

THE BORDEN STAR

Volume XXXI

January 8, 2003

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

2003 BORDEN COUNTY JR. LIVESTOCK SHOW

THURSDAY, JANUARY 9
STEER SHOW - 6:00 P.M.

FRIDAY, JANUARY 10
LAMB SHOW - 8:30 A.M.
GOAT SHOW - AFTER LAMB SHOW
SWINE SHOW - AFTER GOAT SHOW

SATURDAY, JANUARY 11
7:00 - 9:00 AM
COMPLIMENTARY RANCH BREAKFAST

AWARDS CEREMONY - 9:00 A.M.
PREMIUM SALE - 9:30 A.M.

*Everyone is invited to attend our
2003 BCJLA Stock Show!!!*

Lamesa Howard College sign-up

Sign-up begins Wednesday for the spring semester classes offered through the Lamesa campus of Howard College.

Registration will be held 11:30 a.m. to 6:30 p.m. Wednesday, at the local campus office, 1810 Lubbock Highway, in Lamesa. Late

registration will be held Jan. 13-17.

Classes for the spring semester begin Jan. 13 and end May 9, with final exams scheduled May 5-8.

New students must provide an official copy of their high school transcript, GED scores or previous college

transcripts (other than Howard College).

Students should see a counselor or staff member to determine TASP status. Returning students who have not passed TASP must meet

Cont. to pg. 6

TDA Embraces a Bull-ish Lottery Market!

The Texas Department of Agriculture has gone bull-ish on *Blue Ribbon Bucks*, the latest scratch-off lottery ticket game from the Texas Lottery Commission. In a unique partnering venture between state agencies, TDA provided the Texas lottery Commission with the photo portrait of "Houston," a two-year-old Grand Champion Polled Hereford bull that is now featured as one of four "blue ribbon" Texas stock show animals on the lottery ticket game, made available to the public in mid-October.

"For a game called 'Blue Ribbon Bucks,' I can't think of a better blue ribbon champion to feature than Houston," said Terri Barber, TDA director for Livestock marketing. "Houston has some incredible credentials and is a true testament to raising the best in Texas cattle."

In addition to winning the coveted grand Champion Bull title at this year's Houston Livestock Show, Houston has won the Reserve Champion Polled Senior Yearling Bull title at the 2002 National Western Stock show in Denver, and the Reserve Grand Champion Bull title at the 2002 Fort Worth Stock Show. The bull is co-owned by Larson's Polled Herefords of De Soto; Steve Osborne of De Soto; B&C Janssen Farm of Liberty, Illinois and Johnathan Harfst of Easton, Illinois.

Texas is the nation's leader in cattle production and home to more than 14 million head of cattle and calves - more than double the number raised in the second leading state. Cattle are found on more than 150,000 Texas farms and ranches, and sales of cattle and calves account for almost half of all agricultural cash receipts in the Lone Star State.

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

Boys, Girls, JV

District Play Begins with Sweep of Sands

By Sue Jane Mayes

A month ago, both Borden High School boys and girls basketball teams were riding a high: championships in the annual Coyote Christmas Classic will do that.

Two weeks ago, they both experienced some lows: disappointing losses in the Post Tournament right before district play.

But after Friday night, both Coach Kevin James and Coach Trey Richey have reason to feel good as BHS began district play with wins over district rival Sands.

The boys took a hard-fought 53-45 win while the Lady Coyotes overcame a slow first quarter to trounce Sands, 71-25.

The junior varsity boys also won their first contest of the season, 47-21.

The girls' junior varsity did not have a game, but will return to action Tuesday night at Grady and at home Friday night against Dawson.

BOYS' GAME

Sophomore Ben Griffin did what coaches know is often the difference in tight games—he made free throws down the stretch that helped the Coyotes win their first district game of the season.

In the final quarter, Griffin went to the line eight times, sinking six of those.

On the night, he was 12-of-16 and finished with 16 points to lead BHS in scoring.

Every point did count in this game which, from the tip-off, had all the makings of a classic rival game.

Sands jumped out to an early 4-0 lead before senior Talin Pepper got the Coyotes on the board at the 6:13 mark with a soft pull-up jumper from the top of the key.

Junior Shane Tarleton followed that with a steal on Sands' next possession and then was fouled while shooting on the other end.

He made one of the two from the line to make it a 4-3 Mustang lead.

Sands was unable to convert its next possession and then fouled senior Brionne Jackson who made one of his two free throws to tie the score with 5:30 remaining in the first quarter.

The quarter ended that way, too, at 11-11 as Pepper launched a perfect 3-pointer at the buzzer, giving the Coyotes some momentum going in to the second period.

That swing continued as BHS hit the boards for key rebounds to keep their first possession alive in the quarter.

Sands then was called for a technical for an error in their books (two players with the same number); Griffin hit one of the two free throws to put the Coyotes ahead, 12-11.

The next seven minutes saw BHS gain the advantage when Sands was called for its 10th foul with more than half of the quarter still to play.

Jackson's defensive rebounding—due to hustle and some great blockouts by his teammates—kept the Coyote lead intact as the half wound down with the Coyotes ahead, 23-20.

In the first half, BHS managed only 3 offensive boards from a 6-28 shooting performance, but free throws and defensive rebounding helped offset.

Sands responded as the second half began with successive baskets, taking a 24-23 lead.

The Coyotes, however, were up to the challenge in this important third quarter as they shot 50% from the field (4-of-8) and crashed the boards for seven offensive rebounds.

Coach Richey saw several players step up in crucial times in the quarter to make the big play and keep the Coyotes ahead.

Griffin muscled an offensive rebound and put-back to put BHS in front 25-24 at 6:56.

Jackson's left-handed band shot then made it a 27-

24 game.

After Sands tied the score at 29, junior Shane Tarleton coolly hit a pull-up jumper at the top of the key to regain the lead.

