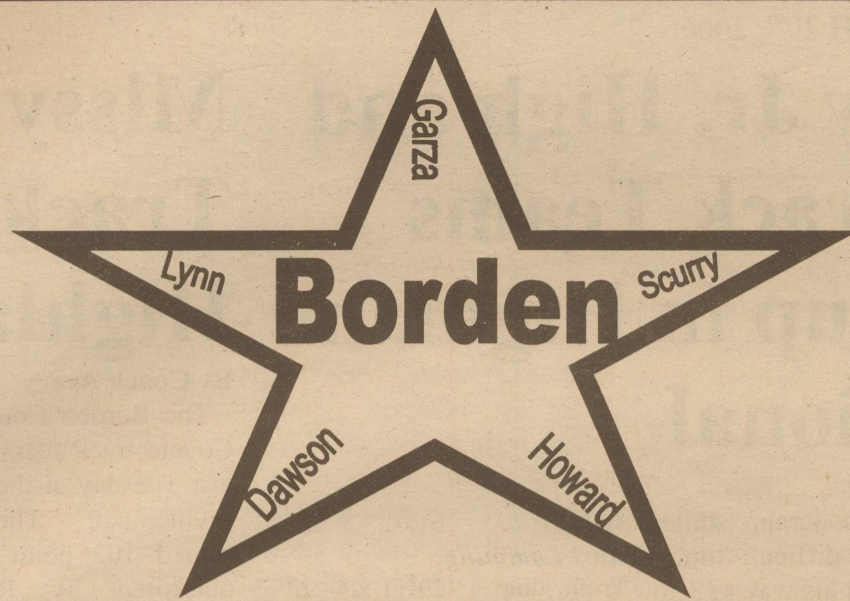


# THE

Volume XXXII



# STAR

March 29<sup>th</sup>, 2006

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



Elementary teachers painting the life size giraffe: (starting from the bottom up) 3<sup>rd</sup> grade teacher, Hayley Richey; Tanya Turner, 5<sup>th</sup> grade; Pat Murphy, 2<sup>nd</sup> grade; Deidre Smith, 4<sup>th</sup> grade, Lisa Gray, Kindergarten; and Paula Miller, 1<sup>st</sup> grade teacher. (Giraffe was created by Ben Miller)

## A Jungle of Knowledge

Jungle or Solar System? A simple question from one teacher to another, via e-mail, has caused a bustle of activity down the halls of the Borden Elementary School. After the Jungle theme was chosen, the teachers and students began creating their "Jungle of Knowledge." The magical transformation of the hallway is thrilling to everyone that passes through. Some of the local artists from the

## Opal Advances To Area

*Thomas & Wilson Named Best Actor & Actress*

The Borden County High School One-Act Play production of Robert Nassif Lindsey's *Opal* advanced to the Region II, Area 1 Contest following the announcement of results from the District 9-A Contest this past Monday night.

The cast and crew of the BHS show was also honored for individual acting excellence. Sophomore Rachel Wilson ("Opal") was named as Best Actress, and senior Garrett Thomas ("The Man Who Wears Grey Neckties/Angel Father") was named as Best Actor.

An individual All-Star Cast honor went to junior Kalli Poole ("The Mamma").

A surprise for the night occurred when an ensemble All-Star Cast award went to the seven narrators in the production: senior Andrew Lamming; juniors Clint Chapman, Rowdy Clary, Sarah Harding, Lacey Newton, and Taylor Peterson; and freshman Katherine Froman. These students

narrate the show as well as becoming several minor characters each throughout the production.

Junior Becky Dobyns ("The Girl That Has No Seeing") rounded out the individual acting awards by being named to the Honorable Mention All-Star Cast.

In addition to the acting awards, the behind-the-scenes students involved in the production were named as "Best Technical Crew" for the contest. Seniors Trey Soto (Lights) and Brandi Hudson (Props & Costumes), junior John Cowart (Sound), and freshman Krystal Hobson (Stage Manager) comprise

the crew.

The Region II, Area 1 contest will be held on Tuesday, April 4, 2006, at Jayton High School in Jayton.

Schedules for the contest were not finalized by press time. Those interested in show times should contact the Borden County School office after noon on Monday, April 3<sup>rd</sup>.

Advancing with Borden County from District 9-A was the Klondike High School production of *The Little Princess*, Sara Crewe.

Congratulations, BC OAP, and break a leg at your Area Contest!

**DON'T FORGET –  
SPRING FORWARD – Sun., April 2<sup>nd</sup>**

**REMINDER: BURN BAN IN EFFECT!**  
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community have also donated their time and expertise to the project.

Everyone is invited to visit the elementary school for an amazing journey of "where the wild things are, have been, and will always be."

[Take a look at the Jungle photo on page 4 & 5]

# Borden County Jr. High and Missy Coyotes High School Track Teams finish Runner-up in Highland Hornet Invitational Track Results at Highland Meet

By Coach Richey

The Borden County junior high track team traveled to Highland on Tuesday to compete in the Highland invitational. The Pups track team tallied 85 points to finish a distant second to meet champion Roby. The Pups had a rough start to the day as they dropped the baton in the 400 relay. The Coyotes got top 3 finishes from Michael Cooley in the High jump at 5'4" as he finished 2<sup>nd</sup> and he won the long jump with a leap of 16'6" jump. Michael also finished 3<sup>rd</sup> in the 110 int. hurdles.

