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

## Traffic Sign Vandalism Increasing in Borden County

Texas Department of aspect, the costs associated Transportation officials in with traffic sign vandalism Borden County have noted are high. The funds an increase in traffic sign expended on replacing these theft and vandalism. The signs could be spent signs are being stolen off elsewhere, TxDOT officials their posts as well as being say. objects of target practice.
"Although signs are quickly replaced," Jibber Herridge, Borden County maintenance section supervisor, said, "when stop signs and warning signs are taken it becomes a safety concern.
"Any missing signs can endanger travelers. Especially significant are the warning signs that warn of a potential road hazard. The vandalizing of certain signs, especially stop, yield, and warning signs can risk a person's safety and violators can be criminally prosecuted," continued Herridge. In addition to the safety

Taxpayers in the TxDOT's Abilene District spent more than $\$ 223,146$ for 7,508 signs in fiscal year 2006 and have already spent $\$ 246,246$ for 4,870 damaged or missing signs this fiscal year beginning in September 2006. Statewide, 2,056 signs were replaced for a cost of $\$ 2,363,979$ in fiscal year 2006 and so far this fiscal year, it has cost the taxpayers $\$ 2,373,005$ to replace 65,463 stolen and vandalized signs along state roadways. Wood and metal signs cost approximately $\$ 25^{\prime}$ per square foot to produce.

Cont. to pg. 6

## Gail FFA Members

## Attend State Convention

Ten members of the Gail remaining 07-08 State Gail FFA members FFA Chapter have recently Officer team. Inspirational attending the convention returned from a fun filled retiring officer speeches, trip to the 2007 State FFA state level awards, and sate Convention. The five day level speaking competition event which was held in were also part of this Corpus Christi, hosted over exciting week
10,000 FFA members and guests from across the state.
The Convention began on Tuesday, July $9^{\text {th }}$ with registration and orientation. The Gail Students, along with advisor, Buddy Wallace and sponsor Kristen Wallace, arrived on Monday to travel to Mustang Island Beach of a fun day in the sun and surf. The rest of the week was filled with award sessions, keynote addresses, leadership workshops, state/national officer elections, and a fun night for all members. A concert featuring Johnny Cooper and Stoney Larue rounded out a full day on Wednesday evening.
Members from across the state also witnessed the election and installation of the new State FFA President, Sharelle Gass, Shelby Roberts, Skyler Williamson, Shylo Rinehart, irst Vice-President, and

Gail FFA members
attending the convention were: Shelby Roberts-Lone Star Degree Recipient, State Delegate; Kate WallaceLone Star Degree Recipient, State Extemp. Speaker; Miller Valentine-Lone Star Degree Recipient; Sharelle Gass- Lone Str Degree Recipient; Lacey RobertsState Delegate; Shylo Rinehart-Member; Chellsie Pigförd-Member; Cory TeelMember; and Skyler Williamson-Member.


Gail FFA Members attending State Convention are (L. to R): Chellsie Pigford, Miller Valentine, Chasity Rutherford, Lacey Roberts, Kate Wallace and Cory Teel.

## Back To School Blues．．． Er．．．News

## BCISD Registration Set for August

$15^{\text {th }}-17^{\text {th }}$


With the end of the month of July behind us，it is just over two weeks before the start of the 2007－2008 school year across the state of Texas as the mandatory start date of Monday，August $27^{\text {th }}, 2007$ ， edges closer and closer．

Now，as you begin your back－to－school shopping trips，Borden County I．S．D． junior high and high school students should also plan to come register for the upcoming school year．

BCISD Registration has been set for Wednesday－ Friday，August 15－17 in the BCISD Library．Registra－ tion times are from 9－5 each day．

All BJH and BHS students，as well as any new elementary students to the district who have not completed their paperwork， should register during these times．

BJH students（grades 6－8） will receive their class schedules and will select their lockers．The process should be completed in about 5－10 minutes．

BHS students（grades 9 － 12）should plan on meeting with Mr．Ard，BCISD guidance counselor，for around 20 minutes each． They will finalize their class schedules，update or create their four－year graduation plans，select their lockers， and discuss other academic issues．

Students should expect a
line if they wait to register The BHS school code until the end of the day requested when you register before football pre－season is $442-650$ ．The test costs workouts．Football players $\$ 43$ with writing（suggested） should plan accordingly and and $\$ 30$ without the writing arrive in time to make it to test practice．

