

Garza
Lynn Scurry
THE BORDEN STAR
Dawson Howard
Volume XXXI August 14, 2002

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

Coyote Cheerleaders



The 2002-2003 Borden Coyote Cheerleaders are: (L. to R.) Cassidy Rinehart, Soph.; LaShae Johnson, Soph.; Shayla Gass, Jr.; Amanda Boucher, Jr.; Brandy Shafer, Sr.; and Emily Mayes, Soph. Coyote Mascott, Sunni Shipp, Sr. These seven young ladies have already begun getting ready for an exciting football season. They have been busy getting posters ready and attending Cheerleading camp. They are looking forward to a great and successful season. Come out and support the Coyotes and the Coyote cheerleaders as they work their way to victory each Friday night.

Let's Go Coyotes!

School Zone Safety Tips



- Obey speed limits
- Watch for students walking and riding bicycles
- Be prepared to slow down and stop when school buses flash yellow and red lights.

Just a Reminder, brought to you from the TxDOT

2002-2003 School Year to begin August 19th.

Dear Students, Parents and Borden County School Community:

The 2002-2003 school year will begin on Monday, August 19th. The official school day will begin at 8:05 a.m. and conclude at 3:33 p.m. each day.

New employees for the 2002-2003 school year are as follows:

Mr. Kevin James---teacher/coach, Mrs. Hayley Richey---teacher, Mrs. Stephanie James---teacher aide, Mrs. Shawna Gass---day-care coordinator for school employee's children, Layne Froman---food-service, Becky Justice---teacher aide.

There will be some exciting changes and opportunities for the students of Borden County. High school students will have the opportunity to begin college courses during the 2002-2003 school year if they qualify according to TAAS test scores or other approved test scores. These students can earn up to 24 college hours that can be counted concurrently for high school and college credit. A greenhouse facility will be available for students in grades K-12 to use in conjunction with their regular curriculum. Extensive new technology applications and equipment will be implemented in the school and community during the 2002-2003 school year as a result of over \$300,000 in TIF grants being awarded to the school district. New handicapped-accessible restrooms will be completed in the near future in the restroom area of the new gymnasium. New lighting has been installed in the new gymnasium. An air-conditioned coach-style activity bus will be placed into service, and additional vehicles will be provided for student use as a result of the fact that schools are no longer allowed to purchase new 15-passenger vans due to the Department of Transportation ruling these vehicles unsafe for public school use. Borden County students will also continue to receive free meals during the 2002-2003 school year.

A major change that will be taking place in our school and across the state will involve students taking a new state mandated test for promotion and graduation purposes. The TAAS test will change to a more difficult TAKS Test. The Texas Assessment of Knowledge and Skills Test is predicted to be much more difficult, and drastically reduced test scores are predicted on a statewide level. New state guidelines will also prohibit the use of candy and coke machines during times regularly scheduled for meals.

The overwhelming community support of the rollback tax election conducted during the 2001-2002 school year will be put to good use during the 2002-2003 school year as the district's recapture amount to be paid to the state will be the highest it has been in several years. Your support will allow the Borden County School to retain its financial stability and allow school programs to remain in tact. The Board of Trustees is planning to retain the same tax rate of \$1.45 that has been in place for the past eight years. The Texas Legislature will convene, and a gubernatorial election will take place, both of which could lead to major changes in the school finance and educational system of Texas. Therefore, it is quite possible your influence and support will be greatly needed concerning legislative issues that could be extremely detrimental to our school and community.

Our desire for the upcoming school year is that every child of the Borden County School will have a successful educational and social experience. Your support and involvement is sincerely needed and appreciated. We would like to encourage your involvement in your child's educational experience. Please contact your child's teachers or the school administration if your child is having problems in classes or extracurricular activities. Your involvement and intervention is the best way to prevent problems relating to your child's educational success and experience. You are welcome to call the following numbers during the school day or after hours as needed: central office 806-756-4313, principal's office 806-756-4315.

Sincerely,

Jimmy Thomas

Jimmy Thomas

2002-2003 Dress Code for Borden County ISD

The Borden County School's dress Code is established to teach grooming and hygiene, prevent disruption, and minimize safety hazards. Students and parents may determine a student's personal dress and grooming standards, provided that they comply with the following.

Borden County's students shall be dressed and groomed in a manner that is clean and neat and that will not be a health and safety hazard to themselves or others. Clothing and grooming that in the principal's judgment may reasonably be expected to cause disruption of or interference with normal school operation is prohibited.

The Borden County School prohibits pictures, emblems, or writing on clothing that

1. Is lewd, offensive, vulgar, or contains obscene language
2. Advertises or depicts tobacco products, alcoholic beverages, drugs, or any other substance prohibited by the school
3. Refers to satanic, cult, prison wear or gang activities.

The following guidelines will be used to determine appropriate dress:

1. Dresses, skirts, split skirts and shorts should not be shorter than two inches above the knee. A student will lose the privilege of wearing shorts for the school year upon a third offense. Parents will be notified when the second offense occurs. Shorts must be tailored (hemmed with no frayed edges). No spandex biker shorts or wind shorts are allowed (loose-legged, athletic running shorts) and shorts shall not be too tight.
2. Wearing of oversized or baggy pants and/or jeans is prohibited at school or at any school-sponsored activity on or off campus. **NO "saggin, baggin, or draggin."** Pants must be an appropriate length and not drag the floor. Boy's pants will be worn at the

waist and properly fit the waistline. NO excessive wide legged pants will be allowed. NO chains will be allowed on school property or at school sponsored functions.

3. Shirts and blouses must be buttoned appropriately with midriff and back covered at all times. (Tops must be long enough that skin does not show when arms are lifted). Clothing shall be designed, constructed, and worn in a manner that is not suggestive or indecent, and that shall promote proper decorum. The opening on any type of shirt shall not exceed the equivalent of the first button below the collar of a dress shirt. Tank tops and "See through chiffon blouses" will not be allowed unless they are worn with a crew neck T-shirt underneath it or a shirt worn over them during all school hours and activities. Tailored shirt shirttails must be tucked in unless you have a crew T-shirt underneath the shirt. (All tailored shirts will be buttoned and tucked into the pants or skirt when representing Borden County in any extracurricular activities). Sleeveless blouses are permissible but must in good taste. Appropriate undergarments must be worn and must not be exposed at any time.
4. Footwear shall be a part of regular attire. House shoes are not acceptable footwear. Not metal cleats or plates on the soles of shoes shall be worn in the building.
5. Hair shall be clean and well groomed at all times while attending school, school functions, and school sponsored activities. It will be styled in a manner that will keep it out of the student's eyes and not obstruct one's vision. No unnatural or bizarre hair colors or haircuts will be permitted.

