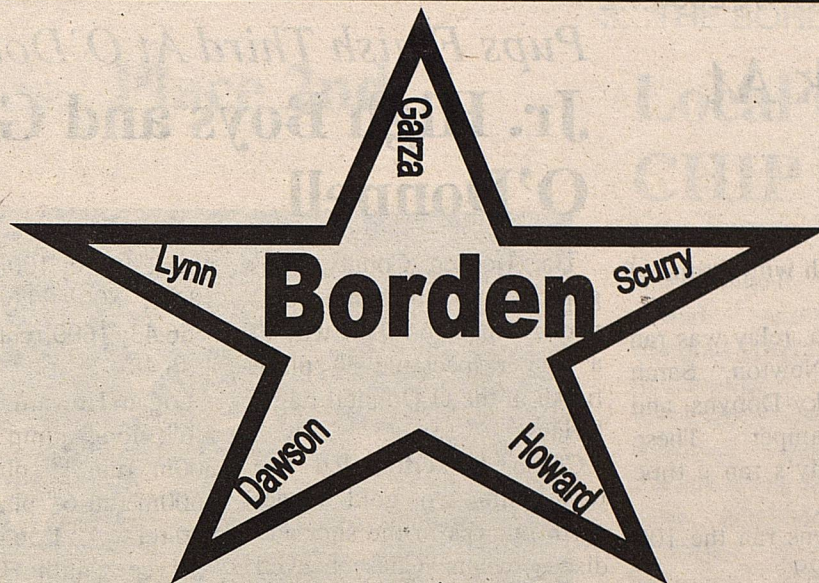


# THE

Volume XXXII



# STAR

March 17, 2004

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

## Stenholm:

### Rural Vets Need Big Spring VA Services

Congressman Charlie Stenholm stressed the importance of the Big Spring hospital to rural veterans of West Texas during a meeting with Anthony J. Principi, Secretary of the U.S. Department of Veterans Affairs, which oversees the Big Spring facility.

The meeting, which was hosted by U.S. Senator K Bailey Hutchinson (R-TX), was a result of recommendations made in a recent report by the Capital Asset Realignment for Enhanced Services (CARES) commission. The CARES commission recommended a feasibility study to consider closing the Big Spring VA hospital.

"Health care is an issue of great regional importance to rural areas, and I want to make sure that veterans in West Texas get the health care they deserve," Stenholm said. "Certainly, the VA needs to take a hard look at making some reforms, but it is essential for the Secretary to know how important the Big Spring hospital is to our veterans in rural West Texas."

Stenholm stressed during the meeting that Big Spring hospital serves more veterans who live to its east – for example, in Abilene, San Angelo and their respective military bases – than veterans

to it west. For this reason, moving VA health care services further west, to Midland and Odessa, for example, does not make sense.

"Washington bureaucrats who think only in terms of dollars and cents often fail to understand the challenges and needs of people living in geographically remote areas of the U.S.," Stenholm said. "This meeting provided an opportunity to help officials understand that this is the only VA hospital for many miles; and it is the lifeline for folks who have earned its reasonable close care."

"While the VA needs to regularly review its hospitals and their level of care, it's also the role of Congress to provide sufficient funds to ensure the VA can provide the services needed by our veterans. That's why I fought to restore the cuts made to veterans health care programs in the budget last year, and I will gladly do so again in the budget process later this year," Stenholm said.

"We must remember today's soldiers are tomorrow's veterans, and we have to make sure these folks have adequate care when they return home," Stenholm said.

Stenholm, who is co-chair of the U.S. House of Representatives Public-Private Initiatives Caucus,

said during the meeting he believes a partnership between the Big Spring VA hospital and Big Spring's Scenic Mountain Medical Center could be a positive relationship for both facilities.

Stenholm also said he is very appreciative of the support Senators Hutchison and John Cornyn (R-TX) showed for the Big Spring VA hospital during the meeting.

The CARES commission made its recommendations in a report issued February 13<sup>th</sup>. Principi has 30 days to accept or reject the commission's suggestions.

The Big Spring VA hospital serves the needs of 77,000 veterans in an area spanning 47 counties in West Texas and New Mexico. It employs more than 500 individuals.

### Local Children Lose CHIP Coverage

In June of 2003, there were 14 children enrolled in the Children's Health Insurance Program (CHIP) in Borden County. That number has declined by 29% to 10 as of the end of February 2004. The trend in this area mirrors the decline in the program statewide, with over 113,000 children losing benefits. This decline further solidifies

### Know Your EMS

Kent Holmes moved to Borden County in 1959. He graduated from Borden County High School in 1961. In 1963, Kent went into the U.S. Army Basic Training. He married Ollie Kingston, of Borden County in January, 1964. Kent and Ollie now farm in the eastern part of Borden County. They have two children, Dawn and David, which both attended school at Borden County.

Kent joined Borden County EMS as an EMT-Basic in August 1986. In 1987, He started an Intermediate Class in Gail, in 1987. In 1989, he drove to Lamesa for his Paramedic Class which was offered at the Howard College Campus in Lamesa.

He is certified in Advance Cardiac Support, Advance Burn Life Support, Pediatric Advance Life Support, Pre-Hospital Pediatric Provider, Advance Medical Life Support and Advance Trauma Life Support. He is an Advanced Cardiac Life Support Instructor for Scott



and White Education System. He is also facility member at Western Texas College, teaching NREMT-Paramedics.

Kent served as President of the Borden County EMS for eleven years. Vice President for one year, Education Director for five years and is presently serving as reporter. He is a Senior Paramedic for Borden County EMS.

Kent attended class in Austin, and was tested, before becoming the Borden County EMS, Coordinator for the Education Program.

Texas' position as having the highest rate of uninsured children in the nation, with one in four children having no coverage.

The Children's Health Insurance Program (CHIP) is designed for families who earn too much money to qualify for Medicaid health care, yet cannot afford to buy private insurance. The 78<sup>th</sup>

Legislature in Texas made changes to the CHIP program in 2003. Many different scenarios regarding CHIP were reported as the media struggled to keep up with the proposed changes, which at one point included terminating the program. Ultimately, the Legislature tightened the eligibility requirements and

Cont. to pg. 3



## Lady Coyote Track At O'Donnell

The Borden County Lady Coyotes track team participated in the Eagle Relays last Saturday in O'Donnell.

