

Opening Scrimmage Displays Tough Defense: Kyle Pinkerton catches a 15 yard pass from quarter back Shane Tarleton during Friday night's scrimmage. More on the scrimmage continues on page 3.

# Assessment notices to arrive soon

ABILENE - Boll Weevil eradication assessment notices were recently mailed to cotton producers in the Permian Basin Eradication Zone.

The assessments are based cotton information produces provide the Farm Service Agency when they certify their crops. If growers find an error in the information on their billing, they will need to correct the information at their local FSA office and forward the corrected information to the Foundation.

A 2 percent discount is available to growers who pay the full assessment by September 10<sup>th</sup>.

To aid PB growers who have been affected by adverse weather conditions. the TBWEF is offering payment extension agreements for producers whose accounts are current.

"For those having difficulty paying their assessment, help is available by contacting the assessments department and arranging an extension agreement," said Chief Financial Officer Tina Ballard.

Producers entering into an extension agreement must make a 10 percent down payment, and they will be charged a late fee of 1 percent per month until their effective and environmentally accounts are paid. This late responsible manner possible.

fee begins on the date the signed agreement and down payment are received by the Assessments Department. Producers who are delinquent in payment and who do not have an extension agreement are subject to a late fee of 1.5 percent per month.

Producers with extension agreements have 150 days to pay their accounts.

For more information contact the Assessments Department in Abilene (866)672-2800.

The Texas Boll Eradication Foundation is a nonprofit, grower-initiated and funded organization dedicated to eliminating the cotton boll weevil from the state in the most cost

# **Labor Day Activities planned** in Alpine

"Twenty-four hot air balloons and ten power-parachutes will paint West Texas skies in two weeks. Everyone is invited," said Ken Clouse, President of the Big Ben Balloon Bash, Inc., the Alpine, Texas non-profit group sponsoring air activities in the entire Big Ben Region. According to Clouse, "this is the eighth straight annual balloon weekend in Alpine."

"We have never had a day we couldn't fly balloons on

Labor Day Weekend," said Clouse. "The winds are just right, with the high mountains surrounding Alpine in a bowl shape. These mountains offer unique protection from the sometimes strong Trans-Pecos winds."

parachutes are multi-colored September 1st. Location is the parachutes driven by gasengines and steered by pilots in metal cages. After the balloons have landed, ten of these ultra bright gliders will thrill the crowds until noon."

This is the first time that this crowd-pleaser has ever been staged here.

Further, "this summer is the wettest in yeas, the grasses and mountains providing a most beautiful backdrop for this three day event . . . Report Clouse, "powered August 30th, August 31st and Alpine Casperis Municipal Airport, two miles north of downtown on the Fort Davis Highway.

Cont. to pg. 6

# Keeping an Eye on Texas

### Honor the flags

Starting this school year, students at Texas public schools will recite the Pledge of Allegiance to both the United States and the state of Texas.

Senate Bill 83, requires both pledges to be recited, but does allow parents to have their children excused from the

The Texas Pledge of Allegiance reads as follows: "Honor the Texas flag. I pledge allegiance to thee, Texas, one and indivisible.

SB83 also provides a minute of silence following the pledges for students to reflect, pray, meditate, or engage in another silent activity that is not distracting to other students.

SOURCES: Carole Keeton Strayhorn, Texas Comptroller (www.window.state.tx.us) and Texas Education Agency



# Children Who Have Rules at Home Behave Well at School

Children who are aggressive at school usually act the same way at home. Parents can help their children by setting clear rules.

Here are some rules to share with your children.

- Don't hit or kick. Don't allow your children to anyone else.
- ❖ Don't swear. Don't allow your child to use language that is obscene or vulgar
- Don't throw temper tantrums. If your child becomes upset, send him to his room until he is calm.
- Cooperate. Do chores together. Solve problems together. When you can, involve your child in making decisions.
- Show respect. Teach your child that everyone in a family deserves respect. Members of family are the most important people in the world.
- Don't threaten others. allow your Don't threaten child to anyone, either with with words physical force.
- Do something nice. Ask each person in your family to do something nice for at least one other person each day.
- Don't talk back. If a parent is talking, teach your child to listen without interrupting.

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# **Borden County ISD** offers meals at no charge to students

\* Show Tell love. family members you love them every day. Show them with hugs, kisses, and pats on the back.

