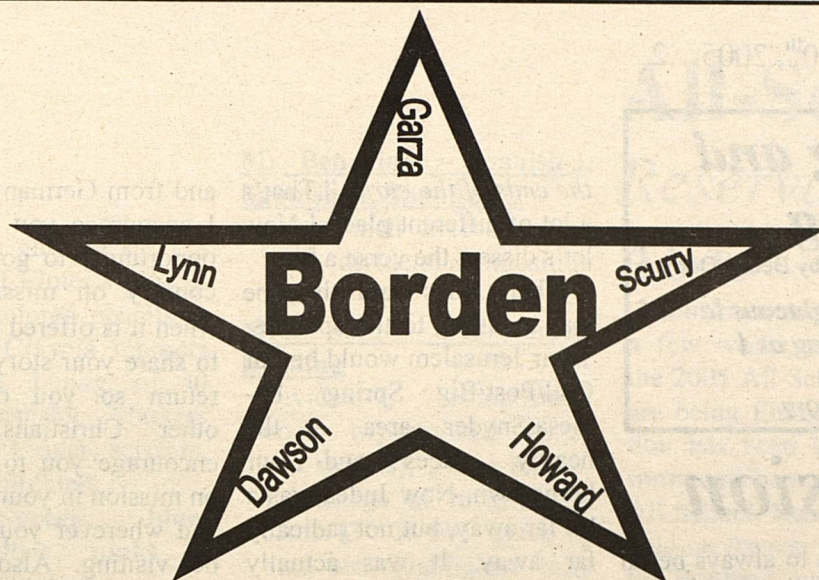


THE

Volume XXXII



STAR

July 20th, 2005

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

Texan Support for Troops makes me Proud to be a Texan

By Senator Kay Bailey Hutchison

Every once in a while, someone in Washington asks me why we Texans have so much love for our state. Is it the food? The weather? The culture?

While I love the food, weather and culture in Texas, the real reason I am so proud of our state is its people. And I have no better evidence of the character of Texans than an episode I heard about the other day at the Dallas-Fort Worth International Airport.

A plane filled with soldiers coming to the U.S. from Iraq for two weeks of rest, landed after the long flight from Kuwait International Airport. Its passengers were stunned to see two fire engines racing toward their plane with lights flashing and sirens blaring.

The soldiers said they had been informed the plane was waiting for equipment to arrive. What they thought might be some sort of minor emergency was actually Dallas-Fort Worth's special salute to home-coming soldiers. The two emergency trucks fired a water "salute" over the taxiing airplane.

"I didn't expect such a welcome," Pfc. Heather England, a satellite communications operator for the 578th Signal Company told

officials at the airport. "Soldiers on the plane got a bit choked up as they watched the water splash on the plane's windows."

The welcome did not end with the water salute. Hundreds of Texans applauded the returning soldiers as they got off the plane. They asked for their autographs and offered them food, beer, cigarettes, soft drinks and cell phone use.

When Staff Sergeant Donald Friedly told a USO volunteer that he had a daughter, the woman took him to some volunteers who presented him with a pink teddy bear, candy and bouquet of flowers for his wife.

The airport is one of the major direct flights for soldiers returning from Iraq. It has been demonstrating its appreciation for our soldiers for months, and I am proud to report that support for our troops is evident across our state. In June, children gathered on the steps of the state capitol in Austin to show their backing for deployed military personnel.

They gathered under the leadership of sculptor Heather McMahan, who is known for her "Welcome

Home" sculpture, which has been displayed in the Pentagon and at Bergstrom International Airport. She invited Austin children to express their feelings about the war and show their support for the troops through art. At a rally featuring patriotic songs, children displayed their art which will be sent to soldiers overseas.

Texas' legions of NASCAR fans showed their appreciation in April, when 250,000 of them welcomed several hundred Fort Hood Operation Iraqi Freedom veterans to the Texas Speedway before the running of the Samsung/Radio Shack 500.

And I cannot fail to mention the world champion San Antonio Spurs who have always held Military Appreciation Night. This year, skybox ticket-holders donated more than 500 seats to military personnel stationed and convalescing in San Antonio and provided them with free food and drinks.

Not all of us can donate a skybox, but we can help any of the great organizations supporting our troops. At the very least, we can extend a hand to a member of our armed forces and tell each of them that we appreciate what

2005-2006 School Year begins August 17th

The 2005-2006 school year will begin on Wednesday, August 17th, 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 7-12 and all new students in grades K-12 will take place at Borden County High School from 8:30 a.m. to 4:30 p.m. Tuesday, August 2nd through Thursday, August 4th.

Gail FFA Members Attend Area Leadership Camp

By Buddy Wallace

Seven members of the Gail FFA chapter have recently returned from an exciting trip to the Area II Leadership Camp. This event, which was sponsored by Howard

they are doing and support them with all our heart.

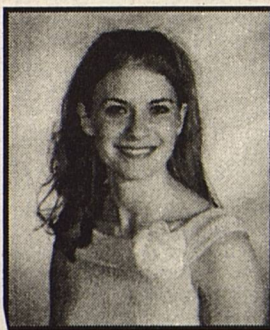
Asked to comment after her welcome to the Dallas-Fort Worth International Airport, Pfc. England said, "After being stationed in Germany and Iraq for so long, seeing this display of affection at the U.S. airport has definitely reminded me why I love Americans, especially my fellow Texans."

I could not say it better myself.

College in Big Spring, hosted over 300 FFA members from 49 schools in Area II.