The Lady's 400 m. relay showed great promise in the finals as they looked to be in first as the third exchanged was being made, but just as it looked great for the Lady Coyotes it suddenly took a bad turn as the baton hit the ground. Emily Mayes had to stop, go and pick it up and still was able to finish 5<sup>th</sup> in the event. It would have been interesting to see what could have happened with a good exchange. Well, it is early in the year and we will have a lot more time to work on exchanges. The Lady's time was 57.9. Running on this relay was Lindsey Stamper, Emily Mayes, Shayla Gass and Cassidy Rinehart.

The same four Lady's ran

on the 800 m. relay and finished fourth with a time of 1:58.92.

The 1600 m. relay was ran by Lacey Newton, Sarah Harding, Becky Dobyms, and Lindsey Stamper. These Freshman Lady's ran a time of 4:85.81.

Becky Dobyms ran the 100 m. dash in 16.29.

Lacey Newton ran the 400 m. dash in 80.24.

Sarah Harding ran the 400 m. dash in 78.13

Shayla Gass ran the 200 m. dash in 30.4.

Emily Mayes ran the 200 m. dash in 30.8.

Cassidy Rinehart finished 4<sup>th</sup> in the meet in the 200 m. dash with a time of 28.32. Cassidy also was 2<sup>nd</sup> in the triple jump with a personal best jump of 32'7".

Christina Soto participated in the Shot and Discus but did not get a mark in either.

## Pups Finish Third At O'Donnell Track Meet Jr. High Boys and Girls Track at O'Donnell

The Borden County Pups got several personal best performances on their way to a very respectable 3<sup>rd</sup> place finish in the O'Donnell Eagle Relays.

Chase Pinkerton led the way with two gold medal performances in the shot and discus events. Chase heaved the discus a personal best 128'7" while also putting the shot a personal best 45'8" to win both events.

Quentin Shafer finished with a first and second place medal in the 2400 m. run in a personal best 9:14.45 and then second in the 1600 m run with another personal best 5:49.68.

Miller Valentine finished 3<sup>rd</sup> in the 800m run, and the foursome of Valentine, Shafer, Pinkerton and Jake Cooley finished 4<sup>th</sup> in the 1600 m relay.

Logan Howard took the place of Quentin in the 800 relay as the Pups finished 4<sup>th</sup> in this event as well.

Jake Cooley finished 6<sup>th</sup> in the 400m. run. This was also the same finish for Miller in the high jump and Logan in the 1600 run.

Chase Pinkerton finished his day with a fifth medal by finishing 3<sup>rd</sup> in the 100m dash in a personal best 12.92. All in all, this netted the Pups 69 points and a 3<sup>rd</sup> place finish in this very difficult track meet. Good job guys!

The rest of the competitors and their results are following:

Chase Pinkerton: Discus, 1<sup>st</sup> place 128'7"; Shot 1<sup>st</sup>

place, 45'8"; 100m. 3<sup>rd</sup> place 12.92; 800 relay 4<sup>th</sup> place 1:56.43; 1600 relay 4<sup>th</sup> (65.6) 4:36.48

Logan Howard: Pole vault 5'6"; long jump 13'4-1/4"; 800m run 4<sup>th</sup> place 2:41.1; 1600m run 6<sup>th</sup> place 6:19.56; 800 relay 4<sup>th</sup> 1:56.43

Bryce Smith: Long jump 11'10"; triple jump 23'10"; 100m run 15.47; 200m. run 32.93.

Cory Teel: Shot put, no mark; Discus, no mark; 100m run 18.96.

Jake Cooley: long jump, no mark; 800 relay 4<sup>th</sup> place 1:56.43; 400m run 6<sup>th</sup> place 65.74; 1600 relay (69.09) 4:36.48.

Quentin Schafer: long jump 13'10-1/2"; 2400m run 1<sup>st</sup> place 9:14.45; 1600m run 2<sup>nd</sup> place 5:49.68; 1600m relay (71.9) 4:36.48

Miller Valentine: High jump 6<sup>th</sup> place 4'6"; long jump 14'9-1/2"; 800m. run 3<sup>rd</sup> place 2:39.61; 800 relay 4<sup>th</sup> place 1:56.43; 1600 relay 4<sup>th</sup> (69.12) 4:36.48.

Pasqual Espinoza: 200m. run, 32.73; 400m. run, 73.69.

Clay Harding: Shot put, no mark; 100m run 16.71; 200m. run 35.7.

The Junior High girls track team ran at the Eagle relays in O'Donnell last Thursday. Here are their results.

400 m. relay: Krystal Hobson, Rachel Wilson, Sharelle Gass, and Heather Brooks. 63.38

800 m. relay: Krystal Hobson, Rachel Wilson,

Sharelle Gass, Heather Brooks. 2:14.11

1600 m. relay: Krystal Hobson, Rachel Wilson, Sharelle Gass, Heather Brooks. 5:23.68

Baylee Benavides: 800 meters in 3:25, 1600 meters in 7:40.20

Shelby Roberts: 800 meters in 3:19. 1600 meters in 7:19.62

Kate Wallace: Discus, 57'. Shot, did not mark. 100 m. dash, 17.52. 200 m. dash, 38.30

Chelsea Minnick: shot put, did not mark. 100 m. dash, 18.02. discus, did not mark.

Laura Griffin: 100 m. dash, 19.57. 200 m. dash, 46.07.

Kathrine Froman: 400 m. dash, 83.15. 200 m. dash, 36.00.

Sharelle Gass: long jump, 12'2".

Krystal Hobson: long jump, 12'2 1/2"

## School Menu Week Of:

March 22<sup>nd</sup> - 26<sup>th</sup>, 2004

**MONDAY:** Coyote Taco, Refried Beans, Salad, Fruit & Milk. **Breakfast:** Omelet Fruit Juice and Milk.

**TUESDAY:** Cheeseburger Mac, Green Beans, Carrots, Corn Bread, Fruit & Milk. **Breakfast:** Pancake Pups, Fruit Juice & Milk.

**WEDNESDAY:** Chicken, Potatoes, Corn, Hot Rolls, Fruit and Milk. **Breakfast:** Ham & Egg Patty, Fruit Juice & Milk

**THURSDAY:** Polish Sausage, Baked Potato w/ham & cheese, Steam Broccoli, Crackers, Ice Cream & Milk. **Breakfast:** Biscuit w/gravy, Fruit Juice, & Milk.

**FRIDAY:** Chicken on a Bun, French Fries, Salad Cup, Brownies & Milk. **Breakfast:** Breakfast Burrito, Fruit Juice & Milk.

