

THE

Volume XXXI

BORDEN

STAR

February 27, 2002

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

Spelling Bee Results

Eight Borden County students competed in the Borden County Spelling Bee which was held in the Borden County ISD library on Thursday, February 14th.

Seventh graders Reynaldo Hernandez, Ana Arellanos, Christina Soto, and Becky Dobyns competed against sixth graders Chelsea Minnick, Shelby Roberts, Carlie Williamson, and Rachel Wilson. Six spellers were eliminated until only Becky and Rachel were left

standing in Round 19. Becky missed spelled a word, which was then correctly spelled by Rachel. Rachel then spelled the final word correctly to become the winner and advance to the Regional Bee in Lubbock at McInturff Center at UMC on March 9, 2002. Becky will serve as alternate.

Congratulations to all contestants for their good showing due to preparation time and hard work. Good Luck to Rachel Wilson in the Regional Bee.



Borden County Junior High Spelling Champions: Seventh grader, Becky Dobyns finished 2nd and Sixth Grader, Rachel Wilson finished first in the Borden County Junior High Spelling Bee held last week. Rachel will represent BJHS at the Regional Spelling Bee held in Lubbock on March 9th.

Finish Year with 29-6 Record

Lady Coyotes Claim Region II Championship; Drop Semi-State Final game to Nazareth

By Sue Jane Mayes

Good things come to those who wait.

Borden High School's Lady Coyotes were patient enough to take a 48-37 win over Brookesmith to move into Saturday's State Semi-Final game for Class A Division II.

Borden County jumped out to a quick 4-0 lead as senior Rika Copeland hit a free throw and junior Micah Hensley popped a three-pointer less than two minutes into the game.

Brookesmith, who last year defeated the Lady Coyotes in Wichita Falls for the regional title, came right back, scoring six straight to pull ahead at the 5:33 mark.

Foul trouble appeared on the horizon as Hensley picked up her second foul at 3:21 in the first quarter. Sophomore Shayla Gass entered the game for Hensley and collected one steal before the quarter ended with Brookesmith leading 13-10.

Some solid defensive rebounding on junior

Dalene Kempf's part kept the Lady Coyotes close in the second quarter, and with 3:57 remaining before halftime, Hensley tied the score at 20 all on an old-fashioned three-point play.

BHS took the lead, 23-21, with :49 when Copeland grabbed a defensive rebound, pushed the outlet pass to Hensley who found Bobbie Kempf downcourt for the lay-up.

The back and forth play continued as the second half began.

At one point, Brookesmith led 27-23, but

once again defensive pressure created offense for BHS when Dalene's steal and pass to Hensley with 1:52 in the third quarter made it a 27-27 game.

Just when the Lady Coyotes seemed poised for a "comfortable" three-point cushion going in the final period, Brookesmith launched a desperation hook shot that was good for three points as time ran out in the third quarter. The shot tied the score for the fifth time, this time at 32-32, with 8 minutes to play.

Cont. to pg. 2



Coach Avery smiles with approval after Friday night's victory over Brookesmith.

Lady Coyotes Drop Semi-State Final Game

Cont. from pg. 1

Copeland's 4th foul in the fourth quarter created a Brooksmith celebration, but it was short-lived as BHS went on a 11-2 run in the final five minutes to take the 48-37 win.

In those final few minutes of the fourth quarter, play was highlighted by Pati Rodriguez's steal and break-away lay-up.

Copeland also blocked her second shot of the night in that span, and then the 6'1" senior dished off underneath to the 5' 1" Rodriguez for another basket.

Copeland led Lady Coyotes scorers with 18 points followed by Hensley's 11.

Rodriguez finished with nine, while sisters Bobbie and Dalene completed the scorebook with 8 and 2 points, respectively.

NAZARETH GAME

Living in the Bible Belt and West Texas, folks in these parts will more than likely have two things come to mind when they hear the word "Nazareth."

One of those is Jesus, and the other is girls' basketball.

So, when the Lady Coyotes went to work Saturday in the State Semi-Final game against Nazareth, everyone knew that the girls had to do two things: shoot well and break a full-court press.

BHS broke the press consistently throughout the game. After one period of play, the Lady Coyotes were tied at nine.

In the opening eight minutes, BHS out-

rebounded the Swiftettes and stole the ball three times to offset Nazareth's quickness.

