

THE BORDEN STAR

Volume XXXI

January 30, 2002

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

It's all In the Family

By Sue Jane Mayes

With pens in hand, two branches of the Hensley family tree are making their marks in the world of journalism. And one is getting paid to do it.

Micah Hensley and Laura Hensley have much more in common than the same last name.

The two cousins have the write stuff.

Micah, currently a junior at Borden High School, won three of four journalism events this past Saturday at the Red Raider UIL Invitational Meet held at Texas Tech.

And, it was at Texas Tech that her cousin Laura, a 1996 BHS grad, completed a journalism degree two years ago.

Now both cousins are being rewarded for using their writing talents.

Micah's accomplishment Saturday was noteworthy in that she not only won first place in news writing, editorial writing, and headline writing, but she also finished 2nd in feature writing, competing against AA and AAA schools.

Her performance earned her the high-point individual trophy for the entire meet, accounting for 57 of Borden High School's 85 points*.

Laura, too, participated in UIL journalism in high

school, competing in both feature and news writing, advancing to regional in both events multiple times in high school.

She spent some time working in the summers for *The Borden Star*, served as an editor for Tech's *University Daily*, and now is employed as a staff writer for *The Bryan-College Station Eagle*.

This past October, Laura, the professional journalist of the family, experienced an early-career highlight as well.

Her feature story, "The Sport of Kings," was one of only three nominated (in its circulation category of 25,000) by the Press Club of Dallas, who annually hands out the Katie Awards for excellence in journalism.

These awards are not restricted to Texas either but encompass a five-state regional market from which nominations are pulled.

Laura was invited to attend the November 10 banquet at the Fairmont Hotel in downtown Dallas.

Ironically, her feature was a follow-up to a story Laura had done about girls trying to break into the high school six-man football ranks.

She interviewed girls and women who actually

have played football, including the first woman to have ever played in the United States.

Though Laura did not win this year's Katie Award, she no doubt has established herself as a talented journalist in this genre.

As staff writer, Laura's coverage areas include music, art, and lifestyles of the College-Station/Bryan

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Poka Lambro Scholarship Available

Poka Lambro is now accepting applications for three \$2,500 scholarships. To be eligible a student must be the son or daughter of a Poka Lambro Telephone Cooperative member graduating from an area high school.

Scholarship selection is based on academic achievement, involvement in extracurricular activities, and financial need. Entry deadline

is **March 5, 2002.**

Scholarship presentations will be made at Poka Lambro's Annual Membership Meeting in March.

Applications have been sent to area high schools and may also be obtained from our office.

Please contact Amy Preston toll-free at 1-800-422-2387 if you have questions or need additional information.

Comptroller Rylander Expands Online Sales Tax Filing to all Texas Businesses

Making good on a promise she made when she launched her e-Texas initiative, Texas Comptroller Carole Keeton Rylander announced that all Texas businesses may now file sales tax returns online, using the Comptroller's WebFile system.

"If all Texas businesses paid their sales tax online, the paper alone that we would save would reach seven times the distance from the floor of the Capitol rotunda to the top of the dome," Comptroller Rylander said.

"When I announced my e-Texas initiative, I vowed to expand the use of technology to cut costs and improve the quality of service to

taxpayers. WebFile makes it easier for businesses to file tax returns and saves the state time and money," Comptroller Rylander said.

To use WebFile, a taxpayer completes an online sales tax return, and the computer checks the electronic form for errors and calculates the amount of tax due. The taxpayer has two options to submit his payment: pay the tax with a Discover or American Express credit card, along with a credit card service fee, or have the payment deducted electronically from his bank. If he uses electronic funds transfer, the taxpayer can select a date, on or before the due date, for

the sales tax to be automatically paid.

"With WebFile, there's no check to write, no papers to fill out, no trip to the post office or concern about mail delivery," Comptroller Rylander said. "WebFile is quick, convenient and secure, and I urge every sales taxpayer to take advantage of electronic tax filing."

Each year, the Comptroller's office processes about 2.6 million sales tax returns filed by more than 615,000 businesses. More than 100,000 businesses already use electronic tax filing.

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Season Record Now at 22-5 Playoff-Bound Lady Coyotes Down Grady, Ira to go 6-0

By Sue Jane Mayes

With a win over Sands this week, the Borden High School Lady Coyotes will clinch yet another district title.

After last week's decisive wins over Grady, 50-37, and Ira, 61-32, the Lady Coyotes are primed for a run at another playoff season.

A determined Grady team kept it close in the first quarter, trailing BHS by only one, 8-7.

Coach Bobby Avery's troops were doing fundamental things well, but cold shooting prevented a larger lead. BHS was 3-of-13 from the field in the first quarter.

The visitors kept at the Lady Coyotes in the second quarter, beating BHS on transition plays to pull ahead at the 5:42 mark, 12-11.

Junior Bobbie Kempf came out after a time out with 2:00 remaining in the half to hit two baskets, one of those on a textbook give-and-go assist from Micah Hensley to make it a 23-18 Lady Coyotes lead.

Bobbie's sister, Dalene, scored on a similar pass from her twin at the start of play in the second half, pushing the lead to 25-18.

Junior Kyla Culp would get in on the action by scoring her first points of the night on a drive to the bucket at the 6:43 mark to put BHS up 27-18.

What turned out to be an important 8-0 run was completed when Bobbie hit two more shots to increase the margin to 31-18 with 4:32 remaining in the third quarter.

The biggest lead of the night would come at the buzzer to end the third

quarter when Bobbie took another assist from Micah making it a 42-24 ballgame with one quarter to play.

In the third quarter, the Lady Coyotes shot an incredible 80% from the field, hitting 8-of-10 shots. Sophomore Shayla Gass also added a three-pointer during this time.