## Borden County Boys Golf Tem Opens Season with a very convincing Victory

The Borden County boys golf team traveled to Lamesa, Tuesday to compete in the Sands Golf Tournament. The Coyotes in spite of being on spring break had seven golfers participate in the invitational tourney. The first team consisting of Ben Griffin who finished as the first medalist with a score of 80, Austin Tarleton who finished as the runner-up by carding a 81, J. Ryan Gicklhorn who finished third with a 92 were also joined by Shane Tarleton and Jacob Froman who each fired 99 to easily outdistance the field with a team total of 352. The 2<sup>nd</sup> place team in this tourney shot a 455. Also competing for the coyotes were Trey Soto 119 and Caden Nowlain 120. The Coyotes next

tournament will be March 23<sup>rd</sup> in Big Spring and a few other Coyote golfers will travel to Seminole on March 24<sup>th</sup>. The Coyote golf team has a very solid chance of claiming the district championship honors if their solid play continues. Good Job guys.

### 1<sup>st</sup> place

Ben 36 - 44 = 80  
Austin 44 - 37 = 81  
J Ryan 45 - 47 = 92  
Shane 49 - 50 = 99  
Jacob 51 - 48 = 99

### FREE -

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## CheerStar Athletics Place 2nd at Nationals



CheerStar Athletics of Snyder wrapped up a successful competitive season with a second place finish at America's Best National Championship. The team received an invitation to the competition after finishing first at the Regional Championship in November, defeating teams from Midland and Lubbock. In the National Championship, the twelve girl squad competed against teams of twenty or fewer members from all over the nation. There were seventeen teams in their division. The championship squad was edged out of the title by only four tenths of one point by Extreme Thunder from Duncan,

Oklahoma. The CheerStar Mini squad consisted of girls in first through fourth grades and includes members from Borden County, Rotan, and Snyder. The team also earned a bid to compete in the American Spirit National Competition, along with the three-to-five year old CheerStar Mini tots.

The Mini Tots were Regional Champions at ASC, also. The ten member squad consisted of athletes from Snyder, Hermligh, Ira, and Colorado City. The routines these young girls perform are power packed with tumbling skills, stunts, pyramids, jumps, dance and cheer. Coach Kay Porter, Neika

Porter, and Lauren Collier would like to congratulate the girls on a job well done, and look forward to a first place finish next year.



Kalyn Massingill, a 2<sup>nd</sup> grade student at Borden County Elementary and the daughter of Roscoe and Cindy Massingill of Fluvanna, was one of the members of CheerStar Athletics that competed at Nationals last week.

Kalyn placed 5<sup>th</sup> individual at Nationals in Ft. Worth last week. Earlier this year, in the America's Best Regionals held in Lubbock she had 1<sup>st</sup> place/tie. At ASC Regional she had 2<sup>nd</sup> place/tie in Lubbock and placed 1<sup>st</sup> in Burleson Tx.

## Local Children Lose CHIP Coverage

Cont. from pg. 1

Some families with higher incomes do not qualify for CHIP or Medicaid, but still are unable to obtain health coverage for their children. Parents can visit the Texas Department of insurance at <http://www.tdi.state.tx.us/consumer/cbo72.html> to see a list of all insurance companies in Texas that sell products for children.

Any adult living with an uninsured child can apply for the program on behalf of children in their care. Children must be age 18 or younger and be US citizens or legal residents.

Co-pay in the CHIP program are affordable and the maximum monthly premium to cover all children in the household is \$25 per month. Many families who do not have coverage use the emergency room for their source of medical care. One trip to the emergency room can easily cost \$800, compared with an office visit co-pay of \$10 or less available through CHIP.

The insured kid program is a grant funded partnership between the Texas Tech Health Sciences Center and Lubbock area school districts. The goal of the program is to identify children without health insurance and to assist eligible families in obtaining coverage through CHIP and Children's Medicaid.

The CHIP program has changed, but it still provides many vital services such as well checks, prescriptions, lab work, x-rays, immunizations, hospitalizations and more. It is the best affordable option for many working Texas families. A family of four can have a gross monthly income of \$3,067 and still qualify for CHIP. Earnings of parents, step and adoptive parents and money received on behalf of the children count toward this monthly total. The income of other relatives in the home such as grandparents, aunts and uncles or other unrelated persons is not considered in the total.

Some families with higher incomes do not qualify for CHIP or Medicaid, but still are unable to obtain health coverage for their children. Parents can visit the Texas Department of insurance at <http://www.tdi.state.tx.us/consumer/cbo72.html> to see a list of all insurance companies in Texas that sell products for children.

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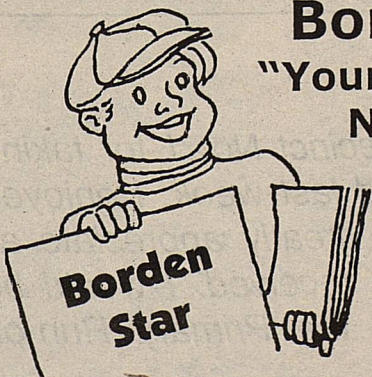
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Coverage is provided for six months. Families who are already part of the CHIP program are encouraged to know the end date of their coverage period and to send in renewal information as soon as possible in order to maintain coverage. A 90 day waiting period is imposed on those who do not complete the renewal processing in a timely manner.

Applications and assistance are available by calling TexCare at 1-800-647-6558, or the insure a kid office at 806/743-4686. Applications are also available online at [www.insuraakid.org](http://www.insuraakid.org) and [www.texcarepartnership.com](http://www.texcarepartnership.com)

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Drive Safely - Watch Out for the Children



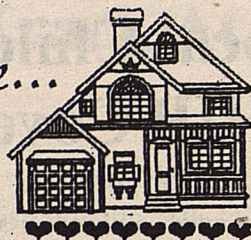
MEMBER  
2004

TEXAS PRESS ASSOCIATION



## 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.

### Walk Across Texas Kick-Off

Whether you want to walk to improve your health or to spend more time with family and friends, here is your opportunity to get started by participating in Walk Across Texas. Call the Extension office at (806)756-4336 and

sign up today! We began logging miles Monday, March 15 and wrap up on Monday, May 10. We would like to have all participants and teams registered by Monday, March 22, so please call today!

### Snack-time:

#### Help your children snack smart

Children like to snack. In fact, most young children need to snack. Young children have a high need for calories to support their active play and growth relative to the small size of their stomachs; thus they need to eat more often. But . . . most of us need to re-think how we look at snacks. We need to think of snacks as a mini-meal that help provide nutrients and food energy our children need to grow play, and learn. Most children do best when they eat four to six times a day.

