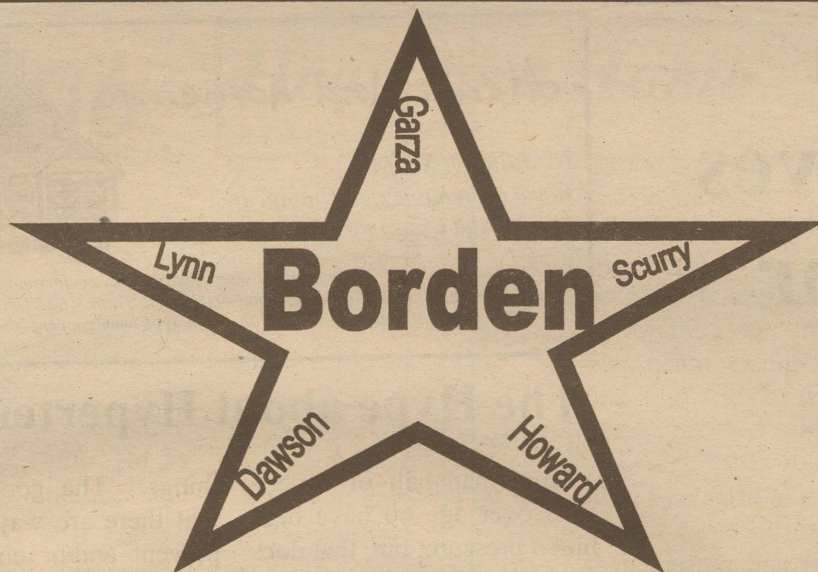


THE

Volume XXXII



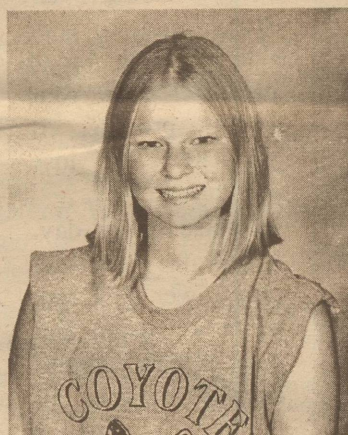
STAR

May 17th, 2006

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

BJHS Announces T-N-T: Thomas & Tatum Top Honors Explode in Austin

One Record, One Gold, Two Silvers and a Lifetime of Memories for Senior Tracksters



Lacey Roberts
Valedictorian

The administration and faculty of Borden County Junior High School are pleased to announce the top students of the graduating 8th grade class.

Lacey Roberts, daughter of Freddy and Lee Roberts, has been named Valedictorian of Borden County Junior High School. Lacey has maintained a grade average of 95.46 for the two-year period in junior high.

Lacey has been active in UIL literary events, sports, One-Act Play, and 4-H livestock showing.



Raylea Underwood
Salutatorian

Raylea Underwood, daughter of Ray Don and Jana Underwood, has been named Salutatorian of Borden County Junior High School. She has maintained a grade average of 94.46 for the two-year period in junior high.

Raylea has been active in UIL literary events, sports, One-Act Play, 4-H shooting sports and livestock showing.

The Junior High Commencement will be held at 7:00 p.m. on Thursday, May 25th, 2006, in the school auditorium. Following the graduation, a reception will be held in the school

cafeteria. The Borden County Track Season came to a close Saturday, May 13th at approximately 3:00 p.m., but not before another memorable day and a trip to the emergency room. Seniors Brad Tatum and Garrett Thomas closed out their high school campaign with one last track meet Saturday on the biggest stage a high school athlete

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cafeteria.

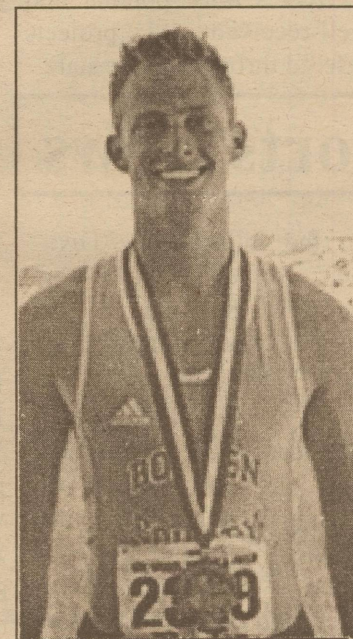
The Senior Class of 2006 Baccalaureate Services will be held on Sunday, May 21st, at 11:00 a.m. in the school auditorium.

Senior Commencement exercises will be held Friday, May 26th, 2006, at 7:00 p.m. in the school auditorium, with a reception following in the school cafeteria.

can compete in, the Texas State UIL Track meet. Brad was making his first trip to the state meet competing in the pole vault. He is believed to be the first ever Borden County athlete to ever compete in this event

in Austin, and he was full of confidence as he was fresh off a School and Region II-A record a couple of weeks ago in Abilene Texas. Bradley entered the competition with a foot

Cont. from pg. 3



Garrett Thomas



Bradley Tatum

Borden High School Receives \$350 grant for Project Celebration

Borden High school is once again a recipient of a \$350.00 mini-grant from the Texas Department of Transportation. Called Project Celebration 2006, Borden County High School is among 30 high schools in the Abilene District taking part in TxDOT's graduation program. Each school will receive a \$350. mini-grant for graduation activities.

"As the Abilene District's traffic safety coordinator, I am delighted that TxDOT continues to be a staunch advocate of safe and sober driving habits," Brenda Mitchell said. "By approving the expenditure of funds to support graduation activities across Texas, we are assisting communities to provide a safe and sober occasion for their graduating students."

Mitchell visited each of the 30 participating high schools

in the district and presented the Project Celebration chairperson mementos for each of the graduates who attend their high school event. One of the mementos is a transistor radio that bears the slogan "Friends don't let friends drink and drive."