Sands' last lead of the game came with 1:19 left in the third quarter on Heath Webb's bucket, making it a 36-34 Mustang lead.

Again, rebounding was the answer as Kyle Pinkerton got the offensive put-back.

Senior T.J. Sharp made his presence known on the following possession as he converted a three-point play the old-fashioned way after being fouled on a lay-up.

Griffin closed out the third quarter with a steal, driving the length of the court for the lay-up that put BHS up 38-36.

Sands got as close as 42-40 in the final quarter, but a 9-of-14 mark at the free throw line and five defensive rebounds gave the Coyotes the edge.

Tarleton along with sophomore Adam Carter made some crucial plays in the final minutes.

Tarleton had two big rebounds under the Mustang basket along with a steal while Carter hit a jumper and was fouled on a defensive rebound—he made one of the two free throws to make it a 45-40 Coyote lead with 1:17 left in the game.

Griffin and Pepper finished off the points at the free throw line as BHS won its 11th game of the season against nine losses.

The Coyotes sport a 1-0 district record as they travel to Grady for Tuesday night's matchup and host Dawson Friday.

Grady is ranked number four in the state in Class A Division II.

GIRLS' GAME

Throw out all records when Sands and Borden County girls face off.

The Lady Coyotes had to contend with some of that

rival-atmosphere for a quarter, but after those first eight minutes the girls settled in to their game and decisively took it to the Lady Mustangs, winning 71-25.

After opening with only an 8-7 advantage after the initial period, BHS unleashed an incredible 11-of-15 shooting performance in the second quarter to score 28 points.

Hitting four-of-four from beyond the arc, 7-of-11 from the field, and 2-of-2 from the free throw line, the Lady Coyotes looked like the team that advanced to last year's State Semi-Final game in Ft. Worth.

Senior Kyla Culp had the touch as she did the three-point damage to the host team.

All four 3's came in the second quarter as Culp was "in the zone."

She also had a jumper that found net to give her 14 points in the second period. She finished with 20 on the evening.

Bobbie Kempf finished in double figures again, chipping in 16 points to go along with four blocked shots on the evening.

Full-court pressure defense helped create many of the Lady Coyote baskets.

Pati Rodriguez and Jami Gass combined for six steals on the evening (three each) while Micah Hensley and Shayla Gass had two.

One of Shayla's steals resulted in a drive to the basket for a lay-up that gave BHS a 22-8 lead with 2:39 left in the first half.

Sophomore Ashley James pulled down an offensive board and drove in for a lay-up with :32 left before half, giving BHS a 34-10 lead.

The second half was a continued display of defense and good ball movement as the girls fed each other underneath for several buckets.

Bobbie found Hensley and Culp with back-to-back assists as the third period of

play began, pushing the Lady Coyotes to a 40-11 lead.

Leading 52-19 going in to the final quarter, BHS did not let up as the girls scored 19 points.

Rodriguez scored two of her four points in the quarter on a steal and driving lay-up with 4:59 remaining.

BHS held Sands to just six points in the fourth quarter to earn their 17th win of the year against just four losses.

JV BOYS' GAME

The junior varsity boys are now undefeated—in district play. A 47-21 win over the Sands JV also gave the guys their first win of the season.

After struggling in the non-district schedule, the Coyotes used a determined effort to secure win number one in the season that really counts: district.

First quarter play was tight as BHS held just a 10-8 lead, but strong play in the second and third quarters in which the Coyotes combined to outscore Sands 30-11 turned the game around.

Not one but two Garretts paced the scoring attack. G. Chapman's balanced offensive play (four free throws, one 3-pointer, and three field goals) led BHS with 13 points while G. Thomas finished with 12 points.

All Coyote players scored: Andy Lozano (7), Austin Tarleton (6), Andrew Lamming (4), John Wilson (2), Trey Soto (2), and J Ryan Gicklhorn (1).

Chapman was also the leading rebounder with seven on the evening while Lozano paced the Coyote defense with three steals while Gicklhorn blocked one shot.

Tarleton and Lozano were also credited with two assists each.

The JV travels to Grady Tuesday night and returns home Friday for another district game against Dawson.

BHS SEASON RECORDS

Basketball
2002-2003
as of 1-06-03

Varsity Boys:

11-8 season
1-0 district
averaging 47.9 ppg.
allowing 44.7 ppg.
Of the eight losses, only one is to a Class A school—others were losses to AA, AAA schools
T.J. Sharp, 15.1 ppg.
Talin Pepper, 11.9 ppg.

Varsity Girls:

17-4 season
1-0 District
averaging 56.1 ppg.
allowing 38.0 ppg.
losses to Idalou, Midland Christian, Snyder, Petersburg
Bobbie Kempf, 12.1 ppg.

Make the Grade

Third Six Weeks

Beta

Senior: Micah Hensley and Talin Pepper **Junior:** None; **Sophomore:** Garrett Chapman, Ashley James, LaShae Johnson, Emily Mayes and John Wilson. **Freshman:** None; **Eighth Grade:** None; **Seventh Grade:** Sharelle Gass and Rachel Wilson; **Sixth Grade:** Katherine Froman and Carlos Hernandez.

Honor Roll

Senior: Michele Bond, Tanner Poole, and T.J. Sharp **Juniors:** Jami Gass, Menda James, Kyle Pinkerton, and Shane Tarleton. **Sophomore:** Billy Roper; **Freshman:** Whitney Anderson, Andrew Lamming, and Trey Soto **Eighth Grade:** Ana Arellanos, Clint Chapman, Becky Dobyns, and Taylor Peterson; **Seventh Grade:** Heather Brooks, Logan Howard, Shelby Roberts, Miller Valentine, and Kate Wallace; **Sixth Grade:** Tyrell Massingill **Fifth Grade:** Aaron James, D'Nae Johnson, Rachael Payne, Chellsie Pigford, Lacey Roberts, Chelsea Stephens, and Raylea Underwood; **Fourth Grade:** Bailey Anderson, John Hensley, Taylor Richey, Tony Soto, Krista Tarleton, and Miles Valentine. **Third Grade:** Austin Field, Seleste Herridge, Chance Taylor, and Austin Tyler. **Second Grade:** Annie Elias, Jacob Elias, Celina Guerrero, Lexi Peterson, Tanner Richey, Riley Smith, Teryn Soto and Brittney Stroope.