Here are some tips you can use to help your children snack smart:

- Keep food group snacks handy. Stock cut raw vegetables, fruit, 100% juice, peanut butter, hard-cooked eggs, low-fat milk, cheese, and yogurt. Keep fruits and vegetables in clear storage

containers at eye level in your refrigerator or in a bowl on the kitchen table where they can be easily seen. You might also try clear containers for other snacks, such as crackers, dry cereal, or raisins in your pantry (note: raisins can be a choking hazard for very young children).

- Go easy on snacks with added sugars. Offer water, low-fat milk, or 100% juice. Soft drinks and other juices can crowd out vitamin- and nutrient rich foods your child needs to grow and stay healthy.
- Avoid strictly prohibiting certain foods. A little candy is okay once-in-a-while. Just make food group foods the usual snacks. Overly restricting foods can actually encourage tendencies toward overeating and

overweight (American Medical Association, 2000).

- Use snacks to fill in nutritional gaps. If your child missed having his/her 100% juice at breakfast, offer juice or fruit at snack time.
- Keep snacks small. If your child is still hungry, she/he can ask for more. Let your child decide what's enough within reason.
- Time snacks carefully. Have snacks two hours before meals. This will help your child be able to eat well at each meal without being filled up on snack-time foods.
- Only offer snacks to satisfy hunger. Try to skip the urge to offer snacks to quiet tears, calm a child, or reward behavior. This can lead to emotional overeating later on. Try other means to deal with emotions. If you need to reward, try stickers, pencils, special time together, hugs, etc. Note: Sometimes children will say they are hungry when they really are thirsty, want attention, or just need something to keep them busy (they're "bored"). Offer a glass of water, take a little time with your child, or provide a fun activity. Your child will let you know if she/he is really hungry.
- Snack wisely yourself. It is up to parents and care providers to act as role models. Do you snack when you're stressed or

## Recycle Feist Directories at Local Grocery Stores

The 2004-2005 Feist Lubbock - South Plains Telephone Directories are arriving at homes and businesses around the area. So, it is time to get rid of your old one. But, instead of throwing it away, why not recycle it?

2003-2004 Feist directories can be dropped off for recycling at most United supermarkets in Lubbock. There is an exact list of store locations with recycling bins in your new Feist. **Feist directory recycling runs from March 15<sup>th</sup> through April 30<sup>th</sup>.**

Feist Publications, Inc. prints and distributes more than 350,000 copies of its Lubbock - South Plains Directory to homes and businesses. The Feist e-Directory, which is available on CD, is also delivered to businesses and can be

bored - or just when you're hungry? What foods do you typically snack on - are they food group goods or "tip" of the Pyramid choices? Remember, your children learn from watching you?

Adapted from United States department of Agriculture, 22003

installed on personal computers or servers. It may be requested by calling the Lubbock office at 1-800-466-6628 or by logging onto [www.feist.com](http://www.feist.com). Lubbock areas residents can also find the Feist yellow pages and gain unlimited access to Feist coupons online at [www.feist.com](http://www.feist.com)

Feist publishes three other directories in Texas, including the High Panhandle, High Plains, and Rolling Plains, Texas, directories. Twenty directories are published throughout Kansas, Missouri, Oklahoma, and Texas.

Tom and Roberta Feist began Feist Publications in their home in Spearville, Kansas, 26 years ago. With the help of their six children, they have made Feist one of the most successful non-utility telephone directory publishers in the Midwest. There are offices in Spearville and Wichita, Kansas, Lubbock, Texas, Oklahoma City, and Kansas City.

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Borden Star  
Only \$12.00  
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#### THANK YOU!

Thank you to the citizens of Borden County for allowing me to continue to serve as your Sheriff/Tax Assessor-Collector.

Billy J. Gannaway

### Thank You!

I would like to thank the people in Precinct No. 1 for taking time to vote in the Primary Election held last week. I enjoyed visiting with friends and neighbors and greatly appreciate all the support and encouragement I have received. I would be grateful for your continued support in the Primary Run-off Election to be held on Tuesday, April 13<sup>th</sup>.

Sincerely,  
John Stephens, III

### Direct Deposit Banking made easy . . .

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Come by and we'll help you fill out the direct deposit form, it's quick, easy and convenient.





## Obituary

### Priscilla Kimmel 1924 - 2004

Services for Priscilla Kimmel, 79, of Lubbock, were held at 11 a.m. Friday, at the South Plains Church of Christ.

Burial was in Resthaven Memorial Park under the direction of Resthaven Funeral Home of Lubbock.

Mrs. Kimmel died Tuesday, March 9, 2004 in Lubbock.

She was born May 21, 1924, in Monroe, La. She graduated from nursing school in Shreveport, La. She moved to Santa Rosa, Calif., married Alvin Kimmel in March 1945. She moved to El Paso in April 1961 and then to Lubbock in 1978.

She was a member of the South Plains Church of Christ, was active in the Silverstones, was a teacher for the World Bible Study Program, and worked part-time as a seamstress for the Bridal Shoppe.

Survivors include one daughter, Shirley Dye of Gail; two sons, David Kimmel of Lubbock and Chuck Kimmel of Killeen; two sisters; two brothers; nine grandchildren; and, two great-grandchildren.

The family suggests memorials to the White River Youth Camp, Crosbyton, TX 79322.

#### FOR SALE

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All sink hook-ups  
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POSTMASTER: Send Change of Address to the Borden Star, P.O. Box 137, Gail, Texas 79738.

## What is an Alamo Anyway?

### New Books Reveals Stories Behind 'Texas Town' Names

Under the big blue sky and across the ever shifting landscape of Texas, small towns quietly bustle with the comings and goings of everyday life. Each city limit sign proclaims another town, white font on a green field, symbols that hold a story. For those who have ever found themselves on a road weary afternoon in Texas wondering how towns got their name, Tim Albers has the answers in his new book, *Texas Towns: Deep in the Heart* (now available through 1stBooks).

Where did the name Cut and shoot come from? Why is the Alamo called the Alamo, and how did the state ever get the name Texas? These are just a few of the

things Albers addresses in his extensively researched book.

*Texas Towns* is an easy-to-read reference book that offers all the background on many of the towns in the state, from the sprawling urban splendor of Dallas and Houston to the beaches of Corpus Christi and Galveston to the small towns of Bee Cave and Cibolo. Albers offers the origin of the town names and gives additional information, such as who settled it and what year it was settled, as well as interesting stories about the place. Ever wonder why Big Lake is called that, even though it is in the desert? There used to be a lake there. The lake dried up but the name didn't, and the town has been called

Big Lake ever since.