BHS closed out the final period with Grady in the bonus situation, but the Lady Wildcats were not able to capitalize, falling 50-37 as Micah's buzzer beating 3-pointer provided the final margin.

GIRLS VS. IRA

Some solid defense proved the difference in the game against the Ira Lady Bulldogs as BHS used a full-court defense and carried out the traps to perfection in their 61-37 victory.

Two steals in the final 15 seconds of the first quarter, both by freshmen (Cassidy Rinehart and Emily Mayes) allowed the Lady Coyotes to go up 17-6.

Senior Rika Copeland, who blocked three shots on the evening, started off the second quarter with one, giving BHS some more fuel.

Good board concentration gave Dalene two offensive rebounds and put-backs within a minute of each other in this period, increasing the Lady Coyote lead to 23-6.

Another defensive flurry shortly before halftime put the girls out in front 32-15.

Dalene continued her stellar performance with a lay-up, free throw, and steal to start the third quarter.

Shayla's jumper in the

lane at the buzzer ended third quarter play with BHS up 47-20.

Several Lady Coyotes got in on the action during the final quarter as senior Jessica Ellison stole the ball, grabbed the offensive board off the ensuing missed shot, and added two points on a put-back.

Carolina Arellanos did the same thing with an offensive rebound (the Lady Coyotes had 20 in the game) to make it a 57-27 lead with 2:40 left in the game.

Another senior, Laura Stamper, added the final points for the Lady Coyotes with 1:24 on the clock, sealing the 61-37 win.

GAME STATISTICS Vs. Grady

Copeland (11 pts., 7 reb., 1 blocked shot, 1 asst.); B. Kempf (20 pts., 3 reb., 5 steals, 1 block, 2 assts.); D. Kempf (6 pts., 3 reb., 2 steals); Hensley (3 pts., 3 reb., 1 steal, 3 assts.); Culp (2 pts., 2 reb., 1 steal); Rodriguez (3 pts., 1 reb., 1 steal, 1 asst.); Arellanos (2 pts., 3 reb., 2 steals, 1 asst.); Gass (3 pts., 1 reb.); Mayes (1 reb., 1 steal, 1 asst.); Stamper (1 reb., 1 steal, 1 asst.); Also seeing action: Jessica Ellison and Cassidy Rinehart

Vs. Ira

Copeland (6 pts., 4 reb., 3 blocks, 1 steal, 1 asst.); B. Kempf (10 pts., 6 reb., 3 steals, 2 assts.); D. Kempf (12 pts., 8 reb., 1 steal, 1 asst.); Hensley (10 pts., 6 reb., 7 steals, 1 asst.); Culp (4 pts., 1 steal); Rodriguez (9 pts., 5 reb., 3 steals, 2 assts.); Arellanos (2 pts., 4 reb., 1 steal, 1 asst.); Gass (2 pts.); Rinehart (4 pts., 1 reb., 1 steal); Ellison (2 pts., 1 reb., 2 steals); Stamper (2 pts., 1 reb.); Mayes (3 reb., 2 steals, 2 assts.)

Shoot for 4-4 District Record BHS Boys drop two games in District play; Team looks for rebound this week

By Sue Jane Mayes

A district playoff spot may be a big mathematical "IF", but the Borden High School boys team is determined to finish at .500 this season by winning its final two district games in the next two weeks.

Following losses to Grady, 48-41, and to Ira, 41-25, Coach Trey Richey and team must now rely on a slim hope that some other teams are going to stumble.

But stranger things have happened, and BHS has proven that it can play well enough to push the league-leading teams.

In the Grabby contest, the host Wildcats blocked two of the first three attempts put up by the Coyotes, but not until late in the quarter did Grabby capitalize on Borden County turnovers to take a first-quarter lead, 12-4.

A 2-of-16 cold shooting spell from the field did not help the Coyote cause, nor did only two defensive rebounds in the first eight minutes.

BHS warmed up the second quarter as T.J. Sharp found senior Jacob Zant on a sweet pass for a back-door lay-up to make it a 12-6 game.

The Coyotes shot well in the second period 4-of-6 from the field and 2-of-4 from the arc, but turnovers quelled any momentum that the team could muster.

At half-time, the Coyotes trailed by only three, thanks to two consecutive 3-pointers by junior Talin Pepper.

Junior Brionne Jackson

found Pepper open twice, passed off, and the key baskets put BHS back in the game with one half to remaining.

Unfortunately, the Coyotes committed three consecutive turnovers on their first three possessions as third-quarter play began.

Still, Grady did not make a move, and BHS stayed close until another turnover which did lead to Wildcat points with 4:04 left in the quarter.

Trailing 39-28 with the final period underway, the Coyotes called freshman Ben Griffin's number as Zant dished off and watched Griffin hit a trey to make it a 39-31 game.

The closest that BC would get, however, would be 42-35 with 2:38 left in the game as Zant went to the line and made two free throws.

Senior Cody Nowlain, who had pulled down five rebounds in the game, fouled out with 1:49 remaining.

Grady took advantage, going on to score seven more points at the free throw line in the final minutes of play to win 48-41.

BHS hoped for some revenge against the visiting Ira Bulldogs January 25.

After one half, Ira held a 21-15 lead as Pepper paced the Coyote offense with 7 points, including a three-pointer.

Second-half action fell mainly Ira's way as the Coyotes found themselves in foul trouble, and Ira taking advantage at the

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Physical inactivity, bad diets harm kids

An epidemic is taking years, even decades, off the lives of Texas' children. It is largely preventable, yet statistics show each year the nemesis is winning, and kids are losing.

The epidemic is an unhealthy combination of physical inactivity, obesity, poor diet, and unhealthy cholesterol levels, and it is threatening kids' health and making them vulnerable to diseases more commonly associated with adults.