Flynn Chapman got a 3<sup>rd</sup> place ribbon in the 200 meters while teammate John Hensley finished 3<sup>rd</sup> in the 100 meter dash. Eric Espinoza finished 2<sup>nd</sup> in the 400 with a personal best 62.89. Brendan Tarleton finished 2<sup>nd</sup> in the 1600 meters. The final top 3 finish was the team of David Rodriquez, Eric Espinoza, Flynn Chapman and John Hensley in the 800 relay.

## High School Compete

On Friday the Coyotes took an 11 point lead into the Mile relay for the 3<sup>rd</sup> time this season. The Coyotes however were unable to hold on to the team title as the Robert Lee Steers won the relay and won the meet as the Coyotes finished runner-up tallying 101 points to the Steers 110 points.

Top performers for the Coyotes was J'Ryan Gicklhorn putting the shot a season best 45'1" to win the shot put. Pole vaulters Brad Tatum and Michael Bullinger both cleared 13'0", but Michael won on fewer misses.

In the high jump, while Aaron had a difficult time, Austin jumped his way to 3<sup>rd</sup>. Austin also added a silver in the triple jump. Aaron may have had trouble jumping, but he had no trouble sprinting as he finished 2<sup>nd</sup> in the 100 and 200 to the defending state champion from Highland. Aaron teamed up with Brad, Michael and Jake Payne to run a season best 44.97 in the 400 relay to fall just short of a second straight win in the event as the Steer runner caught Jake at the line for the victory. Jake Payne ran a season best in his 2<sup>nd</sup> place finish in the 300 hurdles.

Jake Cooley got his first individual medal of his career with a 3<sup>rd</sup> place finish in the 800 meters.

**Michael Cooley:**

High Jump	5'4"	2 <sup>nd</sup>
Pole Vault	7'6"	
Long jump	16' 6"	1 <sup>st</sup>
400 relay	55.78	5 <sup>th</sup>
110 IH	20.99	3 <sup>rd</sup>

**Flynn Chapman:**

200	27.49	5 <sup>th</sup>
Shot put	35'	4 <sup>th</sup>
400 relay	55.78	5 <sup>th</sup>
800 relay	1:55.95	3 <sup>rd</sup>
Discus	no mark	

**John Hensley:**

Triple Jump	29'8"	
Long jump	15'1"	
400 relay	55.78	5 <sup>th</sup>
800 relay	1:55.95	3 <sup>rd</sup>
100 meters	12.97	3 <sup>rd</sup>

**Eric Espinoza:**

Pole vault	6'6"	
400 relay	55.78	5 <sup>th</sup>
800 relay	1:55.95	3 <sup>rd</sup>
400 meters	61.01	2 <sup>nd</sup>

**David Rodriquez:**

Long jump	14'2 1/2"	
2400m	9:47.96	3 <sup>rd</sup>
800 relay	1:55.79	3 <sup>rd</sup>
1600 meters	6:27.01	4 <sup>th</sup>

**Brendan Tarleton:**

Triple jump	28'1"	
2400m	9:59.99	4 <sup>th</sup>
High jump	4'8"	
1600m	6:22.1	2 <sup>nd</sup>

300 LH	61.01	
<b>Karl Lamming:</b>		
Triple jump	29'11 3/4"	6 <sup>th</sup>
Long jump	14'5 1/2"	
800m	3:12	
1600 relay	4:52.27	6 <sup>th</sup>

**Tony Soto:**

Discus	no mark	
100m	14.07	
400m	71.13	
1600 relay	4:52.27	6 <sup>th</sup>
Shot put	no mark	

**Derek Tatum:**

Pole Vault	7'0"	
100m	15.01	
1600 relay	4:52.27	6 <sup>th</sup>

**Drew Tyler:**

400	78.8	
200m	33.33	

**Michael Froman:**

Shot put	no mark	
Discus	no mark	
100 meters	17.04	

**Miles Valentine:**

1600 relay	4:52.27	6 <sup>th</sup>
100m	14.39	
200m	30.97	
High Jump	no height	

**Varsity Boys:**

**Tyrell Massingill:**

3200m run	12:28	6 <sup>th</sup>
1600m run	6:04	

**Zane Williamson:**

800 relay	1:49	
800m	2:38	
Shot put	no mark	
300 IH	51.5	

**Pasqual Espinoza:**

400m	67.1	
200m	29.9	
800 relay	1:49	

**Aaron Pigford:**

400m relay	44.97	2 <sup>nd</sup>
High Jump	5'6"	
100m	11.33	2 <sup>nd</sup>
200m	23.33	2 <sup>nd</sup>

**Austin Tarleton:**

High Jump	5'8"	3 <sup>rd</sup>
Triple Jump	39'10 1/2"	2 <sup>nd</sup>
Long Jump	18'9"	6 <sup>th</sup>
1600 relay	3:56.01	

**Brad Tatum:**

Pole vault	13'0"	2 <sup>nd</sup>
400 relay	44.97	2 <sup>nd</sup>
110 HH	16.78	6 <sup>th</sup>
1600 relay	3:51.1	6 <sup>th</sup>

**Michael Bullinger:**

Pole vault	13'0"	1 <sup>st</sup>
400 relay	44.97	2 <sup>nd</sup>

By Coach Avery

The Borden County Missy Coyote track team was third last Tuesday at the Highland Invitational. These girls scored 103 point and were outscored by Roby and Abilene Christian.