Albers moves from town to town at breakneck speed, cutting across the terrain with short anecdotes and humor. He also includes Web site addresses for each town so readers may find further information on a specific location. *Texas Towns* gives the "friendly" origin of the state's name in addition to certain famous counties and rivers, but it also shows the importance the railroads had in early Texas.

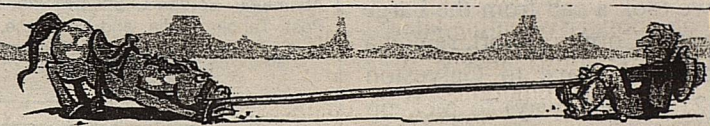
A handy pocket reference guide for the state, *Texas Towns* helps readers get better acquainted with the

place people call the "Friendship State."

Albers was born in Kansas city, Mo. He studied geography and geology at Northwest Missouri State, moving to Texas after college. He has lived there ever since, working in the oil service industry. *Texas Towns* is his first book.

#### About 1<sup>st</sup> Books

The oldest and most successful print-on-demand and eBook publishing company of its kind, 1<sup>st</sup>Books was founded in 1997 and has helped more than 16,000 people worldwide realize their dreams of becoming published authors. For more information, visit [www.1stBooks.com](http://www.1stBooks.com).



Four good ole' boys from Mesquite,  
Decided that they'd compete  
In the Precinct 1 Commissioner's race.  
So, the fellers steadied themselves for the  
big chase.

When the dust finally cleared  
It was almost a dead heat - -  
One that we reluctantly have to repeat.

Thanks a bunch for going to vote,  
But please make yourself a note . . .  
Vote for ole' Smith on April 13<sup>th</sup>.

Thanks for your support,  
Monte Smith

## Watch Out for the Children!

An Important Reminder from:



BACK TO SCHOOL

### Moore-Rains Insurance

Frances Rains Stephens

701 8<sup>th</sup> Street - O'Donnell, TX

806/428-3335

## Branon Funeral Home

Phone 806/872-8335

Lamesa, Texas

#### NOTICE OF RATE REVIEW, RATE CHANGE REQUEST AND STATEMENT OF INTENT

Notice is hereby given that Cap Rock Energy Corporation ("Cap Rock") intends to change rates for electric utility service effective March 30, 2004, or as soon thereafter as permitted by law. Based upon a test year ending September 30, 2003, the increase requested over adjusted test year revenues is \$10,202,700 or 14.45%. The changes are applicable to all areas, all customer classes, and all customers served by the Cap Rock.

On October 24, 2003, the Staff of the Public Utility Commission of Texas (Commission) filed a petition to inquire into the reasonableness of the rates being charged by Cap Rock. That proceeding has been designated as Docket No. 28813. Although Staff contends that some of Cap Rock's rates are too high, the inquiry could reveal that rates for some customer classes or some service areas need to be increased. Therefore, the Staff inquiry could result in increased or decreased rates for some customers. Affected persons may intervene in this proceeding, as detailed below, to address the rates being charged by Cap Rock.

In response to the Staff inquiry, on February 24, 2004, Cap Rock filed a rate filing package and a request to increase its rates in Docket No. 28813. Additionally, Cap Rock stated that it intends to change its service rules and regulations including rules relating to obtaining service, line extension and line extension charges, the provision of electric service, service fees, and discontinuance of service. Cap Rock intends to charge uniform system-wide rates to customers in each of Cap Rock's divisions. As a result, the McCulloch Division will no longer have separate tariffs after September 1, 2004.

The specific rates that Cap Rock proposes to charge, the proposed tariff revisions, and a copy of the rate filing package may be reviewed during normal business hours at Cap Rock's offices at (1) 500 West Wall Street, Suite 400, Midland, Texas 79701 (Cap Rock's Headquarters); (2) 1400 W. Business Interstate 20, Stanton, Texas 79782 (the Stanton Division); (3) 1825 South Highway 208, Colorado City, Texas 79512 (the Lone Wolf Division); (4) Highway 69 South, Celeste, Texas 75423 (the Hunt-Collin Division); and (5) 326 E. U.S. Highway 190, Brady, Texas 76825 (the McCulloch Division). Additional copies may be viewed at the Commission's offices in Austin, Texas.

Persons who wish to intervene in or comment upon these proceedings should notify the Commission as soon as possible, as an intervention deadline will be imposed. A request to intervene or for further information should be mailed to the Public Utility Commission of Texas, P.O. Box 13326, Austin, Texas 78711-3326 and should reference the specific Docket No. involved. Docket No 28813 will address whether Cap Rock's current rates are reasonable; whether they should be revised; and whether Cap Rock's proposed tariff changes should be approved or modified. Further information about this proceeding may also be obtained by calling the Public Utility Commission's Public Information Office at (512)936-7120, or (888)782-8477. Hearing- and speech-impaired individuals with text telephones (TTY) may contact the Commission at (512)936-7136. **The deadline for intervention in the proceeding is April 9, 2004, 45 days after the date Cap Rock's statement of intent was filed with the Commission.**





**Texas Stories**  
A showcase of the Texas Spirit

**Tumbleweed Smith**  
Part owner of Texas

## Western Heritage Classic Tickets on Sale Saturday, April 24<sup>th</sup>

### A Weekend of Kids, Out of Staters, a Cab and a Barge

I knew Friday the 13<sup>th</sup> would be interesting. I just didn't know how interesting. The Monday before the 13<sup>th</sup>, I learned for the first time that I was expected to speak at the junior high assembly in Brenham at 9 a.m. on the 13<sup>th</sup>. I was also expected to be in Corpus to board a river barge departing that evening and to perform on the 14<sup>th</sup>, (Valentine' Day) during the cruise.

We use our own sound equipment when we do speeches or performances, and because it takes up lots of room, we travel by motor vehicle.

The barge was to leave Corpus Friday evening, cruise the Texas coast and arrive in Galveston Sunday afternoon at 2:00. We would then drive home 10 hours away so I could teach an 8 o'clock class Monday morning. That was the plan. But when you're dealing with Texas weather, you have to follow one rigid rule: stay flexible.

The Brenham appearance was fun. The auditorium was packed with 800 screaming kids (I asked them to see how much noise they could make) from three different schools. I had half a dozen kids come

up on stage with me and tell silly jokes (they had been told to get some jokes ready). Then we all did a nose flute medley. The kids in the audience were attentive and well-behaved. I told them they were in the cradle of Texas liberty but we weren't going to do any Texas history during the show. They loved that.