Inactivity

As many as one-quarter of Texas elementary school students are clinically overweight, and for many it's a result of unhealthy lifestyles. The problem begins with physical inactivity. Research shows millions of children aged 8 to 16 watch at least 2 hours of television every day. Habits like watching television or playing a computer game occupy time that kids could otherwise spend running, playing, and being physically active—burning calories instead of just burning time. U.S. Surgeon General David

Satcher reports nearly half of the young people aged 12 to 21 are not regularly vigorously active.

Obesity

There is a correlation between being a "couch potato" and having health problems. Studies show the more time children spend watching television, the greater the number of kids who are obese. This is a growing trend, as the percentage of overweight children has nearly doubled in the past 20 years. And while that number continues to grow each year, so does another threat. Temple cardiologist Jim Rohack, MD, sees a relationship between diet, inactivity, and cholesterol levels. "For children who are living in western cultures where things are 'supersized' and activity is less, cholesterol levels are increasing."

What's Cholesterol?

Cholesterol is a substance found in the fats carried in the bloodstream. It performs necessary functions, but can be harmful when it concentrates at excessive

levels. The two most common types of cholesterol are HDL and LDL. HDL (high-density lipoprotein) is considered beneficial because it is believed to carry clogging cholesterol away from arteries, to be eliminated from the body. LDL (low-density lipoprotein) is often considered "bad" cholesterol because too much of it can begin to build up in the body's arterial walls and combine with other substances to create "plaque," a thick deposit that can clog arteries. That clogging is called "atherosclerosis," or a term some have associated with illness in older people, "hardening of the arteries." Recent studies, however, have found atherosclerosis in children.

Since atherosclerosis is known to lead to heart attacks and strokes in adults, that's a threat for children as well. This summer a south-central Texas youth died of a heart attack after football practice, which Dr. Rohack sees as a warning. "This early

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It's all In the Family

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scene.

Many of her features run in *The Eagle's* "Brazos Life," which is similar to the Lubbock AJ's "Vista."

Laura has interviewed country western singer Clay Walker and will preview *Better Than Ezra's* upcoming concert in College Station area.

Experiences like those of her older cousin may convince Micah to follow

* also scoring points were Talin Pepper (4th place in

Editorial Writing) and John Wilson (3rd in Number Sense and 3rd in Editorial Writing) the journalism trail after she graduates from high school, but for now the Borden High School junior plans to concentrate on her spring semester.

A 2001 State Qualifier at the UIL Academic Meet, Micah hopes to return in May and compete in her specialty—what else, but feature writing.

Rebound

Cont. from pg. 2

free-throw line.

BHS was whistled for 11 fouls in the second half to only three for Ira, and the Bulldogs took full advantage, outscoring the Coyotes 11-4 in the fourth quarter to take the 41-25 district win.

Vs. Ira

Pepper (11 pts.), Sharp (6 pts.), Zant (4 pts.), Nowlain (2 pts.), Pinkerton (2 pts.)...also playing were Ben Griffin, Brionne Jackson, Adam Carter—T.C. Stipe was out due to ankle injury

STATS VS. GRADY

Zant (10 pts., 8 reb., 3 blocks, 3 steals, 2 assts.); Nowlain 94 pts., 5 reb., 1 steal, 1 asst.); Stipe (3 reb., 3 steals); Sharp (12 pts., 4 reb., 3 steals, 2 assts.); Pepper (9 pts., 2 reb., 1 blocked shot, 1 asst.); Griffin (3 pts., 1 steal); Pinkerton (3 reb., 1 asst.); Jackson (3 pts., 1 reb., 1 asst., 1 steal)

School Menu Week Of:

February 4th – 8th

MONDAY: Pizza, corn, salad, pudding & milk
Breakfast: Hot Pocket, juice & Milk.

TUESDAY: Chicken Fried Steak, potatoes, green beans, hot rolls, fruit & Milk. **Breakfast:** Sausage w/gravy, biscuit, fruit juice & milk.

WEDNESDAY: Fajitas, salad, pinto beans, jello & milk. **Breakfast:** French toast sticks, fruit juice & milk.

THURSDAY: Chicken nuggets, potatoes, green beans, hot rolls, fruit & milk. **Breakfast:** Pancake pups, juice, & milk.

FRIDAY: Cheeseburger, tater tots, salad cup, cookie, & milk. **Breakfast:** Cereal, toast, fruit juice & milk.

From the Counselor:

By Mary Airhart

Poka-Lambro Scholarship

Poka-Lambro Scholarship applications are in. The completed application is due March 2, 2002. This award is based on academic achievement, involvement in extracurricular activities, and financial need.

FAFSA Forms

FAFSA's (Free Application for Federal Student Aid, including Pell Grant), printed forms have been given to seniors. 2001 income tax information **must** be used on this application. Senior parents should prepare their

income tax returns as soon as possible. The early bird gets most of the worm, so the information should be filed electronically as soon as income tax information is compiled. If parents or students do not file a return, the FAFSA may be submitted now.

TTU Visitation Day Set

Saturday, February 22, is Texas Tech University visitation day for seniors who may be considering attending TTU. Several events are planned as well as campus tours.

Show Your Colors

The last district basketball game of 2002 is February 5! Wear your RED, WHITE and BLUE.

The Lady Coyotes are heading for the play-offs! Special orders of play-off t-shirts will be available from seniors, beginning Friday night, February 2.

Borden County T-shirts are available from seniors 24-7. Order on-line at www.bordencountyisd.esc17.net in the Coyote Den and click on Coyote Gear!

Local 4-H and FFA members participate in Houston Livestock Show

The 2002 Houston Livestock Show marks the final year that FFA and 4-H youth exhibitors from across Texas will compete in Reliant Hall, and 26 4-H and 6 FFA exhibitors from Borden County have entered to be there. The 2002 Show runs from Feb. 12 - March 3 at the Reliant Park.

