Med. Wool)

Miller received a monogrammed rolling duffle bag donated by Roy & Loveta Josey and a buckle donated by Billy Gannaway.

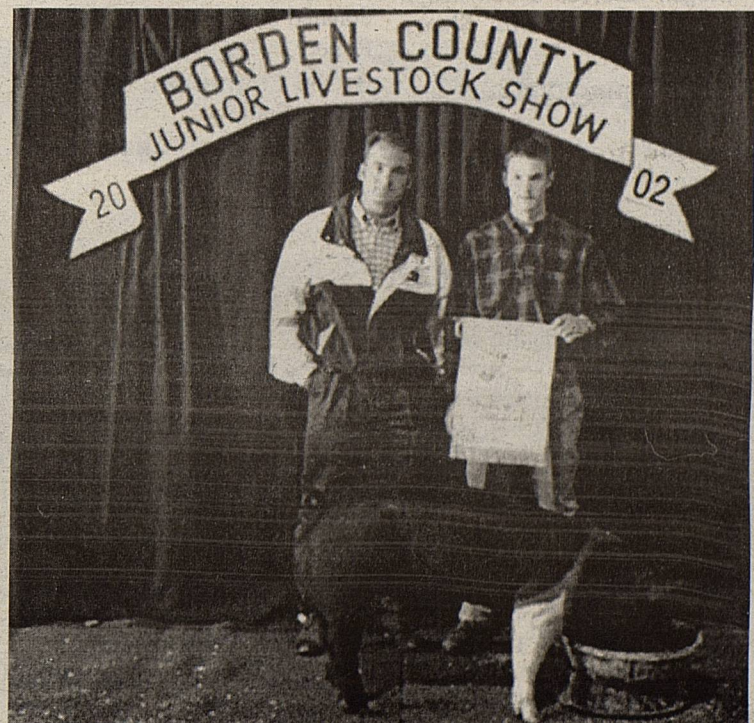
Goat Show

LW Goat:

1st. Mandi Hudson, 2nd. Brandy



Reserve Grand Champion Med. Wool Lamb, exhibited by Miler Valentine.



Reserve Grand Champion Hamp, exhibited by Tanner Poole.

Shafer, 3rd. Brandy Shafer, 4th. Amanda Boucher, 5th. Brandi Hudson, 6th. Quentin Shafer, 7th. J.Ryan Gicklhorn, 8th. Skyler Williamson.

Mandi received a belt badge donated by Mr. & Mrs. Bob Buchanan.

MW Goat:

1st. Andy Lozano, 2nd. Brandi Hudson, 3rd. Brandi Hudson, 4th. Mandi Hudson, 5th. Caden Nowlain, 6th. J.Ryan Gicklhorn, 7th. J.Ryan Gicklhorn, 8th. Andrea Lozano, 9th. Carlie Williamson.

Andy received a belt badge donated by Philena Famre.

HW Goat:

1st. Brandi Hudson, 2nd. Cody Nowlain, 3rd. Symeron Rinehart, 4th. Symeron Rinehart, 5th. Cassidy Rinehart, 6th. Shylo Rinehart, 7th. Mandi Hudson.

Brandi received a belt badge

donated by Mr. & Mrs. Clay Cowart.

Grand Champion Goat:

Brandi Hudson

Brandi received a monogrammed rolling duffle bag donated by Clayton Williams Ranch Company; and a belt buckle donated by Nick Cunningham.

Reserve Champion Goat:

Andy Lozano

Andy received a monogrammed rolling duffle bag donated by Pierce GM Country; and a belt buckle donated by Frank Currey.

Swine Show

LW Hampshire:

1st. Tanner Poole, 2nd. Dalene Kempf, 3rd. Cody Nowlain, 4th. Miles Valentine, 5th. Shayla

Cont. to pg. 4

Stock Show Results Continued

Gass, 6th. Chelsea Stephens, 7th. Chelsea Stephens.

Dalene received a belt badge donated by Mr. & Mrs. Kenneth Bennett.

MW Hampshire:

1st. Raylea Underwood, 2nd. Becky Dobyns, 3rd. Shylo Rinehart, 4th. Rowdy Clary, 5th. Krystasha Benavidez, 6th. Andy Lozano, 7th. John Hensley.