1st Semester Beta

Senior: Micah Hensley and Talin Pepper; **Junior:** None

Sophomore: John Wilson; **Freshman:** None **Eighth Grade:** None; **Seventh Grade:** Rachel Wilson.; **Sixth Grade:** Katherine Froman, and Carlos Hernandez

1st Semester Honor Roll.

Senior: Michele Bond; **Junior:** Jami Gass, Menda James, Kyle Pinkerton and Shane Tarleton; **Sophomore:** Garrett Chapman, Ashley James, Emily Mayes and Billy Roper **Freshman:** Whitney Anderson and Andrew Lamming; **Eighth Grade:** Clint Chapman; **Seventh Grade:** Miller Valentine **Sixth Grade:** Tyrell Massingill **Fifth Grade:** Aaron James, Chellsie Pigford, Lacey Roberts, Chelsea Stephens and Raylea Underwood. **Fourth Grade:** Bailey Anderson, John Hensley, Taylor Richey, Tony Soto, Krista Tarleton and Miles Valentine; **Third Grade:** Austin Fields, Seleste Herridge, Chance Taylor and Austin Tyler **Second Grade:** Annie Elias, Celina Guerrero, Tanner Richey, Riley Smith and Teryn Soto.

Host Baylor at 2 p.m. in United Spirit Arena

Lady Raiders Set to Conference Play Saturday

By Sue Jane Mayes

Just a little over an hour's drive north is one of Texas's best women's collegiate basketball teams—and also one of the best in the nation.

The Texas Tech Lady Raiders, in the decade since its 1993 NCAA Championship, has continued its national prominence under the leadership of head coach Marsha Sharp.

Sharp's 2002-2003 Lady Raiders will enter Saturday's Big 12 conference opener with an 11-1 record and ranked eighth in the nation.

In October, Big 12 coaches gave the Lady Raiders the nod as the pre-season favorite to win the conference title, which they did in 1998 and 1999.

To do so, Tech is going to face what has become a conference known for its parity—currently five Big 12 teams are ranked in the AP Top Twenty-Five.

Last year's champion, Oklahoma, advanced to the

NCAA Final Four before losing to Connecticut in the final game.

The Lady Raiders are known for their tough non-conference scheduling, and this year has been no exception.

After losing their first game to Louisiana Tech (ranked #14), the women have posted wins against Washington, Oregon State, and Rutgers among others.

Baylor will bring an identical 11-1 record to Lubbock. Last year the two teams split, with each winning on their home court.



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 - 3 popcorn
 - 3 drinks
 - \$20.00

lower-level conference game tickets \$15
upper level conference game tickets \$6
Group Tickets
(806 742-1195)
10-99 \$5 per person

School Menu

Week Of:

Jan. 6th – 10th, 2003

MONDAY: Beef & Bean Burrito, potato wedges, salad, pudding & milk.

Breakfast: Pancakes Pups, fruit juice & milk.

TUESDAY: Chicken Spaghetti, green peas, spinach, bread sticks, fruit & milk. **Break-fast:** Ham & egg on a biscuit, fruit juice & milk.

WEDNESDAY: Roast Beef, potatoes, green beans, hot rolls, fruit & milk.

Breakfast: Cereal, toast, fruit juice & milk

THURSDAY: Cheese-burger, French fries, salad cup, cookies & milk.

Breakfast: Hot pockets, fruit juice, & milk.

FRIDAY:

NO SCHOOL
Stock Show
Day

News from the Upper Colorado SWCD
Trees & Shrub Species
Eastern Redcedar

Please don't confuse this tree with the redberry and blueberry juniper we have in this area. The eastern redcedar is an evergreen with a conical shape, and will branch to the ground. It can reach heights of 25 to 50 feet at maturity. It's leaf color ranges from a deep green in the summer to purple with rust-colored tips during the winter.

This evergreen has many advantages. For starters, it grows well in shallow and alkali soils. Eastern redcedar is drought and cold tolerant, plus is relatively disease and insect free. The tree's growth pattern provides good escape and nesting cover for several

species of birds. A couple of words of caution about the eastern redcedar are in order. The leaves (needles) are prickly, and this variety can be hard on people with hay fever problems.

For more information about the eastern redcedar or any other varieties, call or come by the Upper Colorado Soil & Water District Office. The office is located in the Scurry County USDA Office Complex at 5309 Big Springs Hwy. Phone number is 915/573-6317.

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.

Dieting? It is OK to Go Nuts!

If you have sworn off nuts because you fear you will put on pounds, fear no more. A growing body of evidence suggests otherwise. Here is the latest study.

New Study in a Nutshell. In the August *International Journal of Obesity*, researchers at Purdue University reported the effects of daily peanut consumption on body weight, safety and metabolism. Fifteen healthy adults completed three phases of the study. For eight weeks, they were given 500 calories (about 3 oz.) worth of peanuts each day to eat whenever they chose, with no dietary restrictions. For three weeks, they were told to eat the peanuts in addition to a portion-controlled diet. And for another eight weeks, they substituted peanut butter for half the fat in their diets, keeping calories constant.


Nutty Results. While participants in the first two phases did not lose weight, they gained significantly less than the researchers had predicted - only two pounds during the first phase, instead of an expected eight pounds. During the second phase, they gained just over one pound instead of an expected

three pounds. And there was no weight change during the last phase, as expected, since calories did not change.