Students attending the camp received high energy Leadership training from a dynamic Area Officer team who were assisted by State FFA Vice President. The students attended several workshops but still had time for recreational competition and fun in the areas of volley ball, dodge ball, and Ag Olympics. Team awards in these areas were presented during an official dress banquet that took place during the last evening of the camp. Social and devotional events were also held each evening of the three day camp which allowed the students to meet new friends

Cont. to Pg. 6



Learning and Living

by Becky Dobyns

When I learn your righteous laws, I will thank you by living as I should!

- Psalm 119:7

Always on Mission

As you read this, I am not in Gail. Depending on when you get this newspaper, I am either in Dallas preparing or in Germany right now. All year I have been spiritually, financially (with the help of many donations from Christ's Church), and mentally preparing myself to go to Cologne, Germany, to participate in God's work there. I am not unique in this fact, nor do I wish to be. In fact, there are over one hundred students from Texas and New Mexico going to Cologne to help the permanently stationed missionaries in their ministry. If 100 people work for 7 days, that's the same amount of evangelistic outreach that one missionary can accomplish in 700 days!

Cologne, Germany, also called Koin, is about as diverse as it gets. There are many Chinese, Japanese, Korean, South African, North African and Middle Eastern refugees there. The largest non-German group is the Turkish population, predominantly Muslim. German nationals are usually post-modern in their beliefs. Postmodernism is the "whatever works for you" attitude. It is the belief that nobody's beliefs are better than anyone else's and that it does not matter what you believe as long as you don't try to force it on other people. It is all about tolerance and not being judgmental. Of course, not every German thinks this way, but it is a general trend there. Unfortunately, it is beginning to be a trend in America as well.

The organization taking us, iWitness Ministries, does not believe in just going on a "mission trip". They believe

that we need to always be on the lookout for where God is already working, and prayerfully participate. God's plan for the nations has been unfolding since the beginning of time, and if our work does not fit into His plan, it is wasted. Therefore iWitness is very careful to work with missionaries already stationed in each place who can continue our work when we're gone. Specifically, the work we will be doing is church planting. We will be ministering to people who will become part of a house church that the missionaries working there will supervise. I only ask for your prayers from July 20th to 30th as God uses us to make His name famous.

As I said earlier, I do not wish to be unique in witnessing globally. What many Christians do not realize is that being a missionary is not an occupation - it is a lifestyle. When you become a Christian, you commit to be a missionary. It isn't a choice or even a suggestion, but a command. Christ calls us all to be missionaries where we live and even to the ends of the earth. It's not about going somewhere on a mission trip, it's about leading an on-mission lifestyle wherever you happen to be, as Paul, Timothy, and of course Jesus himself did. Jesus commissioned us to spread his word everywhere right before He ascended into Heaven. This "Great Commission", as it is called is found in Acts 1:8. Here Jesus says, "But you will receive power when the Holy Spirit comes upon you, and you will be My witnesses in Jerusalem, and in all Judea and Samaria, and to

the ends of the earth." That's a lot of different places! Now let's dissect the verse a bit.

When Jesus said this, he was speaking to the apostles. Their Jerusalem would be our Gail/Post/Big Spring/Lamesa/Snyder area - the nearby places and our hometown. Now Judea was a bit far away, but not radically far away. It was actually quite close to Jerusalem but it still took a while to get there on foot or pack animal. We can compare them both to places that are as near geographically to us as Judea was to Jerusalem (like New Mexico) or judging by travel time, we could even compare that to New Jersey, since the time it takes for us to get across the country is the time it took for them just to go to a neighboring city. Then we have Samaria. Now Samaria is possibly the most intriguing to me out of these four places. Why? Samaritans and Jews were enemies. They avoided each other at all costs, and Jews looked upon Samaritans as scum. The famous woman at the well to whom Jesus spoke was a Samaritan, and that's why she was so surprised that Jesus would even look at her. And here Jesus was ordering his apostles to actively seek out the place most Jews wouldn't go near! Our Samaria is the "scummy" places of our society, like ghettos and places we wouldn't be found. Jesus was ordering his apostles, as he is ordering us, to seek out the rejects of our culture with love and open arms - not only "accept" them, but actually go to these people!

Last, but not least, we have "the ends of the earth". It's pretty self-explanatory. This would be anywhere overseas, anywhere far away where the Gospel too often is not heard. Third-world countries and rich nations alike are the ends of the earth.

In short, Jesus tells us to go everywhere with His good news, from Gail to surrounding towns, from New Mexico to New Jersey,

and from Germany to Africa. I encourage you to take the opportunity to go to another country on mission if and when it is offered to you, and to share your story when you return so you can inspire other Christians. I also encourage you to always be on mission in your hometown and wherever you happen to be visiting. Also pray for those who are on mission, for the missionaries in Africa and China and Japan who are on the front lines of completing the Great Commission. I again ask for your prayers for the students going to Cologne and the missionaries already stationed there. When I get back I will write an article about what God did. My

prayer is that you answer God's call in your own life, and follow your Savior to Jerusalem, Judea, Samaria, and to the ends of the earth!

[Editors note: Becky is the niece of Jym and Amy Rinehart of Gail. She has been living with the Rinehart family for the past four years. She will be a junior at Borden County School this fall. She is the daughter of Kevin and Nancy Dobyns of Jacksonville, Florida. Becky, alone with fellow classmate and friend Lindsey Stamper will be leaving for Germany on July 20th and will return on July 30th on this mission trip alone with other youth from different areas. What an experience! Please keep them in your thoughts and prayers during this time.]

Vacation Bible School
Family Night
Sunday, July 24th,
6 - 8:30 p.m.
 *Come hear the Youth give the worship service
 *Come eat hot dogs & Trimmings
 *Come help our child build his/her VBS "Ramblin Road Cruiser"
Come enjoy the start of an exciting week for your child!