- Eyebrows must not be notched or shaved in an unnatural manner. Male students' hair may be worn no longer than the top of the collar. In addition: geometric or unusual patterns will not be allowed to be shaved or cut in the hair, and boys may not wear pony tails, rat-tails, or braids. Students are to be clean-shaven at all times. Mustaches and beards are not allowed. Sideburns shall not be worn lower than the bottom of the ear lobe and no wider than one inch at the base.
6. Boys will not wear piercing jewelry. Girls may not wear exposed

piercing jewelry other than earrings. No tongue piercing will be allowed for boys or girls.

7. Sunglasses may not be worn in the building during school hours or events inside the building unless prescribed by a doctor.
8. All types of headwear are prohibited. No hats, caps, bandanas, or hoods may be worn inside the building by boys or girls unless approved by the school administration. This will include basketball games and other settings where the school administration, coach, or sponsor determines that headwear is inappropriate.

9. Any clothing or grooming not listed above that is determined by the school administration to pose a disruption, interference, or safety concern to the normal school operation or Borden County School Community will be prohibited and addresses as appropriate.

A student who violates the dress code shall be given an opportunity to correct the problem at school. If not corrected, the student shall be assigned to in school suspension either for the remainder of the day or until a parent or designee brings an

Cont. to pg. 3

2002-2003 Borden County ISD School Calendar

June	July	August
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31
September	October	November
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30
December	January	February
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28
March	April	May
S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31

177 Student Days + 3 Workdays + 7 Staff Development Days = 187

Key	Holidays	Teacher Workdays & Staff Development
○ School Days	Sept. 2 Labor Day	June 11, 12, 13 Herman Method-Liz Taft
☁ Weather Days	Oct. 14 Columbus Day	June 18 CPR
☽ Holidays	Nov. 27, 28, 29 Thanksgiving	July 30 CPR
□ Workdays	Dec. 23-31 Christmas	Aug. 12 ESL Strategies-Dr. Gonzales
◇ Staff Development	Jan. 1, 2, 3 New Year	Aug. 13 G/T Nature/Needs
	Jan. 10 Borden Co. Stock Show	Aug. 14 G/T Borden County ISD Plan
	Feb. 10 Stock Show	Aug. 15 DEC-Ted Dockery/Vickie Luchenbach
	Mar. 7-14 Spring Break	Aug. 16 Teacher Workday
	April 21 Easter	Dec. 20 Teacher Workday
		April 14 Staff Development
		May 31 Teacher Workday

Bad Weather Days - April 25 & May 9



BACK TO SCHOOL SUPPLIES

Kindergarten: Elmer's school glue (NOT paste), 2 glue sticks, 2 boxes of 16 crayons, scissors (Fiskars for kids), supply box (cigar box size), 4-#2 pencils, gym shoes, towel (for nap time), baby wipes or wet wipes, big eraser.

First Grade: 2 boxes of 16 crayons, 5-#2 pencils, supply box, scissors (Fiskars for kids), 2 medium sized bottles of Elmer's school glue, 2 glue sticks, 1 1-subject spiral notebook (wide ruled), gym shoes, larger box of wet wipes.

Second Grade: 12-#2 pencils, crayons, Elmer's school glue, red grading pencil, notebook paper (wide ruled), scissors, eraser, gym shoes, ruler, large box of wet wipes.

Third Grade: Loose-leaf notebook, notebook paper (wide ruled), spiral (wide ruled), 24-#2 pencils, 4 red pens or 4 red pencils, 12 inch ruler (metric & standard), small bottle of glue, crayons, 2 folders, gym shoes, 2 large boxes of wet wipes (less expensive brand is fine), 1 glue stick, map colors.

Fourth Grade: Crayons, map crayons, box of #2 pencils (no mechanical pencils), pencil sharpener (with a lid that will stay on - Bring pencils sharpened), 3 red grading pens (no black or blue pens), loose leaf notebook, zipper pencil bag for notebook, 8 folders with inside pickets (no brads), wide ruled notebook paper (no college ruled), standard and metric ruler, 2 large inexpensive boxes of wet wipes, glue sticks only, (no plastic molded crayon boxes), art gum erasers, scissors-smaller 6 inch size with sharp tips, 1 box of Kleenex, gym shoes.

Fifth Grade: Notebook, brown dividers with holes and pockets for notebook, notebook paper (WIDE RULED ONLY - NO COLLEGE RULED), 1 dozen #2 pencils, 4 red pens, 1 art gum eraser, no black or blue pens, 2 black sharpies (twin tip), 4 large glue sticks (.77 oz.), colored pencils (36 in box), 1 ruler with metric and standard measurements, Crayola Washable Markers super tip (50), Crayola Markers broad tip (10), scissors, 1 package 3x5 lined index cards, seven different colored spirals, (WIDE RULED ONLY, PLEASE), If you can find them with more than 70 sheets. NO three or five subject spirals. NO college ruled, 7 different plastic folders with pockets, No brads.

Sixth Grade: One 2 inch 3 4 ring notebook, 6 pocket dividers, 30 regular dividers, 1 package highlighters (5 different colors: green, blue, orange, yellow, pink), 1 package map colors (at least 24), 1 spiral notebook (wide ruled, 70 pages), 5 packages notebook paper (wide ruled), 2 boxes Kleenex, 1 package red pens (10 at least), 1 package black pens (10 at least), 1 package pencils (10 at least), 1 bottle glue (small), 1 glue stick (large), 1 package wet wipes, **ONE LARGE SMILE AND A GOOD ATTITUDE**

Mr. Ard - Grades 7th - 12th:

English (7th): 2" 3-Ring notebook (to keep in room; no zippers, please) 8 tabbed notebook dividers, 1 Yellow 2-pocket, 3-pronged folder, 1 composition book (100 pages; no spirals), pen pouch (for in-class notebook), loose-leaf notebook paper (wide or college ruled), black, blue, and red ink pens, pencils, highlighter(s).

