

# THE BORDEN STAR

Volume XXXI

March 19, 2003

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

## No Debating This: Roper, Wilson bring Home 2003 1-A State CX Championship

*Follow-up to last year's quarterfinal appearance*

By Sue Jane Mayes

With a perfect 8-0 record, Borden High School's cross-ex debate team of Billy Roper and John Wilson lay claim to the UIL State 1A title.

Roper and Wilson defeated the team from Benjamin in the final round on a unanimous decision (3-0 vote).

Prior to the championship debate, BHS had won seven straight decisions over a two-day period (March 10-11) on the University of Texas campus.

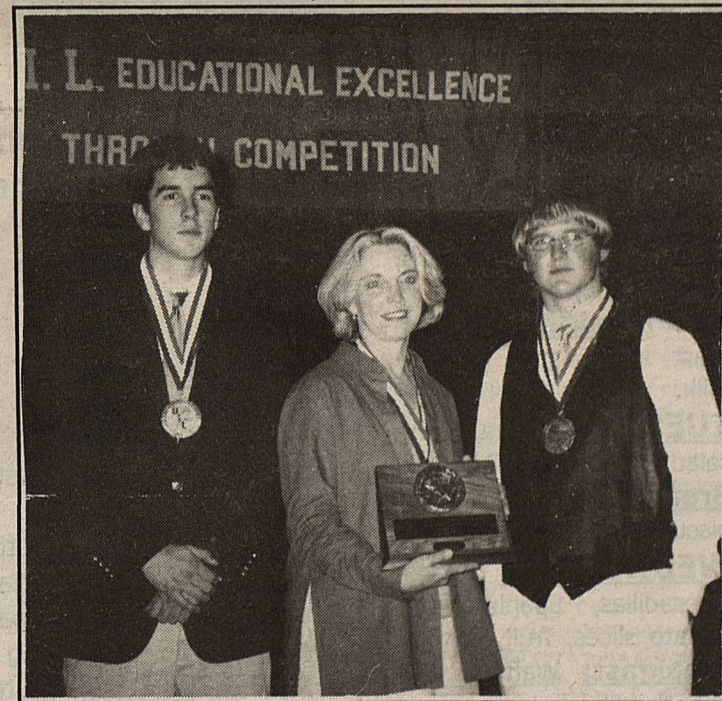
Monday's four preliminary rounds pitted the cx team against Itasca, Munday, Meridian and Panther Creek.

In those rounds, Roper and Wilson had single-judge decisions go in their favor.

By winning all four, the duo then advanced to Tuesday's octos, quarter-finals, semis, and finals with panels of three judges.

In those panel rounds, Roper and Wilson lost only one vote (a 2-1 win over Whitharral). The other decisions were all unanimous en route to the gold medal.

In the "sweet sixteen" round, BHS defeated Highland and then faced what would be its toughest debate



**State Cross-X Debate Champion:** John Wilson and Billy Roper shown with medals. Ms. Mayes holds hard earned State Champion Plaque.

of the tournament against Whitharral.

In that round, Roper and Wilson won the flip and chose to negate the resolution (*resolved: that the US Government should substantially increase public health services for mental health care in the United States*).

On a 2-1 vote, BHS defeated Whitharral, setting up the final round against Chance Propps and Laura

Benson of Benjamin.

Benjamin won the flip and opted to go negative, so Roper and Wilson ran their affirmative case—one they had written themselves last fall.

Roper, in his role as first affirmative speaker, presented the plan and did an excellent job in his rebuttal speech to set the stage for Wilson's final remarks.

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## Two Borden Co. 4-H Exhibitors bring home Champion and Reserve Champion Steers

Two Borden County 4-H members exhibit Champion and Reserve Champion Steers at the Houston Livestock Show last week. Photo's of the winners will be in the Borden Star at a later date.

Radio, shown by LaShae Johnson, 16, of Gail, Texas, made static for the competition, taking Champion Steer Show on March 14 at the 2003 Houston Livestock Show™.

Radio weighs 1,214 pounds, and was named by LaShae's sister.

LaShae, a Borden County 4-H'er, has shown at Houston for eight years. She showed the Grand Champion Market Lamb in 2001, and has placed at Houston for the past seven years.