Raylea received a belt badge donated by Mr. & Mrs. Jimmy Thomas.

HW Hampshire:

1st. Megan Brooks, 2nd. J.Ryan Gicklhorn, 3rd. Heather Brooks, 4th. Brandy Shafer, 5th. Brionne Jackson, 6th. Krystasha Benavidez, 7th. Andy Lozano.

Megan received a belt badge donated by Mr. & Mrs. Shorty Farmer.

Breed Champion:

Tanner Poole

Reserve Breed Champion:

Dalene Kempf

LW Cross:

1st. Meagan Brooks, 2nd. Raylea Underwood, 3rd. Miller Valentine, 4th. Quentin Shafer, 5th. Ben Griffin, 6th. Krystasha Benavidez, 7th. Caden Nowlain, 8th. Kevin Ellison, 9th. Krystasha Benavidez.

Quentin received a belt badge donated by Mrs. Patsy Underwood.

MW Cross:

1st. Chelsea Stephens, 2nd. Heather Brooks, 3rd. Taylor Richey, 4th. Rowdy Clary, 5th. Becky Dobyns, 6th. Rowdy Clary, 7th. Cody Nowlain, 8th. Andrea Lozano, 9th. Andrea Lozano.

Chelsea received a belt badge donated by Hurston Lemons, Jr.

HW Cross:

1st. Heather Brooks, 2nd. Kyle Pinkerton, 3rd. Kalli Poole, 4th. John Hensley, 5th. Megan Brooks, 6th. J.Ryan Gicklhorn, 7th. Symeron Rinehart, 8th. Andy Lozano, 9th. Megan Brooks, 10th. Jessica Ellison.

Heather received a belt badge donated by Mr. & Mrs. Frank Herridge

Breed Champion:

Chelsea Stephens

Reserve Breed Champion:

Megan Brooks

LW Black OPB:

1st. Baylee Benavidez, 2nd. Sharelle Gass, 3rd. Kate Wallace, 4th. Baylee Benavidez, 5th. Tyler Wallace, 6th. Garrett Thomas, 7th. Tony Soto, 8th. Baylee Benavidez, 9th. Garrett

Thomas, 10th. Garrett Thomas.

Baylee received a belt badge donated by Mr. & Mrs. Bob Buchanan.

MW Black OPB:

1st. Tanner Poole, 2nd. Trey Soto, 3rd. Miller Valentine, 4th. Baylee Benavidez, 5th. Garrett Thomas, 6th. Christina Soto, 7th. Tony Soto, 8th. Baylee Benavidez

Trey received a belt badge donated by Mr. & Mrs. Randy Adcock.

HW Black OPB:

1st. Tyler Wallace, 2nd. Tony Soto, 3rd. Trey Soto, 4th. Garrett Thomas, 5th. Garrett Thomas, 6th. Christina Soto, 7th. Baylee Benavidez.

Tony received a belt badge donated by Mr. & Mrs. William Roper.

Breed Champion:

Tanner Poole

Reserve Breed Champion:

Tyler Wallace

LW White OPB:

1st. Bobbie Kempf, 2nd. Kalli Poole, 3rd. Ben Griffin, 4th. Heather Brooks, 5th. Megan Brooks, 6th. Micah Hensley, 7th. Caden Nowlain, 8th. T.C. Stipe.

Bobbie received a belt badge donated by Mr. & Mrs. Randy Hensley.

HW White OPB:

1st. Kalli Poole, 2nd. Miles Valentine, 3rd. Brionne Jackson, 4th. Brandy Shafer, 5th. Shelby Roberts, 6th. Lacey Roberts.

Brionne received a belt badge donated by Mr. & Mrs. Ross Sharp.

Breed Champion:

Bobbie Kempf

Reserve Breed Champion:

Kalli Poole

LW Duroc:

1st. Kate Wallace, 2nd. Bobbie Kempf, 3rd. Lacey Roberts, 4th. Micah Hensley, 5th. John Hensley, 6th. Brionne Jackson.

Kate received a belt badge donated by Lisa Ludecke.

HW Duroc:

1st. Miles Valentine, 2nd. Jessica Ellison, 3rd. Miller Valentine, 4th. Raylea Underwood, 5th. Rowdy Clary, 6th. Kyle Pinkerton.