English (8th): 2" 3-Ring notebook (to keep in room; no zippers, please), 8 tabbed notebook dividers, 1 Red 2-pocket, 3-pronged folder, 1 composition book (100 pages; no spirals), pen pouch (for in-class notebook), loose-leaf notebook paper (wide or college ruled), black, blue, and red ink pens, pencils, highlighter(s).

English I: 2" 3-Ring notebook (to keep in room; no zippers, please), 8 tabbed notebook dividers, 1 Green 2-pocket, 3-pronged folder, 1 composition book (100 pages; no spirals), pen pouch (for in-class notebook), loose leaf notebook paper (wide or college ruled), black, blue, and red ink pens, pencils, highlighter(s).

English III: 2" 3-Ring notebook (to keep in room; no zippers, please), 8 tabbed notebook dividers, 1 Blue 2-pocket, 3-pronged folder, 1 composition book (100 pages; no spirals), pen pouch (for in-class notebook), loose-leaf notebook paper (wide or college ruled), notecards (3 x 5, ruled), black, blue, and red ink pens, pencils, highlighter(s).

Speech: 1" 3-Ring notebook (to keep in room; no zippers, please), 5 tabbed notebook dividers, loose-leaf notebook paper (wide or college ruled), 1

VHS video cassette tape (can be used in theatre), notecards (3 x 5, ruled), black, blue, and red

ink pens, pencils, highlighter(s). **Theatre Arts:** 1"-3-Ring notebook (to keep in room; no zippers, please), 5 tabbed notebook dividers, loose-leaf notebook paper (wide or college ruled), 1 VHS videocassette tape (can be used in speech), black, blue, and red ink pens, pencils, highlighter(s).

Coach Avery - Texas History (7th), U.S. History (9th), World History (10th), W. Geography (11): Notebook paper, pens.

Mrs. Key - Math (7th), Math (8th), Algebra I (9th), Algebra II (10th & 11th), Pre-Cal (12th): Notebook paper, spirals, notebook, plenty of pencils, red pen.

Mr. Lewis - Science (7th), Science (8th), IPC (9th), Biology (10th), Chemistry (11th), Physics (12th): Notebook or pocket folder, pens. **Chemistry:** Inexpensive calculator

Mrs. Mayes - U.S. History (8th), Spanish I (10th), English II (10th), Spanish II (11th), Government/Economics (12th), English IV (12th), Spanish III (12th): 1 1/2 inch note-book, red pen.

Coach Richey - Math (7th), Algebra I (9th), Geometry (10th): Note-book paper, spiral notebook, notebook, dividers, (5 or 6), pencils, red pen,

BHS Dress Code

Cont. from pg. 2

acceptable change of clothing to the school. Repeat offenses may result in more serious disciplinary action. The principal, in cooperation with the sponsor, coach, or other person is charge of an extracurricular activity, may regulate the dress and grooming of students who participate in the activity (for example: cheerleader uniforms may vary from normal requirements according to principal/sponsor approval). Students who violate these standards may be removed or excluded from the activity for a period determined by the school administration or sponsor and may be subject to other disciplinary action.

Violations of the Borden County Dress Code may be handled through the Student Code of Conduct.

From the Counselor:
By Mary Airhart

NOTICE

The Toward Excellence, Access & Success (TEXAS) Grant has been highly touted by the legislature but was very restricted in the population that it served. However, those restrictions on who could get the money have caused Texas universities to return more than \$27 million so the legislature recently removed

highlighter, dry eraser markers (2 or 3).

Mrs. Stephens - 7th Grade Reading: 1 package of tab dividers, 1-1/2 inch binder notebook, pencil, red pen, black pen, 5 subject wide ruled spiral, 36 count map colors, 20 crayola super tip markers, wide ruled paper, 2 different colors-highlighters.

Mr. Wallace - Ag Science (8th - 12th): 8th grade: 3 ring binder notebook, 9 dividers, pens, notebook paper.

9th - 12th grade: Notebook paper, 9 dividers, pens, pencils.

the family income limitation. Since that family income cap has been lifted, all students who graduated from Texas high schools under the recommended program have become eligible for the grant, which pays tuition and fees in Texas colleges and universities. Students have 16 months from graduation to apply for the grant, which means that members of the graduating classes of 2001 and 2002 could be eligible.

All Borden County High School graduates of 2001-2002 graduated under the recommended program and are academically eligible for the TEXAS grant. Individual graduates should notify the financial aid office at their chosen college or university of their eligibility. This grant could close the gap between a family's ability to contribute and the expected cost, and will be especially beneficial to those students who are in state and private universities. Students must file a 2002 FAFSA to be eligible for the TEXAS Grant as well as other forms of state and federal financial aid. Contact Mary Airhart or your college or university office of financial aid for further details.

 **BACK TO SCHOOL**
Monday August 19th.

WANTED:

Parents for Parents Club

All parents are invited to come get involved and become a part of the Borden County Parents Club.

The first meeting will be August 19th, the first day of school at **8:15 a.m.** in the school Conference Room.

Officers for the coming year will be elected along with the election of Room Mothers. Other Parents Club Projects such as the Fall festival, the class parties for K-4th grades, Fund Raisers for the Scholarship Fund and any other necessary business that needs to be discussed.

HOPE TO SEE YOU ALL THERE!

GO COYOTES!

WE'RE LOOKING FORWARD TO ANOTHER GREAT SEASON

Borden County Independent School High School and Junior High School Updated Schedule for 2002-2003

Duty Time 8:00 a.m. - 4:00 p.m.