With no rebounds in the books and four fouls to BHS's none, Nazareth was finding that it had all it could handle after the first quarter.

However, the Swiftettes came out and hit a three-pointer in their first possession of the second quarter, making the score 12-9 with 7:40 on the clock.

The Lady Coyotes answered immediately as Shayla Gass found Bobbie Kempf underneath to cut the lead back to 12-11.

BHS had a chance to regain the lead when Pati Rodriguez grabbed a defensive rebound on the ensuing Nazareth possession. The girls broke the press, but a turnover and subsequent foul gave Nazareth the opportunity to score again—which they did, taking a 16-11 lead at the 5:31 mark.

Senior Rika Copeland's put back at 4:33 made it a 16-13 Nazareth lead, but then the Swiftettes went on one of their patented three-point barrages—in the last four minutes of the quarter, they would hit three-3's, giving them four in the second quarter alone.

Despite Nazareth's foul trouble, which put BHS to the line nine times in the second quarter, the Lady Coyotes were only able to convert four of those free throws.

Nazareth took advantage of the situation and their success behind the arc to

take a 33-19 half-time lead.

They also stormed back for 11 rebounds in the second period, dominating the boards defensively.

The Lady Coyotes came out ready to play some defense in the third quarter and held Nazareth scoreless for the first four minutes of play.

Not until the 4:00 mark exactly did the Swiftettes put any points on the board, but BHS was unable to convert, missing numerous shots underneath.

A 3-of-14 performance from the field in the third quarter hampered any chance the girls had of closing the gap and forced them to try and mount a final-quarter rally.

Nazareth managed to pull away in the fourth, thanks to free throws and a couple of 3-pointers.

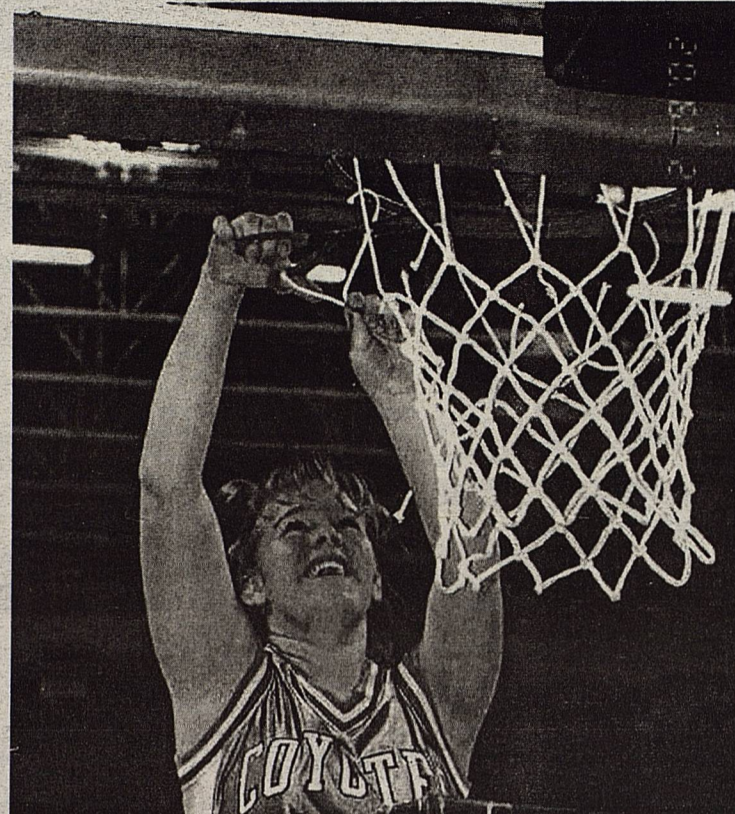
Copeland led the way in the final period with five points, but Nazareth continued to shoot well from the field, scoring 15 points in the fourth quarter to take the 56-35 win.

On the afternoon, Nazareth connected on 11 3-pointers while BHS found the hole on only 1-of-14 from that range.

Copeland, playing in her final game as a Lady Coyote, closed out her career with a double-double: 12 points and 10 rebounds.

She also blocked two shots, had two steals, and three assists in the contest.

