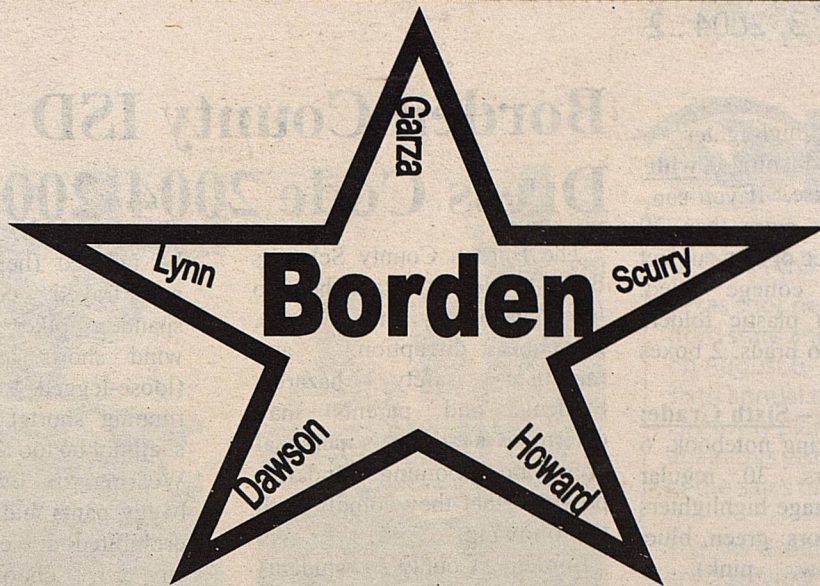


THE

Volume XXXII



STAR

August 3, 2004

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

Borden County 4-H Members & Friends Honored 2004-2005 School Year to begin August 18th

The 2003-2004 Borden County 4-H Achievement Picnic was held on Thursday, July 22, in the county show-barn. Various honors were given to 4-H youth, leaders and friends of the 4-H program. 4-H youth were recognized for their completion of project work in the swine, sheep, meat goat, beef, leadership, fashion show, and horse project areas.

Each year the youth recognize Outstanding Leaders for their dedication, hard work and assistance with various 4-H projects. This year, Jibber Herridge and Bill Tarleton were honored as Outstanding Leaders. The youth also honor Friends of 4-H. These individuals are members of the community and surround-



Borden County 4-H members:

ing area that contribute in various ways to the 4-H program, whether through monetary, time, or resource

donations. Chet and Shirley Dye were recognized as the Friends of 4-H.

The Gold Star award is the highest award a 4-H member may receive. This award is given for the 4-H member's accomplishments in leadership, project work and citizenship. This year's recipients are J. Ryan Gicklhorn and Kalli Poole.

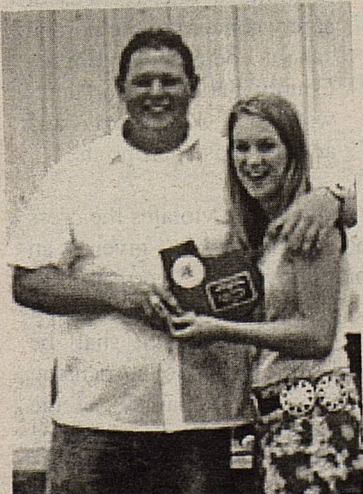
They will be honored again at the South Plains District 4-H Gold Star Banquet in November. We congratulate all 4-H youth, leaders and 4-H friends for their accomplishments and wish to thank everyone for their contributions to the Borden County 4-H program.

The 2004-2005 school year begins on Wednesday, August 18th, at Borden County ISD. The school day will begin at 8:05 a.m. and will dismiss at 3:33 p.m.

Registration for all students in grades 6th - 12th and all new students in grades K - 12th will take place at Borden County High School from 8:30 a.m. to 4:30 p.m. Tuesday, August 3rd through Friday, August 6th.

*For School and County Information
Subscribe to the
Borden Star
today!
Only \$12.00 a year*

Gold Star Award



J. Ryan Gicklhorn shown with last year Gold Star winner, Brandi Hudson.



Junior 4-H member, Kalli Poole shown with Brandi Hudson.

IMPORTANT NOTICE

The Borden County Water Department will be doing major maintenance repairs and construction on August 9th through August 12th.