LUNCH SCHEDULE: K/11:25-11:55, 1st/11:25-11:55, 2nd/11:25-11:55, 3rd/11:30-12:00, 4th/11:30-12:00, 5th/12:05-12:35, 6th/12:05, 7th/12:25, 8th/12:30, 9th & 10th/12:36, 11th/12:35, 12th/12:33

TEACHER	PERIOD 1 8:05-8:50	RM	PERIOD 2 8:54-9:39	RM	PERIOD 3 9:43-10:28	RM	PERIOD 4 10:32-11:17	RM	PERIOD 5 11:21-12:06	RM	PERIOD 6 12:06-12:36		PERIOD 7 1:10-1:55	RM	PERIOD 8 1:59-2:44	RM	PERIOD 9 2:48-3:33	
Aguero, Hector	Conference (JH Locker Area)	34	2-3 8:50-9:25 K-1 9:25-10:00	34	Conference	34	Varsity Band Prep. 10:55-11:21	34	Band (8th - 12th)	34	Tutorials (Comp. Ed.)		Band (4th)	34	Band (6th & 7th)	34	Band (5th)	34
Ard, Darrin	English III (11th)	29	English (7th)	29	English (8th)	29	Speech (9th - 1/2 Sem 1) Speech (9th - 1/2 Sem 2)	29	Theatre Arts (9th - 12th)	29	Tutorials		Conference	29	English I (9th)	29	Ind. Study Speech (9th - 12th)	29
Avery, Bobby	World History (10th)	26	U.S. History (9th)	26	W. Geography (11th)	26	Texas History (7th)	26	Conference	26	Tutorials (11th)		PE (Junior High)	38	U.S. History (Comp. Ed.)	26	PE (High School)	38
Herridge, Cindy	Conference	8	English (6th)	8	Health (6th)	8	Social Studies (6th)	8	Math (6th)	8	Lunch 12:06-12:32 Tutorials(6th) 12:36-1:05		Reading (6th)	8	Comp. Ed.	8	Science (6th)	8
James, Kevin	P.E. (5th & 6th)	38	K-1 8:50-9:25 2-3 9:25-10:00	38	4th 10:00-10:30	38	Health (9th)	73	P.E. (High School)	38	Lunch (12:10-12:40)		PE (Junior High)	38	Conference	49	PE (High School)	38
Key, Darby	Conference	28	Geometry (10th)	28	Algebra I (9th - 1/2)	28	Pre-Cal (12th)	28	Algebra II (10th)	28	Tutorials		Algebra II (11th)	28	Math (8th)	28	Comp. Ed. Alg. I Sem 1 Comp. App. (8th) Sem 2	28
Lewis, Tom	Science (8th)	18	Conference	18	Biology (10th)	18	Chemistry (11th)	18	Comp. Ed.	18	Tutorials		IPC (9th)	18	Physics (12th) AP Biology	18	Science (7th)	18
Mayes, Sue Jane	Gov.(12th)/Sem 1 Eco.(12th)/Sem 2	25	English IV (12th)	25	Spanish III (12th)	25	U. S. History (8th)	25	Spanish II (11th)	25	Tutorials ESL		Spanish I (10th)	25	English II (10th)	25	Conference	25
Poole, Sheri	Conference	24	BCS I &/or BCS II (11th)	24	Accounting II (12th)	24	BCS I (10th)	24	BCS III/Comp. Media Webmaster	24	Tutorials (12th)		Intro. to Bus. (12th)	24	BCS II (11th)	24	Keybdg. (8th) Sem 1 Comp. Ed.	24
Richey, Trey	Math (7th)	36	Geometry (10th) (Comp. Ed.)	36	Algebra I (9th) (Comp. Ed.)	36	Conference	36	Comp. Ed. Algebra I	36	Tutorials (7th)		PE (Junior High)	38	Math (8th) (Comp. Ed.)	36	PE (High School)	38
Stamper, Beth	Home Ec. I (9th)	33	Special Ed.	15	Special Ed.	15	Special Ed.	15	Home Ec. II (10th)	33	Lunch 12:06-12:36 Conf. 12:36-1:20		Sp. Ed.	15	Sp. Ed.	33	Home Ec. (11th&12th) Teen Leadership/Life Skills	27
Stephens, Lori	Math (7th) (Comp. Ed.)	37	Title I	37	Reading (7th)	37	Title I	37	Tutorials (7th) Core Subjects	37	Tutorial (8th)		Title I	37	Title I	37	Conference	37
Wallace, Buddy	Ag. I (9th)	57	Pre-Voc. (8th)	57	Conference	57	Ag. IV (12th)	57	Ag. II (10th)	57	Tutorials (10th) Rm. 73		Ag. IV (12th)	57	Ag. III (11th)	57	Horticulture/Ag.	57
WTC	College Eng. I (11th)	74/ 75	College Eng. I (12th)	74/ 75														
WTC	College Gc.v. (12th) College Eco. (12th)	74/ 75	Psychology U. S. History	74/ 75														

LUNCH DUTY: Kevin James New Gym 12:40-1:05 Kip Wallace Old Gym 12:40-1:05 Mrs. James Old Gym 12:40-1:05

Elementary and Administration Schedule for 2002-2003

Duty Time 8:00 a.m. - 4:00 p.m.

LUNCH SCHEDULE: K/11:25-11:55, 1st/11:25-11:55, 2nd/11:25-11:55, 3rd/11:30-12:00, 4th/11:30-12:00, 5th/12:05-12:35, 6th/12:05, 7th/12:25, 8th/12:30, 9th & 10th/12:36, 11th/12:35, 12th/12:33