Ramblin Road Trip
 PSALM 25:4 Which Way Do I Go?
 Who: Pre-K - 5th grade (based on last school year)
 When: July 24-28 6 - 8:30 pm
 Where: First Baptist Church Gail
 Sunday night (24th) will be Family Night!

Back to School Supply List

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

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

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

Third Grade: 1 spiral (**wide ruled**), 300 3x5 index cards, 1 ruler (**metric and standard**), 4 red pens, 1 bottle of glue and 2 glue sticks, 1 pocket folder, 1 expandable file folder front closure, 2 large boxes of baby wipes, 1 box of Kleenex, notebook paper (**wide ruled**), 24-#2 pencils (**not mechanical**), large eraser, gym shoes, supply box, crayons, colored pencils, scissors.

NO NOTEBOOKS PLEASE!

Fourth Grade: Crayons, map crayons, box of #2 pencils, 3 red grading pens, loose leaf notebook, 3 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 boxes of Kleenex, gym shoes, 2 one subject spirals, 1 bottle of glue, 1 pkg. lined index cards.

Fifth Grade: 1-2 inch 3 ring notebook, 1 pkg of dividers with pockets, 1 red spiral notebook (**wide ruled**), 1 red folder with pockets, wide ruled notebook paper, 1 pkg. of lined index cards, 1 box of #2 pencils, 4 red grading pens, 1 black sharpie (**twin**

tip), 2 large glue sticks, 1 8 oz. Bottle of Elmer's glue, 1 box of 36 colored pencils, 1 box of 10 Crayola markers (**broad tip**), 1 pkg. of 50 Crayola Washable Markers (**super tip**), 1 ruler, scissors, 1 pkg of highlighters (**5 colors-green, blue, orange, yellow, pink**), 2 large boxes of Kleenex.

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 3x5 index cards (**white**), 2 boxes Kleenex, 1 package red pens (**10 at least**), 1 package black pens (**10 at least**), 1 package pencils (**10 at least**), 1 package blue pens (**10 at least**), 1 glue stick (**large**), 1 packages wet wipes, 1 pair good scissors.

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

(7th - 12th)

Mr. Ard

Language Arts 7 & 8: 2" 3-Ring "Extra Tough" notebook with inside pockets (**to keep in room; no zippers, please**), 8 tabbed notebook dividers, 1 2-pocket, 3-pronged folder (**any color**), 1 composition book (**at least 70 pages with holes; no spirals**), pen pouch (for in-class notebook), loose-leaf notebook paper (**wide- or college-ruled**), black, blue, and red ink pens (**extra red ink pens needed during the year**), pencils, highlighter(s)

Coach Avery - Social Studies (8th), U.S. History (9th), World History (10th), W. Geography (11th)

Notebook paper, pens

Mr. Benavidez - Spanish I, Spanish II, Spanish III

1 ½ inch notebook, red pen, dividers, composition book

Mrs. Soto - 7th Grade Reading

Dividers-7, composition book w/perforated pages (**no spirals**), 3-ring binder, 1 package of ruled index cards (3" X 5"), black or blue pen, highlighter (**any color**), notebook paper (**wide or college ruled**), red pencil or pen

Mrs. Key - Algebra I (9th), Geometry (10th), Algebra II (10th & 11th), Pre-Cal (12th), Computer Applications (7th & 8th)

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

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

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

Inexpensive calculator

Mrs. Mayes - Spanish I (10th), English I (9th), English II (10th), English III (11th), English IV (12th), Government/Economics (12th)

1 ½ inch notebook, red pen, dividers, composition book

Coach Richey - Math (7th), Math (8th), Algebra I (9th), Algebra II (11th)

Notebook paper, spiral notebook, notebook, dividers (**5 or 6**), pencils, red pen, highlighter, dry erase markers (**2 or 3**), compass, protractor (**no pens**)

7th Grade-Inexpensive calculator

Coach Turner- Social Studies (7th), Health (9th)

Spiral notebook and pens

Mr. Wallace - Ag. Science (8th - 12th)

8th grade: 3 ring binder notebook, 9 dividers w/labels, pens, pencils, and notebook paper

9th - 12th grade: 9 dividers w/labels, pens, pencils, and notebook paper,

All-School Reunion Reservations are needed ASAP

It's almost time! With only a few weeks left, plans for the 2005 All-School Reunion are being finalized. Information has been sent out, and forms are being sent in. The All-School Reunion will be held on August 5th and 6th at the Borden County School in Gail, Texas.

The reunion organizers are hoping for a large crowd of ol' friends and classmates to gather for a fun time of visiting and reminiscing. The reunion will begin on Friday, August 5th from 5:00 to 10:00 p.m. with early registration and visiting in the cafeteria. Light refreshments will be served.

On Saturday, August 6th beginning at 10:00 a.m. registration will continue. Pictures of classes, families, friends and individual will be scheduled if wanted. There will be tours of the school and visiting will take place in the cafeteria. A catered lunch

will be served at noon in the County Showbarn. The cost of the meal is \$10 for adults and \$7 for children 11 and younger.

If you do not have a reservation form, they may be picked-up at the County Judge's Office, Sheriff's Office, County Agent's Office or the Coyote Store in Gail. If you live in the Plains Community, they may be picked-up at Judy Kingston's residence. Be sure to get your form in the mail as soon as possible. An estimated count for lunch is needed.

Make plans now to attend the 2005 All-School Reunion and enjoy getting re-aquainted with ol' friends, classmates and teachers. A large turn crowd and a good time is being expected for all.

For more information, contact Judy Kingston, Carol Lewis, Joel Dennis, or the Borden Star.