The Borden County Commissioners' Court is asking all water customers to not do any outside watering and keep their household use to a minimum during these days. There will be no inflowing water to the storage tanks during the construction work.

Thank you for your cooperation during this time.

Back to School Supply List

(Kindergarten - 12th)

Mrs. Gray - 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, 1 box of Kleenex

Mrs. Miller - 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, large box of baby wipes, 1 box of Kleenex

Mrs. Murphy - 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 baby wipes or wet wipes.

Mrs. Richey - Third Grade: Loose-leaf notebook, 1 spiral (wide ruled), 1 pkg. 3X5 index cards, 1 ruler (metric and standard), 4 red pens, 1 bottle of glue and 2 glue sticks, 2 folders, 2 large boxes of baby wipes, notebook paper (wide ruled), 24-#2 pencils, large eraser, gym shoes, crayons, colored pencils.

Mrs. Smith - Fourth Grade: Crayons, map crayons, box of #2 pencils, 3 red grading pens, loose leaf notebook, zipper pencil bag for notebook, folders with inside pockets (no brads), wide ruled notebook paper, 1 standard and metric ruler, 1 large inexpensive box of baby wipes, 2 glue sticks, 1 eraser, scissors, 2 box of Kleenex, gym shoes, 2 subject spirals, 1 bottle of glue, 1 pkg. lined index cards.

Mrs. Turner - 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), 2 large glue sticks (.77 oz), 1 - 4 oz. bottle Elmer's glue, colored pencils (36 in box), 1 ruler with metric and standard measurements, 1 package of 50 Crayola Washable Markers super tip, 1 package of 10 Crayola Markers broad tip, scissors, 1 zippered

supply pouch, 1 highlighter, 6 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. Seven different plastic folders with pockets, no brads. 2 boxes of Kleenex.

Mrs. Herridge - Sixth Grade: One 2 inch 3 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-red colored**), 5 packages notebook paper (wide ruled), 3 folders with pockets, 1 package lined index cards, 2 boxes Kleenex, 1 package red pens (10 at least), 1 package black pens (10 at least), 1 package pencils (10 at least), 1 glue stick (large, 2 packages wet wipes.

****ONE LARGE SMILE AND A GOOD ATTITUDE****

(7th - 12th)

Mr. Ard - English, Speech, & Theatre Arts:

A comprehensive list will be given the first day of school. Loose-leaf notebook paper (wide-or college-ruled) and black/blue/& red ink pens.

Coach Avery - Social Studies (7th), U.S. History (9th), World History (10th), W. Geography (11th)

Notebook paper, pens

Mrs. Key - Math (8th), Algebra I (9th), Geometry (10th), Algebra II (11th), Pre-Cal (12th), Computer Applications (8th - 2nd semester)

Notebook paper, spirals, notebook, plenty of pencils, red pens

Mr. Lewis - Science (7th), Science (8th), IPC (9th), Biology (10th), Chemistry (11th), Physics (12th)

Notebook or pocket folder, pens. **Chemistry:** Inexpensive calculator

Mrs. Mayes - Social Studies (8th), Spanish I (10th), English II (10th), Spanish II (11th), Government/Economics (12th), English IV (12th), Spanish III (12th)

1 1/2 inch notebook, red pen dividers

Coach Richey - Math (7th), Algebra I (9th), Geometry (10th)

Notebook paper, spiral notebook, notebook, dividers (5 or 6), pencils, red pen, highlighter, dry erase markers (2 or 3)

Borden County ISD Dress Code 2004-2005

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 trench coats, dusters, jail or para-military attire 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. Students may not wear hats, caps, bandanas, or hoods inside the building during the school day unless approved by the school administration. In addition, they may not wear such headwear when participating in basketball games, whether actively participating or sitting on the bench.
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 acceptable change of clothing to the school. Repeat offenses may result in more

Eddins-Walcher Company

D.C. Smith- Manager

Through the services of Eddins-Walcher Co. located on the old Lubbock Hwy. in Snyder, rural life in this section has been made more attractive. With their services there is no home that can not enjoy a modern system of cooking and heating. They offer the propane system, giving you a gas fuel, which has been passed by the National Board of Fire Underwriters and can be secured as complete systems with ranges, heaters and other gas appliances. Propane can be used for practically every purpose natural gas is employed. With propane you merely turn on the gas and light it and you immediately have a flame intensely hot with perfect combustion and is clean burning. Also you will find that they have a delivery service for Farm & Ranch fuels; delivering right to your location for the operation of all your farm and ranch equipment. It affords us a distinct pleasure in this our annual "Business and Professional Good Neighbor Review of Snyder" to recommend Eddins-Walcher Co. and refer their propane service to all our readers throughout Borden County. Phone 573-5722 for any information or home delivery.