TEACHER	RM	PERIOD 1 8:05-8:50	PERIOD 2 8:54-9:39	PERIOD 3 9:43-10:28	PERIOD 4 10:32-11:17	PERIOD 5 11:21-12:06	PERIOD 6 TUTORIALS/RECESS 12:06-12:36	HS LUNCH/ELEM	PERIOD 7 1:10-1:55	PERIOD 8 1:59-2:44	PERIOD 9 2:48-3:33
Dye, Shirley Grade 5	9	Conference (8:05-8:50)					Lunch Tutorials 12:36-1:05				Conference (2:48-3:33)
Gray, Dorothy Grade 4	7			Conference (10:00-10:30)		Lunch	Tutorials		Conference (1:10-1:55)		
Murphy, Pat Grade 2	4		Conference (8:50-10:00)			Lunch	ESL Tutorials				
Miller, Paula Grade 1	3		Conference (8:50-10:00)			Lunch	ESL Tutorials				
Richey, Hayley Grade 3	5		Conference (8:50-10:00)			Lunch	Tutorials				
Smith, Deldre Kindergarten	1		Conference (8:50-10:00)			Lunch	ESL Tutorials				
Airhart, Mary Counselor/Librarian	17					Lunch	Library				
James, Stephanie Teacher Aide		Comp. Ed.	Comp. Ed.	Comp. Ed.	Comp. Ed.	Comp. Ed.	Comp. Ed.	Lunch	Comp. Ed.	Comp. Ed.	Comp. Ed.
Smith, Sue Teacher Aide					Lunch 10:55-11:25	Lunch Duty	Playground	Playground (5th/6th)			
Tarleton, Sheryl Library Aide	72					Lunch Count	Lunch Count & Lunch	Lunch Count			
Thomas, Kim Nurse	13			Attendance		Lunch					
Rinehart, Amy HS Secretary	31				Lunch 10:55-11:25	Lunch Duty	Playground				
Wallace, Kristen CIC	2		Lab	Distance Learning		Lunch	Playground	Gym Duty			

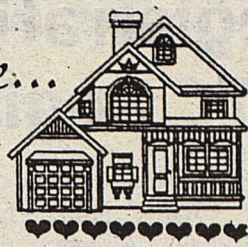
Aides - 15 minute break in the morning

Breaks are not to be attached with your lunch period

Aides - 15 minute break in the afternoon

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.

Back to School Children's Health Tips

It's nearly time for kids to go back to school, and one thing that should be at the top of all parents' back-to-school checklist is keeping their children healthy and safe this school year. The fact is, healthy kids are better prepared to learn in school and succeed in life. As the summer draws to a close, there are some important things to remember about children's immunizations, physical activities, backpacks, street safety, and health insurance.

First, parents should make sure that their children are up-to-date on all immunizations. Most children, ages four to six, are due to receive booster doses of diphtheria, tetanus and pertussis as well as polio, measles, mumps and rubella. If your school-aged child has not yet received these booster immunizations, they should be given promptly. An additional tetanus and diphtheria booster is recommended at age 11-12, and then a gain every 10 years. Because research is ongoing into developing new and improved ways to protect children from serious diseases, immunization guidelines change from time to time. Check with your family doctor or pediatrician about recommendations for your child.

Second, if your child will participate in sports, make sure they get a pre-season physical. And a wellness check is recommended for all kids, even those not planning to play sports. It's also a good idea for parents to educate their children about the importance of proper exercise and injury prevention. Here are some injury prevention tips for children

involved in sports, playground recreation and gym classes:

- Start training before the season or school year begins in order to build up strength and endurance gradually. This will decrease your child's chances for injury due to sudden, heavy workouts.
- In sports, make sure your school matches kids by size and physical maturity rather than age.
- Make sure your child is taught appropriate warm-up stretching techniques and performs them before workouts or games.

A third back-to-school health issue, often overlooked, is injury caused when children carry backpacks that are too heavy or worn improperly. Experts say that children should not carry backpacks containing more than 10 percent of the child's body weight. With the average textbook weighing 10-15 pounds each, it's quite clear that many children often carry around more than the recommended backpack weight. So what can parents do? For starters, you can talk to your child about eliminating any unneeded items from their backpacks and make sure that they are using both shoulder straps in order to spread the load more evenly.

Fourth, parents should consider talking to their children about issues of school bus and street safety. While school buses are very safe, safer than cars in fact, accidents can happen. Most school bus-related injuries occur not during a crash but while students are getting on or off the bus. Here are a few

bus safety tips to share with children getting ready to return to school.

- Wait for your bus in a safe area, away from traffic and the street.
- Stay away from the bus until it comes to a complete stop and the driver signals you to enter.
- When being dropped off, get off the bus and walk ten giant steps away from the bus, away from traffic and towards the closest curb. Keep a safe distance between you and the bus. Also, remember that the bus driver can see you best when you are away from the bus.
- Use the handrail when getting on or off the bus.
- Be aware of the street traffic around you.

Students who walk or ride a bike to school should use caution as well. Here are a few basic safety tips to share with your children:

- Keep a sharp eye out for cars and trucks! Never just assume they can see you.
- Observe all traffic signals - never cross the street when the light is red, even if you don't see any traffic coming.
- Walk your bike through intersections
- Walk with a buddy when you can.

The fifth and perhaps one of the most important things a parent can do to help make sure their children are healthy, safe and ready for school is to enroll them in children's health insurance. In fact, every parent with uninsured children should put applying for children's health insurance through TexCare at the top of their back-to-school checklist.

TexCare has two ways to insure children: Children's Medicaid and the Children's Health Insurance Program known as CHIP. Both programs give kids access to many benefits, including check-ups, shots, prescriptions, hospitalization, dental

vision and entail health care. TexCare has a simple application to fill out, which makes applying easy. To apply, call 1-800-647-6558 or visit

www.texcareparentnership.com.

And, if your child or children are already covered through CHIP or Children's Medicaid, don't forget to renew. After all, it only costs \$18 dollars a month or less to cover all your children.

All the back-to-school safety tips in the world can't protect children from every illness or accident. That's why making sure children are covered by health insurance is so important. Minding these safety tips will increase your children's chances for staying healthy, safe and ready to learn. And, covering your kids with children's health insurance will give you peace of mind as they prepare to return to school.