The 400 m. relay looked to be running well when the baton was dropped and dropped the Missy Coyotes out of the top 6.

The 800 m. relay finished 4<sup>th</sup> in the meet with a 2:12.49. Running on this relay was D'Nae Johnson, Shylo Rinehart, Chellsie Pigford and Marla Crenshaw.

The 1600 m. relay ran a 5:11.34 and finished 5<sup>th</sup> in the meet. Running on this relay was Lacey Roberts, Krista Tarleton, Taylor Richey and Olivia Key.

Lacey Roberts was 4<sup>th</sup> in the 800 m. run with a time of 2:57, she also was in the high jump.

Marla Crenshaw was 6<sup>th</sup> in the 800 m. run with a time of 3:00 minutes even. Marla was also in the shot put but did not place in the top six.

Bailey Anderson ran a 3:13 in the 800 m. run.

Taylor Richey was second in the 100 m. hurdles with a time of 18.99. She was also first in the disc with a toss of

1600 relay	3:56.01	
100m run	11.79	4 <sup>th</sup>
<b>Jake Payne:</b>		
400 relay	44.97	2 <sup>nd</sup>
300 hurdles	43.31	2 <sup>nd</sup>
1600 relay	3:56.01	
<b>Quentin Shafer:</b>		
800 relay	1:49	
100m	13.01	
200m	27.8	
<b>Jake Cooley:</b>		
400m	56.17	4 <sup>th</sup>
800m	2:13.01	3 <sup>rd</sup>
1600 relay	3:56.01	

**DON'T FORGET -  
SPRING FORWARD!  
Sunday April 2<sup>nd</sup> ,**

77 feet even, and she was third in the triple jump with a distance of 28'9".

Rachael Payne was second in the 100 m. dash with a time of 14.79, she was 4<sup>th</sup> in the 200 m. dash with a time of 31.13, she tied for third in the long jump with a leap of 13'11 3/4", and she won the triple jump with a distance of 29'9 1/4".

D'Nae Johnson ran the 100 m. dash in 15.20 narrowly missing the top 6 in that event, she was in the high jump and she was sixth in the long jump with a leap of 12'10 3/4".

Chellsie Pigford was 4<sup>th</sup> in the 400 m. dash with a time of 78.28, and she threw the discus 55' 10 1/2".

Shylo Rinehart ran the 200 m. dash in 33.45.

Krista Tarleton ran the 200 m. dash in 34.27 and she long jumped 12'2".

Olivia Key won the 1600 m. run with a time of 4:35.82, she was second in pole vault clearing 6'0" and she was second in the triple jump with a distance of 28'11 1/4".

Raylea Underwood threw the discus around 52 feet and she also participated in the shot put.

## Lady Coyotes Track Results at Highland

By Coach Avery

The Lady Coyotes had two representatives at the Highland track meet this last Friday. Chelsea Minnick ran the mile in 7:17.63 and Dannelle Copeland threw the shot about 24 feet and she threw the disc about 75 feet.

# Thomas jumps ahead of competition

## Breaking records

By Coach Richey

Garrett Thomas again went out on his own and competed in the Wes Kittley Relays at Texas Tech. Competing against 5A schools, Garrett finished 2<sup>nd</sup> in the 110 high hurdles after hitting the final hurdle and stumbling home to a 14.52 time. Garrett would get his revenge in the 300 hurdles as he blew away the competition in a school record time of 38.73 accutrak time. This time converts to a 38.49 hand time for a new school record. Garrett will again run separate the team next week as he competes in the San Angelo Relays, while the Borden County Track team competes in the Dawson Dragon Relays on Friday before the district track meet the following Thursday.

# Track Results

Cont. from pg. 2

### J'Ryan Gicklhorn:

Discus 117' 7<sup>th</sup>  
Shot put 45'1" 1<sup>st</sup>

### Trey Soto:

Shot put 35'4" 7<sup>th</sup>  
Discus no mark

### Miller-Valentine

High jump no height  
800m 2:18.01  
1600m 5:18.11 5<sup>th</sup>

### Logan Howard:

Pole Vault 10'0" 5<sup>th</sup>  
3200m 13:02  
1600m 6:02  
800 relay 1:49

# School Lunch Menu

April 3<sup>rd</sup> - 7<sup>th</sup>, 2006

### MONDAY - Breakfast:

Breakfast pizza, fruit juice and milk. **Lunch:** Coyote Taco, refried beans, tossed salad, pineapple and milk.

### TUESDAY - Breakfast:

Waffles, fruit juice and milk; **Lunch:** Cheeseburger Mac, green beans, carrots, corn bread, jell-o w/fruit and milk.

### WED. - Breakfast:

Ham & egg patty, fruit juice and milk. **Lunch:** Chicken, potatoes, corn, hot rolls, fresh fruit and milk.

**THURSDAY - Breakfast:** Biscuit w/gravy, fruit juice and milk. **Lunch:** Polish sausage, bake potato w/ham & cheese, steam broccoli, crackers, ice cream and milk.

### FRIDAY - Breakfast:

French toast sticks, fruit juice and milk. **Lunch:** Chicken on a bun, French fries, hamburger salad, brownies and milk.

