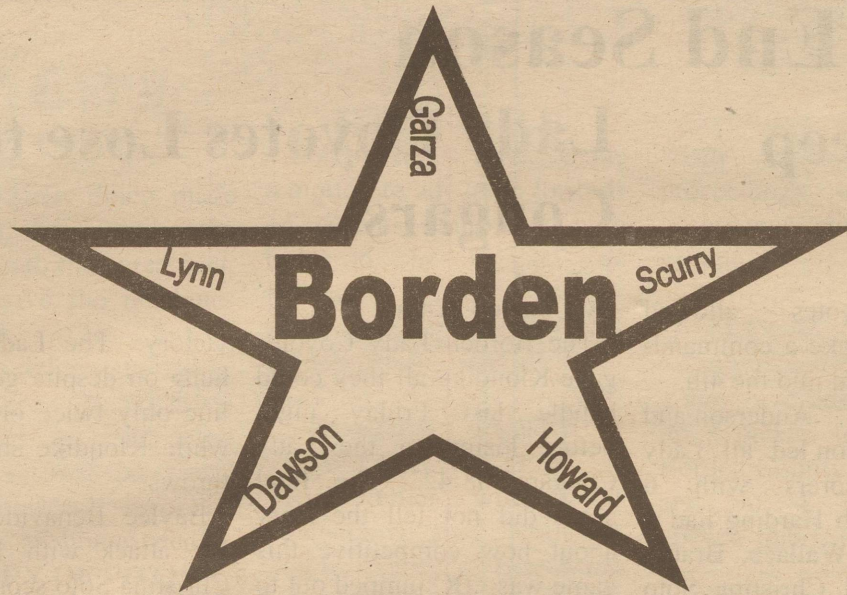


THE

Volume XXXII



STAR

February 15th, 2006

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

Quick Start Propels Coyotes to Play-offs with their Victory over the Mustangs

By Coach Richey

The Borden County Coyotes knowing that this was going to be the last home game for the seniors did not want this to be the last game for the seniors. With that mindset and a stage set for a winners is in and loser is out ball game, the Coyotes came out of the gates strong. The

Coyotes exploited the Mustangs full court pressure, which by the way gave the Coyotes fits in the end of their first contest earlier this year, to the tune of a 16 to 2 opening stanza lead. Aaron Pigford collected 4 assists during this stretch which started from the opening tip as all five seniors started this

contest and after a great opening tip from Austin Tarleton, to Aaron. Aaron found classmate Andrew Lamming streaking toward the basket for the quick lay-up and a 2 to 0 lead. The Coyotes would never trail in this contest, but would have to constantly battle a determined Sands Mustang

team and keep them at arms length all game long. After a few minutes the Coyotes subbed, and the younger Coyotes made their mark immediately as Sophomore Matthew Tatum was the recipient of a lot of the assists as he collected 6 of his eight points in that opening quarter. Junior Jacob Froman added 4 points and Austin collected 4 points in the period as well. The Coyotes at the end of the quarter would have a 16 to 6 lead.

The Coyotes expended a lot of nervous and excited energy during that initial stretch, and with that kind of hit a lull in the beginning of the 2nd quarter. In this quarter, the visitors climbed

to within 16 to 13 before the Coyotes and some of the younger helped close the quarter on a 9 to 3 run as sophomore Michael Bullinger took a steal coast to coast along with a big free throw and junior Clint Chapman hit a free throw during this stretch

In the 2nd half, the Coyotes seemed to have the answer every time the Mustangs would make a push. Jacob Froman, who played possibly his best game of the season had six big second half baskets as he scored 14 of his game high 18 points in the half. Austin added 8 points in the half, and Senior J'Ryan

Cont. to pg. 2



Borden County Coyote Basketball Team Members: (L. to R.) back row: Matthew Tatum, Trey Soto, Aaron Pigford, Austin Tarleton and Jacob Froman. Front row: Michael Bullinger, J Ryan Gicklhorn, Andrew Lamming and Clint Chapman

Next Game

The Coyotes will next play Dell City this Friday, February 17th at 6:00 p.m. at Lamesa Middle School.

Bi-District Game

On Tuesday, February 21st at 6:00 p.m. the Coyotes will meet the Paducah Dragons at Lubbock Christian for the Bi-District match.

Come out and support our Coyotes!

EARLY VOTING

Early voting for the Primary Election will begin on Tuesday, February 21, 2006 and continue through March 3, 2006 in the Clerks Office. You may vote using Paper Ballots or you may use the ESS AutoMark Voting Machine. The AutoMark Election equipment is designed to make it easier for handicapped voters in casting a ballot to meet the Federal HAVA (Help America Vote Act) regulations.

Lady Coyotes End Season

Lady Dragons Sweep Lady Coyotes

By Coach Turner

The Borden Lady Coyotes again rolled snake eyes against Dawson as they dropped a 57-25 decision to the Lady Dragons. The Lady Coyotes never got untracked offensively scoring only two points in the opening quarter. Trailing 19-11 at the half the

Lady Coyotes allowed Dawson to take a commanding 44-14 lead into the 4th.

Whitney Anderson and Rachel Wilson led all Lady Coyotes scorers with 6 points. Sarah Harding had 4 while Kate Wallace, Brandi Hudson, and Christina Soto each finished with 3 each.