Borden Coyote Football Schedule 2002-2003

Aug. 23	**Aspermont	There	6:00
Aug. 30	**Jayton	Here	6:00
Sept. 6	Meadow	There	7:30
Sept. 13	Ropes	Here	7:30
Sept. 20	Ira	There	7:30
Oct. 4	***Highland	Here	7:30
Oct. 11	*Klondike	Here	7:30
Oct. 18.	*Sands	Here	7:30
Oct. 25	*Dawson	There	7:30
Nov. 1	*Loop	Here	7:30
Nov. 8	*Grady	There	7:30

*District Games **Scrimmages ***Homecoming
Varsity Head Coach: Bobby Avery
Assistant Coaches: Trey Richey & Kevin James
Band Director: Hector Agüero
Cheerleaders: Amanda Boucher, Shayla Gass, LaSahe Johnson, Emily Mayes, Cassidy Rinehart & Brandy Shafer
Mascot: Sunni Ship
Cheerleader sponsor: Lori Stephens

NOTICE

Borden County ISD Received Class sizes Reduction funds in the amount of \$5,204 for the 2001-2002 school year. Since our district already meet the intent of the law by having 18 or fewer students in kindergarten, first second, and third grades, and all of our teachers were certified to teach in the areas assigned, we were able to use the funds as part of a target assisted Title I program through REAP salaries.

El Distrito Independiente de la Escuela del Condado de Borden recibió fondos de la reducción de talla de la clase en la cantidad de \$5,204.00 por el año escolar 2001-2002. Puesto que nuestro distrito resolvió ya el intento de la ley teniendo 18 o pocos estudiantes en el jardín de la infancia, el primero, segundo, y tercero grado, y todos nuestros profesores fueron certificados para enseñar en las áreas asignadas, nosotros podíamos utilizar los fondos como parte de una programa tarjeta asistida Título I usando sueldos de REAP.

The Borden Star (USPS or PUBLICATION NO. 895-520) is published weekly except Christmas and New Year's week for \$12.00 per year by the Borden Star, P.O. Box 137, Gail, Texas 79738. Second-class Postage paid at Gail, Texas. POSTMASTER: Send Change of Address to the Borden Star, P.O. Box 137, Gail, Texas 79738.

Lost and Found Items

Dear Parents:

Numerous jackets and other items of clothing were left at school last year. A table will be set up in the cafeteria with these items during the first week of school. Please encourage your children or feel free to come to the school yourself to go through these items to see if any of them belong to your children. After the first week of school, the leftover items will be donated to charity or a needy family.

Thank you,
Borden County ISD

School Menu Week Of:

August 19th – 23rd,

MONDAY: Pizza, corn, salad, Fruit-A-Roo & milk

Breakfast: Muffin, fruit juice & milk. **TUESDAY:** Chicken fried steak, green beans, potatoes, hot rolls, fruit & milk. **Breakfast:** Pancake pup, fruit juice & milk.

WEDNESDAY: Chicken & Rice, carrot sticks, green peas, bread sticks, pudding & milk. **Breakfast:** Biscuits & gravy, fruit juice & milk.

THURSDAY: Fish, black-eye peas, potato salad, hush puppies, ice cream & milk. **Breakfast:** Cereal, toast, fruit, & milk.

FRIDAY: Cheeseburger, French fries, salad cup, cookies & milk. **Breakfast:** French toast, fruit juice & milk

Welcome Back!

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

Producers requested to tell TBWEF about spraying activities

Cotton producers use several insecticides to control pests in their fields, such as Furadan for aphids. So Texas Boll Weevil Eradication Officials request that growers contact their district office with information on when a field has been treated with any chemicals and what chemicals were used.

Although fields that have been treated must be posted, contacting eradication personnel will help ensure that employees take the necessary precautions to protect their health and safety when working in these fields.

The Foundation also wishes to avoid unnecessarily treating fields, as some of the pesticides growers use provide control of boll weevils.

For more information, growers may contact their local eradication office.

The Texas Boll Weevil Eradication Foundation is a nonprofit, grower-initiated and funded organization dedicated to eliminating the cotton boll weevil from the state in the most cost-effective and environmentally responsible manner possible.

Registration for WTC Begins

Western Texas College in Snyder will hold fall registration, August 22 according to the following schedule:

Sophomores (30+ hours)

8:30 am last names P-Z

9:30 am last names G-O

10:30 am last names A-F

Freshmen (0-29 hours)

1:30 pm last names P-Z

2:30 pm last names G-O

3:30 pm last names A-F

Evening (any students)

6:30 – 8:30 p.m.

Classes toward an

For a complete schedule of classes, call toll-free 1-888-GO-TO-WTC, or visit our website at wtc.cc.tx.us

associates degree in a variety of liberal arts and pre-professional fields are offered with a guarantee of transferability, along with programs in computerized business technology, criminal justice, early childhood education, emergency medical services, golf and landscape technology, vocational nursing, networking technician and welding.

NOTICE

"SPECIAL NEEDS" PROGRAM

Who exactly is a child with "special needs"? We know that all children needs and that every child is special. However, the needs of some children are greater than or different from those of the "typical" child. The special need might be in the area of mental, social, emotional, or physical development. If you are the parent or a friend of a child that might qualify for individual services, call Bill Tarleton, Special Education Director of Borden County ISD, Dawson ISD, and Klondike ISD at 806/756-4313, or contact the Child Find Coordinator at the Education Service Center at 806/792-4000.

NOTIFICACIÓN PUBLICA DE NONDISCRIMINACION EN PROGRAMAS DE LA EDUCACIÓN DE LA CARRERA Y DE LA TECNOLOGÍA

Borden County Independent School District ofrece programas de la educación de la carrera y de la tecnología en agronomía, la economía doméstica y aplicaciones del microordenador. La admisión a estos programas se basa en las necesidades de los estudiantes en el Borden County Independent School District.

Es la política del Borden County School District a no discriminar en base de la raza, del color, del origen nacional, del sexo, o de la desventaja en sus programas, servicios, o actividades vocacionales según los requisitos del título VI del acto de las derechas civiles de 1964, según la enmienda prevista; Título IX de las enmiendas de la educación de 1972; el acto de la discriminación de edad de 1975, según la enmienda prevista; y sección 504 del acto de la rehabilitación de 1973, según la enmienda prevista.

The Borden County Independent School District tomará medidas para asegurar que la carencia de las habilidades de lenguaje inglés no sera una barrera a la admisión y a la participación en todos los programas educativos y vocacionales.

Para la información sobre las sus derechas o procedimientos del agravio, entre en contacto con el coordinador del título IX, Jimmy Thomas, P.O. Box 95, Gail, Texas 79738, 1-806-756-4313.