Additionally，
If students do not have seniors Internet access with which to online for their entran college please contact Mr．Ard at the rance exams－either the ACT or SAT－during registration．They will need to bring a parent＇s credit card to pay for the test online．

The SAT＇s closest administration is October $6^{\text {th }}$ with a deadline of September $10^{\text {th }}$ ．Therefore，seniors will be able to register for this test administration at regular school registration．

On the other hand，if a senior is wanting to take the first ACT test of the year，it is scheduled for September 15,2007 ，with a registration deadline of August $10^{\text {th }}$ ． Register online at www．actstudent．org if you would like to take the ACT during this administration．

## Borden County Elementary Supply Lists 2007－2008

Kindergarten：Elmer＇s（not mechanical），Large school glue（not paste），2－eraser，Supply box，Crayons， glue sticks，2－Boxes of 16 Colored pencils，Scissors， 1 crayons，Scissors（Fiskars for box－Kleenex， 2 large boxes－ kids），4－\＃2 pencils，2－Floders baby wipes，Gym shoes，NO （with pockets），big eraser， Supply box（cigar box size）， Towel for nap time，Baby wipes／wet wipes（2 boxes）， 1 box Kleenex，Gym shoes．
First Grade：2－Boxes of 16 crayons，5－\＃2 pencils， Supply box，Scissors （Fiskars for kids）， 2 medium－ sized bottles Elmer＇s school glue，2－glue sticks，1－one subject spiral notebook （wide－ruled），large box of baby wipes， 2 boxes Kleenex，Gym shoes


Second Grade：12－\＃2 pencils，2－Red grading pencils，Crayons，Colored pencils， 1 bottle－Elmer＇s school glue，2－Glue sticks， Notebook paper（wide－ ruled），Scissors，Eraser， Ruler，Small supply box， 1 － Red pocket folder（no brads）， 1－Pocket folder of choice（no brads），1－Wide－ruled spiral notebook， 1 box－Kleenex， Gym shoes
$\qquad$
$\qquad$ 1－Wide－ ruled spiral notebook，300－ 3X5 index cards， 1 －ruler （metric \＆standard），4－Red pens， 1 bottle－Elmer＇s school glue，2－Glue sticks，2－Pocket folders，Notebook paper （wide－ruled），24－\＃2 pencils
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NOTEBOOKS PLEASE！
Fourth Grade：Crayons， 1 box－\＃2 pencils，3－Red grading pens，3－Pocket

folders（no brads），Notebook paper（wide－ruled），1－Ruler （metric \＆standard），2－Glue sticks， 1 －Eraser，Scissors， 1 bottle－Elmer＇s school glue， 1 pkg．－3X5 lined index cards， 2 boxes－Kleenex， 1 large inexpensive box－baby wipes， Gym shoes

Fifth Grade： 1 －Red $11 / 23$－ ring notebook， 1 pkg － Dividers（with pockets），1－ Red spiral notebook（wide－ ruled），1－Red folder with pockets， 2 pkgs，－Notebook paper（wide－ruled only）， 1 box－\＃2 pencils，Red grading pens，1－Large glue sticks， 1 － 8 oz ．bottle of Elmer＇s school glue， 1 box－ 36 colored pencils， 1 box－10 crayola markers（broad tip）， 1 pkg．－ 10 crayola washable markers（super tip），1－Ruler （metric and standard）， Scissors， 1 pkg．－Highlighters （green，blue，yellow，orange， \＆pink）， 2 large boxes－ Kleenex，1－Supply box

## Gail FFA Members Receives State FFA Degree

The Gail FFA Chapter has, recently added six of its' members to an elite group of FFA students across the State. Becky Dobyns, Sharelle Gass, Chelsea Minnick, Shelby Roberts, Kate Wallace, and Miller Valentine have joined these ranks as they received their Lone Star State FFA Degree at the State Convention in July.
To receive this prestigious award, a student must maintain outstanding Supervised Agricultural Experience Projects and maintain records on these projects for a minimum of three years. The students must earn a specified amount of revenue from these projects and acquire a specified amount of activity points in their records. These are recorded and kept current on the SAEP IMS computer program. The student must also actively participate in numerous FFA events while maintaining an acceptable academic record.