Lady Coyotes Lose to Cougars

By Coach Turner

The Borden Lady Coyotes gave Klondike all they could handle last Friday night before losing to the Lady Cougars 68-42. The final score did not tell the story about how competitive this game was. BC jumped out to an early 16-13 lead before trailing by one at the half. Klondike hit a three at the third quarter buzzer to take a 43-38 lead into the fourth and then ran away for the

victory. The Lady Coyotes hung on despite going to the line only twice on the night while Klondike shot 35 free throws.

Baylee Benavidez led the BC attack with 12 points. Christina Soto scored 9 while Whitney Anderson finished with 8. Sarah Harding chipped in 6 and Rachel Wilson had 3. Both Becky Dobyms and Lacey Newton hit two each.

U.I.L. Update

A Chronicle of BHS Success

As in years past, the Borden County High School U.I.L. Academic Teams have been quite active this spring.

The literary students have competed in four tournaments since Christmas and have three more to go before the District 9-A Academic Meet at the end of March.

Friana Meet

The spring semester started off with light participation in the Friana High School Bobsled Invitational on January 7th.

Andrews Meet

The following week, another small contingent traveled to the Andrews High School Invitational.

Andrew Lamming was crowned champion of Extemporaneous Informative Speaking and placed third in Lincoln-Douglas Debate.

Jake Payne placed fifth and Hannah McConnell was eighth in Literary Criticism.

Lubbock: Coronado Meet

After a week's furlough, BHS students took on numerous large 5A schools at the Lubbock Coronado High School Willie McCool Invitational.

The Spelling & Vocabulary team placed first in the small school division with team members Becky Dobyms, Rachel Wilson, and Austin Tarleton. Individually, Dobyms and Wilson tied for third place.

Lamming also medaled, placing third in Informative Speaking.

Wilson additionally placed fifth in Current Issues & Events.

Idalou Meet

On February 4th, a large group of BHS competitors competed in the Idalou Invitational Meet where they placed third overall in all classifications.

The Current Issues and Events Team was crowned as meet champions. The team is comprised of Wilson, Rowdy Clary, Taylor Peterson, and Carlos Hernandez.

The Spelling and Vocabulary Team barely missed another meet championship by only nine points, but they still placed a close second. At this meet the team was comprised of Dobyms, Wilson, Tarleton, and newcomer Katherine Froman.

Once again, Lamming placed first in Informative Speaking.

Dobyms had another strong showing, placing second individually in Spelling & Vocabulary, Editorial Writing, and Headline Writing. She also placed fourth in Ready Writing.

Wilson was fourth in Spelling & Vocabulary, sixth in Current Issues & Events, and fifth in Editorial Writing.

S.P.C. names two BHS Graduates to Honor List

Jami Gass and Shayla Gass 2004 graduates of Borden County High School were named to the South Plains College Dean's Honor List for the fall 2005 semester.

Jami is the daughter of Butch and Shawna Gass and Shayla is the daughter of Stanley and Sherry Gass all of Gail.

"It is exciting to see students achieving high grade point averages and we want

to recognize this accomplishment by naming them to the honor lists," said Darrell Grimes, vice president of academic affairs.

Students named to the Dean's Honor earned at least 3.25 grade point average with no failing grades while carrying at least 12 credits hours.

SPC is a two-year community college located in Levelland, Texas.



Clary also placed second in Social Studies and led the team to a second place finish overall along with Peterson, Payne, and Hernandez.

In Literary Criticism, Payne was fourth and McConnell was eighth.

Kate Wallace finished third in Extemporaneous Persuasive Speaking, while Hernandez and Peterson finished sixth and eighth respectively in Informative Speaking.

Also participating in the meet were Clint Chapman, Logan Howard, Lacey Newton, Aaron Pigford, Jodye Rutherford, Christina Soto, and Trey Soto.

Upcoming Meets

Future U.I.L. Academic meets are scheduled for this weekend at

School Lunch Menu

Feb. 20th - 24th

MONDAY - Breakfast: Pancake pup, fruit juice and milk. **Lunch:** Pizza, corn, salad, pineapple and milk.

TUESDAY - Breakfast: Muffin, fruit juice and milk; **Lunch:** Chicken fried steak, potatoes, green beans, hot rolls, fresh fruit and milk.

WED. - Breakfast: Biscuit w/gravy, fruit juice and milk. **Lunch:** Fish, black-eye peas, potato salad, hush puppies, mixed fruit and milk.

THURSDAY - Breakfast: French toast stick, fruit juice and milk. **Lunch:** Chicken nuggets, green peas, potatoes, rolls, Rosie applesauce and milk.

FRIDAY - Breakfast: Oatmeal, toast, fruit juice and milk. **Lunch:** Cheeseburger, French fries, salad cup, chocolate chip cookies and milk.

"In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW, Washington, D.C. 20250-9410 or call (800) 795-3272 or (202) 720-6382 (TTY). USDA is an equal opportunity provider and employer."

Post H.S., February 25th at Odessa Permian H.S., and March 4th at Plains H.S.

The District 9-A Meet is scheduled for March 28th and 30th here in Borden County. Borden County H.S. will be in search of its sixth consecutive district title.

The top three individuals and first place teams in each event at the district meet will then advance to the Regional Meet to be held on April 21-22 at Hardin-Simmons University in Abilene.

Attention All Borden County ISD Exe's

If you have not done so, please log onto the alumni website at www.bcisd.net and register your information

Play-offs Coyotes Win One and Lose One in their Preparation for Play-offs

Cont. from pg.1

Gicklhorn made a basket and two huge free throws down the stretch as he scored his only 4 points in the critical 4th quarter. Fellow senior Trey Soto collected some huge rebounds and a couple of assists to help the Coyotes keep the visitors at arms length throughout the contest.