Live the Golden rule. Teach your child to treat others the way he wants to be treated. That is the key to getting along.

Write these rules down. Talk about them with your child. Then put them into action in your home.

[Source: Terry L. Hyland, Jerry Davis, Angry Kids, Frustrated parents; Practical Ways to Prevent and Reduce Aggression in Your Children. 1999 (Boys Town Press, 14100 Crawford Street, Boys town, 66010, 1-800-545-5771). ISBN: 1-88932-228-8, paperback, 172, pp., \$12.95]

> Be the first to get your Paw Print! For only \$10.00

> > Personalized w/name or number

only \$12.00

Columbia Blue Paw Print w/Red lettering & number

Order by Friday, August 29th.

Contact Mrs. Key

Please make checks payable to Class of 2004

National School Lunch and County Independent School District will once again allow all students to be served meals at no charge during the 2003-2004 school year.

For additional information, contact: Borden County ISD, Attention: Jimmy Thomas, Superintendent, P.O. Box 95 Gail, Texas 79738; or call (806)756-4313.

In accordance with Federal law and U.S. Department of policy, Agriculture Borden County ISD, is prohibited from discriminating on the basis of race, color, national origin, sex, age or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, 1400

Under the guidelines of the Independence Avenue, SW, Washington, DC 20250-Breakfast Program, Borden 9410; or call (202)720-5964 (voice and TDD).





Don't forget! Photos Friday! Senior Portraits K - 11 JH & HS Football All Cheerleaders

\*\*\*Homecoming

#### **Borden County High School Coyote Football Schedule** 2003-2004

		00 E00 .		
Aug. 22	Aspermont	**Scrimmage	Here	6:00
Aug. 29	Jayton	**Scrimmage	There	6:00
Sept. 5	Meadow		Here	7:30
Sept. 12	Ropes		There	7:30
Sept. 19	Ira		Here	7:30
Sept. 26	Wellman		Here	7:30
Oct. 3	Highland		There	7:30
Oct.10	*Klondike	<b>第</b>	There	7:30
Oct. 17	*Sands		There	7:30
Oct. 24	***Dawson	Homecome	ing	7:30
Oct. 31	*Loop		There	7:30
Nov. 7	*Grady		Here	7:30

Varsity Head Coach: Bobby Avery Assistant Coaches: Trey Richey & Kevin James

Colors: Red, White, and Columbia Blue Superintendent: Jimmy Thomas Principal: Chet Dye Band Director: Philip Marshall

Cheerleaders: Shayla Gass, LaShae Johnson, Cassidy Rinehart, Ashley James, Menda James, Lindsey Stamper Cheerleader Sponsor: Stephanie James

Coyote Mascot: Christina Soto

#### 2003-2004 JUNIOR HIGH AND JUNIOR VARSITY COYOTE FOOTBALL SCHEDULE

Sept. 4	Meadow	(JV)	There	5:30
Sept. 4	Ropes	(JH)	Here	6:00
Sept. 11	Ropes	(JV)	Here	7:30
Sept. 18	Ira		There	5:30
Sept. 10		(JH)		
	Ira	(JV)	There	7:00
Sept. 25	Wellman/Union		There	5:30
	Wellman/Union	(JV)	There	7:00
Oct. 2	Grady	(JH)	There	5:30
	Grady	(JV)	There	7:00
Oct. 9	Klondike	(JH)	Here	6:00
	TBA	(JV)		
Oct. 16	Sands	(JH)	Here	6:00
	Sands	(JV)	Here	7:30
Oct. 23	Dawson	(JH)	There	5:30
	Dawson	(JV)	There	7:00
Oct. 30	Loop	(JH)	Here	6:00
	TBA	(JV)		

Head Coach: Bobby Avery Assistant Coach: Trey Richey

Cheerleader Sponsor: Cindy Herridge Cheerleaders: Sharelle Gass, Katherine Froman, Kate Wallace, Rachel Wilson

# **Opening Scrimmage Displays Tough Defense Against #12 Team in State**

Photo's by LaNita

The Asperment Hornets went home Friday night probably still ranked in the state's top twenty.

However, the Borden Coyote defense sent a message that a young. inexperienced Coyote team was no pushover.

Allowing only two offensive touchdowns, BHS foiled a potentially explosive

"Defense looked really good," Coach Bobby Avery

Leading the way this year for the Coyote defense will be returning starter Andy Lozano.