LaShae is a cheerleader, plays basketball, and competes in University Interscholastic League writing and spelling.

Judge Mark Core of Pleasantville, Iowa, said the Champion "is beautiful through his front end and hip, has good muscle extension, is

sound in structure, and is moderate in frame size."

The Reserve Champion Brahman, Elliot, was shown by Kalli Poole, 14, of Gail, Texas.


Elliot weighs 1,230 pounds, and had never placed well until the Houston Show. "It was shocking, I didn't expect it," said Kalli, a Borden County 4-H'er. "When the judge came to shake my hand, I couldn't believe it."

Kalli has placed at least seventh in her steer classes for the past three years at Houston. She has shown steers for four years, and pigs for six years. Kallie also plays basketball and runs track.

Judge Mark Core of Pleasantville, Iowa, said the Champion Steer "has more muscle shape and does a nice job combining a lot of useful things."

The judge said the Reserve Champion "is a very attractive steer with good top muscle, and his exhibitor gets everything out of him to the greatest degree."

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**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.

## Houston Livestock Show Results

Several 4-H and FFA exhibitors attended the 2003 Houston Livestock Show this past week.

The results are as follows:

### Meat Goat:

Brandi and Mandi Hudson exhibited their meat goat projects.

### Swine:

Megan Brooks - 4<sup>th</sup> Place  
LW Hamp  
Tyler Wallace - 6<sup>th</sup> Place  
MW Duroc  
Kate Wallace - 12<sup>th</sup> Place  
HW Spot

Also exhibiting swine were: Alexis Brooks, Heather Brooks, John Hensley, Kalli Poole, Tanner Poole, Lacey Roberts, and Caden Nowlain.

### Lambs:

Miller Valentine - 20<sup>th</sup> Place  
MW Finewool Cross  
Also exhibiting lambs were: Miles Valentine and Kate Wallace.

### Steers:

LaShae Johnson - 1<sup>st</sup> Place  
HLW Chianina and Breed Champion  
Kalli Poole - 2<sup>nd</sup> Place  
MW Brahman and Reserve Breed Champion  
Tanner Poole - 2<sup>nd</sup> Place  
LW Brahman  
Megan Brooks - 4<sup>th</sup> Place  
LW Limousin  
Sunni Shipp - 16<sup>th</sup> Place  
Chianina  
Others exhibiting steers were: Alexis Brooks, Kyla Culp, Lacey Roberts, Shelby Roberts, Sydney Shipp, Chelsea Stephens, Kate Wallace, and Tyler Wallace.

Thanks again to everyone who assisted in preparing for this show. It takes many hours preparing for this stock show, from the trip to Brenham and Rosenberg, to Houston.

Thanks to all that assisted in hauling animals and exhibitors. Congratulations to each of you on your accomplishments!

## Permian Basin Area Foundation's Marie Hall Scholarships Available

MIDLAND, Texas - The Permian Basin Area Foundation announces that applications for the Marie Hall Scholarships are available for distribution to students who either (1) graduated from a high school located in one of the following counties, or (2) maintained a permanent residence for the last five years in one of the following

counties: **Andrews, Borden, Cochran, Coke, Crane, Dawson, Ector, Gaines, Garza, Glasscock, Hockley, Howard, Kent, Loving, Lynn, Martin, Midland, Mitchell, Pecos, Reagan, Reeves, Scurry, Sterling, Upton, Ward, Winkler, and Yoakum.**

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## TDH Urges Parents to Have Children Screened for Lead

A culprit lurks in the dust created when some imported vinyl mini-blinds "break down" in the sun. It can show up in tamarind candies or leach into food from some types of pottery. It can hide in the flaking paint on a windowsill, waiting for a small child to explore and taste from dirty hands, a toy or a pacifier. And it can steal a child's future by causing learning disabilities, lower IQ scores or other physical or behavioral problems.

This culprit is lead, and young children are particularly vulnerable to damage from lead because their bodies and brains are still developing.