After the appearance at Brenham, we drove to Galveston, left our vehicle in a parking garage and called the Busy Bee Cab Company. We took a cab to Corpus, 219 miles away. Lloyd, the driver, had never been to Corpus and was used to traveling only on major highways. So my wife Susan, the best navigator in the world, helped him along the route of small roads. The 5 hour cab ride sounds bizarre, but it was the only way we could get to the barge on time. We got there at 7 p.m. just before scheduled departure.

The cruise director told us there had been a change of plans. Because of a storm, the barge would not leave until Saturday night and would not dock until Monday. He said I could perform that night at 8 p.m. or not perform at all and

ABILENE, TEXAS – Tickets for the 20<sup>th</sup> Annual Western Heritage Classic – May 6-8, 2004 – will go on sale Saturday, April 24, 2004 beginning at 10:00 a.m. Tickets will be available for purchase at the Taylor County Expo Center's general office – 1700 Highway 36, Abilene; or by phone using a credit card (Visa/MasterCard or Discover) – 325-677-4376,

still get paid. I said let's do the show. We got everything ready in less than an hour and did our show in the barge auditorium for people from all over the US. They enjoyed our Texas humor.

The next morning (Saturday, Valentine's Day) we took a cab from the barge to the Corpus airport, rented a car and drove to Galveston (219 miles away) to pick up our vehicle. Susan drove it and I followed her to Hobby airport in Houston to turn in our rent car.

By now it was about 5 p.m. on Valentine's day. Susan had been such a good sport I wanted to do something special. I told her we would drive to Round Top, get a good meal at Royer's Round Top Café and spend the night there in one of the B&B's. I prayed we could do it.

I was afraid the Café would be crowded. It was. A dozen people were waiting outside. I asked Bud Royer if he could work us in and he said sure. We then called our favorite B&B in Round Top which had a cozy cottage with a bedroom upstairs. We had a perfect ending to an interesting weekend.

Ticket prices for the Ranch Rodeo range from \$12.00 to \$20.00, depending on seat location. Rodeo tickets also provide free grounds admission on Friday, or Saturday, May 7 and 8, 2004. Friday and Saturday night dance tickets are \$10.00 per night.

Chuckwagon meal tickets are \$10.00 per person. Saturday grounds admission tickets are \$6 for ages 13 and up, \$3 for children ages 5-12, and free for children age 4

and under.

Co-sponsored by Budweiser and the Expo Center of Taylor County, the Western Heritage Classic is a three-day weekend event focusing on the western lifestyle and values of the working ranch. Carefully selected events designed to reflect ranch life, the Western heritage Classic's Ranch Rodeo features ten historic ranches competing for top honors, both Friday and

#### CITIES AND COUNTIES OF: Abernathy, Borden County, Friona, Fritch, Hearne, Lockney, Lorenzo, Morton, Post, Tahoka, Tulia, and Whiteface, Texas

Sealed proposals address to the Honorable Mayor, Councilman, Judges and Commissioners of the Cities and Counties of Abernathy, Borden County, Friona, Fritch, Hearne, Lockney, Lorenzo, Morton, Post, Tahoka, Tulia and Whiteface, Texas will be received at the office of Oller Engineering, Inc. 2517 74<sup>th</sup> Street, Lubbock, Texas until 2:30 p.m., Thursday, March 18<sup>th</sup>, 2004 for furnishing all necessary materials, machinery, equipment, superintendence and labor for cleaning and seal coating certain streets for the Cities and Counties of Abernathy, Borden County, Friona, Fritch, Hearne, Lockney, Lorenzo, Morton, Post, Tahoka, Tulia, and Whiteface, Texas including other incidental items of work as called for in the specifications. Total square yards per City and County:

Abernathy	22,000
Borden County	98,000
Friona	44,000
Fritch	25,100
Hearne	144,200
Lockney	17,500
Lorenzo	12,400
Morton	61,000
Post	39,000
Tahoka	33,000
Tulia	33,000
Whiteface	10,400
<b>Total Square Yards</b>	<b>539,600</b>

The Owners shall be those cities and counties herein identified and for which the construction services and work is being performed. Oller Engineering, Inc., shall be the agent for the Owner(s) and shall collect, analyze and recommend a Contractor based on their bid submitted and previous experience.

Bidders must submit a Cashier's Check issued by a bank satisfactory to the Owner, or a Bid Bond from a reliable Surety company, payable without recourse to the order of the CITIES AND COUNTIES OF ABERNATHY, BORDEN COUNTY, FRIONA, FRITCH, HEARNE, LOCKNEY, LORENZO, MORTON, POST, TAHOKA, TULIA AND WHITEFACE, TEXAS in an amount not less than five percent (5%) of the largest possible bid submitted as a guaranty that the bidder will enter into contract and execute bonds and guaranty in the forms provided within ten (10) days after notice of award of contract to him. Bids without the required Check or Bid Bond will not be considered.

The successful bidder will be required to furnish a Performance Bond and Payment Bond, each in the amount of the contract, written by a responsible Surety Company, authorized to do business in the State of Texas, and satisfactory to the Owner.

All lump sum and unit prices must be stated in both script the figures. In case of ambiguity or lack of clearness in stating the prices in the bids, the Owner reserves the right to consider the most advantageous construction thereof, or to reject the bid. The Owner reserves the right to reject any or all bids, to waive formalities, and to accept the bid which seems most advantageous to the City's or Counties interest.


Bidders are expected to inspect the site of the work and to inform themselves regarding all local conditions under which the work is to be done.

Payment for the work performed on this project will be paid for by the Cities and Counties of Abernathy, Borden County, Friona, Fritch, Hearne, Lockney, Lorenzo, Morton, Post, Tahoka, Tulia and Whiteface.

Information for Bidders, proposal forms, plans and specifications are on file at the offices of the various City Managers, County Judges of the Cities and Counties of Abernathy, Borden County, Friona, Fritch, Hearne, Lockney, Lorenzo, Morton, Post, Tahoka, Tulia, and Whiteface, Texas and Oller Engineering, Inc., 2517 74<sup>th</sup> St., Lubbock, Texas, 79423, (806)331-748-5700.

Copies of the plans and specifications and contract documents may be secured from Oller Engineering, Inc., 2517 74<sup>th</sup> St., Lubbock, Texas 79423, (806)748-5700 for a non-refundable cost of \$35.00 per set.