McDonald Welding Supply, Inc.

McDonald Welding Supply is located at 1110 College Ave. in Snyder. They are distributors for all the well-known name brands of welding equipment along with a large line of hardware items and steel products for farm and ranch use. McDonald Welding Supply has a complete line of supplies for both light and heavy welders. Following is a partial list of supplies they offer you; complete line of industrial gases, gas welding torches, hoses, gauges, complete electric welding equipment, electrodes of any type, as well as all those other necessary supplies such as gloves, goggles, helmets, wire brushes, etc. If you are in the welding business, it is to your advantage to get acquainted with the reliable firm in Snyder. Here you will find a large line of hardware items for the farm, ranch and general public. Also they carry a complete assortment of steel for all purposes. Drop in at 1110 College Ave. and they will be happy to discuss your welding hardware and steel needs with you, or phone 573-5329. Also, remember that for all your hardware needs or for all farm and ranch steel products, McDonald Welding Supply is the place to go.

Tindol Insurance Agency

A Proud Past with a Solid Future

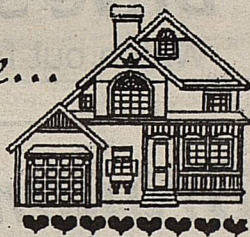
The reputation of Tindol Insurance Agency, representative for Germania, Progressive, Dairyland, and other insurance companies, has been built upon its excellent service, the satisfaction and good will to their many satisfied policy holders. One of the leaders of its kind in the area, this firm is under the management of a capable staff who know that insurance business and the needs of their customers and furnish a quality insurance service at fair prices. If you will come by the office, Robbi Tindol will be glad to go over your coverage with you and advise you on any new or additional insurance you may require. Or you may phone 573-8649 and they will be glad to visit with you at your home or place of business about your insurance needs and furnish them to you at the most economical price. At the present time they are serving a great number of people throughout this area of West Texas in their insurance requirements, whether for auto, life or property. In this review of the business and professional concerns of Snyder, we highly recommend Tindol Insurance Agency, located at 1911 25th Street in Snyder. Phone 573-8649 for any information or for an appointment.

Southern Electric True Value

Southern Electric True Value is conveniently located at 900 College Avenue, in Snyder, phone 573-4903. Here they feature building materials of every description of the highest quality at the lowest possible prices, including everything to go with it, hardware, tools, plumbing supplies, paint, kitchen cabinets, doors, windows, light fixtures, and a complete line of electrical supplies, as well as commercial cleaning supplies. The people of this section of West Texas including contractors, builders and farmers have come to know that they can depend upon Southern Electric True Value for everything in building materials. It may be said that this firm is a valued asset to this community. One of the essential features of any house, store or any other structure is that it will stand the wear of the years. The same is true of the reputation of any business firm and that is why Southern Electric True Value enjoys an ever-increasing volume of business and popularity. We in this Good Neighbor Review suggest you see them for all your building materials, hardware, cleaning and paper products and electrical supply needs.

Heart and home...

By Julie D. Smith
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 Shopping Tips

Along with preparing your family for a new school year, comes planning and purchasing new clothes and supplies for your children. Since kids grow so quickly, we find ourselves constantly buying a new wardrobe for them. Here are a few tips to help you this year.

First, decide on the amount of money you plan to spend on each child. This will vary from child to child and family to family. It is very important to budget your back-to-school shopping spree in order to prevent overspending. Second, what are the supplies your child(ren) need? Check the paper for the lists the teachers ask you to provide. There maybe a few things you'd

like to add to those lists. You might even buy a few extra items to keep in a school supply box at home - especially since a trip to the store isn't just a hop, skip and jump away! Next, write down the types of clothing your child needs (example: five pairs jeans, one pair sneakers, four button-down shirts/blouses, etc.). Remember to allow for your child's growth spurts and changes in season, and taste! (You might even buy basics if your kids are growing like little weeds!) Be sure to jot down an estimated price of each item. This will help you with budgeting. You should also have your child(ren) write a list of what clothes they want, and you should give these clothes an

estimated price as well. This will help you know before hand what types of things you child is looking for, and may help the compromises at the store a little easier to handle.