The Texas Department of Health (TDH) estimates that if all Texas children ages 1 through 5 were tested for lead poisoning, we would find 59,300 of them with a blood-lead level of concern (10-19

micrograms of lead per deciliter of blood). "Damage from lead in the blood cannot be reversed, but treatment is available to stop further damage," said Lisa Collins, health educator with the Childhood Lead Poisoning Prevention Program at TDH. "That's why screening and prevention are so important."

The screening for lead is a simple blood test that can be done during a routine visit to a health care provider. "Since lead is a problem in both urban and rural parts of the state, we encourage parents of all children age 6 or under to ask their doctors to screen for lead," said Collins. In addition, other children should be tested if any child in the family tests positive for lead exposure or if a member of the household works with lead.

Some of the most common symptoms of lead poisoning

are irritability, abdominal and muscle pain, anemia, diarrhea or constipation. Severe cases can result in seizures, nerve damage or coma. Unfortunately, the culprit often is silent. "It is important to realize that children can be lead poisoned without showing any symptoms," says Collins. "The only way to know for sure is to have a blood-lead test."

Some vinyl mini-blinds imported from China, Taiwan, Hong Kong, Mexico or Indonesia are common sources of lead in the home. The only way to determine lead content of vinyl mini-blinds is by conducting expensive tests. Parents of small children may want to remove or replace them with mini-blinds made in the United States.

Another source is old paint. Prior to 1978 lead was a

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## America's Defenders

### Urban Combat Training at U.S. Army's Joint Readiness Training Center

(NAPS)—As America's adversaries adopt strategies to create instability and fear, using stealth and surprise to inflict terror in urban settings, the U.S. Army's Joint Readiness Training Center (JRTC) at Fort Polk, La., enables American soldiers to train and prepare to meet these threats.

"There is no doubt that the JRTC is the Army's elite training center for urban combat. The lessons learned here were crucial to the mission success in Afghanistan and will continue to be in future missions," says Lt. Col. Cecil Lewis, commander 1st Battalion, (ABN) 509th Infantry Regiment of Fort Polk's Opposing Force (OPFOR). "Any unit coming out of here is better prepared than when they came in."

Lessons learned at the JRTC do not come easy. Training units from around the nation, the JRTC pushes soldiers to their limits in an 85,000-acre area of Fort Polk known as "the box." In mock villages constructed to replicate urban hotspots around the globe, visiting troops must overtake a formidable OPFOR while protecting role-playing civilians amid live explosions, gunfire, booby traps and roadblocks—often in the dead of the night.

The villages create a realistic three-dimensional battle where foes can appear on rooftops, in and around buildings and even



Today's Army prepares to fight terror threats in urban settings.

underground. Nearly 1,000 cameras within the site record every battle and video footage helps to facilitate after-action reviews for each soldier.

"I've re-fought every battle I have ever been in at the JRTC many times in my head. Each time I'm thinking about what I did wrong, how could I have done better. Every soldier appreciates the opportunity to do this kind of training," says Col. Burke Garrett of the visiting 10th Mountain Division, Fort Drum, N.Y.

According to the Department of Defense, by the year 2010 approximately 75 percent of the world's population will live in or around urban centers—injecting new

urgency into the critical training soldiers receive during a JRTC rotation. The JRTC's cutting-edge Military Operations on Urbanized Terrain (MOUT) facility, constructed in 1993, consists of three complex sites and teaches soldiers mental agility, warrior skills and preparation for the battlefield of the future.

In addition to force-on-force training, units can perform live-fire exercises, engaging targets in simulated combat settings. Integrating Army, Air Force and other military services' training, the JRTC provides soldiers the highest level of training available to U.S. contingency forces and serves as a power projection platform for the Army, readying troops for deployment anywhere in the world.

The JRTC hosts 10 to 12 rotations each year, training light and heavy infantry brigades from around the country. These rotations, lasting approximately two weeks, focus on providing every soldier—from infantry and combat support to paratroopers, Special Forces and Rangers—the strategy, technology and support to ensure success both on today's battlefields and those of the future.

More information about the Joint Readiness Training Center can be found at [www.jrtc-polk.army.mil](http://www.jrtc-polk.army.mil). For information about careers in the U.S. Army, visit [www.GoArmy.com](http://www.GoArmy.com).