The junior show, which showcases the animal projects of these FFA and 4-H exhibitors, begins livestock competition on Friday, Feb. 22. Professional breeders and ranchers will compete for top prize money and global recognition in the livestock industry during the first 10 days of the Show, beginning Wednesday, Feb. 13th.

Borden County 4-H exhibitors are as listed below.

12 Steers Exhibited by:

John Cowart, Kyliya Culp, J. Ryan Gicklhorn, Brionne Jackson, Lashae Johnson, Kalli Poole, Tanner Poole, Sunni Ship, Sydney Shipp, Chelsea Stephens, Kate Wallace and Cutter Whipple.

15 Barrows Exhibited by:

Heather Brooks, Megan

Brooks, John Hensley, Micah Hensley, Bobbie Kempf, Dalene Kempf, Caden Nowlain, Kalli Poole, Tanner Poole, Quentin Shafer, Chelsea Stephens, Garrett Thomas, Miles Valentine, and Miller Valentine.

4 Lamb Exhibitors:

T.C. Stipe, Miles, Valentine, Miller Valentine and Kate Wallace.

2 Goat Exhibitors:

Brandi Hudson and Mandi Hudson.

Borden County FFA exhibitors are listed below:

1 Steer Exhibitor: Tyler Wallace.

6 Barrow Exhibitors:

Alexis Brooks, Ben Griffin, Cody Nowlain, Brandy Shafer, T.C. Stipe, and Tyler Wallace.

1 Lamb Exhibitor: Cody Nowlain.

More than 16,000 entries, representing more than 1,000 Texas 4-H clubs and FFA chapters, will compete in this year's junior show. A wide variety of animals will be shown in both the junior and open divisions of the livestock competition,

including market steers, market barrows, market lambs, market goats, market poultry, beef and dairy heifers, breeding gilts, breeding sheep, dairy goats, llamas, commercial steers and breeding rabbits.

The Reliant Hall has been the place for 37 years where generations of 4-H and FFA exhibitors have gathered for fellowship, friendship and competition. The tradition is to be continued in that tradition in the new Reliant Center in 2003.

As supporters of the 2002 Show and the move into the new facilities, the Houston Livestock Show and Rodeo is proud to welcome Reliant Energy and Ford as Heritage Partners.

Cathy York Amonet received Masters Degree

Cathy York Amonett, a 1986 graduate of Borden County High School, received her Master of Education Degree in a graduation ceremony at San Angelo State University in December, 2001. She also received her Administrative Management Certification.

Attending graduation festivities with Cathy were her husband, Marc Amonett; her parents Van and Barbara York of Gail; and Gaylon and Margaret Amonett, her father-in-law and mother-in-law of Lubbock.

Cathy teaches secondary English classes at Irion county ISD at Mertzon, Texas. She loves teaching and credits Borden County School for giving her the background to be a good teacher.



Cathy York Amonett

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

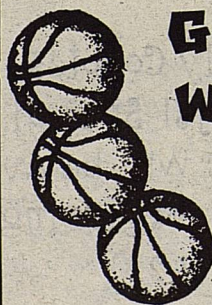
Joe T. Belew, (D)
Chuck Kimmel, (D)
Cody Newton, (D)
Joel S. Dennis, (D)

March Democratic Primaries

Thank You! We would like to Thank the Borden County EMS for their quick response and all the help and care they gave last week in our time emergency. It is good to know that we have people in our community with such skills and the caring attitude as our Borden County EMT's have.

*Thank you again,
Alfonso & Maria Benavidez and Family*

Let's Go Coyotes!



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Six BC Teachers have Web Sites

Six Borden County teachers have been added to an on-line reference for parents. Parents wanting to see a current list of assignments and event dates, check the following web sites that have been established by these teachers:

Mr. Ard

www.teacherweb.com/TX/BordenCountySchool/MrArd/

Mrs. Herridge

www.teacherweb.com/TX/BordenCountySchool/MrsCindyHerridge

Mrs. Key

www.TeacherWeb.com/TX/BordenCountySchool/Mrs.DarbyKey/

Mrs. Mayes

www.teacherweb.com/TX/BordenCountySchool/MrsMayes/

Coach Richey

www.teacherweb.com/TX/BordenCountySchool/treyrichey/

Mr. Wallace

www.teacherweb.com/TX/BordenCountySchool/Mr.Wallace/

Parents can also find links to these teachers at the Borden County ISD web site (bordencountyisd.esc17.net) Click on Coyote Den and click on Teacher Talk.

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Texas Stories

A showcase of the Texas Spirit

Tumbleweed Smith
Part owner of Texas

An Intelligent Pet Owl

Harry Potter is not the only one with a pet owl. Ron George had on when he was growing up around Commerce.

"It was a barred owl," says Ron. "Most remarkable."

Unlike Harry Potter's owl named Hedwig, Ron called his owl Tex.

Ron says this was before the hawk and owl protection act went into effect in 1965. Ron knows about things like that. He's deputy director of the Texas Parks and Wildlife Department.

"My brother got Tex out of a nest before it could fly. He brought it to the house and put it on a perch outside the kitchen window."

The owl certainly became a member of the family in a big hurry.

"It would sit on that perch quietly during the day, then in the evening when it got hungry it would call a real soft feeding call two or three times."

Ron can make the sound of the call. I can only describe it as the sound of a hungry owl.

"If somebody didn't come out to feed it, it would fly over and land on the screen window. It would land at the bottom of the window and walk up the screen flapping its wings. Then it would fly back to its perch."

His mother was pretty quick to get out there with the owl food after that.