Most of us have a hard time saying no to our children when they really want a particular clothing item. If this is a problem for you, you may want to let your child know before you leave for the mall or department store that you will only buy what your child needs. Sometimes a compromise is needed, for instance, you might buy one pair of Tommy Hilfiger jeans, but the rest will be Levi's.

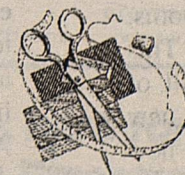
After you have completed your lists, add up the estimated amounts for each child. Do they match your set budget? If not, you need to go back and work through the lists until they do. Remember, if you can't afford it, you shouldn't buy it! If there is no possible way to make things balance out, decide on the items that can wait until next month, or later in the fall. Sweaters, jackets, and coats won't really be needed until October anyway! Buy what you can

afford at this time. Who knows, you might even be able to get a better deal on stay within its boundaries , you should be able to manage your back-to-school shopping spree! And be sure to take advantage of the state sales tax holiday this weekend (Friday, August 6th through Sunday, August 8th.)!

those clothes later into the season, and you don't have to run the risk of your child outgrowing the garments. If you stick to your list of supplies and clothing articles you child(ren) need, and remember to set a budget and

Heart and Home
Continued on page 6

It's "Sew" Fun!



Come join the 4-H Clothing Camp
Tues., Aug. 10th and Wed., Aug. 11th.
From 1:00 to 5:00 p.m. in the Community Building
& Thursday, August 12th all day tour* to Lubbock
*(must attend at least one day of project meetings to go on tour)

This project is open to junior and senior 4-H members.
(any youth that will be entering the third grade and higher are eligible to participate.)

Many different lessons will be taught, including basic sewing skills, pattern and fabric selection and preparing a garment for construction, character and etiquette, fashion design and clothing care and mending.

For more information, please contact the
Extension Office at 806/756-4336.
We look forward to seeing you there!!!

Heart and home

Cont. from pg. 4

Preparing for Back-to-school

Summer seems to get shorter and shorter as the years go by! Once again we find ourselves at the beginning of another school year.

It is also important to get off to a good start. Every new school year can be difficult, especially when you haven't taken the time to prepare yourself, your child and your home. You should give your child a boost and provide motivation to do the best he or she can during the school year. However, even with "experience," each new school year is an adjustment for all family members. Changes may include things like bedtimes, friendships, activity levels, expectations (academic, social, and athletic), activities (TV, homework, school meetings, and outside functions), and diet (hurried, unhealthy meals).

Many children will attend school for the first time and the whole experience is new. For other children, there may be new interests, new doubts, and new developmental changes. Changes at school can include new classrooms, teachers, and subjects. This one will prove to be full of many new changes with new teachers, coaches and a new principal! All of these and more mean that the child must redesign at least a few aspects of his or her life. This may come easier for some children than for others.

A child may adjust well one year, and struggle the next with noticeable changes in attitude, mood and social skills, patience, understanding, and encouragement are attributes parents and family members should possess. In general, most children will adjust in a few weeks.

There are a variety of ways parents can make transitions easier for their children. Perhaps these can help you

and your family adjust to the new school year.

- Encourage the love of learning. Tell your child about teachers who inspired you and the interesting things you did in school. Do not support negative stereo-types of teachers or of school.
- Treat school as a normal part of your family's activities, which is easy to do in Borden County. Answer questions, discuss issues, but don't force enthusiasm or unwanted conversation.
- Visit the school and bus stop with your child. For new students, you might consider walking to school or driving the bus route to help familiarize your child with how they will get to and from school. Meeting your child's teacher or teachers is also very important. This shows that you are interested in their education and the teacher is very appreciative of your interest as well.
- Adjust bedtime and wake-up schedules. Bedtimes vary and are less consistent during the summer. Getting your child a routine will make it easier for them to get adequate rest and be ready for the next day of school. Having them

set out the clothes they plan to wear the next day is helpful. Also, be sure to keep everything (papers, homework, etc) near the door in a satchel for easy pick-up on the way out the door.