Bobbie Kempf had 9 points and 9 rebounds to go along with her two



Lady Coyote, Kyla Culp, cuts down the net after victory over Utopia last week in Odessa. Kyla was unable to play in the Regional Tournament this past week-end due to a knee injury which happened earlier during the play-off game against Fort Davis.

assists and one blocked shot.

Micah Hensley scored 7 points, had five defensive rebounds and stole the ball three times.

BHS's other two starters, Dalene Kempf and Pati Rodriguez, each scored two points.

Kempf had four rebounds and a steal while Rodriguez had four rebounds, two steals, and 2 assists.

Coming off the bench, sophomore Shayla Gass hit a three-pointer, had two boards, one steal, and one assist.

Also seeing action were Carolina Arellanos (2 steals, 2 rebounds), Laura Stamper (1 rebound, 1 steal, Cassidy Rinehart (1

steal), and Jessica Ellsion, Ashley Ellison, and Emily Mayes.

School Menu Week Of:

March 4th – 8th

MONDAY: Chili w/beans, salad, fried okra, crackers, chilled fruit & Milk.

Breakfast: Muffin, fruit juice, & Milk.

TUESDAY: Oven baked chicken, green beans, potatoes, hot rolls, ice cream & Milk. **Breakfast:** Waffles, fruit juice & milk.

WEDNESDAY: Lasagna, spinach, corn, garlic toast, fruit & milk. **Breakfast:** Sausage, biscuits, fruit juice & milk.

THURSDAY: Ham, sweet potatoes, green peas, rolls, fruit & milk. **Breakfast:** Cereal, toast, fruit, & milk.

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

Drive Safely



Watch Out for our Children . . .

Parent's Club Meeting

Tuesday, March 5th.

6:00 p.m.

Gail Community Room

CONGRATULATIONS LADY COYOTES



2002 Lady Coyotes: Coach Bobby Avery, Jami Gass, April Bouressa and Heather Crawford, (Managers); Carolina Arellanos, Dalene Kempf, Jessica Ellision, Patti Rodriguez, Kyla Culp, Emily Mayes, Rika Copeland, Bobbie Kempf, Mikah Hensley and Mike Floyd, (Assist. Coach). Kneeling: Cassidy Rinehart, Shayla Gass, Laura Stamper and Ashley Ellison.

You Did a GREAT Job and We Are PROUD of You!

Performance-enhancing drugs:

Do Pill-Popping Adolescents know the Danger?

Young people taking performance-enhancing drugs may get stronger and faster, but they may also kill themselves, *Texas Medicine* magazine reports in its February issue.

Adolescent athletes, often those participating in power sports such as football and wrestling, are most likely to

experiment with performance-enhancing drugs. Young athletes are not the only kids being lured, however. Adolescents who never "pump iron" or run wind sprints turn to drugs like anabolic steroids, creatine, and androstenedione, *Texas Medicine* reports.

Why?

Sex appeal. As many as one-third of teenage steroid users in one study turned to drugs to artificially bulk up to be more physically attractive. The price of sex appeal, speed, and strength in a pill can be quite high, however: How sexy are increased acne, depression, rage, or diarrhea?

These are known side effects of steroids and creatine, as are liver failure and heart disease, which could lead to premature death.

According to *Texas Medicine*, a monthly publication of Texas Medical Association, American's best medical society, kids who take these drugs put

themselves at risk of maladies ranging from shrinking sex organs to sudden weight gain, all in the name of making the team. Moreover, researchers question whether educating young people about the risks of taking performance-enhancing drugs would make them think twice about popping the pills.



Texas Stories
A showcase of the Texas Spirit

Tumbleweed Smith
Part owner of Texas



Mini-cows, Jeeps and Army Uniforms

Jan and Tom Townsend live between Alto and Rusk. She raises mini-horses and mini-cows. He keeps movies supplied with military paraphernalia.

Tom says he was an Army brat, "so I grew up everywhere. I think I went to thirteen or fourteen schools before I got out of high school. I spent my teenage years in Germany."

His years in Europe influenced his decision to have military vehicles. "I saw so many of them which are totally extinct now. They get cup up for scrap or get blown up on firing ranges and stuff like that. I always said that if I ever got where I could afford it, it's been nice to try to save a few of them just for the sake of history because they were sort of non-political. No matter whose side they were on they were just an example of the technology of the time."