\*\*\*\*\*

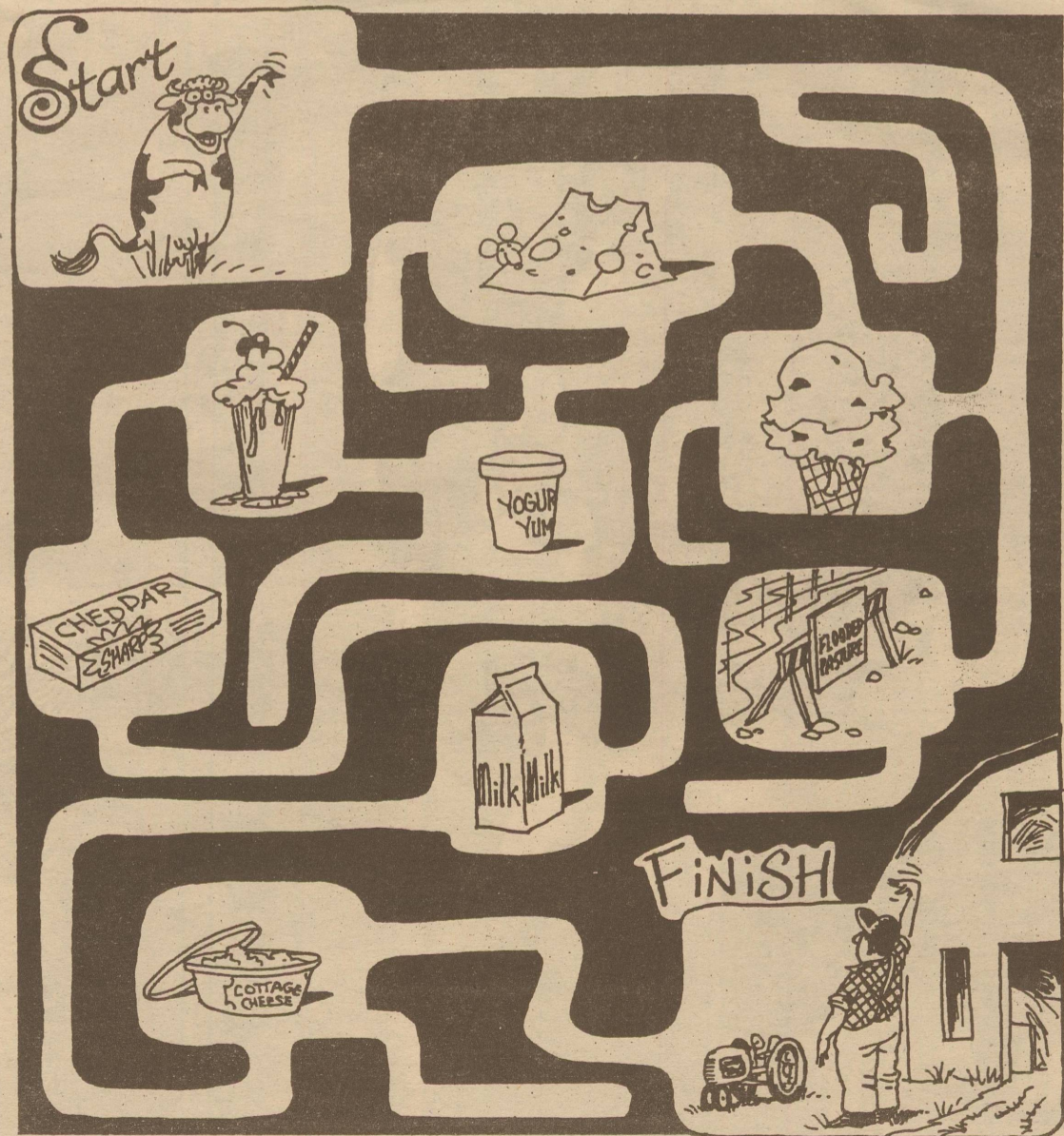
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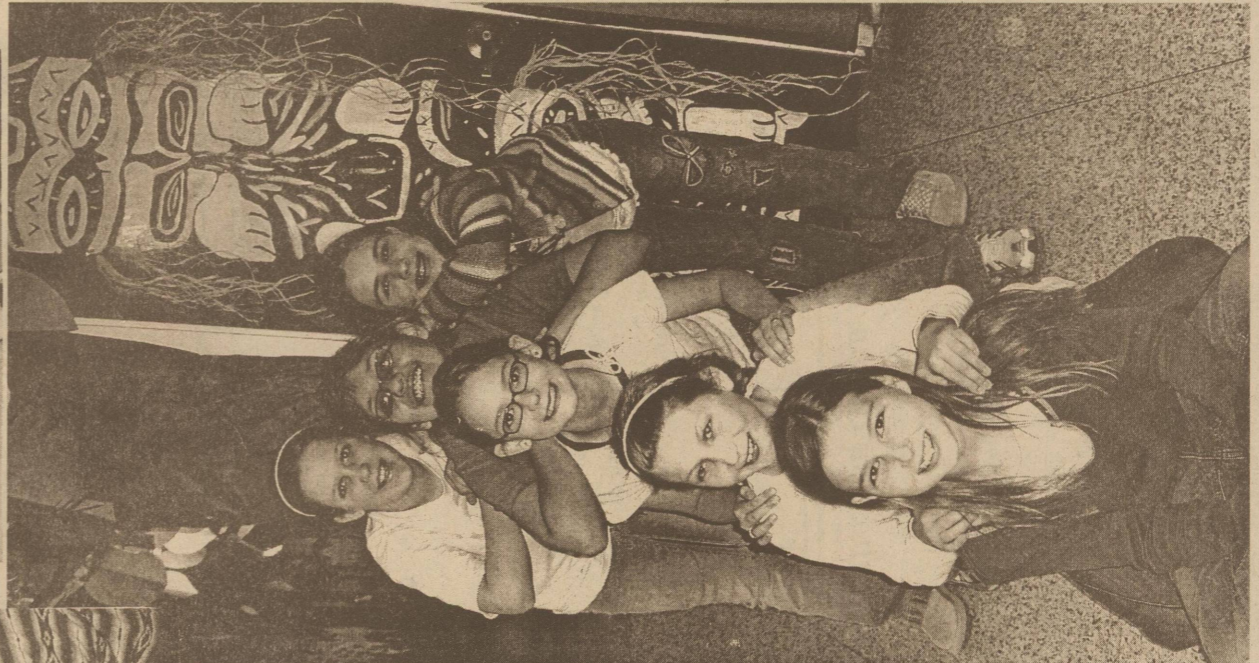
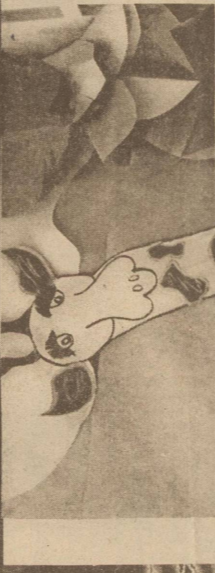
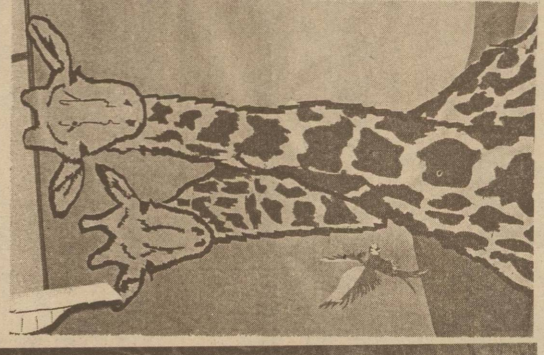
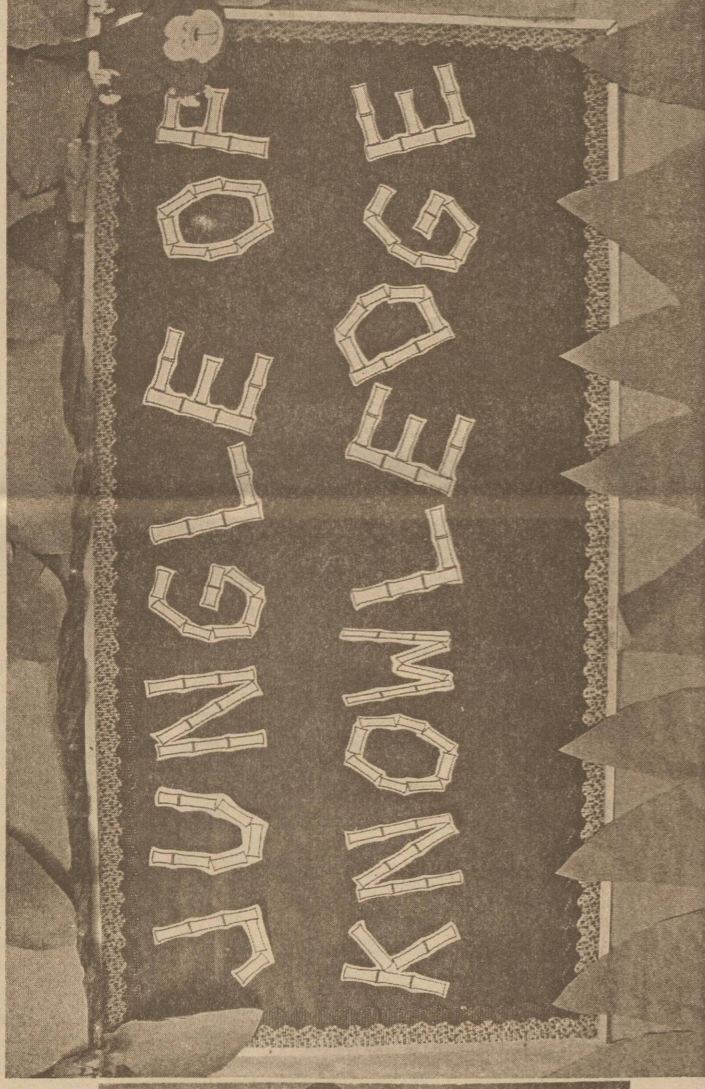
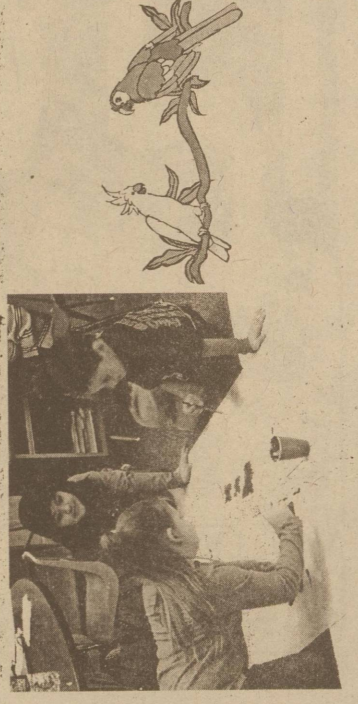
JH	March 2 <sup>nd</sup>	Thursday	O'Donnell
HS	March 4 <sup>th</sup>	Saturday	O'Donnell
JH	March 16 <sup>th</sup>	Thursday	Borden County
JS	March 17 <sup>th</sup>	Friday	Borden County
JH	March 21 <sup>st</sup>	Tuesday	Highland
JS	March 24 <sup>th</sup>	Friday	Highland
HS	March 31 <sup>st</sup>	Friday	Dawson
JH	April 1 <sup>st</sup>	Saturday	Grady (West Zone)
HS	April 6 <sup>th</sup>	Thursday	Borden Co. Dist. Meet
HS	April 13 <sup>th</sup>	Thursday	Roby - Area Meet
HS	April 28 <sup>th</sup> - 29 <sup>th</sup>	Fri. & Sat.	Abilene - Regional
Hs	May 12 <sup>th</sup> - 13 <sup>th</sup>	Fri. & Sat.	Austin - State Meet