Against Aspermont, Lozano got in on six tackles and had four solos, including a deflected pass.

He'll have key help this year from senior Kyle Pinkerton (two solos, 10 assists, lots of pressure) and Derek Rodriguez--another starter off of last year's 6-5

Rodriguez had eight assists, one solo, and one deflected pass play.

Rounding out defensive unit will be Adam Carter, who brings varsity experience back this year. Carter was in on seven tackles, had two solo hits, and broke up one pass play.

Newcomers to the varsity starting unit will be junior John Wilson (six assists, four solo shots, one deflected pass) and sophomores J. Ryan Gicklhorn (five assists) and Garrett Thomas (five assists, one solo tackle).

Tyler Wallace and Billy Roper will also be lending a hand on the other side of the snap, adding some muchneeded muscle on the line.

Senior Shane Tarleton will be taking the snaps from starting center Wallace on the offense.

Rodriguez, Carter, Andrew Thomas, and Lamming will be called on to carry the ball this year with linemen Roper up front to five tackles (two assists, three pave the way.

The two biggest plays for Lamming to pick up 27 more with a deflected pass.

the scrimmage Aspermont.

Michael Bullinger was credited with five solo tackles and nine assists in his defensive play and helped cause two fumbles.

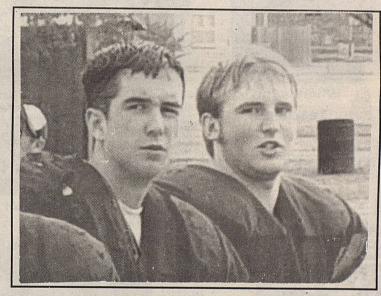
Lamming added five assists and one solo tackle while Austin Tarleton made

solos).

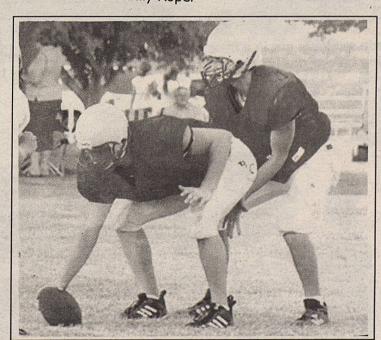
Trey Soto made his yardage Friday night came in presence known, too, on the air as Tarleton found defense as the sophomore got Pinkerton for 30 yards in on four tackles in addition downfield and Carter hit to one solo grab to go along

Freshmen Clint Chapman tackles), Taylor (five The Coyote junior varsity Peterson (one tackle), Kylan also played several downs in Reynolds (2 tackles), Zane against Williamson (2 tackles), Dore Rodriguez (1 tackle and one fumble recovery), Symeron Rinehart (one tackle)

> Both squads will travel to Jayton this Friday for the final scrimmage before hosting Meadow September 5 in the season opener.



John Wilson and Billy Roper



Taking the Snap: QB, Shane Tarleton looks for an opening as he takes the snap from center, Tyler Wallace.



Adam Carter, Andy Lozano, Shane Tarleton, and Derek Rodriguez



J. Ryan Gicklhorn, Kyle Pinerton, Garrett Thomas and Tyler Wallace

### 2003 Borden Coyote **Football Roster**

I	No.	Name	Ht.	Wt.	Class	Poss.
l	# 1	Tyler Wallace	6'0	203	Jr.	C/E
	# 5	Kyle Pinkerton	6'1	211	Sr.	E/E
	#10	Adam Carter	5'10	165	Jr.	B/B
	#11	Andrew Lamming	5′8	165	Sop.	E/B
	#13	Shane Tarleton	6'3	170	Sr.	QB/S
	#15		6'0	170	Sop.	C/E
	#16	Derek Rodriguez	5′9	160	Jr.	B/E
	#17	Clint Chapman	5′8	130	Fr.	QB/B
	#19		5′10	160	Sr.	E/E
	#20	Garrett Thomas	5′10	135	Sop.	B/B
	#21	Austin Tarleton	6'0	130	Sop.	QB/S
	#22	Zane Williamson	5′5	115	Fr.	E/B
	#23	Billy Roper	5′10	185	Jr.	E/E
	#25		6'0	150	Jr.	E/B
	#35	J Ryan Gicklhorn	5'11	210	Sop.	E/E
	#36	Taylor Peterson	5'4	130	Fr.	C/E
	#40		5′8	211	Fr.	E/E
	#44		5′5	110	Fr.	E/B
	#55	Kylan Reynolds	5′3	109	Fr.	E/B