See you at the Reunion!

4-H News Shooting Sports Results

San Angelo was the site this past weekend for the 3rd Annual Texas 4-H Shotgun Shootout. Matthew Roberson and Raylea Underwood represented Gail Trap Club in the Sub-Jr Division where 36 shooters competed. Participants shot a total of 350 targets over 3 days. Events were two walk through sporting clay fields, American Trap, American Skeet, International Trap and International Skeet and 5-stand.

Matthew and Raylea did a great job! Each won a Marlin automatic 22 rifle. Matthew placed 4th in 5-stand and 2nd in International Trap. Raylea placed 4th in American Trap and won High Overall Award for the girls division. Overall in the Sub-Junior Division, Matthew

placed 8th and Raylea placed 11th.

Others attending the shoot were Dean Roberson and Ray Don and Jana Underwood. Everyone had a great time!

Good luck to the shooters on their way to the State 4-H shoot in San Antonio, July 22 & 23.

Attention Football Players

Football Practice will begin on Monday, August 1st. from 5:00 p.m. to 9:00 p.m. Any high school player wanting to be apart of this year's 2005 Football team should be at school, ready to get into shape and get the Coyotes back into the playoffs.

SUMMER SERIES #4

Landscape and temperatures soar out West

By Mark K. Campbell

Photos by Paula Campbell

We didn't see any aliens out Marfa way. But we still saw plenty of strange critters.

Sitting with scores of other hopefuls, on our final day we perched at dusk at the Marfa Mystery Lights viewing area. Perhaps this would be the night a colorful blob would deposit an alien life form.

I was hopeful. After all, I was voted "Most Likely to See a UFO" in high school. (No kidding.)

The 102-degree weather relented when the sun went down after a stunning West Texas sunset. A breeze blew as we looked south and east, straining to see one of the famed mystery lights across a 15-mile stretch of the Chihuahuan Desert.

Sadly, we saw no enigmatic glowing globs. Many folks were fooled by the white lights to the west near a red tower light; a local said those were just car headlights.

He said the Marfa Mystery Lights actually appear to the east and south – not toward the tower. And the lights are exceptionally infrequent.

No one knows their origin. Some wonder if temperature is a factor. Others think it's probably an optical illusion. My belief is that it's a member of the Marfa Chamber of Commerce out in the desert with a flashlight.

In any event, neither lights nor aliens appeared. But other critters did as we traveled between the trifecta of Alpine, Marfa, and Fort Davis.

McDonald Observatory

Three UT-Austin telescopes are visible on the Davis Mountains long before you get there. Two white telescopes are housed on one rise while a silver one sits atop another.

Fees vary, beginning at \$8 for adults, but families get price breaks. Tours are held twice daily – 11 a.m. and 2 p.m. – and begin with a wonderful live look at the sun. You'll learn a lot about our star right there.

The tour continues up to a 107-inch telescope on 6,792-foot Mt. Locke. That sounds like a huge telescope until you motor over to nearby Mt. Fowlkes (6,659) where America's third largest telescope resides, the Hobby-Eberly which is made up of 91 mirrors.

Star Parties are held only on Tuesday, Friday, and Saturday nights. After a brief program, you're taken outside to view the sky in 14-inch scopes. We saw a 500,000 star cluster and a perfect view of Jupiter with four of its moons and two vertical red streaks clearly visible.

"Watch for animals driving down," we were warned. And boy, were they right. We saw a javelina, a gray fox, a jackrabbit, and numerous deer.

Earlier, we had also spied the elusive Montezuma quail, which ranges primarily in



A rear Montezuma quail scratches around the 107-inch telescope area at the McDonald Observatory

Mexico but an occasional covey darts around the Davis Mountains.

Scenic loop

A lovely 74-mile loop begins and ends at Fort Davis. If you head out to the observatory, you're already 13 miles into it.

It's memorable with a variety of landscapes including the "Rockpile" and towering Mt. Livermore (8,378), the range's tallest peak.

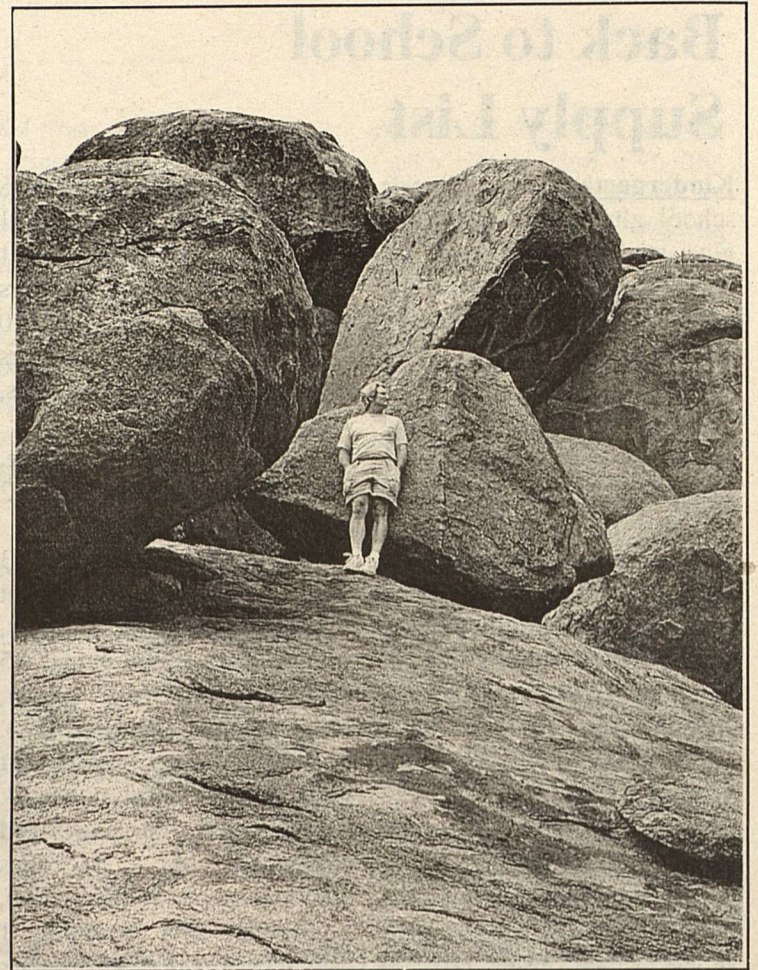
Under a massive conglomeration of gigantic boulders sits a rest area on the southern part of the loop. You can get there faster by traveling counterclockwise from Ft. Davis.