Jessica received a belt badge donated by Mr. & Mrs. Kenny Hensley.

Breed Champion:

Kate Wallace

Reserve Breed Champion:

Miles Valentine

Grand Champion Swine:



Award Winners:

Elementary Showmanship Buckle

Bobbie Kempf (White OPB) received a monogrammed rolling duffle bag donated by Lisa Ludecke; a belt buckle donated by Max & Jane Jones, Monte Smith Family and the Buddy Wallace Family; a monogrammed duffle bag given in Memory of buddy Sharp by the Buddy Sharp Family.

Reserve Champion Swine:

Tanner Poole (Hamp) received a monogrammed rolling duffle bag donated by Key Brothers Implement; and a belt buckle donated by Scott & Brandi Brooks and Gary & Connie Stipe.

Other Award Winners:

\$500 Scholarship - donated by Cap Rock Electric, Stanton, TX - received by Cody Nowlain.

\$500 Don Cox Memorial Scholarship - received by T.C. Stipe

Top Membership Salesman - donated by BCJLA
1st place - Raylea Underwood, she received a monogrammed cooler and \$50.00
2nd place - Rachel Payne, she received \$35.00
3rd place - Lacey Roberts, she received \$25.00

Champion Fine Wool Lamb:

Cassidy Ogden, she received a monogrammed duffle bag donated by Van & Barbara York

Champion Duroc - Kate Wallace, she received a monogrammed duffle bag given in memory of David Holmes by Kent & Ollie Holmes.

Beef Showmanship Buckle

Chelsea Stephens, donated by Bob & Mary Kempf, and Dr. Charles church, DVM, West Texas Vet Hospital, Snyder, TX.

Junior Beef Showmanship Buckle

Kate Wallace, donated by Bill & Donna Aten.

Senior Beef Showmanship Buckle

Tanner Poole, donated by Sid & Connie Hart.

Top Beef Showman Buckle

Kalli Poole, donated by York Cattle Company.

Elementary Lamb Showman-ship Buckle

Miles Valentine donated by Phillip, Holly & Baylee Benavidez.

Junior Lamb Showmanship Buckle

Miller Valentine, donated by Wendell & Cindy Johnson and Randy & Donnelle Hensley.

Senior Lamb Showmanship Buckle

T.C. Stipe, donated by Brent & Pat Murphy and Bland Club Lambs, Post, TX.

Top Lamb Showman Buckle

LaShae Johnson, donated by Craig & Connie Whipple.

Elementary Goat Showmanship Buckle

Skyler Williams, donated by Brooks Carpet Cleaning.

Junior Goat Showmanship Buckle

Symeron Rinehart, donated by Borden County Trap & Skeet Club

Senior Goat Showmanship Buckle

Amanda

Beef Boucher

donated by John & Lori Stephens.

Top Goat Showman Buckle

Caden Nowlain, donated by Clayton Williams Ranch Company.

Elementary Swine Showmanship Buckle

Shylo Rinehart, doanted by Ledbetter Pecan.

Junior Swine Showmanship Buckle

Megan Brooks, donated by Ralph & Dewey Faye Miller

Senior Swine Showmanship Buckle

Kyle Pinkerton, donated by Woolam Gin

Top Swine Showman Buckle

Bobbie Kempf, donated by Dr. Charles Chruich, DVM, West Texas Vet Hospital, Snyder, TX.

Over All Showman Buckle

Kalli Poole, donated in Memory of Don Cox by Donna, Rex and Family.

Top Hand Award

Kalli Poole, she received a monogrammed clothing bag donated by BCJLA; a jacket donated by Cap Rock Electric, Stanton, TX.