In the end, the Coyotes hit 7 of 10 free throws to ice the game and come away with a 55 to 44 victory and a return trip to the play-offs.

Scoring for the Coyotes, was Jacob with 18 points, Austin with 14 points, Matthew with 8 points, Aaron and J'Ryan with 4 each, Michael and Andrew with 3 apiece, Clint Chapman with 1 point and Trey Soto.

Congratulations guys on making the play-offs.

The 18 and 11 Coyotes will play the #5 team in the state Paducah Dragons at 6:00 p.m. February 21st, at Lubbock Christian University.

Marie Hall Scholarship Available

MIDLAND, Texas – The Permian Basin area foundation announces that applications for the Marie Hall Scholarships are available for 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.

Scholarship awards, ranging from \$500 to \$1,500.00

By Coach Richey

The Borden Coyotes traveled to Post on Friday to play Anton in a practice game as the Coyotes begin to prepare for the Paducah Dragons. The Coyotes got off to a rough start as they managed to get all 13 players in the game to gain some valuable varsity experience in a play-off atmosphere. The Coyotes did however put together a pretty good stretch from the earlier portions of the 2nd quarter to the end of the 3rd quarter as a buzzer beating shot from Aaron Pigford gave the Coyotes their biggest lead of the contest at 32 to 25 heading into the 4th quarter. Pigford and Austin Tarleton

combined for 13 of the Coyotes 17 3rd quarter points as they outscored Anton 17 to 6 in the 3rd period. That is where the fun stopped.

The Coyotes had a hard time of holding onto the basketball in the 4th quarter as has been the case all season long, but managed to maintain their 7 point lead with 2:30 left on the clock. But, a couple of turnovers and easy baskets for Anton got them rolling and in the end, Anton outscored the Coyotes 13 to 3 in the final quarter to steal the victory from the Coyotes at 38 to 35.

Scoring for the Coyotes was Austin with 12 points, Aaron with 11 points, Matthew Tatum with 6 points, Jacob Froman with 4 points and J'Ryan Gicklhorn with 2 points. Also playing was Asa Rutherford, Quentin Shafer, Michael Bullinger, Symeron Rinehart, Clint Chapman, Carlos Hernandez, Andrew Lamming, and Trey Soto.

per semester, are available to students of any academic pursuit. To be eligible, recipients of the scholarship must attend one of the following colleges or universities.

- Angelo State University, San Angelo
- Howard College,
- Texas Tech University Health Sciences Center, Midland, Odessa or Lubbock
- University of Texas of the Permian Basin, Odessa

Interested students may download an application by visiting the Foundation's website at www.pbaf.org. Completed applications must be returned to the financial aid office of one of the above listed educational institutions by **May 31, 2006.**

Coyotes Hold off Hamlin

By Coach Richey

The Coyotes traveled to Trent on Monday to play the Hamlin Pied Pipers. The Coyotes came out fast and spread the ball around to jump out to an early 17 to 13 1st quarter lead. Austin Tarleton hit 6 of his 11 points in the period, while fellow seniors, Aaron Pigford collected 5 of his 6 points, and J'Ryan hit on half of his 8 total points. Trey Soto rounded out the senior surge as he scored his only basket of the game in that opening period.

In the 2nd quarter, Junior Jacob Froman and Sophomore Matthew Tatum added 4 each in the frame to help the coyotes build a 30 to 21 lead. The Coyotes had their largest lead in the game just seconds before the half as they led 30 to 17 before the Pipers connected on back to back baskets.

In the 2nd half, the Coyotes continued their hot shooting as Jacob Froman hit his final 3 baskets of the game in the period along with baskets from J'Ryan, Matthew, and Austin to help build a 10 point lead heading into the final frame at 44 to 34. The Coyotes continued their 4th quarter lull as they did not score a

basket until their was only 1:55 left on the clock. The Pipers had cut the lead to 2 points before Matthew took a pass from Aaron and gave the Coyotes a 4 point lead and regained the moment. Moments later on another inbounds play with only one minute to go, Matthew again hit a basket and another 4 point lead. After Aaron rebounded a missed shot, he was fouled and he hit a free throw to give the Coyotes a five point lead and in the end, a five point victory over a very athletic Hamlin Pied Piper team. The final score was 49 to 44.

Scoring for the Coyotes balanced attack was Matthew Tatum leading the way with 12 points, Austin added 11 points, Jacob scored 10 points, J'Ryan enjoyed perhaps his best shooting night and 8 points, Aaron had 6 points and Trey Soto added 2 points.

Also contributing to the victory was Asa Rutherford, Clint Chapman with some very solid minutes, Michael Bullinger, Andrew Lamming and Carlos Hernandez.

The Coyotes will next play Dell City this Friday, the 17th of February at 6:00 p.m. at Lamesa.

Tobacco use can Lead to Unhealthy Heart

By Patti Patterson, M.D., M.P.H., Texas Tech University Health Sciences Center

Tobacco companies warn users that cigarette smoking can cause lung cancer, and smokeless tobacco can lead to mouth cancer. However, recent studies show that more tobacco users are killed by coronary heart disease than by smoking-induced cancers. Furthermore, non-smokers are not free from risks – environmental tobacco

smoke, or secondhand smoke, is the cause of illness in many individuals suffering from heart disease.

Tobacco use accounts for 30 percent of all heart disease deaths in the United States, which makes it the No. 1 preventable cause of the illness. Statistically, smoking cigarettes triples one's risk of dying from heart disease. Tobacco users are also more likely to suffer from heart attacks, high blood pressure, blood clots, stroke and other

cardiovascular disorders.