According to the traffic safety coordinator, these mini-grants are not intended to fully fund a Project Celebration event, but to provide seed money for schools to start and support alcohol and drug-free parties for high school students. The funds are to be used to cover expenses such as printing, materials, postage, supplies, room rentals, and the like. Transportation officials report that this program, which began in 1984 with only two schools, is one of TxDOT's most popular and well-received projects offered throughout the state.

Shooting Sports News

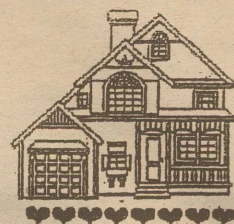
On April 29, several 4-H members and their families attended the Nolan County Whiz Bang Shoot in Sweetwater. In the Jr. Division, Matthew Roberson received the High-Overall Award placing 1st in Skeet, 1st in 5-Stand, and 2nd in Trap. Blaise Freeman and Krista Tarleton also participated in trap in the Jr. Division.

In the Intermediate Division, Raylea Underwood placed 1st in Trap, 6th in Skeet, and participated in 5-Stand.

Brendan Tarleton participated in the Senior 1 Division in Trap, Skeet and 5-Stand. Austin Tarleton placed 1st in Trap, 2nd in Skeet, and 3rd in 5-Stand of the Senior 2 Division.

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

The Hype about Hypertension

More than half of Americans over age 60 have high blood pressure; but, that does not mean it is part of normal aging. High blood pressure, or hypertension, is sometimes called the "silent killer" because you cannot necessarily see or feel any of its symptoms. You can have hypertension and still feel just fine. However, hypertension is a major health problem. If not treated, it can lead to stroke, heart disease, eye problems or kidney failure, among other

* * * *

Others attending this shoot were Jill and Quentin Freeman, Tracy Roberson, Bill and Sheryl Tarleton, and Ray Don and Jana Underwood.

Saturday, May 6th, Raylea and her family traveled to San Angelo to participate in the Tom Green County's 1st Annual 4-H Shotgun Shoot-Out. Raylea participated in the Intermediate Division and won the High-Overall Award placing 1st in Trap and 1st in Skeet.

On Saturday, May 13th, the Underwood Family traveled to Ozona where Raylea participated in the Whiz Bang Shoot. Raylea placed 3rd in Trap after a 3-way shoot-off for 2nd Place. She placed 7th in Skeet and participated in 5-Stand.

Congratulations to all the 4-H Shooters!

things. The good news is that there are ways you can prevent and/or control high blood pressure.

Whether going in for a check-up or major surgery, having your blood pressure checked is a standard procedure for health providers. But, what exactly do those numbers mean and why are there two of them? The first, or top, number is your systolic pressure. This tells you how much your blood pushes against the blood vessel walls as your heart beats. The second, or bottom, number measures the pressure while the heart relaxes between beats. This is the diastolic pressure. If your blood pressure is normal, according to current recommendations, your systolic pressure is less than 120 and your diastolic pressure is less than 80.

For older people, the first number (systolic) often is high (greater than 140), but the second number (diastolic) is normal (less than 80). This problem is called isolated systolic hypertension. Isolated systolic hypertension is the most common form of high blood pressure in older people. Isolated systolic

hypertension can lead to serious health problems. If you are diagnosed with hypertension, your health care provider will probably want you to make changes in your daily habits to try and lower those numbers.

He or she may also ask you to check your blood pressure at home at different times of the day. If the numbers are still high after several checks, your health provider will probably suggest medication, changes in your diet and exercise.

Try these healthy habits recommended by the National Heart, Lung and Blood Institute to help you control or prevent high blood pressure:

- Keep a healthy weight. Being overweight adds to your risk of high blood pressure. Ask your health provider if you need to lose weight.
- Exercise every day. Moderate exercise may lower your risk of hypertension and heart disease. Try to exercise at least 30 minutes a day, 5 days a week or more. Check with your health provider before starting a new exercise program.
- Eat more fruits, vegetables, whole grains and low-fat dairy foods. Also, make sure you are getting enough potassium. Fresh

Cont. to pg. 7

Meeting Planned

There will be an End of the Year Title 1 meeting immediately following the Awards Program on Wednesday, May 24th. All parents of BCISD students are invited to attend.

One Record, One Gold, Two Silvers

Cont. from pg. 1

advantage over the nearest competitor, but as has been the case with Brad in the past, he would have to compete in this State Track Meet facing some adversity. Last year, Brad vaulted the entire track season with a cast on his left hand which hindered his performance throughout the season, but after a relatively injury-free track season this year, adversity would rear its ugly head Saturday morning. On Brad's final warm-up jump at around 11:45 a.m. just 15 minutes before the vault was scheduled to begin, Brad spiked his right hand during the jump. This immediately forced us to the trainer's tent, and a quick repair job but would also lead to an eventual trip to the emergency room to receive 5 stitches in his injured hand. Having dealt with adversity before, Bradley was bound and determined to compete no matter what the consequences. Bradley entered the contest at 12'6" and cleared this height on his first attempt. In fact, Brad cleared all of his heights on his first attempt from 13'0" to 13'6". He passed at 13'9" and then again cleared 14'0" on his first try. At this time, it seemed as though the end of this stressful beginning would end in a story book ending, but just as it seemed nothing else could go wrong, after passing at 14'3" with one other competitor in the competition, it appeared Brad had the State Championship in his hand when the vaulter from Clarendon cleared his 4th height of the contest on his final attempt. This meant

that Brad would have to clear 14'6" in order to win the gold medal. The pain in Brad's hand now had gotten worse and his grip was not the same, as a result. Brad could not hold onto the pole on his attempts at 14'6" and was not able to clear this height. It appeared this height would be no problem as he cleared 14' by more than a foot, but the pain and his misfortune just were too much to overcome. But, what an amazing feat none-the-less. His first trip to Austin and a silver medal, and all of this with a gash that required 5 stitches that he immediately received just minutes after being awarded the silver medal on the biggest stage a high school vaulter could ever hope to compete on. Congratulations Bradley on making history and coming away with the silver medal.