Date	Post	There	Time
February 14 <sup>th</sup>	Post	There	5:00
February 21 <sup>st</sup>	Post	There	5:00
February 27 <sup>th</sup>	Loraine	Snyder	5:00
March 14 <sup>th</sup>	OPEN		
March 20 <sup>th</sup>	Forsan JV	There	5:00
April 4 <sup>th</sup>	Forsan	There	5:00
April 7 <sup>th</sup>	Anson	There	5:00

Date	Opponent	There	Time
February 17 <sup>th</sup>	Loraine	There	4:00
February 20 <sup>th</sup>	OPEN		
February 24 <sup>th</sup>	Ira	Snyder (WTC)	4:00
March 3 <sup>rd</sup>	Anson JV	Anson	5:00
March 14 <sup>th</sup>	Midland Greenwood JV		TBA
March 20 <sup>th</sup>	Anson JV	Anson	5:00
March 30 <sup>th</sup>	Forsan	Forsan	4:30
April 4 <sup>th</sup>	Forsan	Big Spring ??	5:00
April 7 <sup>th</sup>	Midland Greenwood JV		TBA
April 11 <sup>th</sup>	Loraine	Snyder (WTC)	5:00
April 14 <sup>th</sup> or 15 <sup>th</sup>	Forsan	Forsan	5:00

**Attention All Borden County ISD Exe's**  
If you have not done so, please log onto the alumni website at [www.bcisd.net](http://www.bcisd.net) and register your information

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**Texas Stories**  
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## Bonnie Parkers' Last Hairdo

I was in Mineola the other day and someone told me I ought to go interview Odelle Strickland, who lives in the small community of Alba. The person who recommended her to me said she is 95 years old and lives alone in a house that she maintains by mowing the lawn and doing roof repairs.

So I went to Alba and interviewed Odelle about her life. She grew up on a farm and milked cows and plowed fields. She was a beauty operator for 75 years and still has a beauty shop in Alba. Occasionally she'll fix somebody's hair. She also has a collection of old clocks and some antique beauty shop equipment that she keeps in good working order. She bowled a lot and owns 3 bowling balls. A couple of pictures she painted hang in her living room.

She thinks she is the oldest living beauty operator that is still working. "I could fix hair every day if I wanted to," she said. In the early days of her career she charged a quarter for a shampoo and set. Some people thought that was too expensive.

I recorded our conversation for about 30 minutes and was satisfied I had enough material for a column or

program and was putting away my recorder and microphone when she said, "I gave Bonnie Parker, her last hairdo two weeks before she and Clyde Barrow were shot." I got out my microphone and sat down to hear all about that.

"We were not busy one day and this lady came in and said 'lock the door and don't let nobody in and don't answer the phone.' She said she wanted her hair done. The other girl in the shop washed her hair, but she was so nervous she could hardly do anything. Bonnie didn't bother me. I rolled her hair up then put her under the drier. She kept a towel over her face. She had a half-opened umbrella and kept her hand in it all the time she was in the shop. I tried every way to see in it, but she always

moved it. She knew what I was doing. I'm sure she had a gun in there.

"The county doctor had an office next to our shop and we had a big double door that joined our place to his. When he was gone, we always answered his phone. His phone got to ringing and Bonnie told us not to answer it. I told her if we didn't, people would get suspicious. Bonnie told me 'you look honest enough. Go ahead and answer it. But leave the door open.' So I went ahead and took the message. While I was on the phone, I wrote a note saying 'Bonnie Parker is in the beauty shop. Go get the sheriff.' The doctor came while she was still there and tried to open the door to our shop. Bonnie let me go to the door and talk to the doctor. I told him Bonnie was still in the shop. The doctor went to the sheriff's office but nobody came. She wouldn't let us finish drying her hair real good, but I went ahead and fixed her hair best I could. She paid us and said don't follow me or say nothing.' Then she left. When we thought she had time to get gone, we rushed outside. I figure Clyde was waiting for

her and she got in the car and they took off. We went to the sheriff's office and asked why they didn't come over. They said they were afraid we'd get hurt."

### Notice to Poka Lambro Customers

Effective April 1, 2006, you may notice an increase in the charge on your phone bill called "Federal Universal Service Charge (FUSC)", which pays for the Federal Universal Service Fund. The FCC has approved an increase in this charge from 10.2% to 10.9% of your monthly interstate access charges for residential and business customers effective April 1, 2006. This charge contributes to the national universal service fund, which helps keep local telephone service rates affordable for low-income customers and customers in high cost rural areas, and provides assistance to customers with disabilities. If you have questions about this change, please call our office. Poka Lambro Telephone Cooperative, Inc. - 800-422-2387; Poka Lambro Telephone Company - 888-568-7305.