The smoke released by cigarettes contains high levels of carbon monoxide, at least 40 known carcinogens and more than 4,000 chemicals. These toxins affect the heart by reducing the amount of oxygen the block is able to carry. In many cases, the heart, brain and lungs do not receive enough oxygen to adequately perform everyday functions, like breathing and

Cont. to pg. 6

Skywarn Spotter Training Course to be Held in Gail

On Tuesday, February 28th, a representative from the National Weather Service will be in Gail, at the community room on Wilburn Street, conducting a Skywarn Spotter Training Course. This is a free training course and is open to the public.

The course covers important severe weather safety rules, severe thunderstorm signatures, wall cloud and tornado characteristics, and a lot of other important information that is key to the success of a Skywarn spotter. Interesting tornado footage will be included in the two hour presentation.

This weather course also provides an opportunity for families to prepare for the upcoming severe weather season by providing information that can be used to develop a severe weather safety plan. Additionally, by completing the two hour course, attendees become Skywarn spotters. This important group of people relays ground truth information about thunderstorms to local officials and to the National Weather service. The NWS uses this vital information in conjunction with radar and satellite information during severe weather operations.

Neugebauer Announces Upcoming Mobile Congressional Offices

Washington, DC - In an effort to better serve the constituents of the 19th District, Congressman Randy Neugebauer invites residents seeking federal assistance or experiencing problems involving federal agencies to visit one of his mobile offices. Staff members from Neugebauer's district offices will be setting up the offices in **Hale Center, O'Donnell, and Lockney** on Tuesday February, 21; **Whiteface, Post, and Muleshoe** on Wednesday February 22; **Merkel, Gail, Rising Star, Jayton, Baird, Clyde, Friona, and Earth** on Thursday, February 23.

The offices will be at the following locations:

Tuesday, February 21

Hale Center (10- 1:30 am)
City Hall, City Council Room
702 Main Street
O'Donnell (1:00 - 2:00 p.m.)

Office of the Justice of the Peace
1015 9th Street
Lockney (2:00 - 3:30 p.m.)
City Hall, City Council Chambers
218 E. Locust

Wednesday, Feb. 22

Whiteface (10 - 11:30 a.m.)
City Hall, City Council Chambers
105 W. 2nd Street
Post (11:00 a.m. - 12 p.m.)
Garza County Courthouse
300 W. Main Street
Muleshoe (2: pm-3:30 p.m.)
Five Area Telephone Co-op,
Board Room
302 Uvalde

Thursday, February 23

Merkel (9:30 - 10:30 a.m.)
Merkel Chamber of Commerce - Office
125 Edwards Street
Gail (9:30 - 10:30 a.m.)
Borden County Courthouse
117 Wasson

The training class this year will also coincide with Severe Weather Awareness Week across the state of Texas, which is planned for February 26-March 4. During this week, the National Weather Service in Midland will be issuing helpful public information statements to educate the public about the dangers of severe weather. This information can be accessed off the NWS Midland Internet homepage at weather.gov/midland. WFO Midland will also be conducting an area-wide tornado drill on the morning of February 28th, to assist schools and other organizations who wish to prepare for the upcoming severe weather season.

The severe weather season is just around the corner and there is no better time to prepare for severe weather than during nice weather.

ESS AutoMark Voting Machines Testing

The Clerk's office will have ESS Automark Machine Testing for Early Voting on Monday, February 20th at 10 a.m. in the Clerk's Office

Rising Star (11:30a.m. - 12:30 p.m.)

Rising Star High School - Auditorium
905 North Main

Jayton (12:30 - 12:30 p.m.)

Kent County Community Center
Hwy 70 (on the square)

Baird (1:30-2:30 p.m.)

Callahan County Courtroom
100 West 4th Street

Clyde (3:00-4:00 p.m.)

City Council Chambers
222 Oak Street

Friona (10:00-11:30 a.m.)

City Council Conference Room
632 Main Street

Earth (2:00-3:30 p.m.)

City Hall - Council Chambers
1st and Birch Streets (1 block east and 1 block north of red light)

Community Prayer Gathering

Matthew 18:19-20 - "Again, I tell you that if two of you on earth agree about anything you ask for, it will be done for you by my Father in Heaven. For where two or three come together in my name, there am I with them."

As a farming and ranching community we depend on the rains to help the crops and grass to grow and to fill the tanks for the cattle. Our economy is affected by the ranches and farms surrounding our community.

We have had more than 100 days without significant rainfall.

I would like to extend an invitation to those of you who are concerned about our land to join me on Saturday, February 11th, at 8:00 a.m. in the Fellowship Hall of First Baptist Church, Gail, to pray for rain. And every Saturday until God answers our prayers for rain.

God's word tells us in *II Chronicles 7:14 - "If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will heal their land."*

God Bless You! I look forward to seeing you there.

Bro. Randy Hardman

Scholarships Available From Poka Lambro

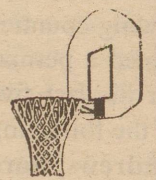
Poka Lambro telephone Cooperative, Inc. is now accepting applications for three \$2,500 scholarships to be awarded in March of this year. Entry deadline is March 10, 2006.

The son or daughter of any member of Poka Lambro Telephone Cooperative, Inc. graduating from an area high school is eligible to apply. Scholarship recipients are selected based on academic achievement, involvement in

extra-curricular activities and financial need.