Head Coach: Bobby Avery

Assistant Coaches: Trey Richey, Kevin James

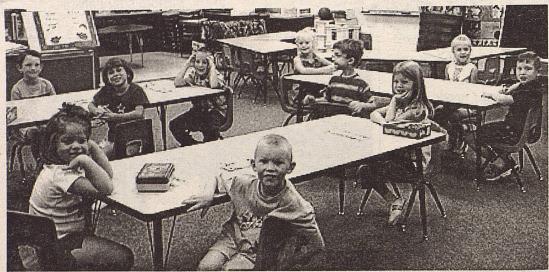
Managers: Seth Williamson, Reynaldo Hernandez

Cheerleaders: Shayla Gass, LaShae Johnson, Menda James, Cassidy Rinehart, Ashley James, Lindsey Stamper.

Coyotes Mascot: Christina Soto Sponsor: Stephanie James Colors: Red White and Columbia Blue

THE BORDEN STAR, WED., AUG. 27, 2003...4

# **BACK TO SCHOOL - - -**



**Beginning their school career:** Kindergarten students on the first day. T. J. Doyle, Makayla Herrington, Rhaeden Bland, Channing Miller, Flint Roberts, Zoie Key, Shelby Comey, Samuel Raborn, Tatum Richey and Merik Valentine.



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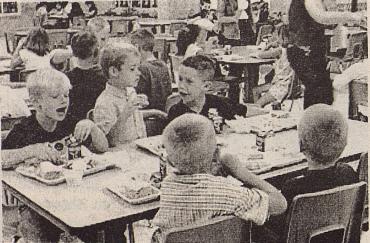
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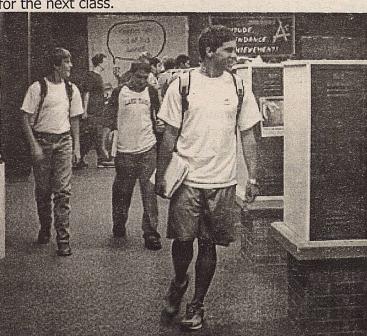
**Junior High Locker Area:** Getting things together for the next class.



Kindergarten boys in the Cafeteria.



Where's the Teacher?



**High School Locker Area:** Everyone seems to know where they are going!



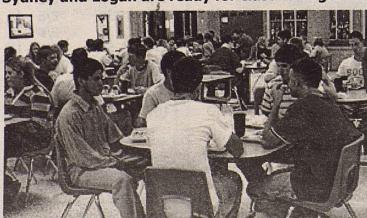
Sydney and Logan are ready for class to begin



**Eighth Grade students get in a little more visiting before class begins.** 



Teachers enjoy the food and visiting.



**High School students eating lunch:** One thing hasn't changed, kids are always hungry!



"We're all in our Places with Sun Shiny Faces": Freshmen students seem to be ready for Mr. Lewis to get them started.

# Hensley receives Spalding Sports Worldwide award

Micah Danielle Hensley, a 2003 graduate of Borden County High School in Gail, has been awarded a scholarship by the Texas Interscholastic League Foundation (TILF).

scholarship by the Texas Interscholastic League Foundation (TILF).

Hensley received a \$1,000
Spalding Sports Worldwide award,
payable \$500 each semester of the
first year

The Spalding Sports award was presented to 40 students who have participated in the University Interscholastic League Academic State Meet, and who have compiled an outstanding record of academic and extracurricular achievement.

This year the TILF awarded 262 new awards and will renew approximately 271 awards, for a total of 533 scholarships worth over \$1 million. Recipients may attend any approved college or university in Tayas

Hensley competed in feature writing and editorial writing at the 2003 UIL Academic State Meet, placing first in feature writing. She also participated in UIL one-act play, news writing, headline writing, ready writing, basketball, golf, cross country and track throughout her high school career.



Micah Danielle Hensley

She was involved in yearbook staff, Spanish club, cheerleading and student government. Hensley was valedictorian of her graduating class and was active in the community through her various volunteer efforts.

Hensley plans to attend Angelo State University and major in biology/journalism.