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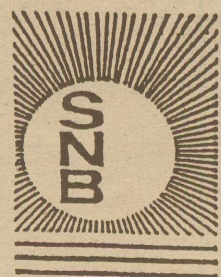
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# Conservation Reserve Program

USDA's Farm Service Agency (FSA) will hold a Conservation Reserve Program (CRP) general sign-up from March 27 to April 14, 2006. CRP is a voluntary program that helps agricultural producers safeguard environmentally sensitive land. Producers enrolled in CRP plant long-term resource-conserving covers to control soil erosion, improve water and air quality, and enhance wildlife habitat. In return, FSA provides participants with rental payments and cost-share assistance. Contract duration is 10 years.

Land that is not currently enrolled in CRP may be offered for enrollment during CRP sign-up 33. In addition, CRP participants with contracts expiring on September 30, 2006, may submit offers.

To be eligible for CRP enrollment, a producer must have owned or operated the land for at least 12 months prior to

the end of the sign-up period. The land must be cropland that is planted to an agricultural commodity four of the previous six crop years from 1996 to 2001.

FSA provides participants with annual rental payments based on the relative productivity of the soils on the land relative to the average dryland cash rent value. Cost-share assistance is also available to help establish approved cover crops.

FSA will rank offers according to the Environmental Benefits Index (EBI). Offers will be accepted for approval after the sign-up according to the ranking.

To submit an offer, a producer must visit their local FSA office by April 14, 2006. The Garza-Borden FSA Office is located at 208 W Main, Post, Texas. The phone number is 806-495-2801, ext. 2.

## Borden County EMS News

By Kent W. Holmes,  
NREMT-P

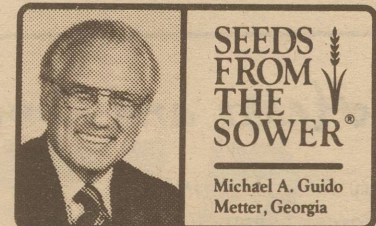
Borden County Paramedic Class is well under way with two Borden County students and three Garza County residence enrolled in the class. Philip Bird and Jeff McAuley are the local students to start the long road to being a National Registry Paramedic. Make a point to tell these young men that you appreciate the many hours that they are spending preparing to serve this community as unpaid volunteers.

This is possibly the last paramedic class that will be taught in Borden County. The reason is major changes in the EMS regulation both in Texas and in the United States. It will be very difficult to have any more bi-vocational paramedics. The new laws will be geared to produce paid full time employed paramedic. These changes are partly being driven by Home Land Defense and the United State Government which are wanting all paramedics

nation wide, to be trained exactly to the same level of skills. With all paramedics being trained exactly the same, they could be used in case of a National Emergency no matter where the emergency occurs. This will be a good plan except for one thing, to be a paramedic it will be necessary to have a Degree in Emergency Medicine. This will make it difficult for Borden County and other counties in West Texas to recruit and train paramedics in the future.

## Got News:

Mail to:  
PO Box 137  
Gail, Tx. 79738  
Email  
vadcock@bcisd.net



It was announced that the devil would offer his tools for sale.

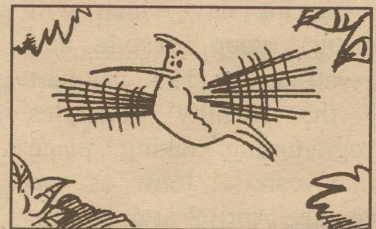
He attractively displayed Deceit, Envy, Hatred, Lust and Malice. But a harmless-looking, more expensive, and much-worn tool was laid to one side.

"Why?" asked a follower.

"That's Discouragement," said the devil. "It's priced higher because it's more useful. I can get inside a man's heart with it when I can't get near him with the others."

Discouragement...it's ingratitude for God's goodness and indifference to God's power.

If you look up trustfully into the face of God, you won't break down tragically in the face of despair.



What creature can fly straight up like a helicopter? Hmmm...a hummingbird.



## "Mail Bag"

### Confirmation Services deliver shipping peace of mind

Whether the future of your company is inside the box, or you just want to make sure your package gets delivered, the Postal Service offers peace of mind with Confirmation Services.

Delivery Confirmation service gives you the date, time and ZIP Code where your package was delivered. If the package could not be delivered, this service tells you when delivery was attempted, and whether your important package was forwarded or returned.

With Signature Confirmation service, there is no more guessing about who accepted delivery of your shipment. You know exactly who signed for it, along with the date and time of delivery. You can have a copy of the signed delivery record sent to you via fax, email, or U.S. Mail.

Delivery Confirmation and Signature Confirmation

are available on parcels sent by First-Class Mail or Package Services, and on any Priority Mail items. And if you buy either Confirmation service online at [USPS.com](http://USPS.com), you can save money, too. Check the Web site for details.

For fees and additional information about Confir-

mation Services, go to your local Post Office or go to [USPS.com](http://USPS.com) and search for "Delivery Confirmation" or "Signature Confirmation." To ship online and save time and expense, go to [USPS.com](http://USPS.com) and select "Click-N-Ship" under "Shipping Tools."

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### School Zone Safety Tips



- Obey speed limits
- Watch for students walking and riding bicycles
- Be prepared to slow down and stop when school buses flash yellow and red lights.