- Allow your child to be involved in making these new schedules, homework times, play and television limits, school lunches, and various rules. They are more apt to comply if they have a part in setting them. Also, discuss consequences of not following the new rules and schedules (i.e. being tired, not getting lessons, finished, being grounded, etc.).
- Help your child identify people that they can all or look to if they have an emergency at school (they miss the buss, get sick, forget something at home, etc.) if they cannot reach you. This will help ease their mind and keep them from becoming panicked if an emergency does arise. It is also a good idea to leave a list in the school office, and with your child's teacher, of people to contact should you not be reachable.
- Try to get involved in your child's education and activities. Studies show that kids are more motivated to learn when they see their parents involved at school. Plan to be

available to your child, especially the first few weeks of school. Keep the early weeks as free of outside activities so that you can pamper your child with home-cooked meals and special reading time with you.

This is a special time of year for your family. Let your children know that education is important and that you are there for them. Supportive parents will help make a successful student. Children are the future of our world! Best wishes to you and your family in the 2004-2005 school year!

Subscribe to the

Borden Star "Your" Hometown Newspaper



Only \$12.00
12 months
P.O. Box 137
Gail, TX 79738
806/756-4402

Drive Safely . . .

Watch out for our Children!

Branon Funeral Home

Serving this area since 1922

Phone: 806/872-8335

Lamesa, TX

NOTICE OF PUBLIC HEARING ON BORDEN COUNTY APPRAISAL DISTRICT 2005 BUDGET

The Borden County Appraisal District Board of Directors will conduct its annual public hearing for the Borden County Appraisal District Year 2005 Budget at 12:00 p.m., on Monday, August 9, 2004. This meeting will be held in the Borden County Community Center at 116 E. Wilbourn, Gail, Texas.

A summary of the appraisal district budget is as follows:

Total amount of proposed budget	\$68,816.00
Total amount of current budget	\$64,826.00
Total difference between budgets: (increase of)	3,990.04

The appraisal district is supported solely by payments from the local taxing units served by the appraisal district.

If approved by the appraisal district board of directors at the public hearing, this proposed budget will take effect on the 1st day of January, 2005.

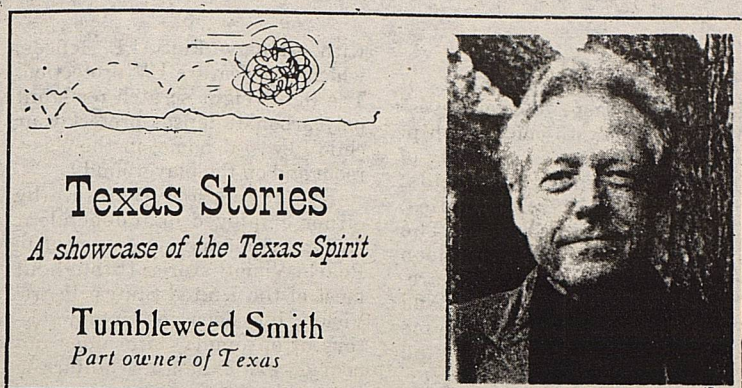
A copy of the proposed budget is available for public inspection in the appraisal district office.

JEANETTE KOEHLER,
Chief Appraiser

Have a Great Summer!



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



Dowsing for Bodies

For me, it was an unusual experience. For Fain McDaniel who was with me, it was just routine, something he does on a regular basis.

We were in the Comanche cemetery, walking around with a couple of bent coat hangers, one in each hand. When we got to a grave, the coat hangers gravitated toward each other and formed a big X.

"X marks the spot," says Fain. "You have the ability to be a dowser."

In previous interviews with dowsers, I had taken the two metal rods, or the fork of a tree branch and walked around with them and found things. I never thought much about it, since something like three out of four people have the "gift". But I had never dowsed for bodies before.

When Fain was heading up the Comanche County Museum, an old man came by one day and told Fain he was a dowser and could find abandoned graves. Fain thought he was a fake, but went out to the cemetery with the man and lo and behold he could find old graves. Fain found out he could, too.

"I get calls all the time to go and dowse gravesites," says Fain, who makes his living as a farmer and massage therapist. "I nearly starved to death farming, so I thought I should find something better to do."

His dowsing keeps him busy, though. He is called on to find old wagon trails, metals, water and graves.

"On grave dowsing, I take the L-shaped rods and go over the gravesites. I can find the exact dimensions of a grave, whether it's an infant's

grave or that of an adult. I take small flags and flag off the four corners, then take a pendulum dowsing device and hold it over the gravesite. On the older sites, the ones without metal coffins, you can tell whether it was a male or female."

