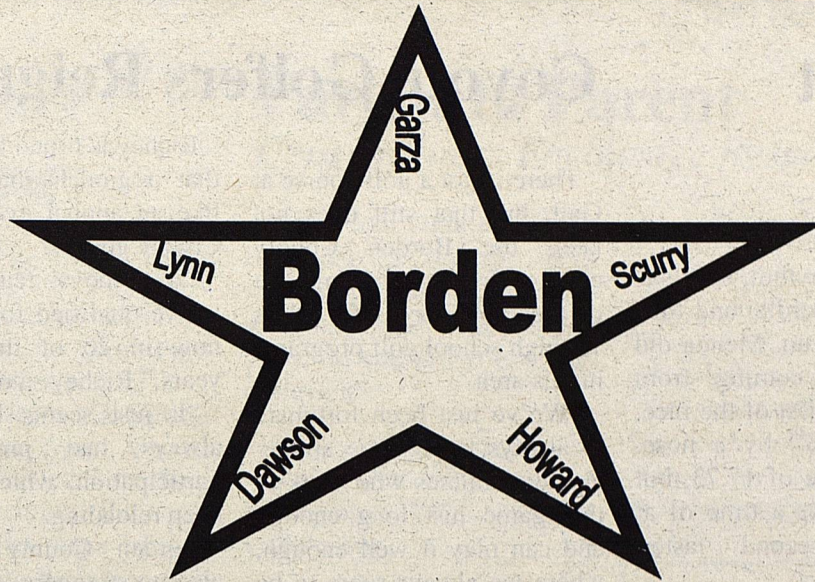


THE

Volume XXXII



STAR

April 21, 2004

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

On the Road Again

B.H.S. U.I.L. Academic Teams Set for Regional Meet

Countless practice meets are behind them. An overwhelming District 9-A Academic Championship has been claimed. Miles of highway have been traveled and hours of preparation have been spent. Willie Nelson should be proud; now, they are on the road again...

This weekend, twenty-one Borden County High School students, along with their five coaches, will travel to Hardin-Simmons University in Abilene to compete in the Region II-A U.I.L. Academic Meet. These students will be in search of illustrious berths to the State Academic Meet in two weeks.

The top three individuals and first place teams in each event will advance to the State Meet.

To get to the regional level, contestants had to accomplish the same feat at the District 9-A U.I.L. Academic Meet held on March 27th in Snyder. At that meet, B.H.S. more than doubled the next closest school in overall points.

Good luck to the following students competing this weekend at the Region II-A Academic Meet:

SENIORS:

Clay John Anderson - Current Issues & Events.

Dusty Gwinn - Current Issues & Events.

Menda James - Prose Interpretation.

Kyle Pinkerton - Extemporaneous Persuasive Speaking, Current Issues & Events, and Headline Writing.

Shane Tarleton - Mathematics.

JUNIORS:

Emily Mayes - Spelling & Vocabulary.

Cassidy Rinehart - Prose Interpretation.

Billy Roper - Extemporaneous Informative Speaking and Mathematics.

Tyler Wallace - Prose Interpretation and Extemporaneous Informative Speaking.

John Wilson - Computer Applications, Current Issues & Events, Editorial Writing, Extemporaneous Persuasive Speaking, and Mathematics.

SOPHOMORES:

Whitney Anderson - News Writing (moved up from alternate).

Andrew Lamming - Extemporaneous Informative Speaking and Lincoln-Douglas Debate.

Trey Soto - Headline Writing and Literary Criticism.

Austin Tarleton - Spelling & Vocabulary.

FRESHMEN:

Clint Chapman - Literary Criticism.

Rowdy Clary - Social Studies.

John Cowart - Literary Criticism and Social Studies.

Becky Dobyns - Ready Writing and Spelling & Vocabulary.

Jake Payne - Literary Criticism and Social Studies.

Taylor Peterson - Social Studies and Spelling & Vocabulary.

Lindsey Stamper - News Writing and Poetry Interpretation.

FFA Judging Teams Compete at Area

Texas Tech University was a busy campus this past Saturday as it hosted the Area I and Area II State Qualifying Career Development Event Contest for Texas FFA.

Several Gail FFA members participated as members of the Livestock and Horse teams. Team members are as follows:

Livestock: Caden Nowlain, Brandi Hudson, Symeron Rinehart, Kalli Poole.

Horse: LaShae Johnson, Logan Furlong, Kylan Reynolds, Lacy Newton

The Horse team placed 8th overall out of 77 teams. This ranking gave them 5th place finish in Area II out of 31

teams. Logan Furlong was the top finisher from the Gail Chapter as he ranked 17th out of 270 contestants. He also ranked 6th from a field of 100 participants from Area II.

The Horse teams' success qualified them to return to Lubbock for the State Horse Contest this next Saturday.

Both teams have put in a lot of effort to prepare for the competitions, including weekend practice meets and after school workouts. Mr. Wallace stated that he is very proud of the students and their work attitude.

Good Luck to the Gail FFA State Qualifying Horse team!

Securing the Railways

Sen. Hutchison's Weekly Column

On December 16, 1836, the First Congress of the Republic of Texas chartered the Texas Rail-Road, Navigation, and Banking Company. Just 10 years after the first public railroad was chartered in the United States and a mere nine months after the Texas Declaration of Independence was penned, our founders knew that a comprehensive rail system was critical to the future growth and stability of our state. Railroads ultimately made the development of Texas possible and for years, economic growth paralleled railroad expansion.