The weather was weird during our route on the loop. It rained then hailed then got up to over 90 degrees at 5,000-plus feet. Storms can be seen ravaging the plains between the soaring mountains stretches.

Three towns

We made Alpine our base. The town is quaint and art-intensive, trying real hard to be "The Taos of Texas." It's 108 miles to Big Bend from Alpine.

Marfa is like a poor man's Alpine. We had purchased tickets in advance to see



There are plenty more of these massive boulders all around a picnic area on the Scenic Driving Loop in the Davis Mountains. Climbing is fun – unless you fall. Then it hurts.

Giant on the 50th anniversary of the making of the movie.

State Highway 17 was closed at the stately courthouse and an inflatable movie screen was erected in the middle of the roadway. There, beginning at 9:50 p.m. and lasting until 1:08 a.m., we watched one of the worst movies ever made.

Giant was filmed outside of Marfa and the town still lives off that. A nice hotel, the Piasano, contains keepsakes from the time James Dean and Rock Hudson stayed there; many locals were used as extras.

But it's curious why people would be proud of this relic. It's like bragging that your part of the world was home to *Manos, the Hands of Fate*. Which not only happens to be the No. 1 worst movie on www.imdb.com but, incredibly, was also made in Texas, out in El Paso. Who'd brag about that? *Giant* was almost as bad.

Many patrons, well into several bottles of free Lone Star before the event began, were zonked by the time the

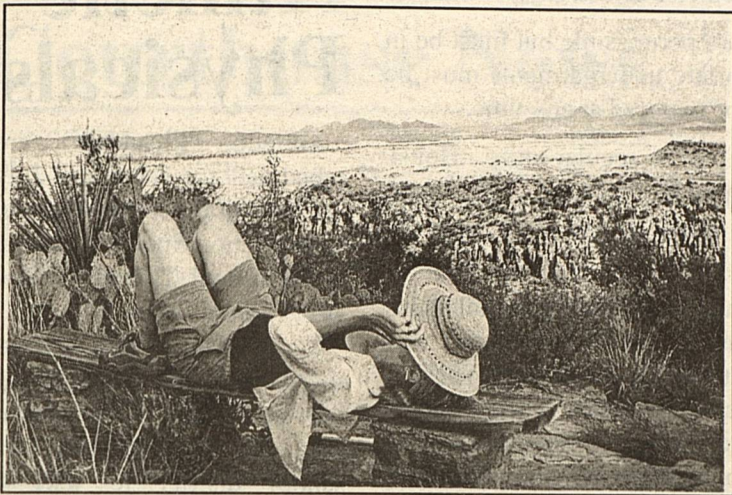
endless "Texas defining" movie ended. *Giant* begged for a *Mystery Science 3000* heckling, but there were far too many Lone Star bottles about.

Not to commit blasphemy but, James Dean was horrible in *Giant*. I know that's like ragging on Elvis, but facts are facts. Dean stunk. He died driving back to California from the Texas set, forever becoming "cool." He was "a bad actor" in *Giant*.

The best of the three towns by far was Ft. Davis. The town, the highest in Texas at 5,050 feet, had a pleasant feel and everyone was remarkably kind.

The town boasts a National Historic Site where part of the frontier fort has been corralled. A section of the old San Antonio-El Paso Road is

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There's nothing like an invigorating hike in the high mountain air – unless it's 102 degrees as it was during this state and federal land jaunt on a sunny afternoon.

also traversable. And the Hotel Limpia is a wonderful old establishment of long ago lodging.

Davis Mountains State Park

Even with what we were told were unusually high temperatures in the daytime – up to 107 – every site in the state park was booked.

Kids at 27 sites had the good fortune of being able to watch TV; those sites offer cable hook-ups. When camping today, if your kid gets tired of his xBox and portable DVD player, you can always get them to slum by watching cable TV.

Indian Lodge is perched on the far side of the state park. It's a real hotel with a swimming pool and a restaurant.

Fees there range from \$75 to \$100 for the "executive suite." No pets are permitted.

A hike

The temperature read 102 when we drove to the top of Skyline Drive and headed out for a jaunty little hike.

After a brief walk – including leaving the mountain biking trail behind – the path leads to federal

property. It's six-tenths of a mile to an overlook where you can gaze down on old Fort Davis.

We spied hummingbirds, lizards, and a bevy of yellow-gold millipedes. It was darn hot, but we had ample water and took numerous breaks. Rounding a corner among titanic boulders, a dry, gusty wind cooled us.

At one place, the trail is hammered between massive rocks. At another juncture, you have to carefully negotiate the terrain as it winds through rugged, rocky land.