Nuts and Bolts Explanation. Peanuts (and presumably tree nuts) satisfy your hunger, probably due to their high fiber and protein content. It is suspected that during the first phase of the study, participants ate less food the rest of the day, thus compensating for the extra peanut calories. In addition, the participants' energy expenditure increased 11% on average, after the 19 weeks of peanut eating. The researchers theorize that peanuts' high content of unsaturated fats, which are burned preferentially to saturated fats, may increase the body's metabolism.

The Bottom Line. There's little reason not to include peanuts and tree nuts in your diet (unless you have an allergy of course!). Besides a potential role in weight control, nuts provide healthful unsaturated fats, fiber, protein, vitamin E, copper, iron, magnesium, zinc and several phytonutrients that help protect against heart disease and cancer.

Source: *Environmental Newsletter*, November 2002



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.

Southern Mesa Agricultural Conference Slated for January

A direct result of producer-requested educational programming, the Southern Mesa Agricultural Conference will focus on regulations and policies affecting Texas agriculture as well as the BMP's (Best Management Practices) for cotton, grain sorghum and peanut production.

The conference will be held Monday, January 20 in the Dawson County Annex Building, located at 609 North First Street in Lamesa, Texas, and will begin at 8:00 a.m. The registration fee, which includes technical sessions, door prize ticket, lunch, refreshments, educational materials and access to exhibits, is \$15 if paid by January 16, 2003, the registration fee will be \$20. Registration forms and fees, payable to "S.M.A.C.", should be sent to the Dawson County Extension office at PO Box 1268, Lamesa, Texas 79331.

The program, sponsored by the Texas Cooperative Extension in Dawson,


Borden, Scurry, Mitchell, Lynn, and Garza counties, will also feature information on Cotton Production (Irrigated & Dryland); 2003 Guar, Sunflowers, Grain Sorghum Production; 2003 Look at Peanut Production; Agricultural Weed Control for Southern High Plains; Alfalfa, Forage Systems, Wheat, and hay Production; Economics of Cotton Plants Response to Squaring for Insect Management and Irrigated Management; and Laws & Regulations. Top quality speakers from across the State and the South Plains area will make presentations

concerning current research production trials. Producers will have the opportunity to discuss their experiences with experts, specialists and other growers. Also, producers will be able to visit commercial booths throughout the day.

Five Continuing Education Units (CEUs) (1 IPM, 1 Laws, 2 General) will be provided for private, commercial and non-commercial applicators for attendance at this program.

Speakers include Dr. Randy Boman, Dr. Calvin Trostle, Dr. Peter Dotray, Dr. Todd Baughman, and Extension Agents Tommy Doederlein and John Farris all with Texas Cooperative Extension.

Producers who wish to pre-register should mail their check for registration to Texas Cooperative Extension, PO Box 1268, Lamesa, TX 79331. Remember, the registration fee is \$15 if paid by January 16, 2003, after January 16, the fee will be \$20.



Keeping an Eye on Texas


Bang for the Buck

At a time when the state's belt is tightening, the question of the hour is whether the state is making the best use of taxpayer dollars. According to a study by the Texas Association of Community Colleges (TACC) released in June 2002, the state is getting its money's worth from its community colleges.

Community colleges are post-secondary institutions that offer a variety of educational programs, including certificates, associate degrees and individual courses that students can transfer to four-year colleges or use for professional or personal enrichment.

The American Association of Community Colleges reports there are 1,166 community colleges in the United States, serving more than 10 million students. The average annual tuition for community colleges nationwide is \$1,518, compared with an average of \$3,754 for a four-year public college.

Sources: Texas Comptroller of Public Accounts Carole Keeton Rylander (www.window.state.tx.us) and the College Board.



Average Annual Tuition Nationwide
Community College
\$1,518
Four-year Public College
\$3,754

Let's Go Coyotes!



Get Ready for a WINNING SEASON

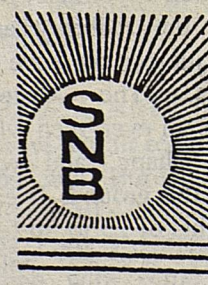
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Obituaries

Royce Nance 1954-2003

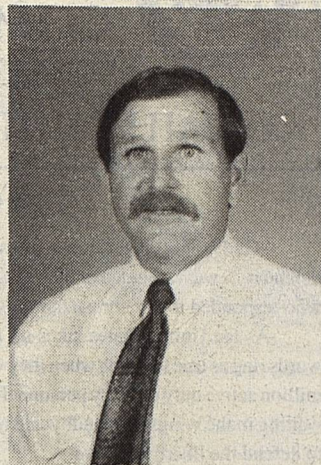
Services for Royce Lynn Nance, 48, of Lamesa were held at 10 a.m. Tuesday, January 7, 2003 at Second Baptist Church with the Revs. Pat Ray and Clifton Igo officiating.

Burial in Lamesa Memorial Park under the direction of Branon Funeral Home.

Royce died Saturday, January 4, 2003 in Lubbock UMC after a brief illness.

He was born January 18, 1954, to Herbert and Veese Nance in Lamesa. He married Nora Ybanez on November 18, 1976, in Lamesa. He was a 1972 graduate of Lamesa High School and served in the U.S. Army from 1972 to 1976. He worked for the Borden County School District for 15 years.

While in Borden County, he was an active member of the Gail community, serving as a volunteer EMT with the Borden County EMS. Royce served as Constable of Borden County and he was the Music Minister and Deacon of the First Baptist Church of Gail. He returned to Lamesa in 1999 and formed Nance Construction Company.



Royce was preceded in death by his father, James Herbert Nance, in 1998.

Royce is survived by his wife, Nora; a daughter and son-in-law, Erica Lynn and Kenon Hasty of Plainview; one son and daughter-in-law, James "Bear" and Brandi Nance of Lamesa; his mother, Veese of Lamesa; three brothers, Jim of Lamesa and Larry and Lawrence, both of Tyler; two sisters, Anice Doshier of Seminole, Okla., and Sarah Schneider of Midland; and four grandchildren; Matthew and Ethan Hasty of Plainview and Colten and Kayleigh Nance of Lamesa.