Outstanding 1st Year Exhibitor

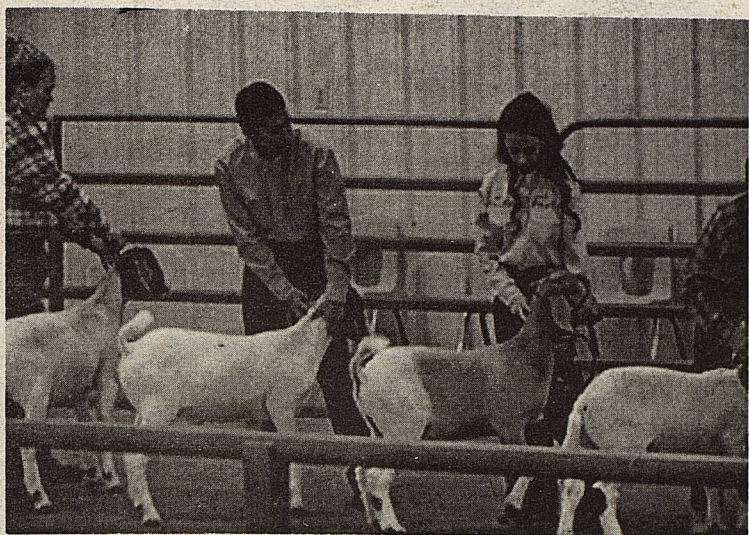
Mandi Hudson, given in Memory of James and Ann McLeroy by Borden Couty Friends.

All Breed Champions received a Moorman's Feed Bucket donated by Bill & Mary John Phinizy.

Grand Champion winners received a Feed Scoop donated by Bill & Mary John Phinizy.

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STOCK SHOW SNAPS . . .



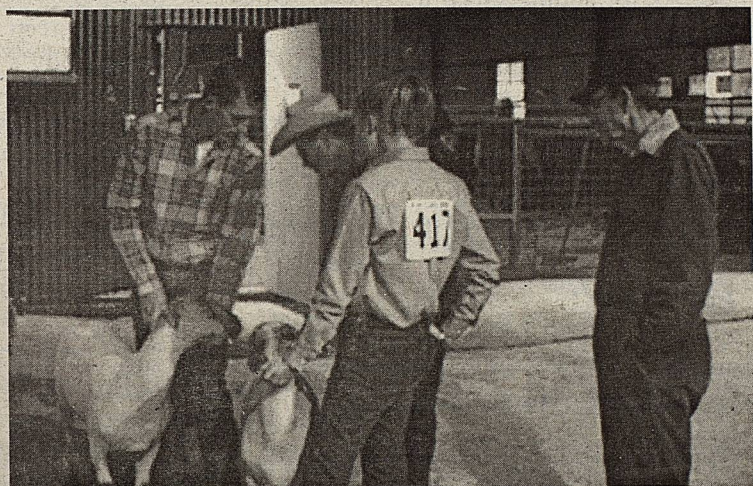
First Goat Show in BCJLA Stock Show: (L. to R.) Sunni Shipp, Andy Lozano and Andria Lozano.



FUTURE EXHIBITOR: 4-yr.-old Flynn Roberts looks on as the animals enter the ring.



Congressman Charles Stenholms was present Saturday, where he visited with many Borden County residents.



T.C. Stipe getting last minute advice from dad, as LaShae Johnson listens in.



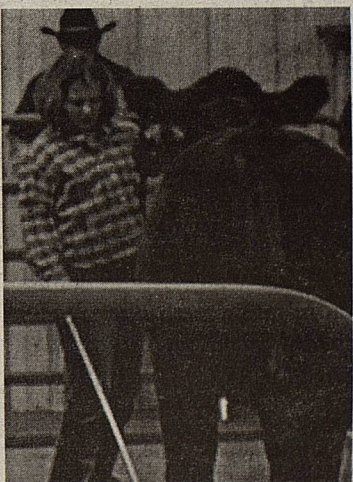
Tatum Richey and Bethany Stamper watch to see who is the winner.



Caden Nowlain make sure he was getting the job done just right as Jibber Herridge watches on and give an helping hand.



PEN FULL OF FUN! Pigs, Pigs and More Pigs. . .



Set him up just right! Kate Wallace



Shylo Rinehart, Chelsea Stephens and Lacey Roberts take a break from the busy day to enjoy visiting.



Men on the Job! Sid Hart, Jess Stone and Scott Brooks.



Not only do the calves have to look good for the show, so do the exhibitors. Sunni Ship helps out little sister Sydney with a quick hair rolling before the show.

Washing can prevent colds hands-down

A simple 15-second procedure just might prevent you from coming down with a cold this season – washing your hands.