Just a Reminder, brought to you from the TxDOT

### NOTICE

Borden County Commissioners' Court regret having to increase water rates, but increased cost of water from the property owner in Dawson County, operating costs, and State - Federal mandated expensive (arsenic removal) equipment.

Therefore, the Borden County Commissioners' Court on February 13<sup>th</sup>, 2006, set the schedule of rates for water users on the Borden County Water system as follow:

To be effective beginning April 1<sup>st</sup>, 2006

Senior Citizen  
&

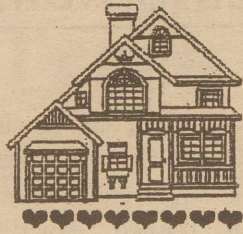
Churches - \$17.50 minimum for the first 3000 gallons,  
Thereafter \$5.50 per each 1000 gallons

All other - \$33.25 minimum for the first 3000 gallons,  
Thereafter \$5.50 per each 1000 gallons

FOR THE BORDEN COUNTY COMMISSIONERS' COURT  
Van L. York, County Judge  
Borden County

## 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

### Building Blocks of Healthy Living: Move More, Sit Less Educational Program

Texas Cooperative Extension-Borden County will be offering an educational program on Building Blocks of Living Healthy: Move More, Sit Less. Join us to learn how to develop a personal plan to help you move more and sit less during the day which will enhance your lifestyle and overall health. This is a part of the Healthy Lifestyles Programming taking place this year. Join us on Monday, April 3 at 6:00 p.m. in the Extension Office Meeting Room to learn about

how to build a healthy diet. *Everyone* is welcome to attend any or all programs. We will seek to provide all reasonable accommodations for all persons with disabilities for any of our programs. We request that you contact us at the Extension office as soon as possible to advise us of auxiliary aid that you will require. For more information on any healthy lifestyle topic, or more information on lowering your cancer risk, please feel free to contact the Extension office at (806)756-4336.

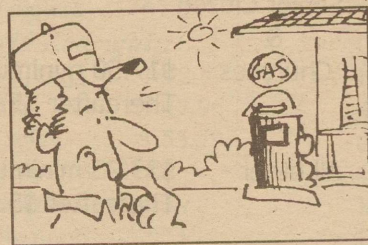
### Do Well, Be Well Diabetes Program Available

Do Well, Be Well with Diabetes is an educational program for people with type 2 diabetes. The primary goal is to help participants learn how to manage their meal plan and self-care to maintain their blood glucose in the ranges recommended by the American Diabetes Association. The message is that, if you do well, you can be well with diabetes!

The Do Well, Be Well with Diabetes curriculum provides the foundation for the program and ensures consistent, quality education across the state. Developed by health and nutrition education professionals, the curriculum is consistent with American Diabetes Association national standards and covers twelve topics: What is Diabetes?; Nutrition: First Step to Diabetes Management; Managing Your Blood Sugar; Dietary Treatment of Diabetes; Diabetes and Exercise;

One Diabetes Diet—No Longer the Sole Option; Foot Care; Nutritional Labels; Health Checkups; For Good Measure; Diabetes Medicines; Eating Out

To learn more about Do Well, Be Well with Diabetes, please call Texas Cooperative Extension - Borden County at (806)756-4336. Borden and Scurry Counties are joining forces to offer this course in Snyder beginning Thursday, April 6<sup>th</sup> and continuing on a 6 lesson series ending in mid-May.

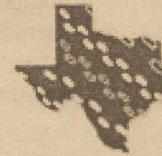


The first gas pump was made by Sylvanus F. Bowser of Fort Wayne, Indiana, and delivered to local storekeeper Jake Gumper on September 5, 1885.

### Walk Across Texas Kick-off

Whether you want to walk to improve your health or to spend more time with family and friends, here is your opportunity to get started by participating in Walk Across Texas. Call the Extension office at (806)756-4336 and sign up today! We will begin logging miles Tuesday, April 3 and wrap up on Monday, May 29.

### Walk Across Texas!



A Fun and Fitness Program

To find out how you can  
Walk Across Texas, call your  
County Extension Office



### Borden County Senior Citizen Group

The next meeting will be on Monday, April 10 in the Community Room. This will be a pot luck supper (bring your favorite dish to share) that will begin at 6:00 p.m. We will enjoy our meal and fellowship first, then enjoy games and more fellowship! We are moving this meeting to the second Monday for April. Hope that you can all attend!!!

Please keep in mind that there are many possible opportunities this group can provide, including wonderful fellowship, fun games and activities, great learning experiences, a chance to have your blood pressure and blood glucose checked, and even a possibility of group outings. We invite you to participate in the second Borden County Senior

Citizen Group Evening. If you have any questions or suggestions, please feel free to contact Julie Smith at (806)756-4336. Also, if you need transportation to and from the Community

Building, please contact us to make arrangements. We look forward to a great new opportunity for our friends in Borden County!

**WHAT:**

Cool Clovers 4-H Club Meeting

**WHO:**

3<sup>rd</sup> through 6<sup>th</sup> graders

**WHERE:**

County Show Barn

**WHEN:**

Tuesday, April 4, 2006  
3:45 - 4:45 p.m.

**PROGRAM:**

Outdoor Safety by Phillip Bird, Game Warden- Texas Parks and Wildlife Borden 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.

Drive Safely

Watch our for  
the Children



MEMBER  
2006

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