**Texas Stories**  
A showcase of the Texas Spirit



**Tumbleweed Smith**  
Part owner of Texas

## The Natural Way

Gene Lester of Harlingen works as a research scientist for the department of agriculture. He was hired to lengthen the shelf life of fruits and vegetables and improve their health benefits.

Our population doesn't want to eat a lot of fruits and vegetables so if we can get them to eat maybe one or two, that are equal to three or four, we've done a tremendous benefit."

Gene says we need to eat more fruit and vegetables and fewer carbohydrates.

"If you eat one orange or apple or cantaloupe, the nutrients that are in there are beneficial to your wellness as far as stroke, heart disease, obesity and diabetes are concerned. Eighty to ninety percent of the diseases and problems we have health wise are related to our diet."

Mr. Lester was hired originally as part of the space program.

"They wanted me to figure

out a way to preserve fruits and vegetables for up to six weeks so they could be shuttled up to the manned space station. This was in the early eighties and in the nineties we were supposed to have men and women living permanently in outer space and we wanted to be able to provide them with fresh fruits and vegetables on a regular basis. This means you have a ship that would go to the manned space station in outer space every month to six weeks and deliver fresh produce."

He says the project was interesting from a sociological point of view. "It wasn't so much that we needed to provide them with fruits and vegetables for their nutrition. But for them to consume a fresh orange, banana, an apple or cantaloupe, that sort of thing, it was for psychological reasons. It would make them think that by the familiar aromas and

tastes, they were at home, in their garden, in their kitchen, out in their yard, and basically on earth. So fruits and vegetables are important not only for our well being physically, but also mentally."

When he's not figuring out how to make fruits and vegetables last longer, he spends a good amount of time in his yard. He does landscaping with native plants, shrubs, trees and grasses.

"It's very beautiful. People drive by and look at it on a regular basis. My maintenance cost is extremely low. A lot of people here in the valley have a water bill of nearly two hundred dollars a month to irrigate their grass and everything else. Mine is twenty-six dollars and seven cents a month. And that is keeping an eight thousand gallon gold fish pond full of water."

He has huisache, mountain laurel and Mexican olive trees, cenizo, prickly pear cactus. Buffalo grass and colorful native vines that grow on trellises.

"As a result of all the color and the blooming things. I have all kinds of birds nesting in my yard. Ninety nine percent of my yard is done with native stuff. It can be very attractive if you put a little time and thought into it. It's functional and still quite beautiful."

## Permian Basin Area Foundation's Marie Hall Scholarships Available

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Scholarship awards, ranging generally from \$250 to \$1,500 per semester, are available to students of any academic pursuit. Recipients of the scholarship must attend one of the following colleges or universities:

- Angelo State University, San Angelo
- Howard College, Big Spring
- Midland College, Midland
- Odessa College, Odessa
- Sul Ross University, Alpine
- Texas Tech University, Lubbock

- Texas Tech University Health Sciences Center, Midland, Odessa or Lubbock
- University of Texas of the Permian Basin, Odessa

Interested students may request an application by contacting the financial aid office of one of the above listed educational institutions. Completed applications are to be returned to the financial aid offices by **May 30, 2003**.

The Permian Basin Area foundation is a public foundation serving the communities of West Texas. For more information, visit [www.pbaf.org](http://www.pbaf.org).

## POKA LAMBRO ANNUAL MEETING Thursday, March 27<sup>th</sup>

Poka Lambro Telephone Cooperative, Inc. is set to host their 52<sup>nd</sup> Annual Membership Meeting Thursday, March 27, 2003. The meeting will be held at the Poka Lambro business office located 11.5 miles north of Tahoka, Texas on US Hwy. 87.



Member registration will begin at 11:00 a.m. followed by lunch at 12:00 noon. The business meeting will begin at 1:00 p.m. One important item of business on the agenda is the election of three directors of the Cooperative. The Poka Lambro Nominating Committee met February 7, 2003 and in accordance with the by-laws nominated the following Poka Lambro members to be voted on by the membership at the Annual Meeting:

- District 3: Larry Joe Cozart and Ralph Williams (Incumbent)
- District 5: Tommy Woolam and Wayne Barton (Incumbent)
- District 7: Lanny Zant and Wendell Morrow (Incumbent)

Other meeting highlights will include the presentation of Poka Lambro scholarships, reports of Officers and Directors, as well as any other business that may come before the meeting. All Poka Lambro members are encouraged to attend the Annual Meeting. Door prize cards may be picked up by members when registering. For more information contact Amy Preston at 1-800-422-2387.