"That owl lived in the yard and flew around the property. It didn't know how to hunt. Didn't need to, since we fed it. Onetime it caught a small snake about a foot long and brought it to its perch by the kitchen window. Tex was real proud of it and showed it

off. He carried it around for a day or two before he actually ate it."

Ron milked cows in those days and would walk up to the barn early in the morning. He didn't carry a flashlight, since he knew the trail by heart.

"I was walking up that trail one morning way before daylight and the owl flew up behind me and got directly over my head. I didn't have any idea it was there. Owls are totally silent on the wing. Then it came out with a piercing, loud call that really scared me. I threw my hands up in the air and the milk bucket went flying off and I reached up, touched some owl feathers and then felt something land on top of my straw hat. I put my hand up there and it was a cold, wet piece of liver. It was the owl's food from the night before. He hadn't eaten it. I guess owls, have a sense of humor."

Tex didn't have anything to do with strangers. When somebody would come, he would leave. But he had a

fetish for steering wheels.

"One day we had a plumber who did some work, then went to his pickup to leave. He came running back to the house telling us there was an owl sitting on his steering wheel. We told Tex to get off and he did."

When Ron's wife started coming around, Tex didn't take to her at first. "He swooped down at her a couple of times. Tex got in her face - once, then she whacked him with her hat and it didn't bother he any more after that."

Tex stayed around the George house for ten years.

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Renewals of Registered Brands

Every ten years Texas livestock producers are required by law to renew their brands and earmarks if they intend to continue using them. All brands must be renewed by February 28, 2002. Brands that have not been renewed will become "VOID" on March 1, 2002 and available for the general public.
Fee will be \$11.00 per brand per location. The Borden County Clerks Office have began the processing and will continue through February 28, 2002.

Free Child Safety Seat Checkup
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Are you using it correctly?

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Where: United Supermarket
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Snyder, TX
For more information, contact:
Julie Mumme, (806)756-4336 Borden County Extension Agent
Beth Dannheim, (915)573-5423 Scurry County Extension Agent

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Borden County Extension Scurry County Extension
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Texas Extension Education Association-Scurry County

HATS OFF TO TEXAS TRUSTEES!

SCHOOL BOARD RECOGNITION MONTH JANUARY 2002

Your school board is making a difference for students! Take time in January to say thanks for a job well done.

Borden County ISD Trustees:
President: Randy Adcock; **Vice President:** Scott Clayton; **Secretary:** Joe Harding
Members: John Anderson, Mike Valentine, Dennis Poole and Randy Hensley.

Texas Association of School Boards • P.O. Box 400 • Austin, Texas 78767-0400

In Case of Emergency Call:
Borden County EMS
806/759-5111

Deadline for Director Nominations n Regional Boll Weevil Vote

Cotton producers in the Rolling Plains Central Boll Weevil Eradication Zone who wish to represent the 22-county area on the Texas Boll Weevil Eradication Foundation's statewide board of directors have until Friday, February 8, to officially place their names into nomination.

The deadline comes as cotton farmers and land-owners who farmed cotton in 2001 get set to decide in a March 11 referendum

whether to continue a boll weevil eradication program in the Rolling Plains Central Zone.

Cotton producers who farm in the zone and have grown cotton for at least seven years may place their names on the March 11 ballot for the board member position. Those wishing to be placed on the ballot must fill out a nomination form along with a biographical information sheet. In addition, the

nomination must be supported by the signatures of at least 10 other eligible cotton growers in the zone.

Nomination forms are available at county cooperative extension service offices and the Texas Department of Agriculture in Austin at (512)463-7593.

Producers can mail the form to the Texas Department of Agriculture at P.O. Box 12847, Austin TX,

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Say good-bye to dry skin this season

When winter temperatures leave you singing the dry skin blues, small changes in your daily routine can make a big difference.

"Dry skin is a problem for many people during the winter months," said Dr. Ida Orengo, an associate professor of dermatology at Baylor College of Medicine in Houston. "When humidity decreases, the air becomes drier, which can cause skin to become dry and flaky."

Lotions typically fall into one of three categories - liquid, cream and ointment. All help the skin to retain moisture. When choosing moisturizers, lotions are good for use over the entire body since they are easier to apply and don't stain clothing as much as creams. Creams are better for localized areas such as the hands, feet and face because they last longer on the skin. Since ointments are thicker and greasier, they are most appropriate for exceptionally dry areas and are best to apply at night to avoid soiling clothes.

"The best time to moisturize is right after your shower because the skin is more receptive to moisture since the pores are opened up," Oregon said.

Oregon offers the following tips for beating dry skin:

- Take lukewarm showers that last no longer than five minutes. Long, hot showers can strip the skin of natural oils.
 - Avoid using pure soap. Instead, opt for one with a moisturizer or use a soap substitute.
 - Minimize the use of soap. Use soap under the arms, in the groin and on the feet. Running warm water over the arms, chest and back are enough to clean these areas.
 - Soak in a medicated bath such as an oatmeal bath for fifteen minutes. This helps to control itching that results from dry skin and helps to moisturize.
 - Use a moisturizer two to three times per day if necessary. People who work closely with the public and have to wash their hands several times per day should re-apply lotion after every washing.
 - Try not to stress. Controlling stress is essential for maintaining healthy skin.
- "It is important to follow a good diet to avoid drying out the skin," Oregon said. Low fat diets can sometimes cause a person to lose essential fatty acids that help to moisturize skin."

NOTICE TO BIDDERS

The Commissioners' Court of Borden County will receive bids until 10:00 a.m., February 11, 2002 for the purchase of a new self-propelled vibrator roller. For more information, contact Doug Isaacs, Commissioner, Precinct #1, phone 806/872-0541; or Larry Smith Commissioner, Precinct #2, phone 806/756-4346; or Ernest Reyes, Commissioner, Precinct #3, phone 915/965-3212; or Hurston Lemons, Jr., Commissioner, Precinct #4, phone 915/573-1459, or Van L. York, county Judge, phone 806/756-4391.