Just as Bradley was wrapping up his pole vault, fellow senior Garrett Thomas took his familiar stroll to the starting blocks to wrap up his journey that he started as a sophomore. This journey started with a bronze medal and hopes of being the State Champion some day. It continued and improved his junior year, but was still not what this young man had dreamed of doing or accomplishing. There was still something missing and with that Garrett set out this past year with the hard work and determination to reach his dream of being a State Champion. Garrett gave us a glimpse of the possibilities that may lie ahead as he shattered the Region II-A record in the 110 high hurdles (his specialty) at Abilene by running a 14.17 FAT in winning the event.

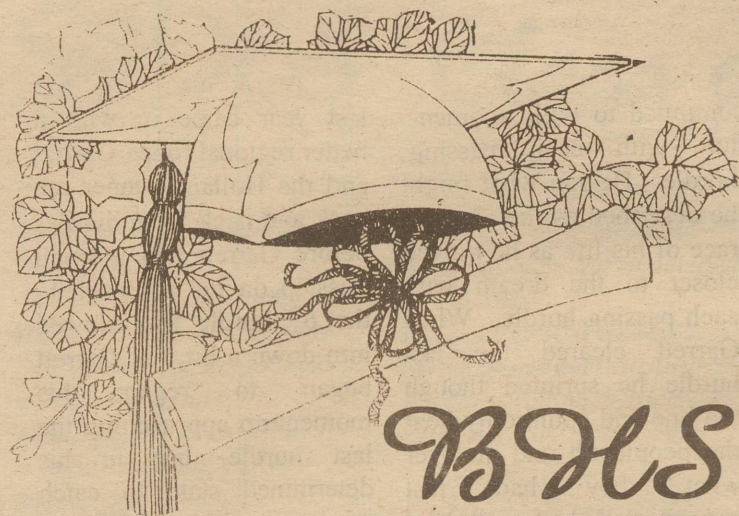
This time was not only the fastest time by over a half a second, but was only 7 hundredths off of a 23 year old State Record. As Garrett patiently waited for the hurdles to be set for his race he could only think of all the time, energy, sweat, tears, nerves, etc... to get to this point. But, now he had one more thought, don't get out too fast. This thought had not crawled into his mind until a young lady jumped just prior to his race. Knowing that he was only moments away from making his final attempt to become a State Champion, Garrett calmly went through his routine, a routine that started as a freshman. As he moved into the blocks his heart began to pound and his parents, family and friends waited and watched very nervously. As his coach, I reflected back to the days when he was a fifth grader and he was hurdling all of the time and how we thought that he was going to be a good hurdler, but Garrett became a great hurdler. When the gun sounded, Garrett did not want to run the risk of jumping the gun, so he sat just a little longer than normal as he was not the first athlete out of the blocks or even the first hurdler to the first hurdle. But, that would all change at the 2nd hurdle as Garrett took control and began to roll. With a slight tail wind, Garrett knew that the tendency might be to float a little over the hurdles so he consciously told himself to pull the lead leg heel down and snap the trail leg as fast as he could. At the 3rd hurdle it was already a blow out, it was just him on his own in lane 1 and he just

continued to build momentum with each passing hurdle. He ran what might be described as the cleanest race of his life as he moved closer to the dream with each passing hurdle. When Garrett cleared the last hurdle he sprinted though the line and could only hear the people uh and ah over what they had just witnessed. Not only did Garrett achieve the goal of becoming the best class 1A hurdler in the year 2006, Garrett carved his name in the record books as the best hurdler of all time in class A as he blazed the 110's in a State Record 13.83 seconds to shatter the 23 year old record. In fact, Garrett out ran the 2A record that has lasted since 1970 of 13.84. This time will be translated to a 13.59 hand time which will be a new school record and a record that may last a lifetime. What Garrett describes as a lot of work for only 13 seconds will last much longer than that short time as a record that stood for 23 years at 14.10 would almost surely be hard to be beat for a very long time. What an incredible race. The thrill he and his family must have knowing that no class hurdler has ever accomplished what he just did, and how proud his parents must be to have watched all of the many people just watch in utter amazement. I can only say one word "WOW".

After facing all of the hugs, congratulations, pictures, press, recruiters, etc... Garrett would have less than an hour to try to regroup his emotions and compete in the 300 hurdles. This was a race that Garrett finished 3rd last year in and was not the favorite this year as the athlete from Holland who finished 2nd

last year came in with a better regional time. Garrett and the Holland runner ran neck and neck for 5 hurdles before Garrett had a small misstep on his approach to the 6th hurdle that slowed him down a bit, but Garrett began to regain his momentum approaching the last hurdle, but in his determined state to catch up, he found himself a little too close to the final hurdle and was forced to chop and jump straight up over the final hurdle which ended his shot of becoming a double winner, but, the silver medal is definitely nothing to be disappointed with as Garrett ran his second best time of the season at 38.42 to finish 2nd. When the dust had finally settled on the day, a day full of lasting memories these two athletes also found themselves scoring 26 points and the highest finish in school history in 4th place just 2 points out of 3rd and 9 out of the runner-up spot. What a tremendous meet. Two great young men, 3 medals, 5 stitches, a State Record, and so many memories. Congratulations guys on a tremendous year and an amazing career wearing the Red, White and Columbia Blue. Parents, you can finally relax as the dream is complete and the job is done, well at least for this chapter in their lives.

In case you did not know, Garrett Thomas will be continuing his education and track career at Tarleton State University and Brad Tatum will continue at South Plains College. Good job and thank you both for so many fond memories. Good luck, and we hope to see even more records fall throughout your track careers.