The family suggests memorials to Borden County EMS.

Nutritionist touts 'no diet' diet for New Year

Looking to lose weight as a New Year's resolution? A little behavior modification may be the key.

"Most diet plans and weight-loss programs are like a prison sentence, with one difference: You get better food at a penitentiary," said Molly Gee, a nutritionist in the Department of Medicine at Baylor College of Medicine in Houston.

Gee said by modifying eating habits and lifestyle slightly, many people can say "goodbye" to diets forever, and enjoy the good food, within reason, during the holiday season and into the New Year.

"First, you need to set reasonable, realistic and measurable goals based on behavior, not only pounds lost," she said. "then, find an exercise routine you will enjoy and follow on a consistent basis."

When eating, Gee recommends the following:

- Slow down by laying down the fork between bites and drinking the beverage first to help fill the stomach.
- Choose one specific place at home or at work to eat. Eat only while seated.
- Get all high-risk foods out of the house.
- Modify recipes by cutting down fat by one-fourth.
- Serve plates from the kitchen rather than placing bowls of food on the table.
- Close the kitchen after dinner and enter only as a fire escape route.

Before grocery shopping, Gee recommends a meal to curb hunger. Bring a grocery list that corresponds to the week's menu, and walk past the free food samples and

avoid foods that are "ready-to-eat."

Always read labels and compare ingredients and amounts of fat, and put the groceries away as soon as you walk in the door.

The parties and celebrations during the holidays are a time of temptation, Gee said. However, they should be enjoyed and not seen as a time of frustration because of what must be avoided on the menu.

"It's important to keep a proper perspective," she said. "Be flexible with yourself. Special events are temporary.

Gee recommends rehearsing the work "no" before joining a crowd when food will be served. At buffets, survey the selection and remember foods that end up on your plate will most likely be eaten. Share a dessert with a friend.

"It is very important that you reward your achievements every step of the way when applying these strategies," Gee said. "You must be your own best support person."

Borden County High School Basketball Schedule 2002-2003

Date	Opponent	Site	Teams	Time
Jan 3	*Sands	T	G,g - B,b	4:00
Jan. 7	*Grady	T	G,g - B,b	4:00
Jan. 10	*Dawson	H	G,g - B,b	4:00
Jan. 14	*Klondike	T	G,g - B,b	4:00
Jan. 16-18	Forsan JV Tourney		g - b	TBA
Jan. 17	*Ira	H	G,g - B,b	4:00
Jan. 21	*Sands	H	G,g - B,b	4:00
Jan. 24	*Grady	H	G,g - B,b	4:00
Jan. 28	*Dawson	T	G,g - B,b	4:00
Jan. 30	*Klondike	H	G,g - B,b	4:00
Feb. 4	*Ira	T	G,g - B,b	4:00

*District Games **Scrimmages
G - B: Varsity g - b: Junior Varsity

Girls Coach: Kevin James
Boys Coach: Trey Richey
Assistant Coach: Bobby Avery

Jr. High Basketball Schedule

Date	Opponent	Site	Teams	Time
Jan. 6	*Ira	T	G - B	6:00
Jan. 13	*Sands	H	G - B	6:00
Jan. 20	*Grady	T	G - B	6:00
Jan. 27	*Klondike	H	G - B	6:00

Girls Coach: Kevin James
Boys Coach: Trey Richey & Bobby Avery

Branon Funeral Home

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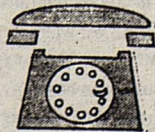
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Gail Baptist Church
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Cotton News

From Plains Cotton Growers, Inc.

Friday, January 3, 2002
By Shawn Wade

With the 108th Congress set to convene January 7, 2003 the top item on the cotton industry's "To Do" list is disaster assistance.

The National Cotton Council, with the cooperation of Plains Cotton Growers and other regional cotton producer groups, has renewed the effort to secure crop loss disaster assistance for producers impacted by adverse growing condition during the 2001 and 2002 production season.

The first round of face-to-face visits with Congressional leaders will begin Wednesday, January 8, one day after the 108th Congress is sworn in and begins work.

PCG Vice President Rickey Bearden, of Plains, has been asked to participate in the NCC contingent that will visit renew the process of educating Congressional leaders, new and old, about the need for disaster assistance.

The NCC contingent will include John Maguire, NCC Vice President-Washington Operations, Bearden and Ronnie Fleming, a cotton producer from North Carolina.

The NCC group will join producers and industry representatives from several other commodity groups in a coordinated follow-up to a letter sent prior to Christmas outlining the needs for disaster assistance and signed by 32 producer commodity organizations.

With the Bush Administration still voicing support for disaster assistance provided that it be paid for with adequate budget offsets.

The NCC message will focus first on the need to

College sign-up

Continued from pg. 1

developmental studies guidelines. All students must take the TASP test prior to enrolling, unless exempt. New students must provide proof of TASP scores or exemption status before enrolling.

LAMESA CAMPUS OF HOWARD COLLEGE 2003 Spring Schedule
(*denotes classes taught over the WINGS Interactive TV System)

ACCOUNTING

*Principles of Accounting - Mondays and Wednesdays, 5:05-5:30 p.m., L. Adkins; *lab on Mondays and Wednesdays, 5:30-6:45 p.m.

BIOLOGY

General Biology II - Tuesdays and Thursdays, 5:30-6:45 p.m., A. Russell; lab on Tuesdays and Thursdays, 7-8:15 p.m.

*Nutrition - Tuesdays and Thursdays, 5:30-6:45 p.m., V. Clemons

BUSINESS

*Salesmanship - Mondays, Wednesdays and Fridays, 10-10:50 a.m., T. Davis.

*Legal Environment of Business - Tuesdays and Thursdays, 8-9:15 a.m., D. Richard.