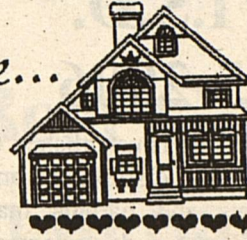
We lost the trail once. Hikers have the option of traipsing down into Hospital Canyon or taking a grasslands route after coming down from our North Ridge trek.

Signs warned not to be on government property after 5 p.m., but we were. From the lookout, a cannon pointed our way on the parade grounds below. Fortunately it did not fire upon the interlopers.

Amid temperatures that ranged from 61 (during *Giant*) to 110 (leaving the area), we saw plenty – no aliens but lots of other weird critters.

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.

Airport Security: Know Before You Go

Millions of people pass through the nation's airports every day. However, with changes in airport security procedures, there is often a lot of fear and confusion about the "dos and don'ts" of air travel. The following information represents some of the suggestions offered by the Transportation Security Administration (TSA).

First and foremost, don't be frightened – the security personnel at the airport are there to help you. You can do some things before you even leave your home to help ease the security screening procedure. When selecting your clothing, be sure that it does not have metal items, including under-wire bras, belts and belt buckles, which may set off the metal detector. Also, avoid jewelry made of metal or limit the amount that you wear. Your footwear may also cause problems if your shoes contain metal arch supports. Though the TSA does not require you to remove your shoes, you may be subject to additional screening if you do not remove your shoes.

Other things you can do before you leave your home include:

- *Cigarette lighters are no longer allowed in airports. Your lighter will be confiscated and not returned if you try to carry it through a security checkpoint. You may carry matches in your carry-on or your checked baggage.

- *Do not pack wrapped packages in your baggage. Screeners may unwrap those packages for security reasons.

- *Do not lock your bag-

age. Security personnel may cut the lock off your bag to gain access for security reasons. TSA approved locks may be ordered from

<http://www.travelsentry.org> or <http://safeskieslocks.com>.

These are locks that may be opened by airport security personnel.

- *Remember to label all baggage with your contact information, including your carryon bag.

- *You are limited to one carry-on bag and one personal item, such as a purse or briefcase, on board the plane. Remember to put keys, cell phones, excess jewelry and other metal or metal containing items in your carry-on bag.

Some metal items simply cannot be removed to go through security, such as artificial hips, knees or pacemakers, to name a few. Your health professional should provide you with a card stating that you have a medical device which may cause the medical detector to alarm. Also, he or she may recommend that you not walk through the metal detector (for example, metal detectors may interfere with your pacemaker settings). In these cases, the security personnel at the airport will conduct a one-on-one screening that may include use of a handheld metal detector or using their hands to conduct a pat down search.

Other medical conditions and equipment may be of concern, including

- *Supplemental Oxygen canisters will be permitted through the check-

point once they have been screened. However, you should inform your airline of your Oxygen at the time of your reservation. Some airlines prohibit personal Oxygen on board their planes.

- *Diabetics are allowed to carry any and all supplies necessary for their care, including syringes when accompanied by insulin. You should notify the security personnel that you are a diabetic and are carrying your supplies with you.

- *If you wear a prosthetic device, such as an artificial limb, you will not be required to remove said device but security personnel will need to see and touch it as part of the screening process. You will also be allowed to carry any and all equipment needed in support of your prosthesis.

- *Walkers, crutches and canes that can fit through the X-ray machine will be required to undergo screening. Security personnel will assist you with walking through the metal detector and continue to assist you until your walking aid has been cleared. Items such as wheelchairs will be hand screened. Depending on your ability, you may or may not be required to leave your wheel-chair. You should let security personnel know if you are unable to get out of your wheel-chair.

Certainly inform airport security personnel of any mobility, vision or hearing problems you may have. They will make special accommodations to ensure that you understand the process and why additional screening may or may not be necessary.

- *If you are selected for additional screening, keep the following in mind

Cont. to pg. 7

Drive Safely



Watch Out for our Children . . .

Borden County I.S.D. Dress Code 2005-2006

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. Boys' pants will be worn at the waist and properly fit the waistline. No excessively wide legged pants will be allowed. No trench coats, dusters, jail attire or paramilitary 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 activity.)

Sleeveless blouses are permissible but must be 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. No 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 ponytails, 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 addressed 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 serious disciplinary action. The principal, in cooperation with the sponsor, coach, or other person in charge of an extracurricular activity, may regulate the dress and grooming of students who participate in the activity (for example: cheerleader uniforms may vary from normal requirements according to principal/sponsor approval). Students who violate these standards may be removed or excluded from the activity for a period determined by the school administration or sponsor and may be subject to other disciplinary action.

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

Athletic Physicals

Athletic Physicals are scheduled for Saturday, July 30th at 10:00 a.m. in Abilene, at the Action Sports Medicine and Physical Therapy Clinic at 1717 Pine Street.

If you plan to play a sport this year of any kind during the upcoming school year, you are required by the school district to take a physical. The school furnishes the physical at this time. If you cannot make this date then you will need to get a physical on your own and at your own expense.

A bus will departure from Gail at 8:00 a.m. and will return around 3:00 p.m. You will need to have your physical form signed and filled out before leaving. The doctor will not sign it if your parents or guardian has not signed it. You will need to wear shorts and a t-shirt for the physical. You will also need to bring lunch money.

Gail FFA

Cont. from pg. 1
and compare camp experiences.

During the final morning session, ten students were selected as outstanding participants. These individuals were chosen by the Area Officers for their cooperation and enthusiasm during the camp activities. The Gail FFA chapter is proud to say that Brandi Hudson was chosen as outstanding camp participant.