BHS Class of 2006

Whitney Anderson

Whitney is the daughter of John and Kevva Anderson of Gail. She was born April 1st, 1988. Whitney has attended Borden County School since kindergarten. She is 5'6" and has greenish brown eyes and dark brown hair

Her favorites are:

Food: Mexican Food

Actor: Ryan Gosling

Actress: Rachel McAdams

Song: "Alabama" by Cross Canadian Ragweed

Pastime: Showing Cutting Horses

Sport: Cutting

Color: Pink

Activities: Basketball, Tennis, Golf, Softball, Track, Cross Country, UIL-Writing, Feature, News Editorial, Headlines and Ready Writing; Number Sense, Mathematics, Spelling and Vocabulary. Regional Qualifier sophomore and senior years in News Writing, State Qualifier junior year in Feature Writing, Girls Cutting Horse in Region II - 4 yrs. State Qualifier - 4 years, Reserve Region Champion in 2005, Region Champion in 2006 Honorable mention in Basketball, BHS Homecoming Queen, Band Sweetheart 2002.

Ambition: To marry a rich guy and live happily ever after



In Remembrance of Our Classmate and Friend

Caden Nowlain

April 13, 1988-Aug. 26, 2005

Best time spent at BHS:

Senior year hanging out with Aaron and Austin.

If I could change one thing:

I would put God and prayer back in schools

Plans after graduation:

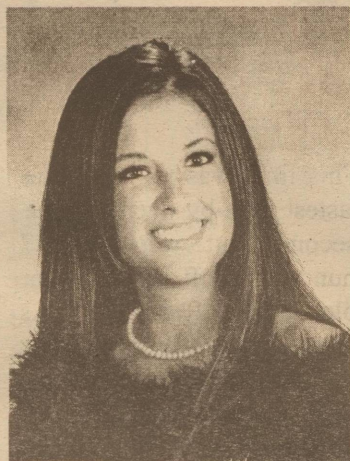
I plan to attend Texas A&M University in the fall at College Station and Major in Animal Science

Five people I'd like to

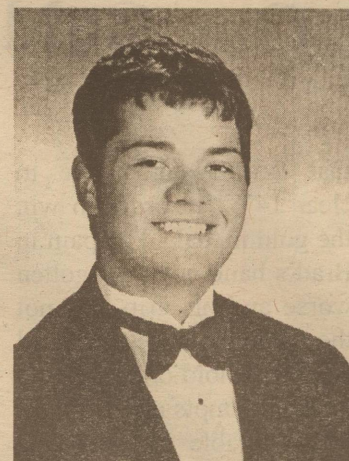
invite to dinner: Cody Canada, Aaron Watson, Matthew McConaughey, Paul Walker, and Ryan Gosling

Final thought:

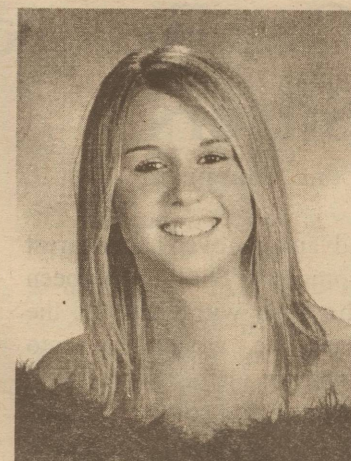
Going to school at Gail has been both good and bad. Thanks for the all the memories. Don't forget us!



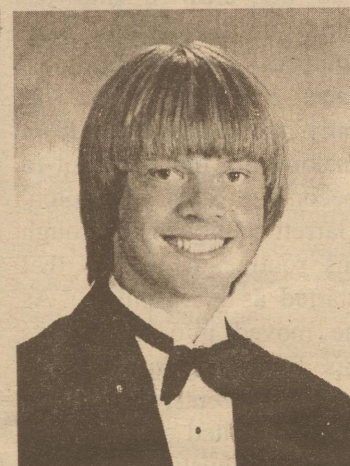
Whitney Lynn
Anderson
Valedictorian



Nathan Ray
Ballard



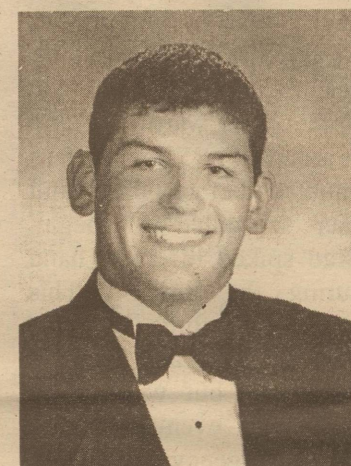
Megan Lea
Brooks



Aaron Sinclair
Pigford



Jodye Danielle
Rutherford



Tomas "Trey"
Soto, III

Nathan Ballard

Nathan is the son of Cliff and Linda Ballard. He was born April 12, 1988. Nate attended school in O'Donnell, Guthrie, & Perrin Whitt before coming to Borden County his senior year. He is 6'1" and has brown eyes and brown hair.

His favorites are:

Food: Ribeye

Actor: Steven Stegal

Actress: Amy Smart

Song: "Why" by Jason Aldean

Pastime: breaking colts, roping, having fun with friends.

Sport: Football

Color: Red

Activities/Honors: Football, 6th grade thru 11th grade and received All District Offensive line and All Region

defensive Line. Basketball from 6th grade thru 10th grade and received All-District, Post.

Ambition: Raise a family and become a good Cutting Horse trainer

Best time spent at BHS: Spending time with Megan and my friends.

If I could change one thing: I would have played football my senior year.

Plans after graduation: Move to Weatherford and train cutting horses

Five people I'd like to invite to dinner: Larry the Cable Guy, Jessica Simpson, WeeMan, Johnny Knoxville and Hue Hefner

Final thoughts: Just to hurry-up and graduate.

Megan Brooks

Megan is the daughter of

Scott and Brandi Brooks of the Plains Community in Borden County. She was born January 19th, 1988. Megan attended school at Borden County since kindergarten. She is 5'4 1/2" tall and has brown eyes and blond hair.