*Principles of Management - Tuesdays and Thursdays, 11 a.m.-12:15 p.m., T. Davis.

*Advertising and Promotions - Wednesdays, 7-9:30 p.m., Fuqua.

CHILD AND ELDER CARE

*Diverse Culture/Multilingual - Tuesdays, 7-9:30 p.m., B. Moughan.

COMPUTER INFORMATION SYSTEMS

Micro Applications - Mondays and Wednesdays, 6:30-7:20 p.m., R. Davis; lab, Mondays and Wednesdays, 7:20-9:20 p.m.

CRIMINAL JUSTICE TECHNOLOGY

*Legal Aspects of Law Enforcement - Tuesdays and Thursdays, 9:30-10:45 a.m., J. Cook.

*Court Systems and Practices - Mondays, Wednesdays and Fridays, 8-8:50 a.m., G. Priddy.

*Introduction to Criminal Justice - Mondays, Wednesdays and Fridays, 7-9:30 p.m., G. Priddy.

DEVELOPMENTAL STUDIES

Fundamentals for Algebra - Wednesdays, 6:30-8:10 p.m., D. Page; lab on Wednesdays, 8:10-9:50 p.m.

Elementary Algebra - Wednesdays, 6:30-8:10 p.m., D. Page; lab on Wednesdays, 8:20-9:50 p.m.

College Preparatory Algebra I - Wednesdays, 6:30-8:10 p.m., D. Page; lab on Wednesdays, 8:10-9:50 p.m.

College Preparatory Algebra II -

Wednesdays, 6:30-8:10 p.m., D. Page; lab on Wednesdays, 8:10-9:50 p.m.

Success in Grammar - Mondays, 6-8:30 p.m., C. Williams; lab on Mondays, 8:30-9:20 p.m.

College Composition Preparatory I - Mondays, 6-8:30 p.m., C. Williams; lab on Mondays, 8:30-9:20 p.m.

College Composition Preparatory II - Mondays, 6-8:30 p.m., C. Williams; lab on Mondays, 8:30-9:20 p.m.

Success Reading I - Mondays, 6-8:30 p.m., C. Williams; lab on Mondays, 8:30-9:20 p.m.

Success Reading III - Mondays, 6-8:30 p.m., C. Williams; lab on Mondays, 8:30-9:20 p.m.

Success Reading III - Mondays, 6-8:30 p.m., C. Williams; lab on Mondays, 8:30-9:20 p.m.

ECONOMICS

*Principles of Economics - Thursdays, 7-8:30 p.m., L. Luce.

EMERGENCY MEDICAL SERVICES

EMT (Emergency Medical Technician)-Basic - Tuesdays, 6-10 p.m., TBA; lab on Thursdays, 6-10 p.m.; clinical, TBA. (EMT-Basic, lab and clinical must be taken together to complete Basic EMT certificate.)

EMS Operations - Mondays, 5-10:30 p.m., TBA (This course will meet Jan. 20-March 31.)

Special Populations - Wednesdays, 6-9 p.m., TBA; lab on Wednesdays, 9-10 p.m. (This course will meet Feb. 12-June 4.)

Medical Emergencies - Mondays, 6-9 p.m., TBA; lab on Mondays, 9-10 p.m. (This course will meet Feb. 10-June 2.)

ENGLISH

Freshman Composition II - Thursdays, 6:30-9 p.m., S. Stephens.

Freshman Composition II - Tuesdays, 6:30-9 p.m., C. Williams.

World Literature II - Wednesdays, 6:30-9 p.m., C. Williams.

Creative Writing - Thursdays, 6:30-9 p.m., C. Williams.

FRENCH

Beginning French I - Tuesdays and Thursdays, 6:30-8 p.m., K. Myers; lab on Tuesdays and Thursdays, 8-9 p.m.

GOVERNMENT

American Government II - Mondays, 6:30-9 p.m., V. Kountz.

American Government I - Mondays, 4-6:30 p.m., V. Kountz.

HISTORY

U.S. History II - Wednesdays, 4-6:30 p.m., W. Thompson.

Western Civilization II - Wednesdays, 6:30-9 p.m., W. Thompson.

MATHEMATICS

Plane Trigonometry - Tuesdays, 6:30-9 p.m., K. Dotson.

Calculus II - TBA, 6:30-9 p.m., K. Dotson.

College Algebra - Thursdays, 6:30-9 p.m., K. Dotson.

PSYCHOLOGY

Life Span Growth/Development - Thursdays, 6:30-9 p.m., W. Smith.

SOCIOLOGY

*Introduction to Sociology - Mondays, Wednesdays and Fridays, 9-9:50 a.m., S. Shroyer.



Texans on the Military

"God grants liberty only to those who love it and are always ready to guard and defend it." I was reminded of that famous Daniel Webster quote by an insightful Texan who responded to my annual survey.

As the United States takes up the mantle of freedom around the globe, those words ring as true today as when they were uttered nearly two centuries ago. With 1.37 million active duty military personnel serving around the world and 1.28 million more waiting in the wings on standby and ready reserve, it is clear that our nation is poised to defend the liberty we love.

National defense has always been one of my top priorities. Not only because I believe our democratic system is the best in the world, but also because I understand the need to bolster diplomacy with military might.

As we are engaged in a global war on terror and tensions spark around the world, it is important for the United States military to maintain a strong, capable force. Four times in the past 15 years we have attempted to streamline our military through the appointment of a Base Realignment and Closure (BRAC) commission, chartered to recommend the elimination or realignment of unneeded bases.

To gauge your opinion on base closures, I posed the following question in my survey: "The Pentagon has announced another round of military closures in 2005. Because a round of base closures riddled with mistakes could be more costly than no closures at all, I believe we need to have a good idea of force structure for the future before closing bases. What are your views?"