The Gail FFA members came home with a strong foundation of training to help in propelling the Gail FFA Chapter in its leadership success next year, as well as making a lot of new friends. Mr. Wallace wishes to express his thanks to JRyan Gicklhorn, Garrett Thomas, Brandi Hudson, Lacey Newton, Becky Dobyns, Kate Wallace, and Shelby Roberts for taking timeout of their summer to participate.

Courthouse News

WHEREAS, On this the 27th day of June, 2005, the Commissioners' Court of Borden County, Texas, convened in Regular Session in the Commissioners Court room in the courthouse of Gail, Texas, the following members of the court being present, to-wit:

MONTE SMITH, Commissioner, Precinct. No. 1; **RANDY ADCOCK**, Commissioner, Precinct. No. 2; **ERNEST REYES**, Commissioner, Precinct. No. 3; **JOE BELEW**, Commissioner, Precinct. No. 4; **JOYCE HERRIDGE**, County Clerk and Ex-Officio of the Commissioners' Court

with County Judge Van L. York absent, constituting a quorum, when the following proceedings were had, in accordance with the posted agenda.

CHAIRMAN

Commissioner Adcock made a motion for Commissioner Reyes to preside over the June 27, 2005 Commissioners Court Meeting. Motion was seconded by Commissioner Smith. Motion was approved.

MINUTES APPROVED

Minutes of the Commissioners Court meetings of June 13th, 2005, were read. Commissioner Belew made a motion to approve said minutes. Motion was seconded by Commissioner Adcock. Motion carried unanimously.

ACCOUNTS ALLOWED

The current accounts were examined. Commissioner Belew made a motion to approve and pay said

accounts. Commissioner Smith seconded the motion. Motion carried unanimously.

DISCUSSION ITEMS FOR FUTURE AGENDA

No items were presented

ADJOURN

A motion was made by Commissioner Smith to adjourn. Motion was seconded by Commissioner Adcock and approved unanimously.

Airport Security:

Cont. from pg. 5

*You have the right to request a private screening area.

*Your security screener should be your same gender. If not, you have the right to request a different security screener.

*You have the right to refuse all security screening but you will not be allowed to enter the gate area or board your airplane.

Above all, remember to stay cool, calm and collected. You will eventually make it through the security checkpoint and be on your way. The airport security personnel are simply trying to make certain that you and all the other air travelers are safe.

For more information, contact the Extension Office.

Grass-fed Beef Guru Gearld Fry to teach in San Saba

Gearld Fry Genetics School - sponsored by *Holistic Resource Management of TX* "Mongrels," said Gearld Fry, speaking of a majority of cattle in this country. "Most of them have been bred for

the feedlots to be huge and don't do well on grass. What we want to do is bring the animals back to the proper genetic makeup and back to what they were meant to eat - grass."

Don't let this pass you by! Be a part of two-day seminar led by Gearld Fry, the guru of grass-fed beef, August 25 & 26, 2005. This will be held in conjunction with a special female replacement sale at Jordon Cattle Auction in San Saba, Texas, August 27 (Saturday).

This seminar is primarily designed for graziers wishing to produce grass-fed beef, but will benefit anyone in the cattle business. The first day is classroom work and the second is out with the cattle scheduled for the special sale.

Training will include:

1. Selecting your elite cowherd,
2. Choosing a herd sire,
3. Visual appraisal for pregnancy and sexual prowess,
4. Linear measuring,

5. Using an ultrasound machine,

6. Producing and marketing grass-friendly seedstock. *Learn about Gearld Fry's unique techniques at <http://www.bovineengineering.com>*

The school will be at the San Saba Civic Center from 8:30am to 5pm, Thursday, August 25 and Friday, August 26. A catered BBQ lunch will be available (\$8.50 ea.) both days at the Civic Center. Tuition is \$275 with space limited to first 50 registrants. Reserve your space with \$100 deposit (non-refundable) and pay \$175 at the door, or pay the

entire cost now for only \$250. There is a \$25 discount for the second person from the same operation. Registration deadline is August 1, but the class is expected to fill quickly. To register, send full contact information with a check for your deposit or full payment to Peggy Cole, HRM of TX, 5 Limestone Trail, Wimberley, TX 78676. Check space availability via e-mail: info@hrm-texas.org or phone: 512-847-3822.

A block of rooms has been reserved at Hill Country Inn, 325-372-4113 and L and L Motel, 325-372-5191. Please mention HRM of TX when reserving your room.

Smoked Briskets

Slow Cooked to Perfection

For Sale

\$25.00 each

to benefit Borden County Junior Livestock Association

Order yours by Wednesday, August 10th
Call the Borden County Extension Office to place your order today! (806) 756-4336

Briskets will be available for pick-up on Saturday, August 27th
at the 2nd Annual Ranch Horse Competition to be held at the Borden County Arena.

Looking for a Babysitter this summer?
Call Shylo at 756-4343

FOR SALE
3 Bedroom, 2 Bath;
Wood Burning Fireplace,
Central Air/Heat
Will Consider Owner Finance.
Call 254-559-8741

Need someone to clean your house?
Call me I know the best housekeeper in Texas.
Tracy 756-4328

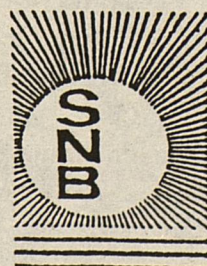
Branon Funeral Home

Understanding and Guidance When You Need it Most!