Her Favorites are:

Food: Chinese

Actor: Will Ferrell

Actress: Rachel McAdams

Song: "Why", by Jason Aldean

Pastime: Hunting out with friends and going to Lubbock

Sport: Basketball

Color: Pink

Activities/Honors: Basketball, Tennis, Track, Band, FFA, 4-H, Yearbook staff

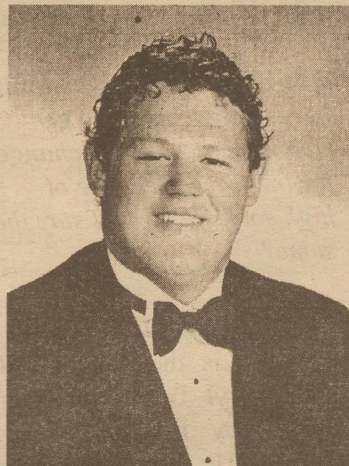
Ambition: to become a First Grade teacher

Best time spent at BHS:

Hanging out with everyone.



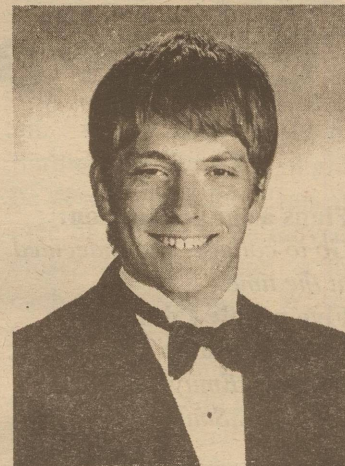
*Kisha De'Lynn
Clement*



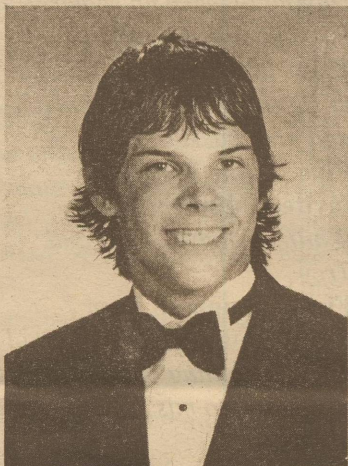
*J. Ryan
Gicklhorn*



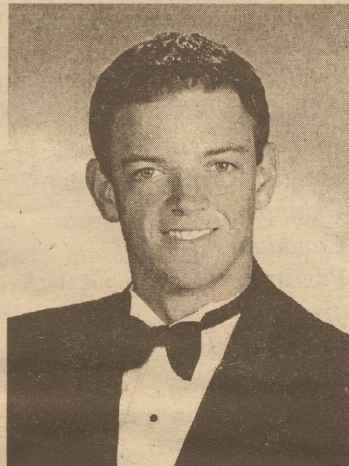
*Brandi Jo
Hudson*



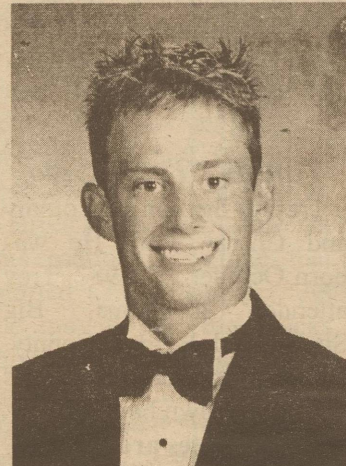
*Andrew Carolan
Bush-Lamming
Salutatorian*



*Austin Edward
Carleton*



*Bradley Don
Tatum*



*Garrett Taylor
Thomas*

If I could change one thing:
I wish I had made better grades

Plans after graduation:
Move to Weatherford and attend college there.

Five people I'd like to invite to dinner: *Jake Gilaanhal, Oprah, Josh Duhamel, William Hung, and George Strait*

Final thoughts: *Have Fun!!!*

Kisha Clement

Kisha is the daughter Tammy & Allen Clement of O'Donnell. She was born November 18th, 1987. Kisha attended school in Lamesa, Cotton Center, O'Donnell and Borden County. She is 5'3 1/2" tall and has blue eyes and blond hair.

Her Favorites are:
Food: *Chinese*

Actor: *Vince Vaughn*
Actress: *Jennifer Aniston*
Song: *"Over my Head" by The Fray*

Past time: *Hanging out!*
Sport: *None*
Color: *Purple*

Activities/Honors: *UIL - Accounting, Band, FFA.*
Ambition: *To be successful*
Best time spent at BHS: *Chillin with everyone!*

If I could change one thing:
To make better grades

Plans after graduation:
Attend South Plains and major in Radiology
Five people I'd like to invite to dinner: *Jennifer Aniston, Shakira, Mike Jones, Eminem, and Megan Brooks*

Final thought: *P-A-R-T-Y!*

J. Ryan Gicklhorn
J. Ryan is the son of Philena

Farmer, and Roger Gicklhorn. He was born May 13th, 1988. J. Ryan has attended Borden County School since kindergarten. He is 6' tall and has blue eyes and curly brown hair.

His favorites are:
Food: *Steak & Lobster*
Actor: *Will Farrell*
Actress: *Jessica Alba*
Song: *"Afternoon Delight" by Will Farrell*
Pastime: *Hunting*
Color: *Green*
Activities/Honors:
Football- All-District defensive end Soph. year; All-Dist. and All Region Defensive end Junior year; All District, All-Region and All State Defensive end Senior year.

Ambition: *I would like to play college football and then play pro football and*

then become a Millionaire
Best time spent at BHS:
During football games
If I could change one thing:
I would like to have been smarter.