He started talking about magnetic numbers. Do you know yours?

"Everything organic, water, steel, people or animals have different magnetic numbers. And the pendulum will either oscillate or rotate a certain number of times based on those numbers. Then it will pause a little while and start all over again."

He went to one cemetery where three outlaws were buried in one grave.

"Instead of doing the number of oscillations and rotations for one man, it'll do for three. The magnetic number for a man is twelve side to side oscillations and twelve clockwise rotations. And where there's more than one buried there, it'll just add

Moving is hard . . . At least getting your mail there is easy

Moving can be a challenging undertaking. On the list of most stressful human experiences, moving ranks third, behind having a death in the family and going through a divorce.

Getting your furniture and household items boxed, transported, unloaded and unpacked can be nerve-racking indeed, but thanks to the Postal Service, getting your mail to your new home is simple and easy.

The online Mover's Guide at www.usps.com lets customers file their change of address directly with the Postal Service electronically. It even offers move-related information, products and services that can help make the whole endeavor go more smoothly and efficiently. You can use the web site to create a customized moving checklist, change local and long distance telephone service, update your email

on that extra number of how many there are. Like for three men it was 36 instead of 12. And on a female it's six side by side oscillations and six counter-clockwise rotations."

I took the pendulum and put it over a woman's grave. Sure enough, it oscillated six times sideways and rotated six times counter-clockwise. Fain says it's like the old method of taking a needle and thread and holding it over the stomach of a pregnant woman to see whether it's going to be a boy or girl.

"This is the same principle," says Fain. "It's just science."

address with friends, and notify the publishers of our magazine subscriptions so you won't miss a single issue.

The sooner you start, the easier and more successful your move will be. Check out Mover's guide at least 30 days prior to your departure.

To access Mover's Guide,

log on to www.usps.com and click "Change Address" located on the red bar at the top of the screen.

No computer? Don't worry. You can get a hardcopy version of the Mover's Guide from your letter carrier or at your local Post office.

Good luck with your move!



Our Insect Enemies



Protecting Against The West Nile Virus

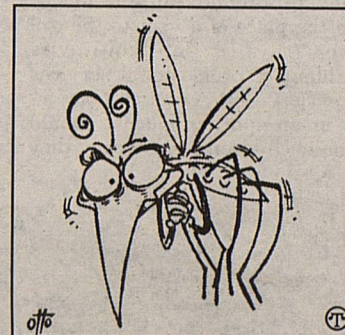
(NAPS)—While outdoor activities can result in itchy mosquito bites and the threat of the deadly West Nile virus, there are a few steps homeowners can take to reduce mosquito populations and protect themselves:

- Cover, empty or remove containers that hold water. Mosquitoes lay their eggs in standing water, so the best way to decrease mosquitoes around your home is to eliminate standing water. Household items that hold water include wading pools, wheelbarrows, toys, buckets, tarps, boats and tires.

- Clear standing water from your landscape. Clean out clogged rain gutters and drainage ditches frequently to ensure water does not gather. Fill in low areas of your yard and make sure flower pots and bird baths have clean water every four days.

- Create movement in areas of stagnant water. Add a water pump, fountain or waterfall to pools or ponds and make sure that the water is circulating properly. Swimming pools should also be chlorinated according to the manufacturer's directions and covered when not in use.

- Call the health department.



Larviciding is another way to protect against the West Nile virus. Larvicides kill mosquito larvae before they become adults and do not harm fish or other insects. Call your health department or visit www.mosquitoawareness.com for more information.

Mosquito control programs may include environmentally friendly larvicides. These larvicides effectively kill mosquito larvae in standing water, eliminating them before they become biting adults.

For more information about how to protect your family and how to get involved in larviciding programs in your area, visit www.mosquitoawareness.com.

**We're always here for you
in case of an Emergency!
Just Call Us . . .**

**BORDEN CO
806/759-5111**



Your Local Pastor
Is as near as your PHONE . . .

Bro. Randy Hardman
Gail Baptist Church
Call: 806/756-4363
Mobile No: 759-9472



Got News:

Mail to:

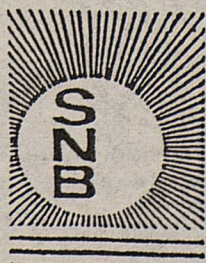
PO Box 137

Gail, Tx. 79738

Email

vadcock@bcisd.net

We're proud to be a part of the area since 1905.