### Menu Week Of:

September 2-5, 2003

# MONDAY: No School

**TUESDAY:** Corn Dog, salad, pork & beans, fruit & milk. **Breakfast:** Sausage & Biscuit, fruit juice & milk.

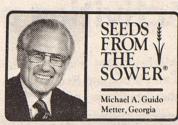
### WEDNESDAY:

**THURSDAY:** 

Sausage wrap, corn, cheese potatoes, fruit & milk. **Breakfast:** Waffles, fruit juice & milk

Chicken

Strips, potatoes, green beans, bread, fruit & milk. **Breakfast:** Egg & bacon sandwich, fruit juice, & milk. **FRIDAY:** Sub sandwich, salad cup, fruit, cookies & milk **Breakfast:** Breakfast burrito, fruit juice, & milk.



A little girl sat in the park picking the petals off of a daisy. Her boyfriend walked up and asked, "Whatchadoin'?"

She just kept on picking off the petals, saying, "He loves me. He loves me not. He loves me!"

"You love me!" she exclaimed as she picked off the last petal.

"Ah," he said, "I could have told you that."

"Why didn't you?" she asked. Words are the sounds of your heart. You let others know what you think and feel for them.

Our Lord said, "The mouth speaks what the heart is full of." If there's love in your heart for your heavenly Father, your family and friends, tell them.

Let your heart speak!

# School Started

# Drive Carefully!



Day Work Needed Colt started to finished Horses Call 756-4384

# TRACTOR FOR SALE

1988 – 4450 – J.D. PS 6600 hrs. Call: Larry Smith @ 806/756-4346 or 759-5346

### WANTING TO BUY!

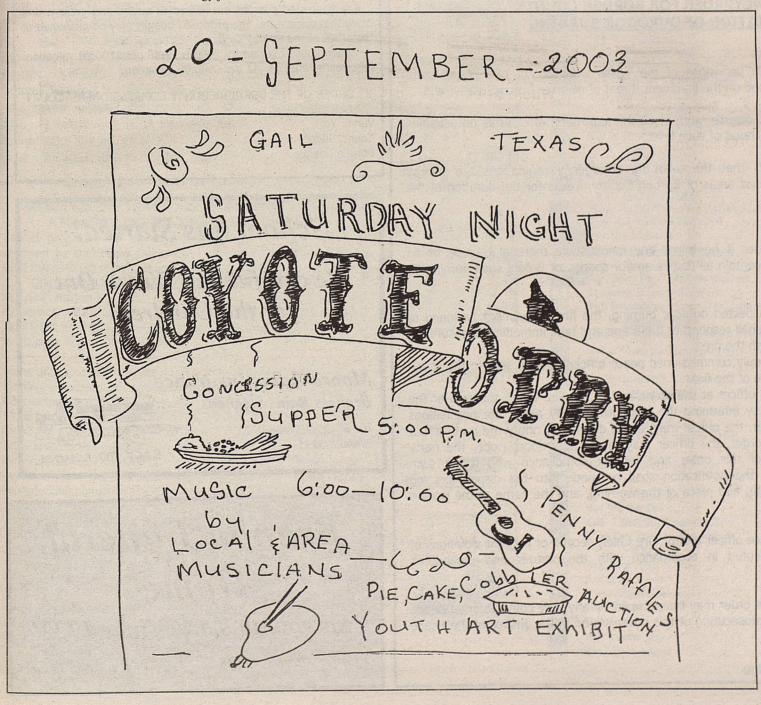
Small Ranch in Borden County 1 to 3 Sections Reasonably Priced Call Ron @ 806/792-2400 or 806/794-3442

### WANTED

Family Deer Lease For 4 members in Borden County Call Ron @ 806/792-2400 or 806/794-3442

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# **Labor Day Activities planned**

Cont. from pg. 1

treasures on the sidewalks in a special Saturday Morning sidewalk sale. This is a lively and unique event for families to experience local Big Ben crafts and gifts," said Clouse. And Sunday night is the balloon glow concert at Jackson Field. "When the gas-engines of the balloons squel out in unique melodical patterns, the sounds are And entrancing. visual patterns of night fires from these balloon engines at twilight leaves most everyone spell bound.