Gail members submitted their record books and applications for the preliminary record check at the Area II Convention this past May. Their material passed the Area Check and advanced to the State FFA Record Check competition during June. The record books and applications were both accepted which was the final level of competition and checking in order for the students to become a Lone Star Member.
The members received their award a t a special Lone Star Session that was held at the State Convention in Corpus Christi on July $9^{\text {th }}$. Congratulations to Becky, Sharelle, Chelsea, Shelby, Kate, and Miller; all hard working members of the Gail FFA Chapter.
Note: The FFA State Lone Star Degree is the highest degree bestowed upon FFA member in Texas. **The Gail FFA Chapter had the most recipients from any one school in Area II for 2007.


Fun in the sun! FFA Members pose for the camera while at the State Convention.

## Blue Light Special!

The Gail FFA Chapter still has several meat items left from their 2006-2007 Sale. Prices have now been reduced in order to move items prior to school beginning. Blue light special! Anyone interested in purchasing these items can contact Buddy Wallace at (Home) 806-756-4478 or (School) 756-4313.
Items available are as follows:
Tailgate Party Pack- $\$ 11.00$
Smoked Sausage Kolaches-
$\$ 12.00$
Peppered Bacon- $\$ 10.00$
Smoked Turkey Breast-
$\$ 12.00$
Golden chicken Tenders-
$\$ 15.00$
Pork Tamales- $\$ 11.00$
Chicken Fajita-\$9.00
Beef Fajita- $\$ 9.00$
Cajun Meat Pies- $\$ 10.00$
Smoked Turkey-\$15.00
The Gail FFA Chapter
wishes to thank everyone for
their fund-raiser support.

## Plans for Taste of Scurry County and Auction Underway

The Scurry County Bullard's Computer SoluMuseum is finalizing plans tions, the Snyder Chamber of for the Eleventh Annual Commerce, and the Scurry Taste of Scurry County. The County Museum. The event will take place on suggested donation is $\$ 15.00$ Thursday, August 23, 2007 for adults, $\$ 5.00$ for childrén at 6:30 p.m. in the Parish between 5 and 12 years of Hall of St. Elizabeth age, and free admission for Catholic Church, Snyder. children under 5.
The theme of this year's Grady Morris will conduct event will be "Gettin' Here." a live auction beginning at Taste of Scurry County is the $7: 15$ p.m. The auction this Museum's annual fundraiser year will be centered about and helps support the general themed baskets. The indioperations of the Museum. vidual themes for the baskets
The Museum provides will be announced later.
smoked briskets and beans, A raffle will be drawn on a and local cooks prepare 50 " Widescreen Samsung salads, breads, and desserts. HDTV. Cost per raffle ticket Anyone who would like to is $\$ 5.00$. The TV is on prepare a favorite salad, display in Museum foyer for bread or dessert is welcome preview. Raffle tickets can to contact Ann Smartt or be purchased at, Bullard's Virginia Clark, Food Com- Computer Solutions, Snyder mittee Co -Chairs.
Tickets to the evening's activities are available at


Borden County Back to School Swimming Party
Post Public Pool August $11^{\text {th }}, 2007$ 6 p.m. - 9 p.m.
Free to all Borden County students ages PK - $12^{\text {th }}$ grade
Bring snacks and drinks
Hosted by T.J., Tye,
and Thadd Basquez
Come join in the fun!!
Call 806/495-1066 for information.

Chamber of Commerce, the American Legion, and the Scurry County Museum. There will also be a special sale on August 11, 2007 at the Snyder United Supermarket from 9 a.m. to 3 p.m. The raffle drawing will take place after the auction.
The Scurry County Museum is located on the Western Texas College campus, 6200 College Avenue, Snyder. For more information about the Taste of Scurry County and the auction, call the Museum at (325)573-6107.

What should you do to stop a friend from driving drunk?
Whatever you have to!
Friends don't let
friends drive drunk.

## Heart \& Home

By Julie Smith
Borden County Extension Agent Family \& Consumer Sciences


Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex religion, disability, or national origin. The Texas AEM University System, U.S. Department of Agriculture, and the County Commissioners Court of Texas Cooperating.