PUBLIC NOTIFICATION OF NONDISCRIMINATION IN CAREER AND TECHNOLOGY EDUCATION PROGRAMS

Borden County Independent School District offers career and technology education programs in Agricultural Science, Home Economics and MicroComputer Applications. Admission to these programs is based on the needs of the students in the Borden County Independent School District.

It is the policy of The Borden County School District not to discriminate on the basis of race, color, national origin, sex, or handicap in its vocational programs. Services, or activities as required by Title VI of the Civil Rights Act of 1964, as amended; Title IX of the Education Amendments of 1972; the Age Discrimination Act of 1975, as amended; and Section 504 of the Rehabilitation Act of 1973, as amended.

The Borden County Independent School District will take steps to assure that lack of English language skills will not be a barrier to admission and participation in all educational and vocational programs.

For information about your rights or grievance procedures, contact the Title IX Coordinator, Jimmy Thomas, P.O. Box 95, Gail, Texas 79738, 1-806-756-4313.

Watch Out for the Children!

An Important Reminder from:



BACK TO SCHOOL

Moore-Rains Insurance

Frances Rains Stephens

701 8th. Street – O'Donnell, TX

806/428-3335

In Case of Emergency Call:

Borden County EMS

806/759-5111



Let Me Get My Hat!

By Dennis Poole,
Borden County CEA-Ag.

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 Court of Texas Cooperating.

West Nile Virus Advances Westward

A horse in Haskell County, about 50 miles north of Abilene, Texas, tested positive Wednesday, August 7 for the mosquito borne disease West Nile Virus. This is the 21st horse to test positive for WNV.

Until now, WNV had been detected only as far west as Travis County. The virus was confirmed in a dead blue jay submitted from southwest Austin on July 17. Infected birds have been found in seven counties: Collin, Dallas, Galveston, Harris, Montgomery, Tarrant and Travis. Infected mosquitoes have been detected in Dallas, Fort Bend, Harris, Orange and Jefferson counties.

Owners of horses, donkeys, mules, and other equids are urged to vaccinate their animals against this form of "sleeping sickness" which continues to spread westward. To gain protection against the virus, however, equids need two injections of WNV vaccine administered at least three to six weeks apart. The animal will not develop full immunity for about four to six weeks after the second injection. Also residents are urged to apply insect repellents if you are going to be outside when mosquitoes are active. There is no vaccine

Farm Bill Clinic

An informational clinic on the new Farm Bill will be held at the Community Building in Gail on Thursday, August 15, 2002 at 10:00 a.m.

Mr. Victor Ashley, Farm Service Agency-Director, Mr. Kevin Wright, Natural Resource Conservation Service-

for humans, so disease prevention is our only option.

Drain all sources of stagnant water, keep pools optimally chlorinated, and change water in birdbaths daily to prevent mosquitoes from using these sites for breeding grounds. Because some mosquitoes breed in grassy areas, it's also a good idea to keep areas around homes mowed. Because blue jays, crows and more than 70 other species of birds carry the virus, they do not pose a direct WNV health risk to humans or horses. The disease cycle must involve mosquitoes that feed on the infected birds, then transmit the disease to humans or horses.

WNV will continue to spread, but like the veterinarian in Haskell County, we need always to consider rabies or other diseases, if animals stagger, are unable to rise, or become disoriented. Although fairly rare, rabies can strike livestock, and if owners handle an animal stricken with the disease, they must receive preventive medical treatment. It's important to have a diagnosis when livestock become extremely sick or die. If your animals are exhibiting signs of neurological distress, notify your veterinarian.

District Conservationist, and Dr. Jackie Smith, Texas Cooperative Extension-Economist will be on hand to discuss pertinent facts about the new farm bill and its effect on farming operations. If you would like to learn more about the new farm bill, we urge all

The Only Grizzly Ever Killed in Texas

"Everybody thought it was just another bear, but the dogs knew different. The hair on their backs wasn't acting right."

I have interviewed people who knew about the grizzly bear killed near Fort Davis, but I'm always hesitant to use third person stories (he or she did this or that). I like stories that begin in the first person: "I did this or that."

Then I met Jean Flint of Alpine. Her grandfather, C.O. Finley, was the man who shot the bear. Mr. Finley wrote a narrative of the hunt, which occurred in 1900 between Fort Davis and Valentine. The story of the hunt was first published in 1902. Jean and her husband Bob sent me the story, which I'll paraphrase and pass on here. It is a fabulous pioneer West Texas Story.

"In the early 1890's, ranching families in the Davis Mountains started having huge bear hunts which became annual events. Friends from all over Texas joined the week-long hunts. The hunting party ranged from forty to seventy people and included men, women and children.

"We had from 100 to 150 saddle horses and three or four chuck wagons with plenty of good cooks. We hardly ever failed to get a bear and sometimes two or three everyday.

"On the third day of November, 1900, we traveled eight or ten miles, over very rough country, full of canyons, bluffs and lots of timber from shinary oak thickets and pine trees fifty feet high. The dogs picked up the scent of something and they went after it. John Means and I followed the dogs. It turned out to be a dead cow. Part of her had been eaten. Suddenly, this big

producers and interested persons to attend. For more information, you may call the Extension office at 806.756.4336.



Texas Stories

A showcase of the Texas Spirit

Tumbleweed Smith
Part owner of Texas

bear stepped from the thicket. We weren't close enough to get a shot so we went down the mountain as fast as we could. When we got there, the bear was gone.

"We followed the dogs about a mile and a half and saw the bear standing there with his face toward us. We began pouring led into him with our .30-.30's. We evidently got him on the first volley of shots because he started to pitch and bellow like a wild bull. When we got to within 100 feet of him we saw that he was so big we couldn't carry him. We used our cowhorns to signal to some of the group and eight men showed up. We took the hide off, complete with feet and head, and put it on the biggest, strongest horse we had. We estimated the bear weighed 800 pounds, since the hide weighed 400 pounds.

Washington came to the mountains and ended up staying with us. He heard about our hunt and saw the bear head hanging over our door. Soon after he left, I got a letter from Washington asking me to sent the head. They examined it and said it was a grizzly, the only one ever recorded in Texas."