He has provided military items to some big movies like *Pearl Harbor*. He has just finished a movie. "It was a thirty minute film of HBO shot in Fort Worth. We supplied everything military for it: all the vehicles, all the guns, everything military including outfitting twenty extras and six principal actors. All in correct, authentic World War Two uniforms."

Tom now has fifteen vehicles, ranging from jeeps to tanks. He finds many of his military pieces at flea markets.

Tom has written twenty-five books. "They were artistic successes, but I haven't made all that much

money from them. I've made a lot more money buying, selling and leasing military vehicles to movies."

He thinks there's something strange about that. "The novel is probably the most complex of all the literary art forms in the world. You write a novel and if a publisher will even read it he seems to resent your wanting to be paid for it.

"But you show up on a director's set with something like that tank sitting out there and he says "O'boy. Tom. Will it crush building? How much is it a day? Fine! Great! Can you get another one like it here tomorrow?"

Jan and Tom call their place Toyland Farms. Jan's mini-cows have become a novelty around Rusk and Jacksonville. She shows them at various places, especially during rodeo time.

"I raise Highlands and Dexters. And I'm crossing the Dexters and Highlands because Dexters are normally small animals and that brings the Highland size down but



Tammy Sue Voss & Calvin Ray Simmons

Tammy Sue Voss and Calvin Ray Simmons are pleased to announce their engagement. The bride-elect is the daughter of Gary and Connie Stipe of Gail and Terry and Theresa Voss of Longview. She is the granddaughter of Verna Ogden of Borden County and the great granddaughter of Irene Creighton of Gail. The groom's parents are John and Joyce Vanderslice of Longview, Texas.

The couple plan a sunset ceremony on April 19th, 2002 in Brownsboro, Texas, followed by a wedding trip to Shreveport, Louisiana. The couple will reside in Brownsboro, Texas.

still gives them the long shaggy look of the Highland."

Her tallest full-grown bull is about forty-eight inches tall.

She got interested in raising mini-cows after she saw an article in a mini-horse magazine. She's been raising mini horses for years.

"I thought the mini-cows

were cute. It's kind of a growing deal. Mini-cows are about where mini-horses were fifteen years ago. We sell them for pets. If I know someone is going to eat one, I probably wouldn't sell it to them."

Jan has a herd often little cows now. She says among ranchers they are raised by adults for show animals. "They end up being pampered pets."

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

Number to call
in case of an
Emergency



**Congratulations
Lady Coyotes
On a Great Season!**

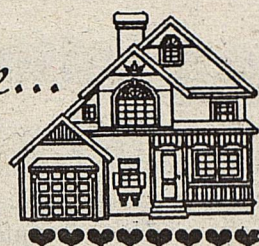
Moore-Rains Insurance
Frances Rains Stephens
O'Donnell, TX - Phone 806/428-3335

**PRIMARY ELECTION 2002
CALENDAR**

February 25 th	Early voting by personal appearance begins at the Clerk's Office in the Courthouse
March 5 th	Last day to receive applications for ballots by mail.
March 8 th	Last day to vote early by personal appearance.
March 11 th	Last day on which a person may submit an application to register to vote in April 9, 2002 Runoff Primary Election.
March 12 th	PRIMARY ELECTION DAY

Heart and home...

By Julie D. Mumme
Borden County Extension Agent -
Family and Consumer Sciences



Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin. the Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Aging Gracefully Educational Program Series

This year, Texas Cooperative Extension-Borden County will be offering a five part educational program series entitled *Aging Gracefully*. This program has been designed to help everyone understand and cope with the various issues that take place as a result of the aging process. You may benefit from this program whether you are aging gracefully yourself, or whether you have parents, friends or relatives that are growing older. There will be five different programs which will be spread throughout the year. The programs and the months in which they will be offered are: Nutrition (March), Health and Fitness (April), Housing needs in the Later years (June), Property Transfer (August), and Estate Planning (October).

The first program on

nutrition will be held on Monday, March 4th at 6:00 p.m. in the Gail Community Building. We hope that you will join us to learn about how nutritional and dietary needs change as our bodies change.

Everyone is welcome to attend anyone or all five programs (you are not required to attend all five). We will seek to provide all reasonable accommodations for all person with disabilities for any of our programs. We request that you contact us at the Extension office as soon as possible to advise us of auxiliary aid that you will require. For more information on any of the topics listed above, or more information on the Aging Gracefully program series, please feel free to contact the Extension office at 806/756-4336.