## Choosing the Correct Backpack for Your Child <br> \section*{neck, and back pain. What}

It's that time of year again -back-to-school time! Many parent $s$ and children prepare for that first day of school by doing some back-to-school shopping, which often involves buying new clothing, pens, pencils, paper, markers, etc. However, backpacks are one of the biggest necessities for both collegeaged and younger students, and it's important to choose wisely.
There are so many backpacks to choose from, and choosing the right one for your child is not always easy. Backpacks come in all sizes, colors, fabrics, and shapes-all of which help kids express their own sense of style. As practical as backpacks are for those who use them, backpacks can cause strained muscles and joints and back pain when worn incorrectly.
The human spine is made up of 33 bones called vertebrae, and between the vertebrae are discs that act as shock absorbers. When something heavy-such as a backpack filled with books-is incorrectly placed on your child's shoulders, the force of that extra weight can pull your child backwards. To compensate, your child may bend forward at the hips or arch his or her back, which can cause your child's spine to compress unnaturally. Because of the heavy weight he or she is carrying, your child might begin to develop shoulder,
can we do about this? The American Academy of Pediatrics recommends that before you purchase a backpack, look for the following five criteria:

- Choose a lightweight backpack that doesn't add a lot of weight to your child's load. For example, although leather backpacks look cool, they weigh more than traditional caṇvas backpaćks.
- Choose a backpack with two wide, padded shoulder straps. Straps that are too narrow can dig into shoulders.
- Choose a backpack that has a padded back, which provided increased comfort and protects that wearer from being poked by sharp edges (such as pencils, rulers, notebooks, etc.) inside the backpack.
- Choose a backpack that has a waist belt, which helps distribute the weight more evenly across the body.
- Choose a backpack that has multiple compartments, which also helps distribute weight more evenly.

Although most backpacks
come with two shoulder straps, this doesn't mean that your kids will use both straps! Many kids wear their backpacks over just one shoulder, which is the wrong thing to do. This makes the person lean to one side to offset the extra weight, and they might develop lower and upper back pain and strain their shoulders and neck. Wearing the backpack incorrectly can also lead to poor posture. So, make sure your children wear the backpack using both straps. It's also a good idea to tighten the straps enough for the back pack to fit close to the body, and it should sit 2 inches above the waist.
Girls and younger children may be especially at risk for backpack-related injuries because they're smaller and may carry loads that are heavier in proportion to their body weight. Doctors recommend that people-especially children-carry backpacks that are no more than 10-15 percent of their body weight. For example, if a child weighs 80 pounds, 15 percent of his or her body weight is 12 pounds. So, for an 80 pound child, the backpack and its contents should not weigh more than 12 pounds-but remember, lighter is always better.
Lifting and Positioning Backpacks
Children also need to know how to lift and position their backpack. Improper lifting can cause damage. Teach your children these four simple steps to safely lift their backpacks:

1. Face the backpack before you lift it.
2. Bend at the knees.
3. Using both hands, check the weight of the backpack.
4. Lift with your legs, not your back.
5. Carefully put one shoulder strap on at a time; never sling the backpack onto
one shoulder.

## Another Option

Another option to consider when purchasing backpacks is to look for a backpack on wheels. However, these types of backpacks may be less practical than traditional backpacks because they're difficult to pull up stairs. If you're thinking about purchasing a rolling backpack for your child. Contact the child's school first to be sure that they are allowed. Many schools don't allow rolling backpacks because they pose a tripping hazard in the hallways.
By following these guidelines, your child will start off this school year with a healthy back! For more information contact your local county Extension agent.
Prepared by Courtney J Schoessow, M.P.H., Extension Program Specialist-Health, Texas Cooperative Extension, August 2005.
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Issued in furtherance of Cooperative Extension Work I Agriculture and Home Economics, Acts of Congress of May.8, 1914, as amended, and June 30, 1914, in cooperation with the United States department of Agriculture, Edward G. Smith, Director, Texas Cooperative Extension, The Texas A\&M University System.