"Serving in this area Since 1922"

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More reason to eat Bread and Grains For Optimal Health

At a conference on vascular health, held June 30, new research on inflammation and heart disease demonstrated that long-term adherence to low-carbohydrate diets significantly increased the risk for cardiovascular disease. Dr. Richard Fleming, preventive and nuclear cardiologist with the Department of Physics at Hampton University in Virginia shared the results from his test on the impact of low-fat, low-carbohydrate and moderate-fat diets on weight-loss and coronary blood flow as it is linked to early stages of heart disease. Fleming reported on the scientific study at the Eighth International Conference on Vascular Endothelium: Translating Discoveries into Public Health Practice.

Study participants who followed either moderate-fat or low-fat diets showed improved coronary blood flow. Conversely, people on a high-fat, low-carbohydrate diet experienced higher levels of a blood chemical known as Interleukin-6 that indicates chronic inflammation and is considered an early indicator of heart disease.

According to the National Center for Health Statistics, two-thirds of Americans are either overweight or obese, accounting for nearly 10 percent of the country's medical expenditures. States with a greater incidence of overweight/obesity

also have greater rates of cardiovascular disease — a leading cause of death among Americans.

"What people eat not only influences their weight, but also their overall health and well-being," says Dr. Fleming. "Being overweight or obese is associated with increased inflammation which may cause heart disease, certain cancers and a number of other health problems. However, suboptimal diet plans, like low-carbohydrate regimens, may negate the positive effects of weight loss by promoting an increase in inflammatory coronary artery disease risk factors."

"Dr. Fleming's research under-scores the nutritional value of incorporating grain products into your diet," says Judi Adams, MS, RD, president of the Grain Foods Foundation. "Yet most consumers are unaware of how grain foods can contribute to the prevention of heart disease, as well as some cancers, birth defects and diabetes."

Marcia Scheideman, MS, RD, and president of the Wheat Foods Council, says, "When consumers cut carbohydrates from their diet in an effort to follow the latest fad diet, they are eliminating a whole food group that can help with weight control and one that provides a variety of vitamins and nutrients

that are an essential component of a healthy diet."

David Moore, Texas Wheat Producers Board Chairman, says, "Texas wheat producers have long supplied Americans with a safe and abundant supply of grain-based foods. We are pleased that new research is proving the value of grains in a healthful diet."

About the Research

In this study, 120 men and women between the ages of 30-59 and with body mass indices (BMI) of greater than 30 (which is considered obese) were enrolled into one of three diet and exercise programs. Participants were randomly assigned to a low-fat, low-carbohydrate or moderate fat diet for 12 months. Weight, BMI, and 14 cardiovascular lipid and coronary blood flow health risk indices were monitored at baseline, six weeks, and at three, six and 12 months. These same measurements were assessed again four months post-test to determine residual effect.

While adherence to all three dietary regimens resulted in statistically significant reductions in BMI, long-term adherence to lowered-carbohydrate diet significantly increased cardiovascular risk as measured by inflammatory cardiovascular disease risk markers and coronary blood flow. Long-term adherence to low-to-moderate fat diet significantly reduces cardiovascular disease risk and improves coronary blood flow.

About the Conference

Sponsored by the Center for Disease Control and Prevention, the 8th International Conference on Vascular Endothelium: Translating Discoveries into Public Health Practice was held from June 25 to July 2 on the island of Crete in Greece. The conference brings together clinicians, scientists and epidemiologists working on endothelial cell biology and public health. Attendance is limited to only 100 participants in an effort to exchange information on recent advances in the pathophysiology of endothelial dysfunction and injury, and develop insights into how to apply current knowledge of endothelial biology to public health practice.

About the Wheat Foods Council

The Wheat Foods Council is a nonprofit organization formed in 1972 to help increase public awareness of grains, complex carbohydrates, and fiber as essential components of a healthful diet. The Council is supported voluntarily by wheat producers, millers, bakers, and related industries and is dedicated to increasing grain consumption through nutrition information, education, promotion and research programs.

About the Grain Foods Foundation


The Grain Foods Foundation, a joint venture of members of the milling and baking Industries formed in 2004, is dedicated to advancing the

public's understanding of the beneficial role grain-based foods play in the human diet. Directed by a board of trustees, funding for the Foundation is provided through voluntary donations from private grain-based food companies and is supplemented by industry associations.

About the Texas Wheat Producers Board

The Texas Wheat Producers Board is an organization focused on market development, research and education on behalf of the wheat producers of Texas. It was founded in 1950 and is funded by producer check-off dollars. The Texas Wheat Producers Board has been a member of the Wheat Foods Council since its inception in 1972.

Have a Great Summer!



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

NOTICE OF PUBLIC HEARING ON BORDEN COUNTY APPRAISAL DISTRICT 2006 BUDGET

The Borden County Appraisal District Board of Directors will conduct its annual public hearing for the Borden County Appraisal District Year 2006 Budget at 12:00 p.m. on Monday, August 8, 2005. 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	\$71,006.00
Total amount of current budget	\$68,816.00
Total difference between budges (increase of)	2,190.00

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, 2006.

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

Jill Freeman, Chief Appraiser

All-School Reunion Information

What: Borden County School Reunion (Held every five years)

When: August 5th & 6th, 2005 (Friday night & Saturday)

Where: Borden County School; Gail, Texas

Friday, August 5th – 5 p.m. – 10 p.m.

Early registration and visiting in cafeteria with light refreshments

Saturday, August 6th – 10 a.m. – 5 p.m.

Registration and visiting in School Cafeteria
Pictures of classes, friends, families & individuals
Tours of the school available
Catered Lunch served in County Show Barn

Lunch Reservations Necessary: Please RSVP as soon as possible.

Cost: Adults - \$10; Children below 12 yrs. - \$7.00

Please make checks payable to Borden County ISD Exes, and mail to:

Judy Kingston
751 Borden Co. Rd. 130
O'Donnell, Texas 79351