Applications have been sent to area high schools and may also be obtained by contacting Poka Lambro or visiting Poka Lambro's web site at www.poka.com. Scholarship presentations will be made at Poka Lambro's Annual Membership Meeting in March. For additional information, please contact Amy Preston at 1-800-422-2387.

Good Luck Coyotes In Bi-District



Moore-Rains Insurance

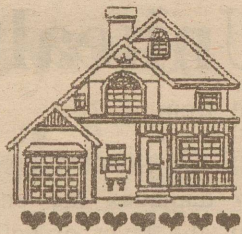
Frances Rains Stephens

O'Donnell, TX - Phone 806/428-3335

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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

Trans Fat Overview

Effective Jan. 1, 2006, the Food and Drug Administration (FDA) requires food companies to list trans fat content separately on the Nutrition Facts panel of all packaged foods. Under this rule, consumers can see how much saturated fat, trans fat, and cholesterol are in the foods they choose. As food and beverage companies comply with the new labeling regulations, consumers will see nutrition labels listing any measurable (at least 0.5 gram per serving) amount of trans fat in a separate line in the total fat section under saturated fat. However, no "Percent Daily Value" (%DV) for trans fat is shown. This labeling requirement applies only to packaged food products, not foods served at restaurants. However, it is important to note that the FDA is extending the trans fat deadline for those companies who seek a petition. Therefore, consumers should be aware that just because they do not see trans fat on the label of the product, does not mean that the product is trans free

are used by food processors because they allow longer shelf-life and give food desirable taste, shape, and texture.

The majority of trans fat can be found in shortenings, stick (or hard) margarine, cookies, crackers, snack foods, fried foods (including fried fast food), doughnuts, pastries, baked goods, and other processed foods made with or fried in partially hydrogenated oils. Some trans fat is found naturally in small amounts in various meat and dairy products. The FDA estimates that the average daily intake of trans fat in the U.S. population is about 5.8 grams or 2.6 percent of calories per day for individuals 20 years of age and older.

Evidence suggests that consumption of trans fat raises LDL ("bad") cholesterol levels and lowers HDL ("good") cholesterol levels, causing the arteries to become clogged and increasing the risk of developing heart disease and stroke.

Summary of Other Fats

Trans fat (also called trans fatty acids) is formed when liquid vegetable oils go through a chemical process called hydrogenation, in which hydrogen is added to make the oils more solid. Hydrogenated vegetable fats

Besides trans fat, there are these other types of fats: saturated fat, monounsaturated and polyunsaturated fats. Saturated fat is found in foods from animal sources and in a few plants. Foods high in saturated fat include fatty

beef, veal, lamb, pork, lard, poultry fat, butter, cream, milk, cheese and other dairy products made from whole milk. These foods also contain dietary cholesterol. Foods from plants high in saturated fat include coconut oil, palm oil and palm kernel oil (often called tropical oils), and cocoa butter. On average, Americans consume approximately four-to-five times as much saturated fat as trans fat in their diet.

Polyunsaturated fats are found primarily in oils from plants, including safflower, sesame and sunflower seeds, corn and soybeans, many nuts and seeds and their oils, as well as fatty fish such as salmon. Sources of monounsaturated fats include canola, olive and peanut oils, and avocados.

Saturated fat, trans fat, and dietary cholesterol raise LDL ("bad") cholesterol levels in the blood. Monounsaturated fats and polyunsaturated fats do not raise LDL cholesterol and are beneficial when consumed in moderation.

AHA

Recommendation

The American Heart Association supports the new nutrition labeling requirement and urges consumers to read food nutrition labels before making purchases. The in-

Borden County EMS News

By Kent Holmes

Borden County EMS is pleased to announce that a Paramedic Class will be taught in Borden County. The class will be taught under the coordinator of Western Texas College. The class instructor will be Philena Farmer. She is one of Borden County EMS in house instructors.

The class will be a class that is taught for college credits. The students will be National Registry Paramedic after approximately 9 months of class room and clinical

hours. They will spend many hours on an ambulance classified as Mobile Intensive Care provider.

The class will be open to anyone from surrounding counties. To enter this class you must be a currently certified EMT Intermediate or hold a current EMT Intermediate completion certificate from a college program.

* * * *
take of trans fat as well as saturated fat and cholesterol should be as low as possible while consuming a nutritionally adequate diet.
Source: American Heart Association e-newsletter 2/13/06

Nutrition Facts	
Serving Size 1 slice (47g)	
Servings Per Container 8	
Amount Per Serving	
Calories 160 Calories from Fat 90	
% Daily Value*	
Total Fat 10g	15%
Saturated Fat 2.5g	11%
Trans Fat 2g	
Cholesterol 0mg	0%
Sodium 300mg	12%
Total Carbohydrate 15g	5%
Dietary Fiber less than 1g	3%
Sugars 1g	
Protein 3g	
Vitamin A 0%	

Calendar for Upcoming Primary Election

February 6th Last Day to Register to Vote
February 21st Early Voting by Personal Appearance Begins
February 28th Last Day to Receive Applications for Ballot by Mail
March 3rd Last Day to Vote Early in Person
March 7th **PRIMARY ELECTION**

POLITICAL CALENDAR

DEMOCRATIC PARTY

Borden County Judge

Van L. York

Paid Political Advertising
by Van L. York

Borden District/County Clerk

Joyce Herridge

Paid Political Advertising
by Joyce Herridge

Borden County Justice of the Peace

Jane Jones

Paid Political Advertising
by Jane Jones

Borden County Treasurer

Kenneth Bennett

Paid Political Advertising
by Kenneth Bennett

County Commissioner Precinct No. 2

Randy Adcock

Paid Political Advertising
by Randy Adcock

County Commissioner Precinct No. 4

Joe Belew

Paid Political Advertising
By Joe Belew

REMINDER: BURN BAN IN EFFECT!