## Brannon Funeral Home

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| :---: | :---: |
| Liding <br> Well summer Eduational Pro $\qquad$ $\qquad$ <br> We have had to reschedule several events due to conflicts. p <br> Saving the Fruits of Summer .... Thursday, August $23^{\text {rd }}$ @ 6:00 p.m Have you always wanted to "put up" a few vegetables from your garden perfect opportunity to learn about up-to-date canning, freezing and dryi opportunity. Join us as we preserve some of the fruits of the summer g is requested to help plan for materials and supplies. | to begin "Living Well in 2007. <br> with us! <br> Extension Office Mtg Room farmer's market? Now is the iques through this hands-on here will be a cost of $\$ 10$ per reserve). The favor of a reply $\qquad$ |

## 4-H News Achievement

## Picnic

The 2006-07
4-H Achievement Picnic will be held on Monday, August 20th at 7:00 p.m. in the Show Barn. (Please note that this is a change from the original date sent in the July Newsletter.) All 4-H families and community members are invited to attend.
4-H'ers that have met their achievement points will also be presented with their certificate for ordering their 4-H jacket at the picnic.
For more information, please contact the Extension Office.

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$806 / 756-4313$ ext. 275

## Jersey Lilly



## Buy your chance to win a... B-B-Q Pit with Smoker <br> custom made by Roscoe Massingill



> Proceeds to benefit:
> Borden County Jr. Livestock Association

Tickets are 1 for $\$ 5$ or 5 for $\$ 20$
Please see any BCJLA Director for tickets.
Drawing to be held at the Coyote Opry on Saturday, September 22, 2007
at the Borden County Show Barn in Gail. You do not have to be present to win!

## Notice of Public Hearing On Borden County Appraisal District 2008 Budget

The Borden County Appraisal District Board of Directors will conduct its annual public hearing for the Borden County Appraisal District Year 2008 Budget at 8:00 a.m., on Tuesday, August 14, 2007. This meeting will be held in the Borden County Community Center at 116 E. Wilbourn, Gail, Texas

A summary of the appraisal district budget is as follows: Total amount of proposed budget $\quad \$ 73,089.00$
Total amount of current budget $\quad \$ 71,189.00$
Total difference between budgets (increase of $\$ 1,900.00$
The appraisal district is supported solely by payments from the local taxing units served by the appraisal district.
If approved by the appraisal distriet board of directors at the public hearing, this proposed budget will take effect on the $1^{\text {st }}$ day of January, 2008.
A copy of the proposed budget is available for public inspection in the appraisal district office.

JLL FREEMAN
Chief Appraiser

## BORDEN COUNTY ISD BID REQUEST

The Superintendent's Office, on behalf of the Board of Trustees of the Borden County Independent School District will receive bids and/or quotes for propane, diesel, and gasoline for the 2007-2008 school year.
Proposals shall be addressed to Jimmy Thomas; Borden County Independent School District; Box 95; Gail, Texas 79738, and shall be delivered in a sealed envelope marked appropriately as "Propane Bid" and/or "Gasoline/Diesel Bid". Proposals will be received up to but no later than 12:00 noon on Thursday, August 16, 2007. Bids will be opened and read as they are received. Proposals will be tabulated, researched, and selected by the Board of Trustees or its designee as appropriate. Bids received after the specified date will not be considered.
The Borden County ISD Board of Trustees or its designee reserves the right to accept or reject any or all proposed bids, to waive any and all technicalities, and to accept the proposal that will best serve the needs of the District.
Questions regarding bid specifications and additional information shall be directed to Jimmy Thomas by writing the above address; by e-mail to jthomas@bcisd.net ; or by calling 806/756-4313. Transmissions by fax may be sent to 806/756-4310.

By Order of the Board of Trustees
Borden County Independent School District
Mike Valentine, Secretary

## High Plains Crop On track Despite Below Average Temperature Trend in 2007 <br> With the month of August <br> on wells until just recently.

newly arrived, the 2007 High Plains cotton crop continues to look good in the field and is supporting a cautiously optimistic outlook among producers.
A number of factors have played pivotal roles in the development of the 2007 crop, which is generally regarded as being in good shape but not quite where growers would prefer it to be.