I received many pointed replies to that question from civilians and military personnel alike. A full 40 percent of the responses I received agreed that the Pentagon should be required to outline a 20-year military strategy before closure decisions are made. Twenty-seven percent of respondents felt the decision must consider the impact of closures on homeland security and local economies. The remainder were split evenly between closing no bases at all and going forward with the process.

One Texan from Winnie said, "Too much politics has been involved in closures; bases that are set up to do a job should not be closed and money then used to get another base ready to do the same job." I couldn't agree more. It has been my experience that there can be unintended consequences when we miscalculate future needs for military bases. First, I have seen bases closed and dismantled, only to later realize their missions have again become relevant to U.S. military operations. Second, I have not seen estimates ever come close to the true cost of closing a base. How can we best avoid the missteps of the last round of base closures?

The fate of Reese Air Force Base in Texas is an excellent example of a base closure that the commission said looked good on paper, but it turned out to be a costly mistake. Reese was one of the Air Force's premier sites for entry-level pilot training, but an Air Force analyst decided there were adequate training facilities available elsewhere. Reese was closed. Today, the Air Force is experiencing a serious shortfall in training spaces for new pilots and is desperately trying to reestablish training sites on other bases. Everyone involved now agrees that Reese never should have been closed.

Another egregious example can be found in the 1995 BRAC decision to convey Fort Chaffee to the local community. The small, rural town of Barling, Arkansas was charged with the impossible task of turning Fort Chaffee, pockmarked with more than 700 lead paint and asbestos-laden World War II-era buildings, into an economic asset for the community. It couldn't be done. The Pentagon may have saved money with the closure, but it saddled a small town with an expensive, environmentally hazardous burden. Similar closures have resulted in the same devastating impact all over the country.

As incoming chair of the Senate Military Construction Appropriations Subcommittee, I believe we must operate not only with our national security interests in mind but also with good business sense. Rather than waste millions of dollars on ill-fated closures, we should spend that money building better housing and more facilities for the men and women of the military, purchasing better technology and equipment, and paying our personnel for the difficult job we are asking them to do.

As we begin the 108th Congress, I will make it a top priority to ensure that we carefully and thoughtfully assess troop strength and future military needs before closing bases. When the time is right, we must have a well-defined, transparent process that is conducted fairly and in the open.

As we wage this war on terrorism we must heed the words of Daniel Webster because our liberty is at stake. We must support the President and give him the resources he needs to ensure victory in this great battle. And we must make sure that our men and women who proudly serve in the U.S. military have every tool and resource they need to win this war. Before we make any decisions to close another base, we must keep these objectives in mind.

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O'Donnell

FDIC

Cotton News

From Plains Cotton Growers, Inc.

Continued from pg. 6

provide disaster assistance, and second that any disaster assistance be provided in addition to the support provided by the Farm Security and Rural Investment Act of 2002.

The cotton industry has staunchly defended the ideal that disaster assistance is needed but must not come at the expense of the Farm Bill and the future support it provides.

One of the challenges to date has been in differentiating problems the new Farm Bill addresses in a forward-looking manner from the significant physical losses incurred prior to its passage that have seriously hurt many producers.

PCG Schedules

Washington Trip

Plains Cotton Growers, Inc. officials will travel to Washington, DC the week of January 20, to further encourage the development of crop loss disaster assistance for the 2001 and 2002 growing seasons.

PGC President Mark Williams will lead the group that will include fellow PCG officers Rickey Bearden, Vice President; Mike Hughes, Secretary-Treasurer; Ronnie Hopper, PCG Chairman; and PCG Executive Vice President Steve Verett.

The PCG trip will be a close follow-up to PCG Vice President Rickey Bearden's January 8th trip to Washington on PCG's behalf representing cotton in multi-commodity disaster assistance follow up.

Also being worked into the PCG trip will be meeting with key USDA personnel to discuss issues related to crop insurance, conservation programs, farm bill implementation and trade.

Chik Nugget - The Big Dipper



THE BIG DIPPER starring Chik Nuggets™ and three special dipping sauces: (from top to bottom) Cranberry Galaxy Salsa, Big Dipper Dijon Sauce, and Terrestrial Teriyaki Sauce.

(DM)—The ever-popular chicken nuggets have gone meatless. Chik Nuggets introduced by Morningstar Farms® are the healthy solution to "what's to eat" for any occasion — after-school snacks, party hors d'oeuvres, or crunchy TV munchies. With 75 percent less fat, the cholesterol free, chicken-flavored nuggets are lightly breaded and easy to prepare in the microwave or conventional oven. Served with popular condiments or one of the three special-recipe dipping sauces, Chik Nuggets become the favorite "Big Dipper" for adults or children.

CRANBERRY GALAXY SALSA

Blast off with a sweet and spicy flavor to accent Chik Nuggets.

1 cup canned jellied cranberry sauce **½ cup medium picante sauce**
2 tablespoons warm water

Combine all ingredients and mix well. Store in the refrigerator or serve immediately with Chik Nuggets. Refrigerate remaining sauce. Make 1½ cups sauce.

Per one-ounce serving: 40 calories, 0 g protein, 10 g carbohydrate, 0 g fat, 60 mg sodium, 0 mg cholesterol.

BIG DIPPER DIJON SAUCE

Two ingredients, two minutes, tastes great.

½ cup honey **½ cup Dijonnaise™**

Combine ingredients and mix well. Serve immediately with Chik Nuggets or store in the refrigerator. Makes one cup.

Per one-ounce serving: 50 calories, 0 g protein, 14 g carbohydrate, 0 g fat, 140 mg sodium, 0 mg cholesterol.

TERRESTRIAL TERIYAKI SAUCE

A simple sweet and sour sauce to take Chik Nuggets out of this world.