# March 2003

S	M	T	W	T	F	S
						1 Jim Ned UIL Speech Tournament O'Donnell HS Track
2	3 Herff Jones Graduation Invitations-Tutorial	4 3rd Grade Reading TAKS SBDM-6:30 P.M.	5 4-H Meeting 12:35-1:05	6 Progress Reports Junior High Grady Track Meet	7 High School Grady Track Meet SCHOOL HOLIDAY	8
9	10	11	12	13	14	15 H.S. Roby Track Meet
-----Spring Break March 10-14, 2003-----						
16	17	18 OAP West Zone At Dawson	19 Loop Invitational Golf Boys/Girls Cheerleading Applications Out	20 JH Track Meet at Sands	21 HS Track Meet at Sands	22 Dist. UIL Academic Meet WTC Science Fair 6th-8th Odessa
23	24 Gain Eligibility G/T 3rd-8th Grade to ESC	25 District OAP Dawson	26 RTPE Testing	27 Tarleton Judging J.H. Track West Zone at Sands	28 West Texas A&M Judging	29 Clarendon FFA Judging HS Dawson Track Meet
30	31 District Golf Jayton-Boys	April 1 District Golf Jayton-Girls				

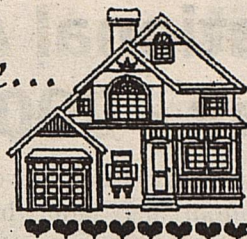
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## Heart and home...

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.

## Walk Across Texas Kicks Off

For the fifth year, we are holding the *Walk Across Texas* program here in Borden County. *Walk Across Texas* is a seven-week program that will spark some friendly competitions among friends and coworkers. Teams of eight will compete to see who can log the most miles walking, jogging, or even biking. The kickoff for Borden County was Monday, March 17<sup>th</sup>.

Teams will keep track of their miles, which will be posted in the Extension office [and published in the *Borden Star*].

Many people are unaware of the positive benefits of exercise. According to the American heart Association, heart disease is the number 1 problem in the United States. The risk of heart disease could be significantly reduced by regular exercise.

According to the Texas department of Health, the

positive effects of physical activity are not limited to lowering the risk of heart disease. Not only does regular exercise help relieve stress and anxiety, "physically active people outlive inactive people," a TDH report stated.

Participating in *Walk Across Texas* is not only a great way to get involved with our community, it's a healthy habit. To participate in *Walk Across Texas*, first get a team together; biking and jogging teams are limited to four people; choose a team captain and name your team; fill out a registration form available at the Borden County Extension Office in Gail.

We hope everyone will dust off their walking shoes and hit the trail to participate in this worthwhile program. Perhaps we can beat last year's mileage of 800 total miles!

For more information, call the Extension office at (806)756-4336.

## Make Healthful Eating & Physical Activity a Part of Daily Living

*March is National Nutrition Month*

Good nutrition is vital to your health. It is even more effective when coupled with regular physical activity. A physically active lifestyle offers many rewards -- from heart health to strong bones to stress relief.

Study after study shows that people who follow healthful eating plans and stay physically active are more successful at losing -- and keeping off -- extra pounds of body fat. In fact, physical activity along with a healthful eating plan appears to be the

key to maintaining a healthy weight.

How can physical activity help you manage your weight and enhance your body image? Physical activity burns energy. The longer, more frequently and more vigorously you exercise, the more calories you burn. When you burn more than you consume, your body uses its energy stores and you lose weight.

Physical activity helps you keep muscle and lose body fat. Without exercise on a weight-loss diet, you lose

lean body tissue along with body fat.

Physically active people have more lean body mass. Even when you're not moving, lean body mass requires more energy to maintain than fat tissue. So at the same weight, you may be able to consume slightly more calories without gaining weight than someone with more body fat.

Physical activity speeds up your metabolism for up to 12 hours, even after you stop. You'll burn more energy even at rest.