Plans after graduation: *Go to San Angelo State University and play football and major in Kinesiology.*

Five people I'd like to invite to dinner: *Jesus, my Mother, my Dad, Gladys Gicklhorn and her husband.*

Final thoughts: *High school was great. I want to thank all the teachers for putting up with me all these years. I also want to thank my mother for being there for me every time I needed her. I also want my dad and mother to know that I love them both very much.*

Brandi Hudson

Brandi is the daughter of Andy and LeaAnn Hudson of Gail. She was born September 16th, 1987. Brandi attended school in Stamford and Big Lake before coming to Borden County. She is 5'5" and has hazel eyes and blondish brown hair.

Her favorites are:
Food: *Pizza and Mac & Cheese*
Actor: *Will Ferrell*
Actress: *Rachel McAdams*
Song: *"What Hurts the Most", by Rascal Flatts*
Pastime: *Hanging out with friends and Stockshows*

Sport: *Basketball*
Color: *Hot Pink*
Activities/Honors: *FFA officer, 4-H, Basketball, Softball, track. Coyote year book staff, OAP, FFA Judging Livestock Team.*
Ambition: *To become a Vet tech*

Best time spent at BHS:
Being with my friends.

If I could change one thing:
Make better grades.

Plans after graduation:
Go to Midland College for 2 years, then transfer to Tarleton State.

Five people I'd like to invite to dinner: *Jake Gilaanhal, Josh Duhanal, Oprah, Matt Dammon and Donna (from the 70's show)*
Final thoughts: *Just to have Fun in Life!*

Andrew Lamming

Andrew is the son of Barbara Bush-Lamming and Fred Lamming. He was born November 26th, 1987. Andrew attended school at Jackson Hole Christian Academy before coming to Borden County School. He is 5'10" and has blue eyes and dirty blond hair.

His favorites are:
Food: *Steak & Seafood*
Actor: *Matthew McConaughey*
Actress: *Sandra bullock*
Song: *"The Gift" by Seetler*
Pastime: *Swimming and Hunting*

Sport: *Football and Golf*
Color: *Orange*
Activities/Honors:
Football: Sr. team captain, 2nd team All-District receiver and corner back. Basketball: Sr. team captain. UIL: LD Debate State qualifier; Informative Extem. 5th at Region, Golf, Basketball.

Ambition: *Graduate from Law School, become a Federal Judge then hopefully become a Supreme Court Justice.*

Best time spent at BHS:
Free-time in class talking

Cont. to pg. 6

BHS Class of 2006

Cont. from pg. 5

with friends. Late nights working on UIL.

If I could change one thing: The amount of work I put into my studies to make even better grades.

Plans after graduation: I will be attending LCU majoring in Political Science/Pre-Law

Five people I'd like to invite to dinner: Jesus Christ, Judge Charles Pickering, Andrew Jackson, Immanuel Kant and Moses

Final thought: Borden County has given me good friends, success in academics, athletics and a good base to represent and better my society.

Aaron Pigford

Aaron is the son of Andrew and Peggy Pigford of Gail. He was born February 12th, 1988. Aaron attended school in Andrews and came to Borden County his 4th grade year. He is 6' and has blue eyes and blond hair.

His favorites are:
Food: Everything
Actor: Ryan Reynolds
Actress: Rachel McAdams
Song: "Make Sure" by Talking Back Sunday
Pastime: Sleeping.
Sport: Track
Color: Black
Activities/Honors: Cross country; Basketball – All District; All Region; Honorable mention; All Star 2nd alt. Golf – Regional Qualifier team. Tennis, Track – 400m. relay 1st Dist.; 1st Area; 3rd. Regional; 100m. dash – 2nd Dist., 3rd Area, 4th Regional.
Ambition: Go to College and get a good job.
Best time spent at BHS: I enjoyed the Holidays!

Plans after graduation: Go to college, but undecided at the time.

Five people I'd like to invite to dinner: Austin, Whitney, Emily, Jessica Alba, Mr. Smith.

Jodye Rutherford

Jodye is the daughter of Les & Christy Rutherford of Post. She was born March 2nd, 1988. Jodye attended school in Post before coming to Borden County in the 10th grade. She is 5'1 1/2" tall and has hazel eyes and brown hair.

Her favorites are:
Food: Chinese
Actor: Matthew McConaughey
Actress: Rachel McAdams
Song: "Don't forget to remember me" by Carrie Underwood
Pastime: Shopping, hanging with sister and hanging out with my friends.
Sports: Cheerleading
Color: Pink
Activities/Honors: Softball, Cheer-leading, basketball manager, UIL – calculator, and accounting.
Ambition: Go to college and get a degree in Business Accounting and someday have a family and make lots of money.
Best time spent at BHS: My senior year when I became friends with Whitney and their 'gang; I enjoy hanging out with them.

If I could change one thing: I would put prayer and God back into school He shouldn't have been taken out in the first place.

Plans after graduation: Go to South Plains College then transfer to Texas Tech or the University of North Texas. Move to Lubbock with Lesley.

Five people I'd like to invite to dinner: Matthew McConaughey, Carrie Underwood, Kelly Clarkson, Ryan Gosling and Whitney Anderson

Final thoughts: Since I have been here, there have been some good and bad times, but mostly good. It was a major culture shock coming from a 2A school. I enjoyed my time spent here! Thanks for the experiences. And don't forget about us next year.

Tomas "Trey" Soto

Trey is the son of Tommy and Charla Soto. He was born October 7th, 1987. Trey attended Coahoma, Big Spring and Borden County. He is 6' and has green eyes and dark brown hair.

His favorites are:
Food: Spaghetti
Actor: Arnold Swartzenegger
Actress: Jessica Alba
Song: "Cute Without the E" By Talking Back Sunday
Pastime: Watching TV
Sport: Football
Color: Green
Activities/Honors: Cross Country, football, basketball, track, baseball, golf, UIL, One Act Play,
Ambition: To work with computers
Best time spent at BHS: Playing basketball everyday after lunch.
If I could change one thing: I would like to have money growing on trees
Plans after graduation: Attend Texas Tech
Five people I'd like to invite to dinner: Batman, Donald Trump, Chuck Norris, Hillary Duff and Jack Black
My final thought: When most people get rich their

attitudes change. I wonder if I ever get a chance to get rich will, my attitude change for the worse because of high society or will I stay the same?