Ensuring decades brought new modes of transportation to the American people, but trains remain important to our nation. They also present a security challenge as America faces the new enemy of terrorism in the 21st century.

Congress added the most glaring transportation security issues identified by the September 11 attacks. But most of the improvements have logically focused on aviation. Rail security remains vulnerable. Passengers are rarely

Cont. to pg. 6

Borden County ISD Calendar Change

There is a mistake on the May, 2004, School Calendar that was previously published and distributed.

May 7th, is a Regular School Day

May 14th, is a Bad Weather Holiday

Please adjust your calendar accordingly.

We are sorry for any inconvenience this may have caused.

Area Track Meet at Highland Girls Results

By Coach Avery

The Lady Coyotes have 6 members of the squad still left alive and competing at the regional track meet in Abilene on April 30 and May 1. In order to qualify for the regional meet we had to be in the top four at the Area meet. Here are the events and the Ladies that are still left alive.

The 400 m. relay finished third in Area with the best time that we have had all year, 53.27. The exchanges were the best they have been all year and the girls ran well. Here are the members of this relay, Shayla Gass, Cassidy Rinehart, Emily Mayes, Menda James and Lindsey Stamper.

Ashley James won the gold medal in the pole vault by clearing 7'6". This ties her personal best vault and the school record, which was set by Ashley last year.

Cassidy Rinehart won the gold medal finishing first in the 200 m. dash. Cassidy ran the best time of her life with a very fast time of 26.28. This is just 4 100's of a second from breaking the school record set by Jill Voss back in 1995. Cassidy has a couple of meets left to accomplish that this year. This is especially encouraging since Cassidy is only a Junior.

Here is how we fared in the rest of the Area Meet.

Our 800 m. relay ran the best time it has had all year with 1:55.40, the only problem with the time was that it finished 6th. Members of this relay was Menda James, Shayla Gass, Emily Mayes, Cassidy Rinehart and Lindsey Stamper.

Have you ever just wanted to start a race over, you knew right from the beginning that you wanted a do over? Well, that is how Menda James felt during the 100 m. hurdles race. She had a good chance going into the race to finish in the top 4 or better. Menda hit the first hurdle hard, it

stopped her rhythm, then she hit the third hurdle, and then she began to run. Menda did a good job coming from behind in the rest of the race, but finished 5th by a nose. She ran a time of 17.73, but was hoping for a time of at least one second faster. Tough luck!

Also dissappointed was Shayla Gass in the 100 m. dash. Shayla's strength in this race is always her quick start out of the blocks. This time Shayla did not get that quick advantage and was left behind from the start. Shayla finished 6th with a time of 13.99. Sorry Shayla!

We will go to a Regional qualifiers meet this Thursday in Roscoe. Then we will leave the following Thursday for the Regional meet in Abilene. The meet will be ran Friday and Saturday.

From The Counselor
By Mary Airhart

REMEMBER:

TAKS, SDAA and ITBS tests for grades K - 11 will be administered on the mornings of Tuesday, April 27th, Wednesday, April 28th, and Thursday, April 29th. Please schedule dental and medical appointments so that all students can be present to take these very important tests. Teachers and students have worked hard to prepare for these tests, and we anticipate student success. Please add your encouragement and support so that every child will do as well as possible.

Meet Your Future With A Straight Face
BUCKLE UP!

Coyote Golfers Reign in 9-1A

There is not a golf course at Gail, but that still does not keep the Borden County coyotes from remaining one of the most successful Class 1A high school golf programs in this area.

"We've just been fortunate to always have some above-average athletes who work at this game just long enough and can play it well enough, where we always seem to be able to compete," said Borden County Golf Coach Trey Richey.

Following another strong showing at the District 9-1A Golf Tournament last week at Jayton, the Coyotes will once again be very well represented at the Regional II-1A Golf Tournament held Monday and Tuesday at Abilene.

The 9-1A boys golf tournament was held Tuesday at Jayton, while the 0-1A girls golf tournament was played Wednesday, also at Jayton.

Borden County turned in a very strong showing in both divisions, winning the boys and then coming in second among the 9-1A girls.

In fact, the Coyotes not only had the top boys team, but also the top boys player.

By shooting a 354, the Coyotes won the 9-1A boys team crown by nearly 40 hosts. Grady came in second with its team score of 393.

Borden County junior Ben Griffin continues being one of the area's hottest players by shooting a 74 to capture 9-1A's medalist honors by a good 17 shots. Grady's Brent Madison was Griffin's closest competition by finishing that league tournament with his 91.

Griffin has now won medalist honors in three different tournaments this season, while medaling in another.

The Coyote girls golf team is also headed to regionals after coming in second at its 9-1A tournament by finishing at 513. Grady won the 9-1A girls team crown by shooting a 500.

Richey is proud to point out that regionals has become like an annual event for the Coyote golfers.

"As a boys' team, I think we've qualified for regionals now in 20 of the past 12 years," Richey said.

"It just seems like we've always had pretty good participation, which helps us keep reloading.

Borden County girls are also no strangers to regionals when it comes to golf.

"Our girls have made this trip a few times themselves," Richey said of regionals. "Out of the past 12 years now, I think our girls have been there eight or nine times now."

The Regional II-1A Golf tournament is Monday, and Tuesday at Maxwell Golf course in Abilene.

Following still another strong showing at the 9-1A Tournament, Richey is anxious to see what the Coyote golfers can fare now this week.