Physical activity can help relieve stress.

Many people who become more physically active opt for foods with less fat, fewer calories and more complex carbohydrates.

For weight control, you don't need to be an exercise fanatic with strenuous daily workouts to get the benefits. Step aerobics or pedaling away on a stationary bike may not be right for you. That's OK, because moderate, consistent physical activity can do the job. In fact, any activity you enjoy and stay with can be the right one for you. If you make exercise enjoyable, you're more likely to stick with it.

Source: American Dietetic Association

## Roper, Wilson bring Home 2003 1-A State CX Championship

Cont. from pg. 1

Both team members were presented gold medals and certificates and brought home a UIL state championship plaque, which will hang in the high school hallway.

In addition, their pictures will hang on the Wall of Honor in the cafeteria where other BHS State Champions are honored.

Fifty-five 1A teams qualified for the state meet this year.

Of all the contestants, Wilson also finished in a tie for 6<sup>th</sup> place overall in speaker points with 113 through the preliminary rounds.

Sue Jane Mayes accompanied the two debaters in her role as coach/driver/

keeper of the meal money/ and music censor.

Speech teacher Darrin Ard also drove down on his own for the two-day meet to listen and lend support.

### FOR SALE

2000 Saturn SL  
4 Dr., 5 speed  
C.D. Player - A.C.  
28,500 miles  
Approx. 38 mpg.  
Reduced \$7,900  
Call: Chet Dye @  
756-4315

### FOR SALE

2000 Ford Mustang  
63,000 miles  
Pay-off only  
\$10,418.00  
In Good Condition  
Call: Randy or Debra  
Hardman @756-4364  
See at Baptist Church

### FOR SALE

Digital Big Screen TV  
Take on small payments  
Good Credit Required  
1-800-398-3970

\*\*\*  
Never trouble trouble till trouble troubles you.  
-American proverb  
\*\*\*

## Aging Gracefully Program

Monday, March 24<sup>th</sup>. - 6:00 p.m.

Community Building

Topic: Fitness as we age

For more information call Julie @756-4336



## Moore-Rains Insurance

Frances Rains Stephens  
O'Donnell, TX (806)428-3335

**Post Garza County Relay For Life** will be having a team captain's meeting on Tuesday, March 25<sup>th</sup> at 5:00 p.m. in the Wells Fargo Bank Room in Post. Anyone already signed up as well as those interested should attend. For more information, please call Jana at 495-2804 or 495-2037.

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# TDH Urges Parents to Have Children Screened for Lead

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component of paint, so houses built before that time may have some lead-based paint. Lead-based paint on woodwork, furniture or toys also is a concern. Lead may be found in folk medicines such as *greta*, *azarcon* and *pay-looah* or in food that is cooked, stored or served in pottery with lead-based glaze or in lead crystal. Some Mexican candies may contain lead leached from wrappers. Lead also may be found in car batteries and radiators, bullets, sinkers used in fishing tackle and even the soil.

Collins offers some simple steps parents can take to protect themselves and their children from lead exposure:

- Wash children's hands and faces before they eat or sleep.
- Wash toys, pacifiers and eating utensils if they come in contact with the ground.
- Wash hands and counter-tops in warm soapy water before preparing food.
- Wash fruits and vegetables before serving them.

- Foods high in iron and calcium provide some protection from lead. Include lean meat, raisins, milk, greens, eggs and cheese in your family's diet.
- Clean older homes by wet mopping or vacuuming floors and wiping down windowsills and mini-blinds with soap and water weekly.

Particular care should be exercised when renovating older homes. Make sure children are out of the house until renovation is complete.

When sanding painted surfaces or removing old wallpaper, cover or clean any surfaces that may come in contact with food or that a small child may touch.

Those who work with car batteries or radiators, lead

smelting, or in the removal of old paint should change their clothes before going home, leave work boots or shoes outside the home, and wash their work clothes separately from the rest of the family's laundry.



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.**

Photo by Michael Mazzone  
U.S. Department of Transportation



# Parent Alert!



Texas Department of Protective and Regulatory Services  
www.tdprs.state.tx.us

January 2001

## Keeping Kids Safe is Everybody's Business

## It's Up To You