Austin Tarleton

Austin is the son of Bill and Sheryl Tarleton of Gail and Tarey Tarleton of Big Spring. He was born May 30th 1988. Austin attended school in Welch, Big Spring and came to Borden County his 8th grade year. He has blue eyes and black hair.

His favorites:
Food: Chicken Spaghetti
Actor: Ryan Reynolds
Actress: Jessica Alba
Song: "Them Boys from Oklahoma" by Cross Canadian Ragweed
Pastime: Hanging out with friends
Sport: Basketball
Color: Red
Activities/Honors: Basketball – Dist. MVP, All-South Plains 1st team, All-

Region 1st Team, All-State 2nd Team, All-Star and All-Americas Teams. Golf – Regional Qualifier Team, 10th, Individual Regional. Tennis, Baseball, Track – Area Qualifier, Dist. Champ. Team, UIL – Reg. Qualifier Team, 4-H Shooting Sports.
Ambition: To play basketball in college, get a good job and start a family after I graduate from college.
Best time spent at BHS: My Senior year

If I could change one thing: Having to wake up so early for school every morning.
Plans after graduation: Go to Blinn College in Brenham and play basketball
Five people I'd like to invite to dinner: Aaron, Whitney, Jodye, Kalli and Trey
Final thoughts: Even though this town is small and there is nothing to do, I'm still going to miss everything about it.

Cont. to pg. 7



Congratulations

The world moves forward when men and women dream great dreams. As you enter an adult world keep this idea before you. Best of Luck!

Snyder National Bank

1715 25th. Street

Snyder, Texas

915/573-2681

Class of 2006

Cont. from pg. 6

Bradley Tatum

Bradley is the son of Don and Tina Tatum of Coahoma. He was born January 13, 1987. Brad attended school in Coahoma before coming to school at Borden County at the end of his sophomore year. He is 5'11" and has blue eyes and dark blond hair.

His favorites are:

Food: Steak

Actor: Sean Connery

Actress: Sandra Bullock

Song: "Amarillo by Morning"

Pastime: Riding dirt bikes and horses

Sport: Football and Track

Color: Blue

Activities/Honors: Football

– 1st team All-District linebacker, 2nd team All-Region line backer, 2nd team All-District running back football New comer of the year. Track – 1st place District, 1st place Area, 3rd place. Regional Sprint relay. Pole Vault – 1st place District, 1st place Area, 1st place Region with Region Record 15'4", 2nd place State.

Ambition: To Pole Vault in College

Best time spent at BHS: Football season and going to the play-offs.

If I could change one thing: I would have tried harder on my school work and make better grades.

Plans after graduation: Go to college at South Plains and Pole Vault

Five people I'd like to invite to dinner: Jennifer Aniston, Cassie (my girlfriend), Sandra Bullock, Sean Connery, and John Travolta

Final thoughts: Pole Vault in State

Garrett Thomas

Garrett is the son of Jimmy and Kim Thomas of Gail. Garrett has attended Borden County School since kindergarten. He was born January 12th, 1988. He is 5'11" and has blue eyes and brown hair.

His favorites:

Food: Pizza

Actor: Paul Walker

Actress: Jessica Alba

Song: "Amanda" by Thrift store Cowboys

Pastime: Hunting, hanging out with friends, sports and pulling pranks

Sport: Track

Color: Brown, Green, Blue and Black

Activities/Honors: Football

– All Dist. Running back, All Dist. Safety, All Region Running back Track – 110m. Hurdles, 1st place District, Area, Regional, and State, 300m. Hurdles – 1st place District, Area, Regional and 2nd in State. OAP – Regional qualifier; FFA – 2nd place Radio Team State

Ambition: Have a family

Best time spent at BHS:

Sports trips

If I could change one thing:

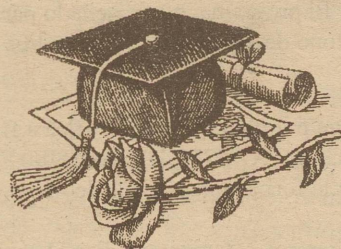
Politicians.

Plans after graduation:

Attend Tarleton State

University and run hurdles

Final thought: Thanks to all of the teachers who have put up with me along the way.



Heart and Home

By Julie Smith

Cont. from pg. 2

fruits and vegetables are high in potassium. If using packaged foods, read the nutrition labels to choose those that have more potassium.

- Cut down on salt and sodium. Most Americans eat more salt and sodium than they need. A low-salt diet might help lower your blood pressure. Talk with your health provider about your salt intake.
- Drink less alcohol. Drinking alcohol can affect your blood pressure as it decreases the amount of water in your body. As a general rule, men shouldn't have more than two drinks a day; women not more than one drink a day.

If lifestyle changes alone do not control your high blood pressure, your health provider may tell you to take

blood pressure pills. You may need to take medicine for the rest of your life. It is important to note any significant changes in your health or level of functioning once you start taking blood pressure medication. The dose may need to be adjusted to suit your needs and this may take several attempts.

If you have high blood pressure, remember that:

- High blood pressure may not make you feel sick, but it is serious.
- You can lower your blood pressure by changing your daily habits and, if needed, by taking medicine. If you need to take high blood pressure medicine, lifestyle changes may help lower the dose you need and reduce side effects.
- If you have hypertension but are controlling it through diet, exercise and/or medication, that's great! But if another health provider asks if you have high blood pressure, the answer is "yes, but it is being treated."
- Tell your health provider about all the drugs you take. Don't forget to mention over-the-counter drugs, vitamins and dietary supplements. They

may affect your blood pressure and may change how well your blood pressure medicine works.