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



**Snyder National Bank**

*We take Snyder to Heart!*

Member FDIC      1715 25th      573-2681



## Courthouse News

WHEREAS, On this the 23<sup>rd</sup> day of February, 2004, the Commissioners' Court of Borden County, Texas, convened in Special Session in the Commissioners Courtroom at the Courthouse in Gail, Texas, the following members of the Court being present, to-wit:

**VAN L. YORK**, County Judge, Presiding; **DOUG ISAACS**, Commissioner, Prec. No. 1; **RANDY ADCOCK**, Commissioner, Prec. No. 2; **ERNEST REYES**, Commissioner, Prec. No. 3; **JOE BELEW**, Commissioner, Prec. No. 4; **JOYCE HERRIDGE**, County Clerk, and Ex-Officio of the Commissioners' Court constituting a quorum, when the following proceedings were had, in accordance with the posted agenda.

### MINUTES APPROVED

Minutes of the Commissioners Court meeting of February 9, 2004 were read. Commissioner Reyes made a motion to approve said minutes. Motion was seconded by Commissioner Adcock.

### ACCOUNTS ALLOWED

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

### EMPLOYEE MANUAL

Commissioner Belew made a motion to approve the revised Borden County Employee Manual. Commissioner Isaacs seconded the motion.

### GAIL CEMETERY

Sadie Ludecke and Judy Kingston and Jess Everett consulted with the Court relating to the Gail Cemetery.

### BIDS

As advertised, bids for the purchase of a Motorgrader for Precinct No. 2 were opened at 10:00 a.m. Lance Wells with Warren Cat of Lubbock and Rick Leaverton with Asco of Lubbock were in attendance. Bids were

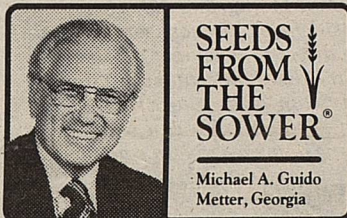
received from Warren Cat and Asco. Commissioner Adcock made the motion to approve the bid from Warren Cat as the best bid. Commissioner Isaacs seconded the motion.

### DISCUSSION-ITEMS FOR FUTURE AGENDA

No items were presented.

### ADJOURN

A motion was made by Commissioner Adcock to adjourn. Motion was seconded by Commissioner Reyes and approved unanimously.



**SEEDS FROM THE SOWER**

Michael A. Guido  
Metter, Georgia

A man bought a mynah bird. About a month later he returned to the pet shop complaining, "My bird's sick. He hasn't spoken a word."

"What he needs," advised the shopkeeper, "is a bell."

The owner bought a bell, but he came back crying, "My bird's worse. He hasn't spoken a word."

"What he needs," counseled the shopkeeper, "is another toy."

The man bought the toy, but the bird died. Asked the shopkeeper, "Did the bird say anything?"

"Yes," came the reply. "Just before he died, he begged, 'Food!'"

Like that bird, you need more than fun, you need food—food for your soul.

Be wise—take the Lord as your Savior and His word as your sustenance, won't you?

### NOTICE OF TARIFF FILING

Notice is hereby given that Cap Rock Energy Corporation ("Cap Rock") has filed its tariffs with Public Utility Commission of Texas ("Commission"). The tariff filing has been assigned Docket No. 28466. The Commission is reviewing Cap Rock's tariffs to determine if any changes are needed to conform the tariffs to the Commission's rules and regulations. Cap Rock's rates are not being reviewed, and are not subject to change, in this proceeding. Persons who wish to intervene in or comment upon these proceedings should notify the Commission by March 31, 2004. A request to intervene or for further information should be mailed to the Public Utility Commission of Texas, P.O. Box 13326, Austin, Texas 78711-3326 and should reference Docket No. 28466. Further information may also be obtained by calling the Public Utility Commission's Public Information Office at (512)936-7120, or (888)782-8477. Hearing- and speech-impaired individuals with text telephones (TTY) may contact the Commission at (512)936-7136.



## Pointers For Parents

### How To Sell Your Kids On The Idea Of Doing Their Homework

(NAPS)—Thoughts of bicycle riding, baseball and outdoor recess can distract school-age children from making the best of the rest of the academic year. Fortunately, there are steps a parent can take to keep kids on track.

Dunkin' Donuts and JMH Education—creators of the Grade "A" Donuts: Honoring Homework Stars program—offer ten timely homework tips:

- Try your best to stick with your child's regular after-school routine. Check to make sure your child is still meeting deadlines. If a progress report says your child's work isn't getting done, make a plan together to ensure a strong finish.

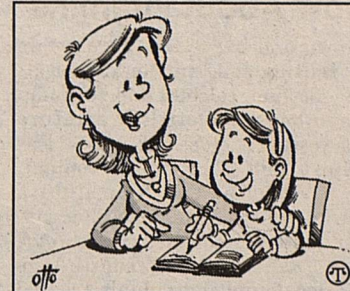
- Assume your child has homework every day. If there's not an official assignment, encourage your child to read a book for fun or work on an art project.

- Motivate your child by offering a reward that matches the homework assignment. For example, if your child completes a science project, suggest a trip to a museum.

- Make homework enjoyable. Play games with your child to help them with spelling (Scrabble) and history (Trivial Pursuit).

- Activities that help children stay amused and focused can help the learning process. Projects such as doubling (or halving) the measurements in a baking recipe help math skills and offer a fun diversion.

- Set a regular homework time for each day of the week, one that



A new contest helps "sell" students on the importance of doing homework.

incorporates outside activities, clubs and team sports and make sure the child sticks to it. A big wall calendar can help you keep track.

- Keep your child's special homework area neat and stocked with supplies, such as pens, pencils, paper, scissors and a ruler. Also, eliminate distractions such as phone calls and television during homework time—homework should be done in a quiet setting to increase concentration and accuracy.

- In addition to assigned work, set some time aside each night to read with your child (for younger children) or for your child to read to you (for older children). Helping your children become strong, confident readers will help them with their independent assignments.

- Ask your child about homework trouble spots. A child can be turned off completely if having

difficulty with certain subjects or types of homework. Be sure to talk with your child about assignments that are particularly confusing and help your child write down specific questions for the teacher.

- Be sure to communicate with your child's teacher so you can easily work together to resolve any homework problems. Find out the best way to communicate with the teacher, such as phone, e-mail or written notes.

Even with all these tips, how do you make homework really exciting? Encourage your child's teacher to help create a commercial about the importance of homework.