The Commissioners' Court reserves the right to reject any or all bids.

BY ORDER OF THE COMMISSIONERS' COURT
BORDEN COUNTY, TEXAS

Van L. York
Borden County Judge

Online Sales Tax Filing

Cont. from pg. 1

The WebFile program began in 1998. At first, it was available only to businesses that collect no sales tax during a reporting period. In October 2000, WebFile became available to short form sales tax filers - mainly businesses that have only one location.

Now, the expansion of the program is complete, and all businesses that report sales tax are eligible to use WebFile, no matter which paper form they currently

use. "Every business that collects sales tax, from the ice cream vendor in the park all the way up to the big department store chains, can now use WebFile to report and pay sales tax 24 hours a day, 7 days a week," Comptroller Rylander said.

Sales taxpayers can access WebFile through the Comptroller's Web site www.window.state.tx.us or through the state services Web site www.texasonline.com.

PUBLIC NOTICE OF CHANGES IN ELECTION PRECINCTS

Pursuant to §42.035, Texas Election Code, the Commissioners court of Borden County, Texas, herein provides notice of changes in County political boundaries as adopted by the Commissioners Court, and as precleared by the United States Department of Justice on the 18th day of December 2001.

Interested individuals may review the adopted changes in the office of the County Clerk during regular business hours.

The changes in county election precincts were necessitated by redistricting of County Commissioners Court precincts in compliance with the United States Constitution and 42 U.S.C. §1973, also known as the Voting Rights Act, following the release of 2000 census data. Changes in county election precincts were designed to achieve numerical balance between the four commissioners court precincts, and to insure the voting rights of all citizens of Borden County, Texas.

Joyce Herridge,
County Clerk

AVISO PUBLICO DE CAMBIOS EN ELECCION RECINTOS

Conforme a §42.035, Tejas EleccionCodigo, la Corte de Comisario, Condado Borden, Tejas, avisa cambio en las tronteras politicas de condados segun se adopto por la corte de comisario y aprobado (precleared) por Estado Unidos Ministerio Justicia el 18th de December 2002.

Los individuos interesado pueden repasar los cambios adoptados en la oficina del official Condado (County Clerk) durante horas de ofician regulares.

Los cambios en recintos de la eleccion del condado fueron hechos necesario por cambios de los recintos de comisiones del condado en conformidad con la constitucion de Estados Unidos y 42 U.S.C. §1973, tambien sabido como Derechos Al Voto, despues del desbloquear do los datos 2000 de censo. Cambios en eleccion recintos del condado fueron disenados para alcanzar el equilibrio numerico entre los cuatro recintos de la corte de las comisiones, y para asegurar los derechos al voto de todos los ciudadanos del condado Borden de Tejas.

Joyce Herridge
Official de Condado
(County Clerk)

Physical Inactivity, Bad Diets Harm Kids

Cont. from pg. 2

evidence of plaque formation just highlights the concerns of having high cholesterol levels, having early plaque being formed, now having 14 year-old kids dying of heart attacks while participating in sports. If you don't pay attention to the storm clouds that are coming, you're going to get wet," he said.

Dr. Rohack noted the problem is great enough that one Central Texas hospital recently created a specialized clinic to just to treat children with elevated cholesterol levels due to combinations of

dietary indiscretion and inactivity.

Cholesterol's Ins and Outs

More than a third of children under age 19 have high cholesterol. Some cholesterol comes from food high in saturated fats, so if kids eat more greasy, fatty cheeseburgers, they're ingesting more cholesterol into their system. However, eating a better diet consisting of less fatty foods like more vegetables and fruits, lowers the risk of improper cholesterol levels. While they vary based on a child's age

and other factors, general targets for children are:

- Total cholesterol levels less than 200 milligrams per deciliter
- LDL of less than 130 mg/dL
- HDL greater than 35 mg/dL

Exercise not only helps reduce excessive weight, it also helps increase the HDL (good cholesterol) level in most people, and higher HDL levels seem to help protect against heart attack and stroke, while high LDL (bad) levels are associated with increased risk, of those diseases.

What you can do

The physicians of the Texas Medical Association want you to know that it is very important to have a good relationship with your family physician or pediatrician, who can help monitor your child's weight and cholesterol levels. If your child is physically inactive, gaining weight, and his or her cholesterol level is high, he or she is at risk of developing more serious health problems later in life. To help, TMA developed a public-awareness program called Project WATCH, an abbreviation for the major factors that influence the risk of heart attack and stroke, Weight,

Activity, Tobacco, Cholesterol, and High blood pressure. TMA also endorses CATCH, or Coordinated Approach to Child Health, an innovative and proven program which coordinated school-wide efforts to provide nutrition and fitness education, as well as healthier eating and exercise habits in the lunchroom and at home.

Start early by encouraging your child to exercise and be physically active, eat a healthy diet, and monitor his or her cholesterol and weight, and you will be building a healthy foundation for a lifetime.

Fun Valentine Baking

Here is an easy recipe to surprise your sweetheart. The recipe is made with the convenience of *Bridgford Frozen Roll or Bread Dough*. Tender yeast rolls are placed on a baking sheet in the shape of a heart. The rolls are then drizzled with melted butter and then sprinkled with cinnamon sugar. New flavored baking chips, such as: cinnamon or chocolate raspberry (or the old favorites, chocolate or butterscotch chips.) are added to make this a delicious treat. This is a fun recipe for your young bakers to help with.

Sweet Heart Rolls

1 package *Bridgford Frozen Parkerhouse Rolls* (24 rolls), thawed or 1 1/2 loaves *Bridgford Frozen Bread Dough* thawed and divided into 24 equal pieces.