All of Borden County is under a BURN BAN. All trash barrels must have an appropriate covering before burning. Please take Special Precautions with any Fire during this time for the Safety of You and Your Neighbors.



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

BBB Warns of Schemers Calling South Plains Residents

Lubbock, Texas, February 8, 2006 ** The Better Business Bureau of the South Plains (BBB) is issuing an alert to phone calls requesting bank account number and other personal identifying information.

The BBB has received several phone calls from South Plains residents who have received a call from a person telling them they will be awarded some money and all they need to do is "go get their checkbook and read off the checking account number"! In some cases, the caller was a very authoritative-sounding woman but some have reported they were contacted by a man.

"This is one scheme used to try to steal a person's identity and the BBB advises EXTREME CAUTION", stated Nan Campbell, president of the BBB serving the South Plains of West Texas.

"Consumers have basically reported the same story, even down to the fact that the caller "slurred" or "did not speak the company name plainly" and the phone number on caller id has been different each time, which makes it really difficult to track down these schemers," stated Campbell. Luckily, though, we have heard of nobody that has been duped.

The BBB advises that consumers be aware that there are thieves who want to steal your identity and they will use various ways to do it. Senior citizens are a targeted group, so please warn any seniors that you know. Campbell says, "If you're not sure, then don't!" If you do not know the caller, then hang up. If the caller asks for personal information such as bank account number, credit card number and expiration date or social security

number, **do not** give it to them and hang up. If they give you a chance to ask, find out the company name and city and report it to the BBB.

For more information on identity theft, contact the BBB at 806.763.0459 or 1.800.687.7890 or visit the web site at: www.bbbsouthplains.org.

If you haven't already, you might wish to register your phone number with the National Do Not Call Registry at www.donotcall.gov and with the Texas Do Not Call at www.texasnocall.com.

###

The Better Business Bureau of the South Plains, Inc. (BBB) serves 18 counties of the Texas South Plains including Bailey, Borden, Cochran, Crosby, Dawson, Dickens, Floyd, Gaines, Garza, Hale, Hockley, Kent, Lamb, Lubbock, Lynn, Motley, Terry, and Yoakum. Through the membership of businesses throughout the South Plains that meet and maintain high standards, the BBB promotes the highest ethical relationship between businesses and the public through voluntary self-regulation, consumer and business education, and service excellence.

Unhealthy Heart

Cont. from pg. 2

pumping blood. The smoke also damages the endothelium, the layer of cells that lines all blood vessels, including the coronary arteries.

Many people choose to use smokeless tobacco because it is smoke-free, and it is easier to conceal than cigarettes. In fact, 7.8 million people older than age 12 use smokeless tobacco on a regular basis. Smokeless tobacco includes snuff, which is pinched between the lower lips and the gums, and chewing tobacco, which is kept between the cheek and the gums. Holding one "pinch" of smokeless tobacco in the mouth for 30 minutes is equivalent to the same amount of nicotine found in three to four cigarettes. Oral use of tobacco may increase heart rate and contribute to blood clots, and use also increases the risk of high blood pressure, which can lead to heart disease.

Those who don't use tobacco are still not safe from its ill effects. It is estimated that 90 percent of non-smoking people in the United States are exposed to environmental tobacco smoke, which should be treated as an environmental toxin. Long-

term exposure to secondhand smoke contributes to a 30-percent increase in the risk of heart disease in nonsmokers. About 37,000 people die from coronary heart disease each year because of exposure to secondhand smoke.

It's never too early to talk to your children about tobacco use. In a study of 1,433 kids, 10 percent said they had tried tobacco, and 5 percent said they use tobacco once in a while or every week. At least 23 percent of these kids said that no family member has ever discussed tobacco use.

It's also never too late to quit using tobacco products and plan a health check-up. Studies show that one year after quitting tobacco use, the risk of developing heart disease is cut in half; and after five years of abstinence, the risk of stroke is reduced to levels comparable to those of people who have never smoked. Various programs at Texas Tech University Health Sciences Center and other organizations can assist in quitting and preserving the health of your heart. For more information on how to quit, visit www.smokefree.gov.

health hints

How To Build Up Your Flu-Season Immunity

(NAPS)—Getting a flu shot is recommended for older adults or anyone with a health problem that might put them at greater risk of complications. But there's a limit to what flu shots can do. A vaccine won't protect you from every virus.

In an average year, 5 to 20 percent of Americans get infected with some form of influenza.

For many people that means a loss of work, pneumonia and even hospitalization.

Fortunately, there are other steps you can take to boost your immune system and prevent the onset of the disease. The following tips may help keep you healthy this flu season:

- Wash your hands. Wipe down your desk and phone. Avoid crowds, especially the crowd in your doctor's waiting room, if at all possible.
- Teach your children to cough into the crook of their elbow rather than cover their mouth with their hand. This helps prevent the spread of germs via handshaking or touching things.
- Bulk up your immune system by eating a diet rich in fruits and vegetables.

A preliminary laboratory study found that components in cranber-



New research suggests a compound in cranberries keeps the flu virus from reproducing.

ries can prevent certain type A and type B flu viruses from attaching to host cells and causing subsequent infection setting the stage for more research in the area.