"Being able to get in the top six as a team would be a big feather for our boys," Richey said. "At one time or another, all of our guys have shot in the 80's. Hopefully, we'll be able to get three in the 80's and one in the 70's, which will give us the chance to care some people in Abilene.

Richey will have a close eye especially on Griffin who missed out on qualifying for last year's state tournament by only one shot.

"Golf's a funny game some times," Richey said. "You can get some good bounces, but you also can get some bad ones.

"Hopefully, Ben will be able to put two solid rounds together this week and then we'll see what happens from there."

"We'd like to see them get into the Top 10 this week," Richey said as far as his girls are concerned this week at regionals. "It would be nice to come back and beat Grady this time, too.

District 9-1A Golf Tournament Varsity Boys Division

1. Borden County - 354.
2. Grady - 393.
3. Aspermont - 394.
4. Rochester - 442.
5. Borden County II - 456.
6. Ira - 458.
7. Sands - 467.
8. Jayton - 473.
9. Aspermont II - 492.
10. Paint Creek - 508.

TOP MEDALIST: 1. Ben Griffin, Borden County, 74. 2. Brent Madison, Grady, 91. 3. Shane Tarleton, Borden County. 4. Jacob Froman, Borden County, 93. 5. (Tie) Trent May, Grady, McGehee, Rochester, 94.

1st place: Borden Co-354, Ben Griffin-74. Shane Tarleton-92, Jacob Froman-93, Austin Tarleton-95, J.Ryan Gicklhorn-121.

5th place: Borden Co II-456, Kyle Pinkerton-103, Aaron Pigford-116, Garrett Thomas-118, Caden Nowlain-122, Trey Soto-128.

Varsity Girls Divisions

1. Grady-500.
2. Borden Co-513, Ira-535, Dawson-559.

TOP MEDALIST: 1. Lacy Thompson, Grady, 11-. Kelsi Tubb, Grady, 112. Emily Mayes, Borden County, 12, 4. (tie) Whitney Oppgard, Grady, Naomi Salinas, Dawson, 123.

2nd place: Borden County - 513, Emily Mayes-120, Ashley James-128. Cassidy Rinehart-132. Shayla Gass-133, Christina Soto-133, Menda James-136, Lindsey Stamper-143.

School Menu Week Of:

April 26th - 30th, 2004

MONDAY: Taco Salad, Corn, Pudding, & Milk.
Breakfast: Sausage, Toast, Fruit Juice & Milk.

TUESDAY: Steak Fingers, Potatoes, Green Peas, Hot Rolls, Fruit & Milk.
Breakfast: Pancakes, Fruit Juice & Milk.

WEDNESDAY: Chicken & Rice, Carrot Sticks, Green Beans, Bread Sticks, Fruit & Milk.
Breakfast: Muffin, Fruit Juice & Milk

THURSDAY: Peanut Butter & Jelly Sandwich, Salad, Chips, Fruit, Cookies & Milk.
Breakfast: Pancake Pups, Fruit Juice, & Milk.

FRIDAY:

NO SCHOOL

State FFA President Visits Gail Chapter

The Gail FFA Chapter received a special treat during the first week of April. State FFA President, Tobin Redwine and Vice President, Jerod Justice made an overnight stop in Gail to visit with the members, meet them, and share in some good ol' fashion fun.

The officers arrived at the end of the chapter plant sale and were given a tour of the greenhouse. They then shared a meal with several of the Gail FFA Officers and members at the home of Mr. & Mrs. Wallace where jokes and past travel experiences kept everyone laughing. The officers were also involved in volleyball and rounded out the night participating in some serious guitar playing.

Tobin and Jerod were able to meet with the Gail 8th Grade class early the next morning where they spent time answering FFA questions and sharing what they do as a State FFA Officer. They then met with the entire Gail Chapter and presented a highly motivational message of success avenues in the FFA.

They posed for a group picture with the Gail FFA members and departed for the next school in their Ford sponsored FFA truck.

Tobin is from Lazbuddee and Jerod is from Athens. Both were elected at the State FFA Convention this past summer. They have taken a year off from their first year of college and have traveled over 60,000 miles to visit 500 plus schools in Texas.

4-H News



Shooting Sports News

On Monday, April 26th, at 5:00 p.m., there will be an organizational meeting for all youth (3rd Grade through Seniors) that are interested in the Shooting Sports program. The meeting will be held at the Borden County Extension Office. If you have any questions, please feel free to call our office at 806.756.4336.

Making the Grade!

Fifth Six-Weeks Beta Achievement

Senior: Kyle Pinkerton;
Junior: John Wilson;
Sophomore: None
Freshman: Rowdy Clary, Rebecca Dobyns, Jake Payne and Christina Soto;
Eighth Grade: Shelby Roberts and Rachel Wilson;
Seventh Grade: Katherine Froman;
Sixth Grade: Lacey Roberts, Chelsea Stephens and Raylea Underwood.

Honor Roll

Senior: Clay John Anderson, Jami Gass and Menda James;
Junior: Ashley James, and Billy Roper;
Sophomore: Whitney Anderson, Jodye Rutherford, and Trey Soto;
Freshman: Clint Chapman,

Jacob Froman, Taylor Peterson and Kalli Poole;
Eighth Grade: Sharelle Gass;
Seventh Grade: Carlos Hernandez;
Sixth Grade: Aaron James, D'Nae Johnson, and Brendan Tarleton;
Fifth Grade: Bailey Anderson, John Hensley and Taylor Richey;
Fourth Grade: Stefanie Cooley, Austin Fields, Seleste Herridge, Bethany Stamper, Chance Taylor and Austin Tyler;
Third Grade: Celina Guerrero, Lexi Peterson, Tanner Richey, Matthew Roberson, Riley Smith, Teryn Soto and Brittney Stroope;
Second Grade: Taylor Gass, Maeghan Herridge, Kalyn Massingill, and Branson Smith.