- Blood pressure pills should be taken at the same time each day. If you miss a dose, do not double the dose the next day. Contact your health provider if you have any questions.
- If you have high blood pressure, test it at home between check-ups. Ask your health provider to show you how. Make sure you are seated with your feet on the floor and your back has something to lean against. Relax quietly for 5 minutes before checking your blood pressure. Your arm should be resting on a support at the level of your heart. Keep a list of the results to share with your health provider.

With a little effort and attention, you can make great strides in preventing hypertension from affecting you and your family. You may also be able to effectively control your or your loved one's hypertension. For more information, contact your County Extension Agent. You may also visit the National Heart, Lung and Blood Institute at <http://www.nhlbi.nih.gov/health/public/heart/index.htm>.

Congratulations to all of the BHS Graduates!



Moore-Rains Insurance
Frances Rains Stephens

O'Donnell

BCJLA Meeting

The Borden County Jr. Livestock Association will hold a meeting on Tuesday, May 23, at 6:30 p.m. in the County Extension Office Conference Room.

Thank You!

I would like to thank everyone for the food, flowers, cards and prayers that came my way during my surgery and recovery time. We are so lucky to live in a place with so many wonderful friends.

*Thank you and God Bless,
Pam & Joe Cooley*



**MEMBER
2006**

TEXAS PRESS ASSOCIATION

**NATIONAL HUNGER
AWARENESS DAY 2006**

WWW.HUNGERDAY.ORG June 6th - 2006

Right now 38 million Americans aren't even sure where they will get their next meal. Imagining not knowing how or where, or even when, you will eat your next meal.

National Hunger Awareness Day is the grassroots movement to raise awareness about the solvable problem of hunger in America.

Tuesday, June 6, 2006 will mark the fifth year of observing this movement. West Texas Food Bank and Texas Cooperative Extension-Borden County will be hosting a staple food box distribution that day from 9:00 a.m. to 12 noon in the Community Room in Gail. Please call (806)756-4336 for more information.

**You've come a long
way and we know
you'll go far!**

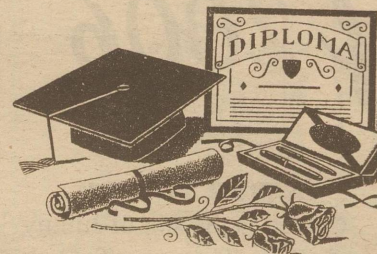


**Moore-Rains Insurance
Frances Rains Stephens**

O'Donnell, Texas
806/428-3335

Congratulations

**You worked, you studied,
you tried and you
Succeeded.
Congratulations!**



**Branon
Funeral
Home**

Lamesa, Texas

**PRE-KINDERGARTEN NOTIFICATION
FOR THE 2006-2007 SCHOOL YEAR**

Borden County School will offer the pre-kindergarten program during the 2006-2007 school year. The program will be for eligible students who are four years of age on or before September 1, 2006. Students can qualify for the program by meeting at least one of the following requirements:

1. Be economically disadvantaged
2. Be Limited English Proficient (LEP)
3. Be homeless

If you know of a child who qualifies for the program, notify Mr. Bart McMeans, Principal, Borden County School, P.O. Box 95, Gail, TX 79738, or call (806) 756-4313 to request a registration form. Complete and return the form by May 31, 2006.

DISCLAIMER

Borden County Elementary School will offer this program only if fifteen (15) or more students qualify.

ESL PROGRAM NOTIFICATION

Borden County Elementary School will offer an ESL program for LEP (Limited English Proficient) students during the summer of 2006. The program will be scheduled for a minimum of 120 hours and will conclude prior to August 1, 2006. The program is designed for students who will enter Kindergarten or First Grade in the fall of 2006-2007. Parents of eligible children will be responsible for transportation.

If you know of a child who qualifies for the program, notify Mr. Bart McMeans, Principal, Borden County School, P.O. Box 95, Gail, TX 79738, or call (806) 756-4313 to request a registration form. Complete and return the form by May 31, 2006.

DISCLAIMER

Borden County Elementary School will offer this program only if ten or more students qualify.

**LA NOTIFICACION DE PRE-KINDERGARTEN
PARA EL AÑO ESCOLAR 2006-2007**

La Escuela de Borden ofrecerá el programa del pre-kindergarten durante el año escolar 2006-2007. El programa será para los estudiantes elegibles que tienen cuatro años en o antes de 1 de septiembre, 2006. Los estudiantes pueden calificar por el programa resolviendo por lo menos uno de los requisitos siguientes:

1. Sea económicamente perjudicado
2. Este limitado experto ingles (LEP)
3. Sea destituido

Si usted conoce de un niño que califique por el programa, notifica a Bart McMeans, director, Borden County School, P.O. Box 95, Gail, TX 79738, o llame (806) 756-4313 para solicitar una forma de registro. Complete y regresa la forma antes del 31 de mayo, 2006.

LA DENEGACIÓN

La Escuela de Borden ofrecerá este programa solamente si quince (15) o más estudiantes califican.

ESL PROGRAMA NOTIFICACION

La Escuela de Borden ofrecerá un programa de ESL para los estudiantes del LEP (Experto Inglés Limitado) durante el verano de 2006. El programa será programado por un mínimo de 120 horas y concluirá antes del 1 de agosto, 2006. El programa esta diseñado para los estudiantes que entraran kindergarten o el primer grado en el otoño de 2006-2007. Los padres de niños elegibles serán responsables del transporte.

Si usted conoce de un niño que califique por el programa, notifica a Bart McMeans, director, Borden County School, P.O. Box 95, Gail, TX 79738, o llame (806) 756-4313 para solicitar una forma de registro. Complete y regresa la forma antes del 31 de mayo, 2006.

LA DENEGACIÓN

La Escuela de Borden ofrecerá este programa solamente si diez (10) o más estudiantes califican.