4 tablespoons melted butter or margarine

1/2 cup granulated sugar

1-teaspoon ground cinnamon

1 cup cinnamon chips or butterscotch chips or chocolate raspberry baking chips.

Lightly grease a large baking sheet. Place thawed rolls or dough pieces on baking sheet to make one large heart shape (rolls should be 1/4 inch apart). Brush rolls with 1-2 tablespoons of the butter. In a small bowl, mix sugar with cinnamon.

Sprinkle sugar mixture evenly over the rolls. Top rolls evenly with chips, pressing chips into dough with fingers or back of wooden spoon. Drizzle

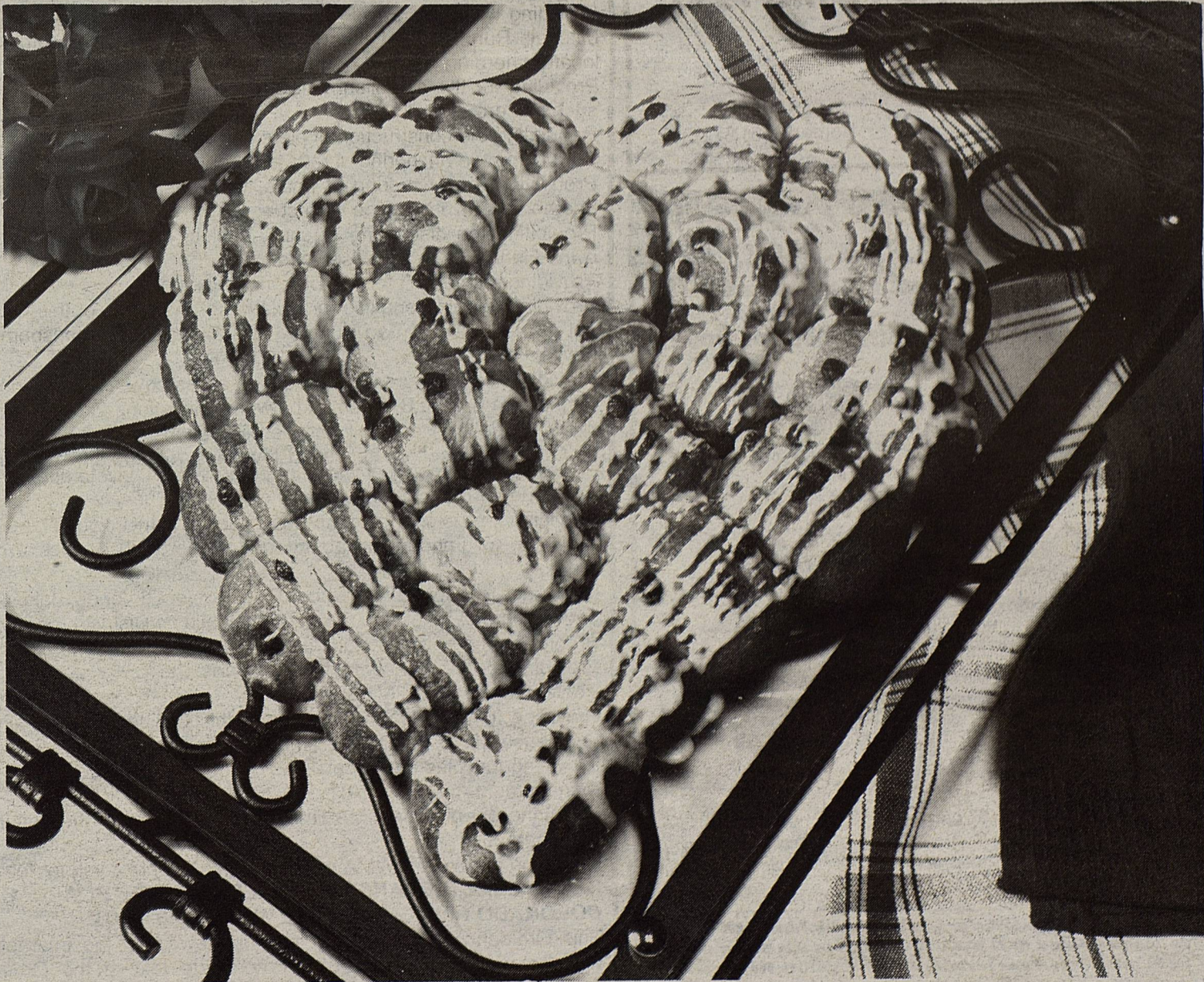
remaining butter over rolls. Let rolls rise until double in size. Bake in a preheated 375 degree oven for 20 minutes or until rolls are golden brown. Remove

from oven and drizzle with glaze if desired.

Vanilla glaze; Mix 2 cups powdered sugar with 1-2 tablespoons water and 1/2

teaspoon vanilla extract. Add more water if needed to get icing to drizzle from spoon.

YIELDS: 24 rolls.



Sweetheart Rolls made with BRIDGFORD FROZEN BREAD OR ROLL DOUGH

Deadline

Cont. from pg. 6

78711 or fax the form to (512)4763-1104. The

nomination must be received in Austin by Feb. 8.

Wood Anderson of Mitchell County currently represents the Rolling Plains Central zone on the statewide board of directors for the Texas Boll Weevil Eradication Foundation Inc.

Growers in the Rolling Plains Central Zone initially approved a boll weevil eradication program on Dec. 1, 1994 and a maximum assessment of \$10 per land acre to fund it. With producers voting to continue the program, the current

assessment rate will not be affected.

In March 1998, cotton growers voted by more than a six-to-one margin to continue a boll weevil eradication program in the zone.