Parent to Parent Consequences Encourage Responsibility

When your child refuses to eat what he ordered at a restaurant, do you order something else? If he forgets a toy, do you return home to retrieve it?

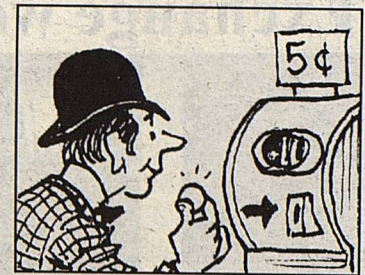
If so, you're guilty of rescuing your child from the consequences of his decisions or behavior.

You want to make your child happy. But rescuing him keeps you child from facing the consequences of his decisions or behavior. And it makes your child more

dependent on you.

Rescuing tells kids, "You're not capable of doing for yourself. I have to save you from yourself."

Let your child experience the consequences of his choices. He'll grow up to be more independent and happy.



The first nickelodeon—now called a movie theater—was established in McKeesport, Pennsylvania, in 1905 by John P. Harris and Henry Davis.

**Friday, April 30th,
HOLIDAY
Bad Weather Day!**

PRE-KINDERGARTEN NOTIFICATION FOR THE 2004-2005 SCHOOL YEAR

Borden County School will offer the pre-kindergarten program during the 2004-2005 school year. The program will be for eligible students who are four years of age on or before September 1, 2004. Students can qualify for the program by meeting at least one of the following requirements:

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

If you know of a child who qualified for the program, notify Mr. Chet Dye, Principal, Borden County Schools, P.O. Box 95, Gail, TX 79738, or call (806)756-4313 to request a registration form. Complete and return the form by May 31, 2004.

DISCLAIMER

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

ESL PROGRAM NOTIFICATION

Borden County Elementary School will offer an ESL program for LEP (Limited English Proficient) students during the summer of 2004. The program will be scheduled for a minimum of 120 hours and will conclude prior to August 1, 2004. The program is designed for students who will enter Kindergarten for First Grade in the fall of 2004-2005. Parents of eligible children will be responsible for transportation.

If you know of a child who qualifies for the program, notify Mr. Chet Dye, Principal, Borden County Schools, P.O. Box 95, Gail, TX 79738, or call (806)756-4313 to request a registration form. Complete and return the form by May 31, 2004.

DISCLAIMER

Borden County elementary School will offer this program only if ten (10) or more students qualify.

LA NOTIFICACION DE PRE-KINDERGARTEN PARA EL AÑO ESCOLAR 2004-2005

La Escuela de Borden ofrecera el programa del pre-kindergarten durante el ano escolar 204-2005. El programa estara para los estudiantes elegibles que tienen cuatro anos en o antes de 1 de septiembre, 2004. Los estudiantes pueden calificar por el programa resolviendo por lo menos uno de los requisitos siguientes:

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

Si usted conoce de un nino que califique por el programa, notifica a Chet Dye, director, Borden County Schools, P.O. Box 95, Gail, TX 79738, o llame 806/756-4313 para solicitar una forma de registro. Complete y regresa la forma antes del 31 de mayo, 2004.

LA DENEGACION

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

ESL PROGRAM NOTIFICACION

La Escuela de Borden ofrecera un programa de ESL para los estudiantes del LEP (Experto Ingles Limitado) durante el verano de 2004. El programa estara programado por un minimo de 120 horas y concluire antes del 1 de agosto, 2004. El programa esta disenado para los estudiantes que entraran kindergarten o el primer grado en el otono de 2004-2005. Los padres de ninos elegibles seran responsables del transporte.

Si usted conoce de un nino que califique por el programa, notifica a Chet Dye, director, Borden County Schools, P.O. Box 95, Gail, TX 79738, a llame 806/756-4313 para solicitar una forma de registro. Complete y regresa la forma antes del 31 de mayo, 2004

LA DENEGACION

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

Hensley, Huchzermeyer Exchange wedding vows



Mr. & Mrs. Erick Huchzermeyer
...nee Laura Hensley

Laura Hensley and Erick Huchzermeyer were united in marriage at 4 p.m. Saturday, March 6, 2004 inside a country chapel at the Antique Rose Emporium in Brenham.

The bride is the daughter of Kenny and Carla Hensley of Borden County. The groom is the son of Gary and Mandi Greene of Galveston and Richard Huchzermeyer of Tucson, Ariz.

Mendy Briley, sister of the bride, served as matron of honor. Bridesmaids were Diane Taylor, Nicole Milhauser and Holly Huffman.

Bob Miller, friend of the groom, served as best man. Groomsmen were John LeBas, Keith McCullouch and Matt Meyer.

Following the ceremony, an outdoor reception was held at the adjoining Champney's Green.

The couple will live in Galveston.