Discovery could lead to calcium-fortified vegetables

A calcium rich diet could be an order of fries away for consumers in the future.

Plant scientists have found a tiny slice of protein that could one day lead to the production of vegetables that are "naturally fortified" with calcium.

In earlier studies, scientists working with Dr. Kendal Hirschi, a plant physiologist at the UASDA/ARS Children's Nutrition Research Center at Baylor College of Medicine, discovered that turning "on" the production of a protein called CAX1 in the cells of a tiny weed known as *Arabidopsis thaliana* increased the calcium content of the plant's leaf and root cells by 30 to 100 percent.

Now, Hirschi's team has

identified a tiny slice of CAX1, a string of nine amino acids responsible for the protein's calcium-boosting prowess, and successfully transferred the slice to similar proteins, called transporters. The team's findings were recently reported in the *Journal of biological Chemistry*.

"We knew we had found the key slice of CAX1 because removing it rendered the protein non-functional, while inserting it into another transporter that "looked like" CAX1 turned that protein into one that also functioned like CAX1," said Hirschi, also an assistant professor of pediatrics at Baylor.

CAX1 is known as calcium transporter because it pulls

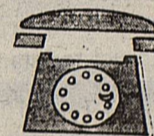
calcium out of cellular fluids and stashes it in cell storage structures called vacuoles. Hirschi's team hopes to use CAX1 and other calcium transporters to move more calcium into "Storage" inside cells, which could set off a physiological chain reaction that might ultimately cause plants to pull more calcium out of the soil and improve their overall calcium content.

"Our success with this tiny weed is encouraging, but the real test will be whether this new knowledge will translate into improving the calcium content of popular foods like potatoes and tomatoes," he said.

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Gail Baptist Church
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Mobile #: 759-9472



Branon Funeral Home

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ELECT
JOEL DENNIS
COMMISSIONER, PRECINCT 4
BORDEN COUNTY

FAIRNESS AND HONESTY TO ALL

EARLY VOTING - FEBRUARY 25th to MARCH 8th

PRIMARY ELECTION DAY - MARCH 12th.

Paid Political Advertisement by Joel Dennis

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)

17th Dist. US Congress

Charles Stenholm (D)

March Democratic Primaries



Spring Seeding Alfalfa is Risky Business on the High Plains

Spring is a time of new beginnings on the farm. A time when winter's planning is put into action. But it is a time of risk, especially for those producers who are considering planting alfalfa, said a Texas A&M agronomist.

"Several county agents and I have received quite a few calls and questions about alfalfa in the past month. Even though alfalfa is a good crop when you want to branch out and diversify your cotton or grain operation, we do NOT recommend seeding it in spring," said Calvin Trostle, Texas Cooperative Extension agronomist based in Lubbock. "The best time to plant alfalfa in West Texas, and especially on the High Plains, is in the fall.

"The statewide recommended planting date is Aug. 20 to October 1. Here on the High Plains, the best window for planting alfalfa is from early to mid-September. That puts us past the worst of our summer heat, and we can still get at least six weeks of growth and development before the first killing frost."

Spring-planted alfalfa is a risky business, at best, because the root systems and crowns of spring-seeded plants may develop poorly in response to longer photoperiods (day length). Weed and insect problems also tend to be more severe, and yield potential is lower.

"First-year yields of spring-planted alfalfa are often 50 percent less than comparable yields from a fall seeding. In many cases we'll be lucky to get more than two cuttings from a spring-seeded crop," Trostle said. "That compares to at least four cuttings from a well-managed, fall-seeded crop. Oklahoma State University research trials suggest that spring-planted alfalfa yields never quite catch up to fall-seeded alfalfa yields in subsequent years of growth/production."

Trostle said growers who

are going to invest \$2 to \$3 per pound for alfalfa seed shouldn't gamble on spring seeding — especially when the cost of seed alone approaches \$50 to \$75 per acre.

"We can't afford to cut corners if we want a good, productive stand of alfalfa. The crop should have a productive life of at least four years, so why take a chance on getting a low-performance crop from spring seeding?" he queried. "It's a high-cost risk even if we hedge our bets by spring seeding alfalfa into a good small grains cover crop."

"Some recommendations from Leonard Lauriault, New Mexico State University forage agronomist in Tucumcari, gives us a good handle on how to manage a fall-seeded alfalfa crop here in West Texas."