This most rare specimen is now in the Smithsonian Institute of Natural History.

"We took the feet and head off and gave the hide to L. S. Thorn, a railroad superintendent. I took the head home, put it in a big washpot and boiled the meat off of it. I scraped and cleaned it up good and hung it over our front door outside and never did expect anything to be done with it other than to be seen and admired by our guests.

"But a biologist from

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To the Borden County EMS.

Thank you so much for the care that you provided for me recently when I had trouble with my tonsils. I appreciate all of you.

Sincerely, Thelma Balague

Branon Funeral Home

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Lamesa, Texas

What You Need To Know About Credit

Are you a good credit risk? Credit is a great convenience when used wisely and responsibly. Often times, people forget that credit is a privilege, not an inalienable right.

What Creditors Look For

- Assets they can use in the event you are unable to repay the debt
- Factors affecting your ability to pay, such as job stability and income.
- How much you own and if you have made payments in a timely manner

Some people equate more credit with more money. This is not the case. Credit simply allows you to enjoy something today and pay for it tomorrow.

How to Establish a Credit History

- Establish a checking and savings account
- Open a charge account with a department store and make prompt payments.

- Apply for a gasoline credit card
- Find a co-signer

There are several factors that will affect your ability to obtain credit:

- Late payments
- Too many credit cards
- Paying less than the minimum payment
- Having your overdue account referred to a collection agency
- Declaring bankruptcy

If you look in your mailbox or read your e-mail, it would appear there is no shortage of credit. But beware! In most cases, it is better to destroy the credit offers received in the mail so that no one else will pick up the application and apply for a card in your name. If you receive offers via the Internet, simply press the delete button without ever opening the message.

Creditors usually base their decisions on your credit worthiness by looking at your credit report, which is a record of the balances on

your loans and credit cards and your payment history. Credit reports also contain public record information such as bankruptcy, overdue property/taxes and child support and the names of everyone who has recently requested a copy of your report.

The Independent Bankers Association of Texas suggests you check your credit report at least once a year to make sure the information is correct. It is also wise to check your report to safeguard against fraud in case someone is using your personal information to set up false accounts.

How Do I Get A Copy of My Report?

There are three major credit bureaus:

Equifax
www.equifax.com
1-800-685-1111

Experian
www.experian.com
1-888-397-3742

TransUnion
www.transunion.com
1-800-888-4213

If you are turned down for credit because of your credit report, you will receive an "adverse action" notice from the creditor. You are then entitled to a free copy of your credit report. Otherwise,

there is a modest fee for your report.

Should you discover incorrect information on your credit report, contact the credit bureau immediately. Federal law prohibits inaccurate or obsolete information from being reported in your credit file.

Remember, good credit is a valuable commodity that allows you the convenience of enjoying something now and paying for it later. However, if misused, credit can be disastrous to your financial health.

Provided as a public service by the Independent Bankers Association of Texas.

NOTICE OF PUBLIC MEETING TO DISCUSS BUDGET AND PROPOSED TAX RATE

The Borden County I.S.D. will hold a public meeting at 7:00 P.M. August 26, 2002 in the Borden County I.S.D. School Cafeteria.

The purpose of this meeting is to discuss the school district's budget that will determine the tax rate that will be adopted. Public participation in the discussion is invited.

The tax rate that is ultimately adopted at this meeting or at a separate meeting at a later date may not exceed the proposed rate shown below unless the district publishes a revised notice containing the same information and comparisons set out below and holds another public meeting to discuss the revised notice.

Comparison of Proposed Rates with Last Year's Rates

	Maintenance & Operations	Interest & Sinking Fund*	Total	Local Revenue Per Student	State Revenue Per Student
Last Year's Rate	\$ 1.4500	\$ 0.000 *	\$ 1.4500	\$23,155	\$ 218
Rate to Maintain Same Level of Maintenance & Operations Revenue & Pay Debt Service	2.1522	0.000	2.1522	23,144	300
Proposed Rate	\$ 1.4500	\$ 0.000 *	\$ 1.4500	\$	\$ 300

* The Interest & Sinking Fund tax revenue is used to pay for bonded indebtedness on construction, equipment, or both. The bonds, and the tax rate necessary to pay those bonds, were approved by the voters of this district.

Comparison of Proposed Levy with Last Year's Levy on Average Residence

	Last Year	This Year
Average Market Value of Residences	\$ 20,618	\$ 19,090
Average Taxable Value of Residences	\$ 12,546	\$ 10,783
Last Year's Rate Versus Proposed Rate per \$100 Value	\$ 1.45	\$ 1.45
Taxes Due on Average Residence	\$ 181.92	\$ 156.35
Increase (Decrease) in Taxes		\$ (25.57)

Under state law, the dollar amount of school taxes imposed on the residence homestead of a person 65 years of age or older or of the surviving spouse of such a person, if the surviving spouse was 55 years of age or older when the person died, may not be increased above the amount paid in the first year after the person turned 65, regardless of changes in tax rate or property value.

Notice of Rollback Rate: The highest tax rate the district can adopt before requiring voter approval at an election is 2.21. This election will be automatically held if the district adopts a rate in excess of the rollback rate of 2.21.

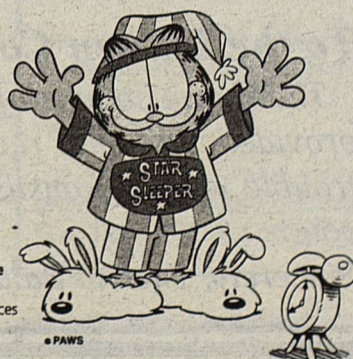
Fund Balances

The following estimated balances will remain at the end of the current fiscal year and are not encumbered with or by a corresponding debt obligation, less estimated funds necessary for operating the district before receipt of the first state aid payment:

Maintenance and Operations Fund Balance(s)	\$ 10,045,450.00
Interest & Sinking Fund Balance(s)	\$ 0

Sleep Well, Do Well

For kids to do their best in school or at play, they should get at least nine hours of sleep every night. **Kids can be Star Sleepers like Garfield.** Visit <http://starsleep.nhlbi.nih.gov> for sleep tips and fun activities.



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