In the fight against the flu, it is just as important for the public to be concerned with good nutrition as with getting a flu shot. Cranberry juice cocktail should not be used as a treatment for infection, but may be an effective part of a prevention routine. Remember, as with any infection, a health care provider should always be consulted.



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Notice of General Primary Election, Democratic Party

To the Registered Voters of the County of Borden, Texas

Notice is hereby given that the polling places listed below will be open from 7:00 a.m. to 7:00 p.m., March 7th, 2006, for voting in a general primary election for the Democratic party to nominate Members of Congress, Members of the Legislature, and state, district, county and precinct officers; and the purpose of electing county and precinct chairs.

Locations for Polling Places:

Precinct No. (s)	Location
1	Plains Community Center
2-A	Gail Community Room
2-B	Vealmoor Election Building
3-A	Murphy Election Building
3-B	Fairview Election Building
4-A	Borden County Courthouse
4-B	Buck Lemons Residence

Early Voting by personal appearance will be conducted each weekday at the Clerk's Office, Borden County Courthouse.

Courthouse News

WHEREAS, On this the 23rd day of January, 2006, the Commissioners' Court of Borden County, Texas, convened in Special Session in the Commissioners Court room in the courthouse of Gail, Texas, the following members of the court being present, to-wit:

VAN L. YORK, County Judge, Presiding; **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

Constituting a quorum, when the following proceedings were had, in accordance with the posted agenda.

MINUTES APPROVED

Minutes of the Commissioners Court meetings of January 9th, 2006, were read. Commissioner Belew made a motion to approve said minutes. Motion was seconded by Commissioner Smith. Motion carried.

ACCOUNTS ALLOWED

The current accounts were examined and Commissioner Adcock made a motion to approve and pay said accounts. Commissioner Belew seconded the motion. Motion carried.

BORDEN COUNTY EMS

Kent Holmes met with the Court outlining possible required changes governing the EMS. No action was taken.

2005 RACIAL PROFILE REPORT

Deputy Sheriff Benny Allison presented the 2005 Annual Racial Profile Report to the Commissioners Court. No action was taken.

VOTER ASSIST EQUIPMENT

Borden County ISD and Borden County have previously entered into an agreement for Borden County ISD to use the ESS AutoMark Voter Assist

Equipment.

Commissioner Belew made a motion to include the following into the agreement, (1) Not leave the machines unattended; (2) School Employees deliver and return the machines; (3) Machines be returned in as good condition as received. Commissioner Adcock seconded the motion. Motion carried.

DELIVERY OF VOTING EQUIPMENT

Commissioner Adcock made a motion that County's ESS AutoMark Voter Assist Equipment be delivered by County Employees to Voting Precincts for all elections other than Borden County ISD election. When leasing machines, the lessee shall pay County Employees for overtime and for mileage. Commissioner Reyes seconded the motion. Motion carried.

FIRE PROTECTION

Commissioner Smith made a motion to enter into a Contract for fire fighting service in Borden County for 2006 with the City of O'Donnell for \$1,875.00, one-half to be paid from the General Fund and one-half to be paid from Precinct no. 1 Fund of Borden County. Commissioner Belew seconded the motion. Motion carried.

SOIL CONSERVATION CONSTRUCTION

Applications for Soil Conservation Construction of Fireguards were received from Larry D. Smith and Benny Taylor in Precinct No. 2. Commissioner Adcock made a motion to approve the applications at the rate of \$35.00 per hour for motorgrader and \$65.00 per hour for a dozer. Commissioner Reyes seconded the motion. Motion carried.

SURPLUS SALE

Commissioner Belew made a motion to advertise for bids on surplus equipment with bids to be opened on February 27, 2006.. Commissioner Adcock seconded the motion. Motion carried.

BORDEN COUNTY WATER SYSTEM

Rich Oller with Oller Engineering met with the Court. After a discussion concerning the repairs require and needed, Commissioner Belew made a motion to start the tank maintenance. Commissioner Adcock seconded the motion. Motion carried.

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.

THE FOREGOING MINUTES READ AND APPROVED THIS THE 9th DAY OF January, 2006

Special Meeting

WHEREAS, On this the 2nd day of February, 2006, the Commissioners' Court of Borden County, Texas, convened in Special Session in the Commissioners Court room in the courthouse of Gail, Texas, the following members of the court being present, to-wit:

VAN L. YORK, County Judge, Presiding; **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

Constituting a quorum, 10:00 a.m. Motion was when the following seconded by Commissioner proceedings were had, in Adcock. Motion carried. accordance with the posted agenda.

ADJOURN

A motion was made By Commissioner Belew to adjourn. Motion was seconded by Commissioner Smith.

LEGAL NOTICE

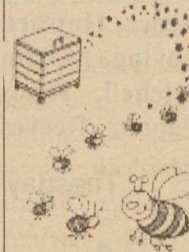
Commissioner Belew made a motion to advertise for bids on 2 pickup to be used by Borden County Precinct No.2 and No. 4. Bids will be opened February 13, 2006 at

THE FOREGOING MINUTES READ AND APPROVED THIS THE 14th DAY OF February 2006

WHAT: Cool Clovers
4-H Club Meeting
WHO: 3rd - 6th graders
WHERE: County Show Barn
WHEN: Tuesday, Feb. 8th
3:45 to 4:45 p.m.



Program: All about Bees
by Mel Reed, Game Warden -
Texas Parks & Wildlife
Scurry County



Refreshments will be provided by Blaise Freeman and Kylie Voss. We hope that you will make plans to attend and bring a friend! For more information, please contact the Extension office at 806/756-4336 or borden-tx@tamu.edu.