After planting in the neighborhood of 3.1 million acres to cotton, farmers across the High Plains are still seeing a lot of potential in the crop. In order for all

## Traffic <br> Signs

Cont. from pg. 1
People are reminded that in Texas it is against the law to posses sign without a permit, and the state does not sell signs or issue permits to posses them. The penalty for stealing or vandalizing a state sign ranges from a Class B Misdemeanor for a single sing to a state jail felony if the total to repair or replace the sign exceeds \$1,500.
Herridge asks motorists to write down the license plate number of anyone they see tampering with traffic sign and contact their local law enforcement official. He also asks that persons witnessing the destruction of a traffic sign to call him at 806-7564491 so his section can have the sign replaced hopefully before it becomes a safety concern.
that potential to be realized however the area still needs a little extra boost from Mother Nature when September and October roll around.
Following the above normal rainfall pattern that lingered in the area early in the season, July's open weather was a welcome change. July temperatures were marginally below normal, but still helped the crop make up some of the ground it lost early on.
Another positive factor is that this year's crop has been relatively stress free thanks to the above average rainfall and below normal temperatures. This allowed growers to save a considerable amount of money on irrigation expenses and many didn't feel the need to turn

## Tax

Holiday Moves to
Aug.
17-19
The annual sales tax holiday has been moved to the third weekend in August this year, Aug. 17-19, to better coincide with back-toschool shopping.
Items included in the tax holiday are clothing and footwear under \$100. A new addition this year are backpacks under $\$ 100$. They may have have rollers, but they must be able to be worn on your back.

This year's early August snapshot indicates things are looking food, even though most crop watchers would likely admit to expecting far less cotton than usual to be ready for harvest aid treatment $s$ in late-September and early-October.
The success or failure of the 2007 crop will not hinge how the crop has pulled through the challenges presented up to this point. As always the High Plains will rest its fortunes on what happens from this point forward.
Summing up what the crop needs is fairly simple A few period of above average temperatures and sunny days after Labor Day would be a welcome finale to another challenging High Plains cotton production season.


A neighbor said to a boy, "My home's like yours. Why don't you come and visit me?"
"I'm happier here," he answered
"Why?" she asked.
"I guess it's Mom," he said.
Mom's not a physician, but she heals the sick.
She's not a banker, but we deposit our hurts and hopes with her.

She's not a gardener, but she plants the seeds of faith, truth and love that develop into flowers of character, godliness and happiness.
She's not a preacher, but she teaches her children what's true and helps them do what's right. She'd not a contractor, but she's a builder of civilization.
No wonder the Bible says "Honor your mother!"


## Birds of a Feather

"They made a big mess on landed in one of my trees. my patio and side yard. So You could not put your foot when she would blow her down without stepping on whistle and hit her big pan, they'd fly across the house and land over here. Then I'd blow my whistle and bang on my pan and they'd fly over to where she was."
They kept up the noise for about an hour and a half.
"My husband came home and noticed all the racket and he asked me if I was crazy. I told him I wasn't, that I just wanted to run these birds off. He told me he could get out there and shoot them and I told him no, I didn't want him out there shooting them."
The birds then rose up together and flew away from Birdie's house. They never came

In just a little while after the birds left, my sister called and asked me if I knew where all the blackbirds went. I told her no. Then she told me they were at her house. She has lots of trees over there."
Birdie's sister told Birdie she knew of a sure way to get rid of the birds. It involved a shotgun.
Birdie is her real name. She was named for her grandmother's nickname.
Birdie Slack of Pecos loves birds. Up to a point.
"We've had birds out here that have been troublesome," says Birdie. "I remember one time there was just a huge cloud of blackbirds that
some bird poop. And they chattered all the time. They were a real nuisance." The birds were becoming a big problem, but she did not want her husband to get out his shotgun and start shooting the birds. "I asked the lady who works for me if she could come out one evening to help me run the birds off. She was kind enough to say she would. She wanted to know how we were going to do it. I told her I had a special plan."
Birdie, an ex-teacher, had two whistles she once used to call school kids in from recess.
"I took one and I gave her one. Then I gave her a big pan and a big spoon to bang on it. I took a whistle, a big pan and a big spoon. I told her to stay in the front yard and I went around to the back. Then we started banging on those things and blowing the whistles." The birds were always in a flock. They were either in trees in the back of the house or in trees in the front. It was just a cloud of birds when they would fly from one place to another, messing up the place.