“Many people come down with colds in the winter, not because of cold temperatures, but because people live and work in close quarters,” said Dr. W. Paul Glezen, a professor in the department of molecular virology and microbiology at Baylor College of Medicine in Houston. “The more crowded a room is, the greater the chances are for spreading germs.” Viruses that cause colds can be spread through direct contact, most commonly when people touch their noses or mouths and then touch someone or something else, such as contaminated toys or food.

When washing your hands, use soap and warm water and wash all areas thoroughly including wrists, palms, back of hands, fingers and underneath fingernails. Rub hands together vigorously for 10 to 15 seconds and dry with a clean disposable towel.

According to Glezen, remembering to wash your hands correctly not only promotes good health and good personal hygiene, but also reduces the number of circulating colds.

“On average, young children contract five to seven colds per year,” said Glezen also head of the preventive medicine section in the department of pediatrics at Baylor. “Children learn by example, therefore it is important for parents to model behavior that promotes good health.”

Glezen offers the following tips for avoiding colds:

- ◆ Avoid hand contact with your mouth, nose and eyes.
- ◆ Avoid sharing cups, glasses, silverware and towels with others
- ◆ Use a hand sanitizer as an alternative when soap and water are not available. This kills 99 percent of germs and other bacteria.

- ◆ Instead of handkerchiefs, use disposable tissues. Handkerchiefs are breeding grounds for germs.
- ◆ Don't forget to wipe down faucets, doorknobs and light switches. Germs can easily be transmitted though any household due to daily contact.
- ◆ Make sure that there is good ventilation throughout your home or workplace. If necessary, go outside for some fresh air.

“If we wash our hands well,

Kids Nutrition Q & A

Q - Will Green tea help me lose weight?

It's possible that compounds called catechins in green tea have some calorie-burning benefits – but don't expect a dramatic weight loss, says Mary Pat Bolton, lead nutritionist for the Women's Health Initiative at Baylor College of Medicine. Adult volunteers burned an

extra 78 calories a day when given a green tea extract in a recent Swiss study. Although more research is needed to confirm the apparent metabolism-boosting effect of green tea, Bolton says this ancient brew definitely deserves a place on your table for its other health benefits, including lowering the risk of heart disease and some cancers.

If weight loss is your main concern, watching your diet and burning calories through exercise are still your best bets. As for adding green tea to your diet, since tea is calorie-free, it won't hurt.

Most children grow very quickly during adolescence and rapid growth requires plenty of extra calories. What may appear to be excessive weight gain in a pre-teen actually may be their body's way of preparing for a major growth spurt, said Joan Carter, a registered dietitian with the USDAA/ARS Children's Nutrition Research center at Baylor College of Medicine in Houston. Barring any major changes in your son's diet or activity level, this is most likely what he is experiencing.

The best advise is to see your health care professional. He or she can help your son better understand developmental stages and anticipate future growth. Even if your son is overweight for his height and age, dieting is not recommended. Restrictive diets can deprive a child of the calories, vitamins, and minerals needed for proper growth and development. Instead, encourage your son to continue his good habits: stay physically active, eat a healthy well-balanced diet.

Just avoid sweetening your brew with calorie-heavy sugars.

Q - My 10-year-old son used to be thin, but now has rolls of fat around his middle and chest, which are making him quite self-conscious. He is very active, watches very little television, and eats fast food only on occasion. What else can we do?

The best advise is to see your health care professional. He or she can help your son better understand developmental stages and anticipate future growth. Even if your son is overweight for his height and age, dieting is not recommended. Restrictive diets can deprive a child of the calories, vitamins, and minerals needed for proper growth and development. Instead, encourage your son to continue his good habits: stay physically active, eat a healthy well-balanced diet.

From the Counselor:

By Mary Airhart

Financial Aid Workshop Update

The Financial Aid Authority will give the Workshop for Borden County Seniors, juniors, and their parents has been rescheduled from Wednesday, January 16th to Friday, January 18th at noon in the conference room. Ronnie Barnes of Panhandle-Plains Higher Education

presentation. Because higher education costs are increasing and the financial aid process is constantly changing, parents are invited and encouraged to “brown bag” their lunches and join us.

TAAS Coming Soon

TAAS Writing tests will be administered to EXIT Level (10th) students, 8th graders, and 4th graders on Tuesday, February 19, 2002. EXIT Level (10th) Math will be given on Wednesday, February 20, and EXIT Level (10th) Reading will be given on Thursday, February 21. The testing will begin about 8 A.M. and will conclude before lunch each day. Please schedule all medical and dental appointments accordingly.