HOPE TO SEE YOU THERE!

We will seek to provide all reasonable accommodations for all persons with disabilities for any Extension program We request that you contact the Texas Cooperative Extension office as soon as possible to advise of auxiliary aid that you will require.

Sale of Surplus Equipment

Borden County will accept sealed bids for the following used equipment. Bids will be opened February 27th, 2006 at 10:00 a.m. at the Borden County Courthouse.

Equipment can be inspected in Gail, Texas. Equipment is as follows:

- One 1983 Ford F600 6yd. dump truck (Prt. #4)
- One 1984 Ford F600 6yd. dump truck (Prt. #2)
- One John Deere 15' Shredder (Prt. #2)

For further information contact Randy Adcock, Commissioner Precinct 2, phone 806/756-4378, Joe Belew, Commissioner, Precinct 4, phone 325/573-7718 or Van York, County Judge, phone 806/756-4391.

Mail bids to P.O. Box 156, Gail, Texas 79738. All bids should be marked "BID" on outside of envelope.

Borden County reserves the right to reject any or all bids.

BY ORDER OF THE BORDEN CO. COMMISSIONERS' COURT
Van L. York
County Judge
Borden County

Branon Funeral Home

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Lamesa, Texas

NWS Midland to Conduct Tornado Drill During Severe Weather Awareness Week

Governor Perry has declared February 26-March 4 as Texas Severe Weather Awareness Week. Are you prepared if severe weather strikes?

On Tuesday, February 28, between the hours of 8AM and 12PM, your National Weather Service office in Midland will conduct a tornado drill to allow the public to prepare for the 2006 severe weather season. The exact time of the drill will not be divulged in order to preserve a small degree of the "surprise factor" that is inherent with a true tornado warning. Public information

statements will be provided in the coming weeks to remind the public to begin preparing for the drill. These statements can be found on the NWS Midland homepage <http://weather.gov/midland>. The public information statements will also be broadcast daily on NOAA All Hazards Radio.

We will issue the warning for the following counties in Texas: Andrews, Borden, Brewster, Crane, Culberson, Dawson, Ector, Gaines, Glasscock, Howard, Jeff Davis, Loving, Martin, Midland, Mitchell, Pecos, Presidio, Reagan, Reeves,

Scurry, Terrell, Upton, Ward, and Wink.

The goal of the tornado drill is to involve as much of the public as possible so individuals can practice what to do during an actual weather emergency. The test tornado warning will be issued just like a real tornado warning by forecasters on duty that day. It will go out via routinely issued text products as well as across the airwaves on NOAA's All Hazards Radio commonly known as Weather Radio. Tones and alarms will sound alerting individuals that the test tornado warning has been

issued and to take cover just as one would during a real tornado. Some of your local Radio and TV stations and Emergency Management offices may also relay this warning in your area. Please spread the word so as many people as possible will know about the drill and be able to participate. **In the event of adverse weather on the planned day of the drill, it**


will be performed on the next available good weather day.

Please check with your local Radio or TV Station, or your Cable Outlet to see if they will air this practice warning. For more information, please contact Lora Mueller or Rebecca Gould at (432) 563.5006 or via email at Lora.Mueller@noaa.gov or Rebecca.Gould@noaa.gov.

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

**BORDEN CO
806/759-5111**



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 2006						
1 			1 Ft. Worth Stock Show	2 Ft. Worth Stock Show	3 Staff Development (Comp Day/Holiday) Garden City BB There 5:00 bGB Possible TFA Debate Odessa Ft. Worth Stock Show	4 Academic Meet @ Idalou Possible TFA Debate Odessa Ft. Worth Stock Show
5	6	7 Sands BB Here 5:00 bGB Lubbock Avalanche Journal Spelling Bee 3 rd - 8 th grades	8	9	10 TFA Debate @ Midland	11 ACT Test (Registration was due January 6 th) TFA Debate @ Midland Academic Meet @ Monterey San Antonio Stock Show
12 San Antonio Stock Show	13 San Antonio Stock Show	14 Softball @ Post 5:00 San Antonio Stock Show	15 San Antonio Stock Show	16 End of 4th Six Weeks San Antonio Stock Show	17 Holiday Baseball Scrimmage @ Loraine 4:00 San Antonio Stock Show San Angelo Stock Show	18 Post UIL Academic Meet National FFA Week San Antonio Stock Show San Angelo Stock Show
19 National FFA Week San Angelo Stock Show	20 Beginning of 5 th Six Weeks National FFA Week San Angelo Stock Show	21 Softball @ Post 5:00 TAKS-4 th & 7 th Writing, 3 rd , 5 th & 9 th Reading 10 th & 11 th ELA SDAA II-4 th , 7 th , & 10 th Writing National FFA Week San Angelo Stock Show	22 SDAA II-9 th Reading & 10 th ELA National FFA Week San Angelo Stock Show	23 TAKS-Make-up Session 10 th ELA National FFA Week San Angelo Stock Show	24 Baseball vs. Ira @ Snyder (WTC) 4:00 Journalism Contest @ Midland College SAT Registration Deadline for Apr. 1 test National FFA Week San Angelo Stock Show	25 UIL Meet @ Odessa Permian FFA - CDE Judging San Angelo National FFA Week San Angelo Stock Show
26 National FFA Week	27 Softball vs. Loraine @ Snyder 5:00 Baseball vs. Loraine @ Loraine 4:00	28 Cool Clovers 4-H Meeting 3:45-4:45 @ Show Barn State TFA Debate departure after school. Contest: March 1-4, Pharr, Texas				