Those recommendations include:

- Select a locally-adapted variety with disease and insect resistance.

- Pull a soil test and fertilize accordingly to maximize growth each year.
- Prepare a firm seedbed to ensure good seed-to-soil contact.
- Use a seeding rate of 15 to 20 pounds per acre, and a planting depth of zero to one-half inch. (Trostle recommends a minimum 20 pound seeding rate) Higher seeding rates do not ensure better stands or higher long-term yields.
- Irrigate to prevent soil crusting and to promote good emergence.
- Make cuttings between bud and first flower to maximize yield and forage quality.
- Protect the crop from weeds and insects with a pest management program
- And give the crop a seven-week rest between the last two fall cuttings, to help ensure a long

stand life.

"When it come to watering, we believe it will take at least six to seven inches of rainfall or water under sprinkler irrigation to produce one ton of forage or hay here on the Texas South Plains. As you go further north in the Panhandle, the irrigation/water requirement may be about an inch less," Trostle said. "Extension's *Texas Alfalfa Production* guide pegs irrigation water use at about 10 inches per ton, but that is for production further south using row watering.

"That guide is available through county Extension offices, or you can download it from the Internet at <http://texaserc.tamu.edu>. The guide contains a formula on page five that can help producers pin down their upper acreage limit when they try to fit field size to their irrigation capacity. The same formula lists maximum evapotranspiration (ET) from alfalfa at .35-inch per day. That is probably a realistic average for June through

August on the High plains, but it will be much higher on hot, windy days."

Trostle also recommended these publications and internet information sites for producers who are interested in growing alfalfa on the High Plains.

- *Suggestions for Weed Control in Pasture and Forages* (B-5038) includes information on weed control in alfalfa.
- *Integrated Pest Management Guide for Texas Forage Crops* (B-1401) includes insect management tips and treatments.

These Texas A&M publications are on the Internet at

<http://texaserc.tamu.edu/catalog/index.html>. These Texas

Agricultural Experiment Station websites also contain information on alfalfa production:

<http://overton.tamu.edu> and <http://stephenville.tamu.edu/~eric/various.htm>.

Oklahoma State University also maintains a good website on alfalfa production, Trostle said.

Now Is The Time To Plant

ONIONS

We have the 10-15's, Purple, Whites & Yellow Onion Plants

FRUIT TREES

We have Peach, Apricot, Apple & Pear Trees, all in different varieties.


Gerry's Greenhouse

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END OF GAME NOTICE

Play 'Em While You Can!




Game #179 (\$1)
Chili Pepper Payoff
*Overall Odds are 1 in 4.79




Game #195 (\$3)
Triple Action
*Overall Odds are 1 in 3.40


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



Game #220 (\$2)
Triple Blackjack
*Overall Odds are 1 in 3.51



Game #221 (\$2)
Rake in the Cash
*Overall Odds are 1 in 3.51



Game #223 (\$2)
Yellow Rose of Texas
*Overall Odds are 1 in 4.77

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.

Quick and healthy breakfast doesn't have to be expensive

Teens caught in the morning rush who stop for a quick bowl of cereal help their bodies and the family budget.

"There are food choices that are convenient and taste good that can be part of a healthy diet," said Dr. Theresa Nicklas, professor of pediatrics at Baylor College of Medicine in Houston. "Ready-to-eat cereals provide a good choice for teen sin a hurry."

Nicklas, a researcher at the USDA/ARS Children's Nutrition Research Center at Baylor, led a study of 550 ninth grade students and the breakfasts they ate. The purpose of the study was to compare the nutritional value and cost of three groups of breakfast foods - fast foods, ready-to-eat cereals and all other choices.

"The results indicate that adolescents who consume a cereal breakfast obtain more vitamins and minerals for their dollar than those making other breakfast choices," she

said. "Although breakfast cereals are perceived as being expensive, they remain a good morning-meal buy from a nutrition standpoint."

The study determined the average cost of a fast food meal was \$2.38, compared to 78 cents for a serving of cereal.

The cereal breakfast had significantly lower amounts of fat and cholesterol and higher amounts of carbohydrates, fiber and protein, compared to the other breakfast choices. Teens consuming a cereal breakfast also received a better boost in vitamins and minerals.