Branon Funeral Home

Serving in this area since 1922

Phone 806/872-8355

403 N. Austin Lamesa, Texas

School Menu Week Of:

January 21st – 25th

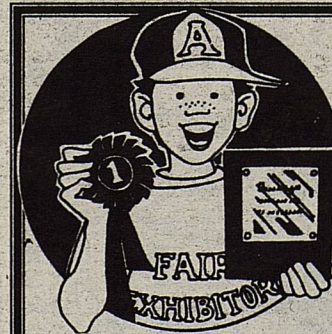
MONDAY: Chili w/beans, salad, fried okra, crackers, fruit & milk
Breakfast: Muffin, juice & Milk.

TUESDAY: Turkey a la King, green beans, biscuit, fruit & Milk. **Breakfast:** Waffles, fruit juice & milk.

WEDNESDAY: Baked potato w/ham & cheese, salad, crackers, ice cream & milk. **Breakfast:** Sausage, biscuit, fruit juice & milk.

THURSDAY: Spaghetti, spinach, corn, garlic toast, fruit, & milk. **Breakfast:** Cereal, toast, juice, & milk.

FRIDAY: Rib on a Bun, tater tots, beans, brownie & milk. **Breakfast:** Pancake pup, fruit juice & milk.



Congratulations Exhibitors

Moore-Rains Insurance

Frances Rains Stephens

O'Donnell, TX - Phone 806/428-3335

Engagement Announced



Lochie Beth Musgrove and James Edward Darling

Mr. & Mrs. Thomas J. Musgrove of Big Spring, Texas announce the engagement of their daughter Lochie Beth Musgrove to James Edward Darling, son of Mr. and Mrs. Jimmy Darling of Big Spring, Texas. Lochie is the grand daughter of Herman and Christeen Ledbetter of the Plains Community in Borden County.

Wedding will be on August 10, 2002 at College Baptist Church, Big Spring, Texas.



Texas Stories

A showcase of the Texas Spirit

Tumbleweed Smith
Part owner of Texas



Browsing in the Alto Library

A couple of old buildings in downtown Alto have been remodeled and transformed into a substantial library.

"We have thirteen thousand volumes," says librarian Virginia Singletary. "We think that's pretty good for a town of this size."

Virginia volunteered for the library job thirty years ago and she still has it. She has never taken a penny in salary. "We used to be pretty crowded when our library was in a residential area, but now we have four thousand square feet of floor space. People have meetings here. We can display things and have our books, tapes and videos where people can get to them conveniently."

The library is located right next door to a dollar store and gets plenty of traffic. The Gates foundation donated two computers to the Alto library. "The kids really use those things."

The library is open three afternoons a week and Saturday mornings. It was started by a women's group called the Thursday Study club and is still maintained by those women. "The city provides the utilities and the insurance. All the other

support comes from these sixteen women. They've done all kinds of fund raising activities. They've been successful enough in the past that they bought CD's and are now providing funds from the interest."

The library has some unique displays. An old rope counter sits in the front of the building. Various types of ropes were sold on it years ago.

"We have a big collection of historic photographs. We started during the sesquicentennial year of 1986 and made photographs our main project. We had people from all over the area bring in photographs of their families, the town, industries, buildings, anything they had that was fifty years old or older."

The library copied the photos and returned them to their owners, then developed an elaborate filing system to store them. The collection has 2500 photographs from Alto and the surrounding area.

"If somebody's house burned and they lost their pictures, they could come here and get copies of them."

The library also has some items from a German

prisoner of war camp that was on the edge of Alto during World War II.

"The prisoners were hired out to work in the woods. The camp didn't last very long, less than a year. Whenever they closed down the camp, they took away all the buildings. There's nothing left there. Not many people know about this camp. There's a book out called *Nazis in the Piney Woods* and talks about other camps in the area, but this one is not mentioned. We know it was there."

A local doctor went to the camp regularly to treat the prisoners when they became ill. One of them gave the doctor a beautiful carving which has been donated to the library.

"We also have a copy of a prisoner of war newsletter that was published at the big camp in Tyler and circulated to all the smaller camps around. "It's written in German and English. I suppose they had to translate it into English so the officers at the camp would know what was being said."