May Day Baskets

Make a Flower-filled basket for a friend

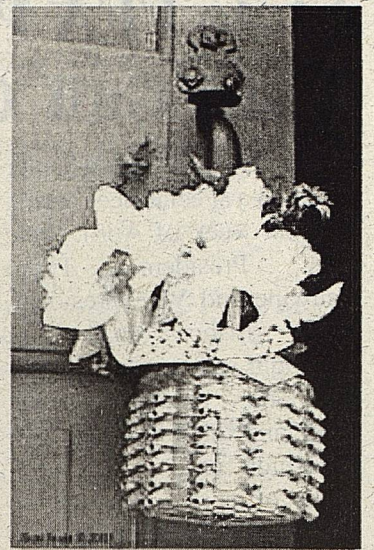
The tradition of the ancient Roman and Druid holiday of May Day has endured for centuries. It has been a celebration of spring turning into the pleasures of summer. Traditionally, a "Maypole" was the focus of the festivals. Even today the Maypole is used in the replications of old-time festivals. The Maypole is a tall pole in which ribbons are woven around by groups of dancers to make unique designs and patterns.

Gathering flowers and branches became a tradition and "bringing in the May" became a popular activity on May 1st. The giving of

baskets became part of the festivities later in the evolution of May Day.

Today baskets are often made by little children, and friends, filled with candy or flowers and then placed on people's doorsteps or tied to the door handle, as they ring the doorbell and dash away before they are caught. You can participate in this activity yourself by making a special May Day basket or using any small basket to fill with flowers to give to a friend.

Fill a small basket with freshly gathered Spring blossoms. Tuck a small vase or something that will hold water into the bottom of the



basket and fill the basket with a selection of flowers. Tie a bow or ribbon streamers onto the handle and fasten it to the door handle or set it on the doorstep of a friend.

Ag Museum Party on the Prairie

Looking for a relaxing evening away from the hustle and bustle of life? Join friends for a Party on the Prairie at Dan and Linda Taylor's barn near Ropesville at 7:00 on the evening of April 30. The Taylor's are hosting a party for all interested in supporting the American Museum of Agriculture in Lubbock.

"I encourage anyone who has an interest in preserving our agricultural heritage to attend this party," board member Dan Taylor said. "Come see what the museum represents and how it involves you."

Dress casually for an evening of fantastic food, fun games, cowboy poetry, music and s'mores over the

campfire. The party costs \$25 per person. For directions to the barn and to RSVP by April 27, call Angela Beesley at (806) 239-5796.

All proceeds will benefit the American Museum of Agriculture, which is located at the corner of Canyon Lake Drive and East Broadway in Lubbock. The museum is on the same property as the American Wind Power Center, and is open on Fridays and Saturdays from 10:00 a.m. until 5:00 p.m.

"The American Museum of Agriculture is a wonderful educational display for American agriculture. But we have operating costs, as well as the goal of one day building a 50,000 square foot

Your Local Pastor
Is as near as your PHONE...

Bro. Randy Hardman
Gail Baptist Church
Call: 806/756-4363
Mobile No: 759-9472



museum. Those things take money. We encourage everyone involved with agriculture to attend the Party on the Prairie," Taylor said.

FOR SALE

2001 Black
Mitsubishi Eclipse GT
Good Shape
64,000 Miles
\$15,000 [Negotiable]
Call: 806-781-9372

Subscribe to the
Borden Star
Only \$12.00 yearly
Call: 806.756.4402

THANK YOU!

I would like to thank everyone for taking time to vote in the Democratic Primary Election for Commissioner, Precinct 1.

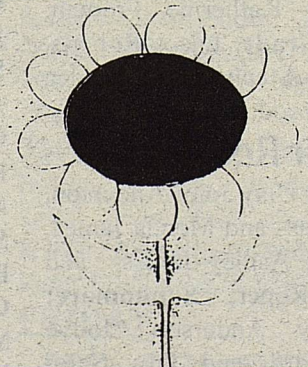
I appreciate the large voter turnout; anyone of the four candidates would have been an excellent choice. Thank you for your vote and I value your continued support.

Sincerely,
Monte Smith

Moore-Rains Insurance



Happy
Springtime



Frances Rains Stephens

701 8th. Street
O'Donnell, TX

806/428-3335

Are Schools Safer After Columbine?

5th Anniversary Reminds America about School Violence

April 20th marks the fifth year anniversary of the tragic shootings at Columbine High School, but are America's schools safer? While the incident put a spotlight on school safety and security, real change will only come about when school administrators, principles, teachers, parents and students come together and work towards solutions.

National Crime Prevention Council (NCPC) reminds parents that there are things they can do to help prevent violence in their community. Here are some helpful tips:

- If you choose to keep firearms at home, ensure that they are securely locked, that ammunition is locked and stored separately, and that children know weapons are never to be touched without your express permission and supervision.
- Take an active role in your child's schools. Talk regularly with teachers and staff. Volunteer in the

classroom or library, or in after-school activities. Work with parent teacher-student organizations.

- Act as role models. Settle your own conflicts peaceably and manage anger without violence.
- Listen to and talk with your children regularly. Find out what they're thinking on all kinds of topics. Create an opportunity for two-way conversation, which may mean forgoing judgments or pronouncements. This kind of communication should be a daily habit, not a reaction to crisis.
- Set clear limits on behaviors in advance. Discuss punishments and rewards in advance, too. Disciplining with framework and consistency helps teach self-discipline, a skill your children can use for the rest of their lives.
- Communicate clearly on the violence issue.

Explain that you don't agree and won't tolerate violent behavior. Discuss what violence is and is not. Answer questions thoughtfully. Listen to children's ideas and concerns.