The Rolling Plains Central Zone covers approximately 700,000 acres in the following counties: Baylor, Callahan, Comanche, Eastland, Erath, Fisher, Haskell, Jones, Knox, Mitchell, Nolan, Palo Pinto, Scurry, Shackelford, Stephens, Stonewall, Throckmorton, Young and parts of Archer, Borden, Brown and Taylor.

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END OF GAME NOTICE

These are About To Be Scratched for Good!




Game #126 (\$5)
Double Dollars
*Overall Odds are 1 in 3.27




Game #160 (\$2)
Bingo
*Overall Odds are 1 in 3.29


These games will close on March 2, 2002.
You have until August 29, 2002 to redeem
any winning tickets for these games.



Game #234 (\$2)
Pot O' Gold
*Overall Odds are 1 in 3.63



Game #237 (\$1)
Aces High
*Overall Odds are 1 in 4.76



Game #229 (\$2)
Weekly Grand
*Overall Odds are 1 in 4.56

You can claim prizes of up to \$599 at any Texas Lottery retailer. Prizes of \$600 or more are redeemable at one of the 22 Texas Lottery Claim Centers or by mail. Questions? Call the Texas Lottery Customer Service Line at 1-800-37-LOTTO (1-800-375-6886).

NOTICE: A Scratch Off game may continue to be sold even when all the top prizes have been claimed. *The odds listed here are the overall odds of winning any prize in these games, including break-even prizes. Must be 18 years or older to purchase a ticket. © 2002 Texas Lottery.

COLORADO RIVER MUNICIPAL WATER DISTRICT RULES AND REGULATIONS AS ADOPTED BY THE BOARD OF DIRECTORS DEC. 12, 2001

The Board of Directors of the District shall have the power to adopt and promulgate all reasonable regulations to secure, maintain and preserve the sanitary condition of all water in and to flow into any reservoir owned by the District, to prevent waste of water or the unauthorized use thereof, to regulate residence, hunting, fishing, boating, and camping, and all recreational and business privileges, along or around any such reservoir and the Colorado River and its tributaries, or, any body of land, or easement owned or controlled by the District.

An Ordinance enacted by the Board of Directors of the Colorado River Municipal Water District adopting Rules and Regulations under the powers and provisions of Chapter 12, Title 128 (Article 8280-137) of the Laws of the State of Texas and Chapter 51, Title 4 (Texas Water Code, Section 51.127 et seq.) providing for and to:

Regulating toilets and sewage disposal; regulating industries upstream from the lakes and reservoirs; regulating garbage and trash disposal; requiring permit for any construction on lands bordering on the lakes and reservoirs owned by the District and covered by flowage easements held by the District.

Requiring certain standards of safety, size, construction, equipment, and occupancy of boats; providing for the removal of boats in violation of applicable provisions; providing certain sanitary standards for boats having overnight accommodations; defining certain types of boats and docks; providing that the Texas Boat Safety Laws apply to the lakes or reservoirs.

Requiring permit for operation of commercial activities on waters of District owned lakes and reservoirs or lands owned by District and providing for concession areas.

Providing for the inspection of boats and other floating devices on the District owned lakes and reservoirs for sanitation and safety; providing for certain recreation permits and fees to be charged by the District for access to boating, fishing, skiing, surfing, camping and picnicking on the lakes and reservoirs or in designated recreation areas adjoining the lakes and reservoirs; providing for certain exemptions.

Regulating the use of firearms, fireworks, and pellet and BB guns on District owned land, lakes, and reservoirs.

Providing that State Laws regulating fishing in Borden, Coke, Coleman, Concho, Howard, Mitchell, Runnels, and Scurry Counties shall apply to District owned lakes or reservoirs located therein.

Providing for the establishment of code enforcement officers and defining the powers of such officers.

Regulating the construction of piers and wharves, floats, and boathouses.

Regulating the anchoring of rafts and floats.

Prohibiting the anchoring of boats, trot lines, and other apparatus to buoys, floats, and boathouses owned by the District.

Prohibiting the discarding of cans, bottles, and rubbish into or on the waters of District owned land, lakes, and reservoirs.

Providing a time limit for camping in public areas.

Providing certain penalties for violation of the terms of this Ordinance said penalties shall not exceed fines of Two Hundred (\$200) Dollars or imprisonment of more than thirty (30) days.

Providing for structures to be built on areas covered by a flood easement granted to the District: (a) Lake J.B. Thomas between Elevations 2258.00 and 2265.00 mean sea level; (b) E.V. Spence Reservoir between Elevations 1900.00 and 1912.00 mean sea level; and (c) O.H. Ivie Reservoir between Elevations 1555.00 and 1567.00 mean sea level.

Providing for pumping of water for personal and private use.

Providing for pumping of water for commercial use.

Providing for the changing the water line of District owned land and water.

Providing for impounding abandoned property on District owned land, lake, or reservoir areas.

Providing for speed limits on District owned lands, lakes, and reservoirs, and the prohibition of ATV use by the general public on District property.

Prohibiting the entry onto private lands to fish, camp, and picnic.

Providing for the repeal of conflicting Ordinances.

Providing a severability clause.

Providing for the lawful publication of this Ordinance, and fixing of the time at which this Ordinance will be in full force and effect.

Providing for rules and regulations governing public access to O.H. Ivie Reservoir Wildlife Management Areas (WMA).

Requiring permits for WMA limited use activities by the general public and providing for fees thereof.

Requiring permits for WMA public hunting and providing for fees thereof.

BE IT ENACTED AND ORDAINED BY THE BOARD OF DIRECTORS OF THE COLORADO RIVER MUNICIPAL WATER DISTRICT.

This Ordinance in its entirety may be viewed on the Internet at the District's web site, www.crmwd.org. Copies of the complete text of the Ordinance herein adopted are available at CRMWD, 400 East 24th Street, Big Spring, Texas 79720.