As for traditional music lovers, twenty minutes away is the seventeenth Annual

"For shoppers, over twenty- Marfa Lights Festival. The multi-day Labor Day Weekdowntown Alpine Latin breed and Red Shift are end venue! And both Alpine merchants will sell their the headliners of Marfa, a and Marfa have some of the



**EMERGENCYPRDER FOR BORDEN COUNTY PROHIBITION OF OURDOOR BURNING** 

August 25, 2003

WHEREAS, in accordance with provisions of the Texas Disaster Act of 1975, a state disaster has been declared based on the imminent threat of disaster from wildfires; and

WHEREAS, declaration of such disaster authorized the imposition of controls on activities which tend to increase the likelihood of such fires;

BE IT THEREFORE ORDERED that the following emergency regulations are hereby established for all unincorporated areas of Borden County, Texas for the duration of the above mentioned declaration;

1) Actions Prohibited

A person violates this order if he burns any combustible material outside of an enclosure which serves to contain all flames and/or sparks, or orders such burning by others

a) Upon notification of suspected outdoor burning, the fire department assigned to the location of the fire shall respond to the scene and take immediate measures to contain and/or extinguish the fire.

b) As soon as possible, a duly commissioned peace officer shall be sent to the scene to investigate the nature of the fire.

- If in the opinion of the officer at the scene and/or the Fire Chief, the goal of the order can be attained by informing the responsible party about the prohibitions established by this order, the officer may, at his discretion, notify the party about the provisions of this order, the officer may, at his discretion, notify the party about the provisions of this order and request compliance with it. In such instances, an entry of the notification shall be made into the dispatchers log containing the time, date, and place of the warning, and the name of the person receiving the warning.
- 3) At the discretion of the peace officer and/or Fire Chief, second or flagrant violations of this order may be prosecuted in accordance with the statues and procedures governing misdemeanors.

BE IT ALSO ORDERED that this order may be enforced by any duly commissioned peace officer and that the venue for prosecution of this order will be in the Justice of the Peace Court, Borden County, Texas.

Van L. York, Borden County Judge

finest restaurants to dine in before these concerts!"

more

please call the City of Alpine at (432)837-3301 or Kenneth information Clouse at (432)837-7486.

#### **LEGAL NOTICE**

The Commissioners' Court of Borden County will hold a public hearing on the proposed budget for Borden County for 2004, beginning at 10:00 a.m. on Monday, September 8, 2003 at the Courthouse in Gail, Texas.

A summary of the proposed Borden County budget is as

Jury Fund - \$800.00 General Fund \$790,942.00 Road & Bridge Fund - \$629,150.00 Permanent Improvement Fund - \$12,000.00

This proposed budget does include a \$75.00 per month, cost of living salary or wage increase for County/District Clerk, Sheriff/Tax Assessor, and Treasurer, and a \$15.00 per month cost of living salary or wage increase for Justice of the Peace.

Elected Officials Salaries for 2003 will be: County Commissioner \$18,169.00 County Judge \$24,176.00 + \$10,000.00 State Support County/District Clerk \$25,076.00 Sheriff/Tax Assessor \$27,251.00 County Treasurer \$25,076.00 Justice of the Peace \$ 7,324.00

Any interested persons are invited to attend and present oral or written comments. The proposed budget may be examined at the office of the County Clerk or the County Judge.

The proposed tax rate for 2003 is .4446 per \$100.00 valuation. Last year's rate was .47 per \$100.00 valuation.

BY ORDER OF THE BORDEN COUNTY COMMISSIONERS' COURT

Van L. York County Judge **Borden County** 

School has Started!

Be careful and Watch Out for the Children!

Moore-Rains Insurance Frances Rains Stephens

701 8th St. O'Donnell, TX 806/428-3335



Branon Funeral

Serving this area since 1922

Home

Phone: 806/872-8335

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> Tumbleweed Smith Part owner of Texas



# **Treasure in Trash**

John Nickle of Rusk had a flea market between Rusk and Alto and was always going to garage sales to buy leftover merchandise so he could replenish his inventory. Late one day he stopped at a John had to take ALL garage sale way out in the country. A lady from Dallas was there.

"Her mother had died ten mother died," says, John. red velvet curtains. "When I got there she told away. I asked her what she about it." would take for all of it. She Six months later John was

Dist/Div: Abilene

NPO: 7730

**State Office** 

Constr./Maint. Division

200 E. Riverside Dr.

Austin, Texas 78704

Phone: 512-416-2540

1:00 p.m. at the State Office.

several tools and things that would net me at least 2 or 3 hundred dollars so I almost broke my wrist getting the money out to pay her."