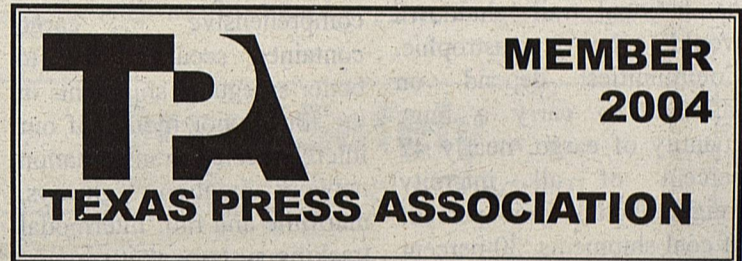
- Help your children learn how to examine and find solutions to problems. Kids who know how to approach a problem and resolve it effectively are less likely to be angry, frustrated, or violent.
- Discourage name-calling and teasing. Whether the teaser is violent or not, the victim may see violence as the only

way to stop it.

- Insist on knowing your children's friends, whereabouts, and activities. Make your home an inviting and pleasant place for your children and their friends; it's easier to know what they're up to when they're around.
- Work with other parents to develop standards for school related events, acceptable out-of-school activities and place, and required adult supervision.

- Make it clear that you support school policies and rules that help create and sustain a safe place for all students to learn. If your child feels a rule is wrong, discuss his or her reasons and what rule might work better.

- Join up with other parents, through school and neighborhood associations, religious organizations, civic groups, and youth activity groups.



Fitness Facts

Fitness Q & A: An Expert Answers Some Intriguing Questions

(NAPS)—When should I exercise? Is skipping breakfast a good way to help me lose weight? How long should I wait after eating before exercising? Should I drink water or a sports drink when exercising? Christine "CC" Cunningham, MS, ATC/L, CSCS and fitness education manager at Life Fitness, a leading exercise equipment manufacturer, helps answer these intriguing questions.

Q: When is the best time of day to exercise?

A: In terms of fitness benefits, there's no best time of day to exercise. The best time of day to exercise is whenever it's easiest and most convenient for you.

"An afternoon workout may help you avoid the natural energy lull caused by the body's rhythm slowing down in the afternoon," Cunningham says. "Exercising in the evening is desirable because the lungs are more open, body and muscle temperature are at their highest, and joints and muscles are more flexible. The downside is that some people may feel too tired to work out after a long day. In addition, exercising too close to bedtime can make it harder to fall asleep."

That said, exercising first thing in the morning might give you an extra boost of energy for the day. Starting the day with a workout also might help you stick to your routine because you won't be sidetracked with unexpected distractions or interruptions later in the day.

Q: I've been skipping breakfast because I'm trying to shed



a few pounds. Is that a good idea?

A: Although skipping breakfast might seem like an easy way to cut calories and lose weight, research shows most people who lose weight and keep it off do eat breakfast every day.

"Eating breakfast can help you lose weight by jump-starting your metabolism and getting the body to start burning calories earlier in the day," Cunningham says. "In addition, eating breakfast can help eliminate the urge to overeat later in the day."

Good breakfast choices include carbohydrates for quick energy and protein for staying power. Examples include toast with peanut butter, cereal with milk, and yogurt with a banana.

Q: How long should I wait after eating to work out?

A: You know those moms and dads who tell their kids not to jump in the swimming pool until at least half an hour after they've eaten? They're on to something. It is a good idea—

especially for adults—to give the body time to digest before starting a workout.

Being properly nourished before exercise helps prevent low blood sugar and provides fuel for the workout, but working out on a full stomach can cause gastrointestinal problems.

"Generally, you should allow adequate time to digest before working out—three to four hours for a large meal and two to three hours for a smaller meal," Cunningham says. You should, however, eat a high-carb snack of 100 to 200 calories approximately 45 minutes to an hour before working out to be sure you have enough energy to complete the workout.

Some good pre-workout snack foods are fruit, whole-wheat crackers or bread, yogurt, peanut butter, granola bars and graham crackers.

Q: Should I drink water or a sports drink while working out?

A: Fluids are important before, during and after exercise to prevent dehydration when working out. For most exercisers, water is the best beverage to choose. "Sports drinks are appropriate for higher-intensity workouts that exceed one hour to help replace the salt and potassium that is lost through strenuous exercise," explained Cunningham.

For answers to more fitness and exercise questions, see the Life Fitness Academy's "Ask the Fitness Experts" page at http://www.lifefitness.com/home/fit_experts_arc.asp.

Thank You
to everyone in Borden County
Precinct #1
who supported me in the April 13
Democratic Primary Runoff.

Sincerely,
John Stephens III

The Borden Star (USPS or PUBLICATION NO. 895-520) is published weekly except Christmas and New Year's week for \$12.00 per year by the Borden Star, P.O. Box 137, Gail, Texas 79738. Second-class Postage paid at Gail, Texas. POSTMASTER: Send Change of Address to the Borden Star, P.O. Box 137, Gail, Texas 79738.

Securing the Railway

Cont. from pg. 1

required to show identification to buy tickets or board trains. Their baggage is hardly ever scrutinized. Worse than that, thousands of tons of cargo are transported by rail every day and the containers in which it is moved from ship to trail or airplane are not secured.

Our economic relies heavily on rail and our country cannot afford a devastating loss of mobility, or worse – American lives – like the recent attack in Madrid, Spain. A statewide or national rail shutdown would be catastrophic. Communities depend on railroads to carry a huge quantity of cargo, nearly 42 percent of all intercity freight, including 65 percent of coal shipments, 30 percent of grain and important public safety supplies. For example, service disruptions following the 2001 terrorist attacks caused emergencies for several cities awaiting rail deliveries of chlorine for water purification.