1 (6-ounce) can pineapple juice **1 tablespoon lemon juice**
2 tablespoons cornstarch **¼ cup teriyaki sauce marinade**
¼ cup brown sugar **½ teaspoon hot pepper sauce**

Combine pineapple juice and cornstarch in a small saucepan. Mix well. Stir in remaining ingredients and heat over medium heat. Stir constantly as mixture begins to thicken. Reduce heat as mixture begins to boil. Allow to cool before serving. Makes 1½ cups.

Per one-ounce serving: 30 calories, 0 g protein, 8 g carbohydrate, 0 g fat, 170 mg sodium, 0 mg cholesterol.



Jackie Esworthy was killed by a drunk driver one week after her high school graduation.

What should you do to stop a friend from driving drunk?
Whatever you have to.
Friends don't let friends drive drunk.



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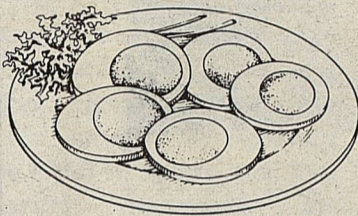
SUNNY SIDE UP

Test Your Egg-Q

Bone up on your egg knowledge with answers to these often-asked questions: **Does the color of eggshell, yolk or white make a difference?**

Eggshell and yolk color may vary, but color has nothing to do with egg quality, flavor, nutritive value or cooking characteristics.

Shell color comes from pigments in the outer layer of the shell and may range in various breeds from white to deep brown. The breed of the hen determines the color of the shell. The difference in shell color is barely skin deep. The pigmented layer is so thin, it can easily be removed by rubbing with sandpaper.



Yolk color depends on the diet of the hen. If she gets plenty of yellow-orange plant pigments known as *xanthophylls*, they will be deposited in the yolk. Natural yellow-orange substances, such as marigold petals, may be added to light-colored feeds to enhance yolk color. Artificial color additives are not permitted. Yolk pigments are relatively stable and are not lost or changed in cooking.

Egg albumen, or white, in raw eggs is opalescent and does not actually appear white until it is beaten or cooked. A yellow or greenish cast in raw albumen may indicate the presence of riboflavin. Cloudiness of the raw albumen is due to carbon dioxide which has not had time to escape through the shell and indicates a very fresh egg. The albumen of older eggs is more transparent than that of fresher eggs.

What are the lumpy things near the yolk?

These thick, ropey pieces of twisted egg white are called *chalazae*. Their

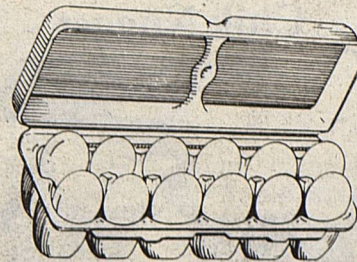
purpose is to anchor the yolk in the center of the egg and they're entirely edible. In fact, the more prominent the *chalazae*, the fresher the egg. These natural parts of the egg albumen do not interfere with cooking or beating of the white. Although they don't need to be removed, some cooks like to strain them from stirred custard.

How can I store leftover whites or yolks?

Refrigerate leftover whites in a tightly covered container for up to four days or freeze them for longer storage. Pour whites into freezer containers, seal the containers tightly and label them with the number of whites and the date. For faster thawing and easier measuring, first freeze each white in an ice cube tray and then transfer the cubes to a freezer container.

Refrigerate unbroken raw yolks covered with water in a tightly covered container and use them within a day or two. For freezing, egg yolks require special treatment because egg yolk thickens or gels when it's frozen. Frozen as is, egg yolk will eventually become so gelatinous it will be almost impossible to use.

To help retard this gelation, beat in either 1/8 teaspoon salt or 1 1/2 teaspoons sugar or corn syrup for each 1/4 cup egg yolks (4 Large yolks). Label the container with the number of



yolks, the date, and whether you've added salt (for main dishes) or sweetener (for baking or desserts).



Photo by Michael Mazzone

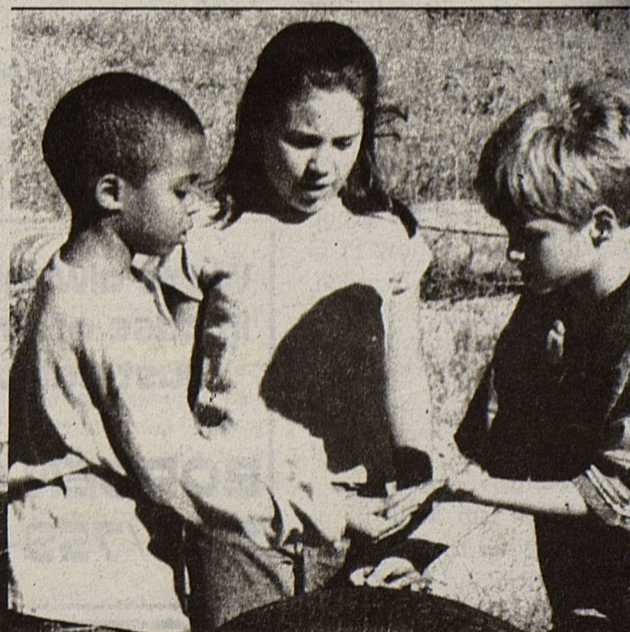
U.S. Department of Transportation

Thaw frozen eggs overnight in the refrigerator or under running cold water. Use yolks as soon as they're thawed. Once thawed, whites will beat to better volume if allowed to sit at room temperature for about 20 to 30 minutes. Use frozen whites or yolks only in dishes that are thoroughly cooked.

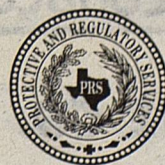
- Use 2 tablespoons thawed egg white for 1 Large fresh white.
- Use 1 tablespoon thawed egg yolk for 1 Large fresh yolk.

The to-do list in Beth Hoyme's purse will never get done because a drunk driver convinced his friends he'd be fine.

Friends Don't Let Friends Drive Drunk.



Parent Alert!



Texas Department of Protective and Regulatory Services
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January 2001

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