There was one stipulation. merchandise because the people who were renting the house wanted to use the garage. The lady got in her years ago and she was trying car and went back to Dallas. to get rid of all the things in Two and half pickup loads the garage that had been there later, John found an old box the whole time since her full of musty-smelling, moldy

"I threw it on the tailgate of me she had only two the truck and hoped it would customers all day. One blow off before I got back to bought nothing, the other my flea market. The first bought 50 cents worth so she thing I did was to put that was ready to give the stuff box under a table and forgot

said a hundred dollars. I saw talking to his wife about

**DISTRICT OFFICE** 

Abilene District

District Engineer

Abilene, TX 79601 Phone: 915-676-6800

4250 N. Clack

NOTICE TO CONTRACTORS OF PROPOSED TEXAS **HIGHWAY IMPROVEMENT CONTRACTS** Sealed proposals for highway improvement contracts will be

received by the Texas Department of Transportation (TxDOT)

CONSTRUCTION/MAINTENANCE CONTRACT(S)

Contract 0933-05-016 for REHAB EXISTING ROAD in BORDEN County will be opened on September 09, 2003 at

Plans and specifications are available for inspection, along with bidding proposals, and applications for the TxDOT Pre-qualified Contractor's list, at the applicable State and/or District Offices listed below. Bidders must submit pre-qualification information to TxDOT at least 10 days prior to the bid date to be eligible to bid

on a project. Pre-qualification materials may be requested from the State Office listed below. Plans for the above contract(s) are available from TxDOT's website at www.dot.state.tx.us and from

Minimum wage rates are set out in bidding documents and the rates will be part of the contract. TxDOT ensures that bidders will not be discriminated against on the grounds of race, color, sex, or national

reproduction companies at the expense of the contractor.

until the date (s) shown below, and then publicly read.

those curtains and she suggested he try to get rid of that musty smell because people were making stuffed animals out of that red velvet material and someone might want to buy it.

"I was hanging those curtains over some partitions I had in there and my hand rubbed across something and I found an old Bull Durham tobacco sack pinned to those curtains. It contained a gold coin from Iran worth 350

dollars, a gold pin with a ring was worth ten thousand diamond in it worth 400 dollars and a platinum ring with a big diamond."

John took the ring to a local jeweler who offered a couple of hundred dollars for it. John let his wear the ring.

"One day I was going to Tyler and decided to take the ring with me to get a good appraisal of it. The jeweler worked with it about twenty minutes and came out with a certificate. He told me the

dollars. I was stunned. On the way home I saw the certificate lying on the seat and I stopped the car, go tout and shouted expression of joy at the top of my lungs. People seeing me do that must have thought I was crazy."

John says nine or ten times he was ready to go to the dump with that box of curtains, but didn't have room for it on the pickup.

Cont. to pg. 8

BORDEN COUNTY INDEPENDENT SCHOOL DISTRICT Principal 806-756-4315 Superintendent 806-756-4313

> **BOX 95** GAIL, TEXAS 79738

### 2003-2004 SCHOOL CALENDAR

All rate of the second of the second	FIRST SEMESTER (84 DA)
AUGUST 03	August 2003
ITWTFS	Staff Development

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Labor Day Holiday
End of First Six Weeks (24 Days)
Beginning of Second Six Weeks
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Staff Development (Comp Day/Holid

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	BECOMB BEIMEBIER 193 Daysy
	January 2004
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5	Beginning of Fourth Six Weeks
16	Staff Development (Comp Day/Holid:

SECOND SEMESTER (93 Days)

February 2004
Staff Development (Comp Day/Holiday
End of Fourth Six Weeks (32 Days)
Holiday

Days)

23	Beginning of Fifth Six We
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	April 2004
	End of Fifth Six Weeks (30
17.5	Holiday
13	Beginning of Sixth Six We
	Bad Weather Day

<u>May 2004</u>
Bad Weather Day
End of Sixth Six Weeks (31 Days)
Work Day/Staff Development
<u>LEGEND</u>

<u>LEGEND</u>
Beginning of Six Weeks
End of Six Weeks
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## **Nutrition Briefs**

# 'Tune up' jump starts healthy body

Take better care of your car than your body? You may be overdue for a "tune up".

"Most of us would not let our cars go over 7,500 miles without an oil change but we neglect our bodies all the time," said Dr. Cliff Dacso, a professor of medicine at Baylor College of Medicine in Houston.