The U.S. must develop an aggressive, proactive approach to security requirements that ensure safety without crippling the industry. Standards to address passengers and their baggage are a good start. In addition, parameters must be developed between the Department of Homeland Security and affected cargo carriers. It may not be realistic to expect we can physically screen every container on the move in our nation's vast economy. But instead of leaving immense amounts of cargo completely unchecked, we should layout a systemic plan to coordinate and expand on existing technologies.

Safeguarding rail infrastructure is an important goal. In the last month an explosive device was found buried in the bed of a French passenger line, and a partially assembled bomb was discovered under a high

speed rail line south of Madrid. In our country, Amtrak serves more than 500 train stations and owns just 135 of them. The remainder and overwhelming majority are owned by cities and states. All of the system's trains travel in close proximity to homes and schools across the country, and a train traveling through a major metropolitan area, such as Dallas, is just as vulnerable as one traveling in the Northeast Corridor from Boston to Washington, D.C.

I recently introduced a comprehensive cargo container security bill to better safeguard shipments in the four major modes of our interconnected transportation network: aviation, highways, maritime and rail. Intermodal tracking systems that connect the dots from packaging to delivery are critical to securing our overall transportation infrastructure. Commercial shippers should be held responsible for the contents of packages they choose to transmit, value established relationships and use available technology to determine whether items are safe.

Sealed, so-called, "smart" boxes can play a key role in limiting the costs of widespread screening. My legislation would coordinate information collected by "smart" containers, so those

La Bête is Silenced B.H.S. OAP Ends Season

Despite yet another tremendous performance, Borden County High School's One-Act Play production of David Hirson's *La Bête* ("The Beast") failed to advance from its Region II, Area 1 Contest on April 10th.

This marked the fourth time in five years for a B.H.S. One-Act Play to advance to the Area level.

Critic Judge Krin Brooks Perry stated that the production was "clearly the most theatrical" of the six plays to perform. However, she decided that Benjamin's High School's *Blithe Spirit* and Chillicothe High School's *Daddy's Dyin', Who's Got the Will?* were more deserving of advancement.

which have been deemed safe need not be re-inspected without a specific reason, saving millions of dollars. I want to ensure that trains traveling Texas railways are loaded with goods and products to keep America's economy moving – not weapons that would bring it to a grinding halt.

I will continue to work toward increasing transportation security across the network. It is my hope Congress will develop bolder, more effective standards to address 21st century rail, air cargo, and maritime container security needs.

Individually, however, three members of the B.H.S. cast were recognized for outstanding performances. Juniors John Wilson ("Valere") and Cassidy Rinehart ("Dorine") were placed on the All-Star Cast. Senior Kyle Pinkerton ("Elomire") was named to the Honorable Mention All-Star Cast.

The cast and crew of *La Bête* presented its final performance for the community on Tuesday, April 13, to an appreciative and enthusiastic audience.

Also participating in the B.H.S. OAP this year were the following:

Senior: Menda James ("Catherine De Brie").

Juniors: Adam Carter ("De Brie") & Tyler Wallace ("Prince Conti").

Sophomores: Andrew Lamming ("Servant") & Garrett Thomas ("Bejart").

Freshmen: Clint Chapman ("Du Parc"), Becky Dobyns ("Marquise-Therese Du Parc"), and Kalli Poole ("Madeleine Bejart"), Kylan Reynolds ("Servant"), Christina Soto ("Servant"), & Lindsey Stamper ("Servant").

Cont. to pg. 8

Mother's Day Ideas

Tasty Flower Cupcakes



Help Mom stop and smell the roses with delightful flower cupcakes.

(NAPS)—On Mother's Day or whenever you want to show mom you care, nothing says "I love you" like a home-baked gift.

While dad may opt for flowers, why not create your own edible floral creation that tells mom you think everything she does comes up roses. The EASY-BAKE Flower Cupcake is an imaginative dessert that's quick and easy to make.

This cheery treat is also great for birthday parties, family gatherings or no occasion at all. Once

mom's sweet tooth is satisfied, all you need is some more mixes and a little candy to make your cupcake garden grow. Cook a batch for friends or relatives and watch the smiles bloom!

This recipe is part of a series of holiday themed treats from what's been called America's favorite cooking toy. For additional tasty ideas, visit www.easybake.com to see what's cooking. For further information, call 1-800-255-5516.

FLOWER CUPCAKES

- 2 Easy-Bake Cake Mixes (any flavor)
- 2 Easy-Bake chocolate frosting packets (1 included with Easy-Bake cake mix) or 1 canister of chocolate frosting
- Floral wire or toothpicks
- Green Twizzlers
- Assorted gummy candy (suggest gummy worms, gummy melons and sour tape)

Bake and cool two EASY-BAKE Cake Mixes by following package instructions. Stack the cakes on top of each other and then frost with chocolate frosting. Create a fence around the cake using green Twizzlers. Tie a bow around the fence with sour tape. Create flowers by rolling gummy worms and then putting a little floral wire or a toothpick in the middle to hold it in place. Place a few "flowers" on top of your cake. Enjoy with mom!

LEGAL NOTICE

The Commissioners' Court of Borden County will receive bids on the following until 10:00 a.m. May 10th, 2004.

1. Fuel for 2004
 - a. unleaded
 - b. diesel
2. Propane for Courthouse, and Precinct #2 Barns

For specifications and information on the above, contact the office of the County Judge, Borden County Courthouse, 806-756-4391.

Bids should be submitted to the Office of the County Judge, P.O. Box 156, Borden County Courthouse, Gail, Texas 79738.