POLITICAL CALENDAR

County Judge:

Van L. York, (D)

County & District Clerk

Joyce Herridge, (D)

County Treasurer

Kenneth P. Bennett, (D)

Justice of the Peace

Jane Jones, (D)

County Commissioner

Precinct #2

Randy Adcock, (D)

Precinct #4

Joe T. Belew, (D)
Chuck Kimmel, (D)
Cody Newton, (D)
Joel S. Dennis, (D)

March Democratic Primaries

BID NOTICE

Borden County Commissioners' Court will receive bids until 10:00 a.m., January 28, 2002 for the purchase of a new truck for use in the Borden County, Precinct 4. Bids will be opened and considered in the Borden County Commissioners' Courtroom in the County Courthouse. Specifications may be obtained at the office of the County Judge, 806/756-4391 or Commissioner, Hurston Lemons, Jr., 915/573-1459

Borden County Commissioners' Court reserves the right to reject any and all bids and to waive all formalities.

BY ORDER OF THE BORDEN COUNTY COMMISSIONERS' COURT

VAN L. YORK,
County Judge
Borden County

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PET TALK

You've winterized your car, your lawn and your house for chilly weather. But don't forget Fido - he can get doggone cold.

With just a little effort, you can easily prepare your pet for the frosty weather ahead.

Dr. Bill Childers, a veterinarian at the College of Veterinary Medicine at Texas A&M University, recommends that pets have a routine check-up before cold weather sets in. "Your veterinarian will be able to tell you if your pet has arthritis, respiratory problems or other conditions that are worsened by winter weather,"

says Childers.

He or she can make sure your pet is appropriately vaccinated and make recommendations specific to your type and breed of pet for a healthy winter season."

For some pets, cold weather may be a welcome change of scenery. Dogs such as the Siberian Husky have thick coats of long fur that make them well-suited for cold temperatures.

But small, short haired dogs may not be so tolerant. To keep a happy and healthy pet, find out ahead of time how well your animal will withstand cold weather, Childers notes. Even winter-loving pets may need some

extra attention during the winter months.

"Dogs and cats that are used to spending their days and nights outdoors may be more adapted to weather changes, but it is always a good idea to make sure they have a place that will shield them from icy winds, rain and snow," adds Childers.

Doghouses should be placed in an area away from the north side of your home where winter winds are fiercest. Locating them in direct sunlight will help keep temperatures more comfortable even on the coldest Texas winter days.

Pet talk is a service of Texas A&M University and its College of Veterinary Medicine,

**Borden
County EMS
806/759-5111**

Number to call
in case of an
Emergency

Your Local Pastor
Is as near as your PHONE...

Bro. Randy Hardman
Gail Baptist Church
Call: 806/756-4363
Mobile No: 759-9472

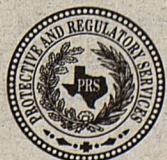
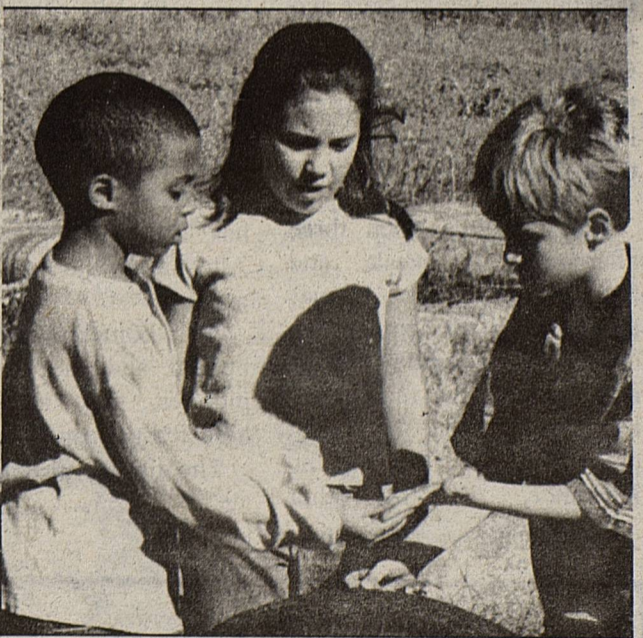


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January 2001

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Business**

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