Dacso said that periodic health examinations important since chronic conditions can be detected early and then treated using less invasive, painful and

inconvenient methods.

chronic "Managing diseases can help reduce deadly complications that lead to kidney failure in diabetics, and heart failure and stroke in diabetics and people with cholesterol," he said.

For example, diabetics may need to take insulin and continually monitor their blood sugar. People at risk for heart disease may need to limit how much fatty foods they eat and take cholesterollowering medication.

# How many calories do you really need?

Knowing your body's daily caloric needs can be an important first step in adopting a realistic diet and weight management plan.

"It's easier to get up the will-power to turn a 900calorie double burger with cheese and sauce and opt for 400-calorie chicken sandwich and salad when you know your entire daily needs are bout 1,600 calories," says Joan Carter Clark, nutritionist with the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine in Houston.

Between 20 to 50 percent

Sept 13<sup>th</sup> ELECTION DAY!

of your daily caloric needs are determined by physical activity. The remainder is burning through basic body functions such as breathing, circulating blood and keeping cells functioning.



### September 13, 2003 **Special Constitutional Amendment Election**

NOW	Accepting Applications to vote early by mail
Aug. 14 <sup>th</sup>	Deadline to register to vote for
	Saturday,
	September 13 <sup>th</sup> Election
Aug. 28 <sup>th</sup>	First Day of Early Voting by personal
1000	appearance
Sept. 5 <sup>th</sup>	Deadline for early voting clerk to accept
i in a ex	application for a ballot by mail
Sept. 9 <sup>th</sup>	Last Day of Early Voting by Personal
	appearance

# Treasure in Trash

Cont. from pg. 7

"Those curtains were worthless to me as far as I was concerned. I wonder how much stuff in the world happens like that. I cold just imagine the old lady just before going t the hospital pinning those items to the curtains, thinking they would

things could easily have hands."

be safe until she returned. But ended up in the dump just as she did in the hospital. Those easy as ending up in my

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### NOTICE OF SPECIAL ELECTION (AVISO DE ELECCION ESPECIAL)

To the registered voters of the County of Borden, Texas: (a los votantes registrados del Condado de Borden, Texas:)

Notice is hereby given that the polling places listed below will be open from 7:00 a.m. to 7:00 p.m., September 13, 2003, for voting in a special election to adopt or reject the proposed Constitutional Amendments as submitted by the 78th Legislature, Regular Session, of the State of Texas. (Notifiquese, por las present que las casillas electorales sitados abajo se abriran desde las 7:00 a.m. hasta las 7:00 p.m. el 13, 2003 Septembre de 2003 para votar el la eleccion, para adopter o rechazar la enmiendas propuestas constitucional así como fueron sometidas por la 78a Legislamra Sesion Regular; de la Estado de Texas.)

LOCATIONS(S) OF POLLING PLACES (DIRECCION(ES) DE LAS CASILLAS ELECTORALES)

No. 1 at Plains Community Center

No. 2A - 2B at Borden County Community Building

No. 3A - 3B at Fairview Election Building

No. 4A - 4B at Borden County Courthouse

Absentee at County Clerk's Office, Gail Courthouse during normal office hours.

No. 1 en Plains Community Center

No. 2A - 2B en community room de Gail

No. 3A - 3B en la sitio de votacion Fairview

No. 4A - 4B en Courthouse de Gail

Para los que se encuentran ausente, para eldia propuest pueden votar en oricina del County Clerk en Gail, Texas durante las horas normales.

Early voting by personal appearance will be conducted each weekday at: (La votacion adelantada en persona se llevara a cabo de lunes a viernes en:)

County Clerk's Office (oricina del Secretatio del Destrito y Condado) between the hours of 8:00 a.m. and 5:00 p.m. beginning on August 28, 2003 (entre las 8:00 de la manana y las 5:00 de la tarde empezando el August 28, 2003) and ending on September 9, 2003 (y terminando el September 9, 2003)

Applications for ballot by mail shall be mailed to: (Las solicitudes para boletas que se votaran adelantada por correo deberan enviarse a:)

Joyce Herridge P.O. Box 124 Gail, Texas 79738

Applications for ballots by mail must be received no later than the close of business on: September 5, 2003.

(Las solicitudes para boletas que se votaran adelantada por correo deberan recibirse para el fin de las horas de negocio el: September 5, 2003)

Issued this the 18th of August, 2003. (Emitada este dia 18 de August, 2003)

Van L. York, County Judge (Firma del Juez Condado)