"The average cost of the cereal breakfast was lower than the other breakfast choices, and overall, the cereal breakfast was more nutrient-dense, in terms of vitamins and minerals." She said.

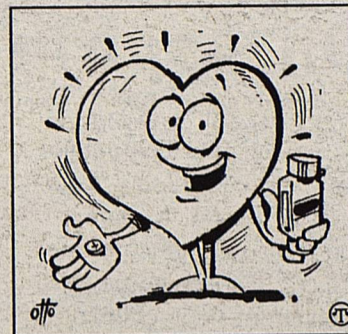
Consumer food choices are influenced by taste, nutrition, cost and convenience, so determining food efficiency -

nutrients consumed per dollar - provides information helpful to families making food selection decisions.

"The choices are there," Nicklas said. "Easy doesn't have to be a substitute for healthy or cost a lot."

Heart Health Advice on Aspirin

The American Heart Association recommends aspirin for the prevention of recurrent heart attacks and stroke. However, many of the 26 million Americans who are on aspirin therapy for its cardiovascular benefits may



be taking more than they need.

If you are taking one regular-strength aspirin, which is 325mg (milligrams), you are taking four times as much aspirin as you need for prevention of a recurrent heart attack or stroke. Studies show that 81 mg. Of aspirin is as effective as higher dosages in preventing a recurrent heart attack. You should always talk with your doctor before starting a daily aspirin program.

Many adults may be surprised when their doctor recommends St. Joseph 81 mg Aspirin as part of a

Keeping an Eye on Texas

Some Texans Take Their Cars Personally

In 2001, there were an estimated 203,308 specialty plates on vehicles in Texas. Almost 82,000 of those were simple "vanity" plates, with the driver's name or other text. Some plates, such as the "Animal Friendly" plates, may be purchased by anyone. Many other plates require membership in a group or some other special status, like "Purple Heart" recipient plates. Many plates include a fee that is returned to a group or organization.

Other Popular Categories

State of the Arts

Conservation Plate (Homed Lizard)

Texas A&M

UT-Austin

Number Sold

TEXAS
★ 21,468

TEXAS
11,788

TEXAS
6,693

TEXAS
2,516

Source: Carole Keeton Rylander, Texas Comptroller (www.window.state.tx.us) and the Texas Department of Transportation (<http://www.dot.state.tx.us/insdtdot/orgchart/vtr/reginfo/spplates/allplates.asp>).

PUBLIC NOTICE

The Colorado River Municipal Water District (CRMWD), as the designated political subdivision approved by the Region F Water Planning Group, will submit an application for financial assistance to the Texas Water Development Board for Round Two Regional Water Planning. The application will be submitted on or before April 1, 2002. The Region F Regional Water Planning Group includes the following counties; Andrews, Borden, Brown, Coke, Coleman, Concho, Crane, Crockett, Ector, Glasscock, Howard, Irion, Kimble, Loving, Martin, Mason, McCulloch, Menard, Midland, Mitchell, Pecos, Reagan, Reeves, Runnels, Schleicher, Scurry, Sterling, Sutton, Tom Green, Upton, Ward, and Wrinkler.

Copies of the application may be obtained from CRMWD when it is available. Comments on the application must be filed by April 1, 2002. Comments and questions within the next 30 days may be mailed to Mr. John Grant, General Manager, Colorado River Municipal Water District, P.O. Box 869, Big Spring, Texas 7972100869, or taken by telephone at (915)267-6341. Additionally, comments and questions may also be addressed to Mr. Craig Pedersen, Texas Water Development Board, P.O. Box 13231, Austin, Texas 78711-3231.

The Region F Water Planning Group will be conducting a Public Meeting on:

Thursday, March 28, 3003
10:00 a.m.

Board Room of the Colorado River Municipal Water District
400 East 24th Street
Big Spring, TX 79720

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CAPITOL COMMENT



U.S. SENATOR
KAY BAILEY HUTCHISON

Pension Protection

The recent financial collapse of Texas-based Enron has unleashed a flood of concerns over pension and retirement plans. Many Americans have invested their hard-earned dollars in their own 401(k) year after year, slowly building a nest egg for the future. That is exactly what thousands of Enron employees did, and now their futures are uncertain at best.