That's right, a commercial! The Lights! Camera! Homework! Commercial contest is an exciting element of the Grade "A" Donuts Homework Achievement program and asks students to create a commercial "selling" other students on the importance of homework.

As a group, classes are encouraged to write, direct and star in the commercial. Commercials will be evaluated by a judging panel and more than \$10,000 in prize money (to go toward electronics and audiovisual equipment) will be awarded to the winning classes.

The Grade "A" Donuts: Honoring Homework Stars program is part of Dunkin' Donuts WEE CARE: Community Partnership for Children. For more information about the program, call 1-877-WE-DUNKN (1-877-933-8656).

**If you suspect a STROKE or HEART ATTACK call 806/759-5111 Immediately DON'T HESITATE!**

### PUBLIC NOTICE

Notice is hereby given that on February 4, 2004, NewCorp Resources Electric Cooperative, Inc. (NCREC) filed an application with the Public Utility Commission of Texas (Commission) under Section 37.154 of the Public Utility Regulatory Act. NCREC has been engaged in the transmission of electricity as the successor of NewCorp Resources, Inc. since December 1996. In its application, NCREC requests that the Commission approve the transfer of CCN No. 3019 concerning certain transmission facilities, which was previously issued to NewCorp Resources, Inc. No new facilities are being sought in this filing. Persons with questions about this project should contact Ronnie Lyon, General Counsel of NCREC, at (903)813-0377. Persons who wish to intervene in the proceeding or comment upon the action sought, should contact the Public Utility Commission of Texas, P.O. Box 13326, Austin, Texas 78711-3326, or call the Public Utility Commission of Texas, at (512)936-7120 or (888)782-8477. Hearing- and speech-impaired individuals with text telephones (TTY) may contact the Commission at (512)936-7136. The deadline for intervention in this proceeding is April 26, 2004, and a letter requesting intervention should be received by the Commission by the date.

NCREC owns and operates 305.9 miles of 138kV transmission facilities and related substation facilities in Borden, Glasscock, Howard, Martin, Midland, Mitchell, Reagan, and Upton Counties. As the sole shareholder of NewCorp Resources, Inc., NCREC became the owner of the transmission facilities and other assets of NewCorp Resources, Inc. when it was dissolved in December 1996.

A copy of the map illustrating the facilities is available in NCREC's offices at 500 West Wall Street, Suite 400 Midland, Texas, 79701. Arrangements to view or obtain a map may be made by contacting Ronnie Lyon at (903)813-0377.



## Food Facts & Fallacies

### Things You May Not Know About Vitamins

by Allen S. Josephs, M.D.  
(NAPS)—Recent discoveries have caused many scientists to take a healthy new look at nutrients and how they contribute to longer, better lives. Among the sometimes surprising findings:

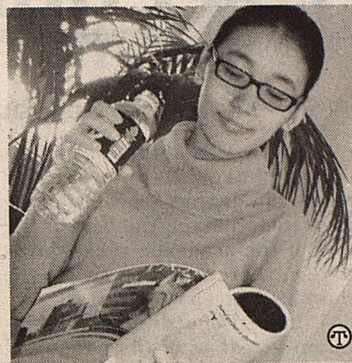
- The Recommended Daily Allowance (RDA) of vitamins and minerals was developed over half a century ago. The standard was created by the government—not for optimizing health but as a guideline of minimum nutrients necessary to prevent such diseases as scurvy and beri-beri. Recent studies show the need for larger amounts of vitamins and minerals, as well as certain additional minerals such as selenium (200 mcg), lutein (6 mg or more) and antioxidant phytonutrients.

- You no longer get the same amount of vitamins from fruits and vegetables. Their vitamin content has been dramatically reduced over the years by the way they're

grown and harvested. From years of reusing soil, nutrients such as magnesium, calcium and selenium have been depleted. Premature harvesting of crops can cause a loss of up to half of the vitamin content.

- Vitamins can help fight a variety of ailments, including cancer. A study published in the *Journal of the American Medical Association* found individuals treated with 200 mcg a day of the organic form of selenium had a 37 percent reduction in cancer incidence and a 50 percent reduction in mortality. In another study, published in the *Journal of the National Cancer Institute*, it was found individuals with the highest selenium levels had approximately a two-thirds reduction in malignant prostate cancer.

- Most men and older women do not need to take iron. It may even increase free radicals, which harm the body.



**When taking vitamins, drink four to eight ounces of water to ensure the pills will be swept into your stomach, not lodge in the esophagus.**

- The FDA has approved certain vitamin supplements, including selenium (to reduce the risk of cancer); omega-3 fatty acids (to reduce heart disease); vitamins C and E (to reduce the risk of cancer); and folic acid (to reduce brain and spinal cord defects).

- Vitamins must be taken in the proper form and amount to be effective.

- Natural vitamins are better than synthetic vitamins. They're absorbed in the body better.



### Tax Tips For Small Businesses

(NAPS)—By following a few tips, small business owners can find tax time less taxing.

- Keep thorough books and records for your business and keep them separate from personal expense records.

**"Businesses can reduce their tax burden with careful tax preparation and a little planning."**

—Judy Meguire of American Express Tax and Business Services

*Dr. Josephs, a former die-hard anti-vitamin M.D., is Section Chief of Neurology at St. Barnabas Hospital in Livingston, NJ. He is also president of Vitacost.com, a leading direct-to-consumer catalog and online discount retailer of vitamin, nutrition and low-carbohydrate diet products. You can learn more online at [www.vitacost.com](http://www.vitacost.com).*

- Keep track of the dates, mileage, and purpose of your vehicle use. And keep records to substantiate your business travel.

- Plan equipment purchases carefully to get the most from your depreciation deductions.

- Use retirement plans to save for your retirement needs and reduce current taxes.

- If you have a sideline business that shows a loss, be sure you keep business-like records that show your profit motive so your loss will be deductible.

- File your income tax return on time or obtain a filing extension. If you don't, you risk interest and penalties for late filing.

- When hiring, consider workers who may entitle you to special tax credits or other benefits.

For more tips on managing business taxes or running a small business, visit the OPEN Network at [www.open.americanexpress.com](http://www.open.americanexpress.com), and be sure to consult your tax advisor.

\*\*\*  
**He's so snobbish he has an unlisted zip-code.**

—Earl Wilson

\*\*\*



# Parent Alert!

Keeping Kids Safe  
is Everybody's  
Business

It's Up To You



Texas Department of  
Protective and Regulatory  
Services  
[www.tdprs.state.tx.us](http://www.tdprs.state.tx.us)

January 2001