To do the useful thing, to say the courageous thing, to contemplate the beautiful thing: that is enough for one man's life. -T.S. Eliot


CAPItol Comment
U.S. SENATOR Kay Bailey hutchison

## Keeping Our Promises to

 America's HeroesAbraham Lincoln best Subcommittee in the U.S. described our everlasting Senate, I invited the VA commitment to our soldiers Secretary to visit Waco with when, on behalf of a grateful me and observe firsthand the nation, he pledged, "to care exceptional care and refor him who shall have borne search at Waco's VA the battle." Today, caring for hospital.
the health of those who have Seeing that the VA was fought to defend freedom prepared to close a mental continues to be one of the health facility convinced me federal government's most that we were going in enduring responsibilities. exactly the wrong direction. The U.S. Department of We should be increasing, not Veterans Affairs (VA) decreasing, our commitment operates America's largest to mental health. So in 2005 health care system, consist- I helped author legislation ing of nearly 700 medical that designated the Waco centers, clinics and veteran's facility and two residential facilities. Texas is facilities in other states home to several of these Centers of Excellence for facilities. But we must mental health research, expand the VA's reach to expanding the scope of meet the needs of Texas' treatment to include areas growing population of such as post-traumatic stress veterans, already one the disorder, anxiety, depression largest in the country, as well and substance abuse. As a as address the changing result of these efforts and needs of our newest veterans tireless community support, from the Global War on the VA has decided to keep Terror. And there is also this renowned facility open much we can do to improve to serve thousands of care at the national level. We veterans throughout the must emphasize research in areas such as mental health and modern prosthesis technology, and encourage the study of poorly understood conditions such as Gulf War Syndrome and traumatic brain injury.

The Waco VA hospital, one of our state's premier facilities, is a national leader in psychiatric care and research. Despite its stellar reputation, federal budget cuts threaten to close the hospital in 2003. As Chairman of the Military Construction and Veterans Affairs Appropriations

example, are forced to endure 500 mile, six-hour roundtrip treks to the San Antonio VA hospital for even basic procedures and routine check-ups. Last year, I personally asked VA Secretary Jim Nicholson to conduct a study of veterans' needs in South Texas and to determine the best way to deliver the quality care they deserve.
Our nation's veterans answered the call to serve, and we must honor our promise to care for their needs after they leave the battlefield. I will continue to work in the Senate on behalf of America's heroes, in recognition of the sacrifices they have made to safeguard liberty at home and throughout the world.
central United States. The Big Spring VA Medical Center was also kept open to serve veterans across west Texas, and impatient care and other services there were expanded.
Other challenges remain. In Houston, after recent reports of extensive and, I believe, unacceptable delays in processing the disability claims of thousands of area veterans the VA sent a management team to the local office to end this backlog.
And we must do more. South Texas veterans, for ******

## Drive Safely

Watch-out for our children!

How hard it is to escape from places. However carefully one goes they hold you-you leave little bits of yourself fluttering on the fences-like rage and shreds of your very life.
--Katherine Mansfield ******

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


## Summer Fun Recipes Finger Paint <br> Add hot water and

Ingredients:
1 cup flour
1 tsp salt
$1 \frac{1}{2}$ cup cold water
1 cup hot water
Food coloring or
powdered tempra
paint
Directions:
Mix salt and flour in 1 med. Apple, cut into
a saucepan.
Beat in cold water until smooth.
boil over medium heat until paint is glossy.
Beat in a few drops of food coloring until smooth.
Granola Fruit Kābobs
1 cup granola chunks
1 small banana, cut jnto chunks
$\frac{1}{2}$ cup fresh pineapple chunks
$\frac{1}{2}$ cup fruit flavored yogurt Directions:
Place granola in shallow
bowl. Toss fruit with a small amount of lemon juice to deter browning. Insert toothpicks into each piece of fruit. To serve, dip fruit in
yogurt, coat all sides.

Roll in granola. When bringing these kabobs to a picnic, pack the granola, yogurt and fruit separately in tightly covered plastic containers. Keep cold in a cooler until ready to serve.

There are so many things that you can do with your kids. Go to the park, enjoy a nature walk in your own neighborhood, inspect the insects that live in your yard,
identify the different types of flowers blooming on your street. Kids love word games, brain teasers, math puzzles and much more. Take advantage of your knowledge and share it with them.


The rainiest spot in the U.S. is Mount Waialeale, Hawaii, with an average annual rainfall of 460 inches.

## August 2007

(Updated)
Sunday