One former Enron employee wrote to me, "I have been left in financial ruin by the fall of Enron. My life's savings is gone and I have been laid off with a paltry severance worth less than my unused vacation time." We must ensure that this does not happen again. Hard-working people across our state and nation should not have to watch helplessly as their life's savings disappear.

Texas has suffered greatly from the collapse of Enron. Not only did many of our fellow Texans lose their jobs and retirement funds, but state pension funds were affected as well. There were \$36 million in losses to the Teacher Retirement System of Texas and \$24 million in losses to the Employee Retirement System of Texas. Hundreds of other plans across the state and nation also lost millions of dollars.

Enron employees were left vulnerable because they lacked access to important information about their pension

investments. Congress should act to protect American workers. I introduced the Pension Plan Protection Act in the Senate in early February. My legislation addresses some key concerns regarding our nation's pension systems and incorporates most of President Bush's recommendations regarding reform. It focuses on empowering employees with alternatives and information, improving accounting standards, and insisting on corporate accountability.

The bill will require employers to provide detailed, quarterly statements about the employee's account, as well as notification to plan participants when any one investment totals more than 25 percent of the employee's portfolio. This will empower workers by giving them the information they need to make decisions about their investment diversification. Another provision will encourage employers to provide third-party investment advice to employees regarding their portfolios. The bill will also prohibit accounting firms from providing consulting services to their audit clients, and it will preclude company executives from selling stock during periods when workers are unable to do the same.

Although Enron investigations are ongoing, we clearly need to move forward now to help prevent this kind of catastrophe from happening to other American workers. But as we move swiftly to ensure that these safeguards are enacted, we must also act with thoughtfulness and precision to avoid unintended consequences. Our actions must not discourage companies from offering participant-directed retirement plans. More than 42 million Americans, representing \$1.8 trillion in assets, currently participate in employer-provided plans and we do not want to erode the system that has successfully provided a secure future for so many.

These issues have become a high priority for Congress this year. The Pension Plan Protection Act endeavors to protect the retirement savings of hard-working Americans by reforming and strengthening our pension system.

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Heart Health Advice On Aspirin

Cont. from pg. 7

treatment plan to help reduce their risk of another heart attack or stroke. Millions of Americans will remember the distinct, orange-flavored tablets from their childhood. St. Joseph is the only branded aspirin available in just one strength - 81mg. This low strength is the dose recommended most by doctors for the prevention of a recurrent heart attack.

"In the case of aspirin, move is not always better," explains Mary Ann McLaughlin, M.D., Assistant Professor of Cardiology at Mt. Sinai Medical School of

Medicine in New York. "I recommend 81mg of aspirin, such as St. Joseph, because this single dose provides effective cardio-protection, and higher doses of aspirin are associated with elevated risk of stomach problems."

A heart attack or stroke occurs when oxygen-rich blood is prevented from reaching the heart or brain by a blockage of an artery. These blockages are often caused by a blood clot. Aspirin has been shown to help prevent blood from clotting. A low-strength aspirin therapy, therefore, has

been demonstrated to be beneficial for those at risk of a recurrent heart attack or stroke.

Talk to you doctor to find out if you are a candidate for 81mg aspirin therapy as part of an overall heart health program. Following are some easy questions you can answer and discuss with your doctor on your next visit. You can also take the heart health profile and learn more about aspirin therapy online at www.stjosephhospital.com.

Heart Health Profile

(Answer true, false or not sure)

- I smoke or spend several hours or more a day with people who smoke.
- I am overweight

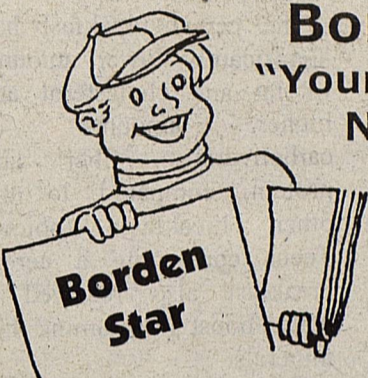
- I exercise regularly for (20 min./day, 3 days/week, or more).
- I have high blood pressure or a family history of it.
- I have high cholesterol or a family history of it.
- I have a family history of

- heart disease.
- I have had a heart attack or stroke.
- I am a man over 45 years old or a woman over 55.
- I have diabetes.
- I have a family history of diabetes.

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Keeping Kids Safe is Everybody's Business

It's Up To You