Snyder National Bank

We take Snyder to Heart!



Member FDIC

1715 25th

573-2681

School Smarts

Comprehensive Eye Exam Critical For Child's Academic Success

(NAPS)—Parents fill their kids' backpacks with a host of school supplies ranging from newly sharpened pencils to state-of-the-art binders. They'll pack nutritional lunches, purchase fall wardrobes and make sure the required reading lists have been tackled. Parents want to give their children every educational advantage, but one tool vital to children's abilities to learn is too often overlooked—their vision.

Comprehensive eye exams should be at the very top of any back-to-school checklist. While school or pediatrician vision screens are helpful, they are usually not complete eye exams.

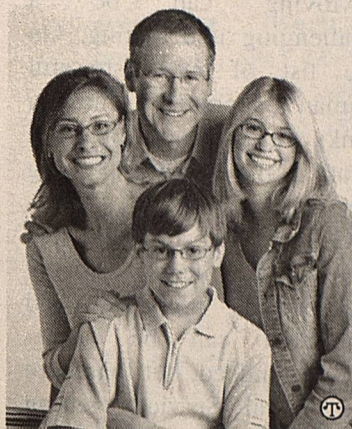
"These screenings are designed to alert parents to the possibility of vision problems and should not take the place of a visit to the eye doctor," says Dr. Jeff Smith, vice president of professional services at Pearle Vision. A doctor of optometry or an ophthalmologist should examine children's eyes before they

enter kindergarten and routinely throughout their school years to detect potential problems.

Students may achieve as much as 80 percent of their learning visually in their first 12 years. Blurry chalkboards or reading-related headaches impede progress. Prevent Blindness America says that one in four school-age children is affected by vision problems. All too often, these vision difficulties go unnoticed and untreated.

A wide variety of factors can contribute to vision problems. In today's world, computers are a part of everyday life. In fact, 90 percent of American school-age children have access to a computer at home or at school and may spend as many as three hours a day on it. Heavy computer use may put children at risk for early myopia, or nearsightedness.

Not sure if your son or daughter is having vision-related troubles? As a parent, be aware of tell-tale signs like squinting, covering



Be sure to include eye exams on your back to school check list.

or closing one eye, excessive blinking or rubbing of the eyes, leaning in to read, complaining of headaches, nausea or dizziness, turning or tilting the head to one side, avoiding close work or seeming excessively clumsy.

Glasses are in style

Forget the jeering chants of generations past—"old four eyes" has given way to cool and hip. Pearle Vision carries a variety of frames geared toward kids, including styles from Candies, Converse and StrideRite. The extremely popular Nickelodeon line features SpongeBob SquarePants, Blue's Clues and The Wild Thornberrys—with each frame capturing the personality behind a favorite cartoon character. Pearle also offers frames for teens including Tommy Hilfiger, Guess? Eyewear, Calvin Klein Eyewear and Nine West.

Children are active and technological advances in eyewear are designed to fit in with their rough-and-tumble fast-paced lifestyles. The Flexibles-Youth line from Pearle Vision is made from flex titanium, a material designed to withstand the stress children and teens put on their glasses.

Shatter-resistant polycarbonate lenses are the best choice for children. Pearle Vision fits children

with exclusive kidSAFE™ lenses, which also feature UV protection. The lightweight scratch-resistant polycarbonate lenses protect your child's eyes at home, in the classroom and on the playground.

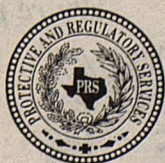
Eye exams are available by either employed or independent doctors of optometry at or next to Pearle Vision stores throughout most of the United States. Pearle Vision, Inc. does not employ doctors of optometry and does not provide eye exams in California. Pearle VisionCare, Inc., a licensed Vision Health Care Service Plan, provides eye exams in California.

To locate the nearest Pearle Vision store, visit www.pearlevision.com or call 800.YES.EYES. Founded in 1961 by Dr. Stanley C. Pearle, Pearle Vision is one of the nation's leading optical retailers with stores in the U.S., Canada and Puerto Rico. Pearle Vision is a subsidiary of Cleveland, Ohio-based Cole National, a \$1 billion optical and gift retailer with a combined total of more than 2,900 retail locations.

Drive Safely... Our children are playing



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