The right is reserved by the Borden County Commissioners' court to accept or reject any and all bids.

For the Borden County Commissioners' Court

Van L. York
County Judge
Borden County

Submit bids to: County Judge's Office
P.O. Box 156
Gail, Texas 79738

A Pet Parent's Guide to Healthier, Happier Pets

This season dog owners will undoubtedly take longer walks, enjoy time at the park and lounge in the cool shade of trees with their furry friends. "This is precisely why pet parents shouldn't wait to protect their dog against mosquitoes, ticks and fleas, the most common parasites that can shorten not only the warm weather fun, but in some cases, a dog's life," says Dr. Jeff Werber, DVM and former host of Animal Plante's *Petcetra*. "I strongly encourage pet parents to visit their veterinarian and learn ways to prevent and protect their pets from the discomfort and health risks associated with parasites."

While none of these facts are meant to scare dog owners, they are meant to alert them to health risks that exist. Whether in town or country, without added protection, no dog, no matter

Warm Weather Pet Health Tips

- Pets can suffer heatstroke, so keep your pet hydrated and avoid strenuous exercise during the hottest time of the day.
- Apply a monthly parasite preventative such as Advantage® or K9 Advantix®.
- Reduce exposure to mosquitoes by avoiding walking at dawn and dusk (mosquito feeding times) and remove standing water from your property.
- Visit your veterinarian regularly to keep your pet healthy.
- Avoid extreme temperatures and never leave your pet in the car.

how well-groomed or loved, is safe from the havoc these three parasites can wreak.

Ticks

Tick-borne diseases, for instance, can cause itching, pain, appetite loss, lethargy, fever, and swollen joints, according to the American Veterinary Medical Association (AVMA). Ticks can carry Lyme disease and Rocky Mountain spotted fever and the estimated 200 tick species found in the U.S. can easily infest dogs in very large numbers. In fact, dogs are 50 percent more

susceptible to Lyme disease than humans.

Fleas

Not only are fleas carriers of dog tapeworm, but they can cause flea allergy dermatitis, a common allergic skin condition affecting pets. The uncontrollable itching and scratching associated with flea allergy dermatitis can be a major discomfort for dogs. Fleas are an unusually hearty species of parasites, able to pierce thick skin, suck blood and abundantly reproduce with great speed. In fact, just 10 female fleas may be able to multiply to more than 150,000 in only 30 days, according to the AVMA.

Mosquitoes

And it only gets worse. There are about 3,000 species of mosquitoes in the world,

150 of which can be found in the United States. However, only the females are dangerous because they are the only ones to bite. Most dangerous of all is the mosquitoes can carry West Nile virus — a strain of encephalitis that causes swelling in the brain and may be fatal. While a small percentage of dogs in the U.S. have been affected by the disease, even one is one too many, and pet parents should take the necessary precautions.

Providing a dog with the armor that easy-to-use products such as Advantage

flea control for dogs and cats and triple-protection K9 Advantix for dogs only (both from Bayer Animal Health) is essential. These products are useful to kill these dangerous parasites, an important thing to consider when preparing for summertime.

It's not enough to merely kill the mosquitoes, ticks and fleas present today, but dog owners must prevent future bites, as well. "Each of the three types of parasites present their own kind of peril," notes Dr. Werber, "which is why it's important to protect your pet year-round by using products that are effective against them all."

Drive Safely . . .
Watch out for our Children!

Branon Funeral Home

Serving in this area since 1922

Phone
806/872-8355

403 N. Austin
Lamesa, Texas

Sale of Surplus Equipment

Borden County will accept bids for the following used equipment. Bids will be opened April 26, 2004 at 10:00 a.m. at the Borden County Courthouse.

Equipment can be inspected by contacting Commissioner Doug Isaacs, phone 806/439-6619. Equipment is as follows:

- One 1983 Ford F7000 6yd. Dump truck, Diesel CAT motor
- One 2978 Chevrolet 1 ton pickup

For further information contact Doug Isaacs, Commissioner Precinct 1, phone 806/439-6619 or Van York, County Judge, phone 806/756-4391.

Mail bids to P.O. Box 156, Gail, Texas 79738. All bids should be marked "BID" on outside of envelope.

Borden County reserves the right to reject any or all bids.

BY ORDER OF THE BORDEN COUNTY COMMISSIONERS COURT

Van L. York,
County Judge
Borden County



PET HEALTH CLINIC

Monday, April 26, 2004

Dr. Bo Brock
Brock Vet Clinic
Lamesa, Texas

Offering:

Rabies Vaccination - \$7.50 (per dog or cat)

Parvo - \$8.00 (per dog)

Distemper - \$9.00 (per dog)

Feline Distemper - \$10.00 (per cat)

Feline Leukemia - \$15.00 (per cat)

Dewormer will be available

(Cost of wormer determined by weight of animal)

Coggins Test for Horses - \$15.00



Borden County Show Barn

3:30 -- 5:00 pm

Plains Community - Precinct #1 Barn

5:45 -- 6:15 pm

Bring your pets for vaccinations and insure your pet against rabies!!!



Sponsored by:
Borden County Extension Program Council
4-H Program Area Committee
4-H Council
In Support of:
Health, Safety, & Well Being

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 Commissioner's Courts of Texas Cooperating.

"Mailbag"



Join the Search for Missing Children

Once a week across the United States, thousands of U.S. Postal Service letter carriers deliver special mail that often represents the last hope for families searching for their missing children.

To date, thanks to a strong partnership involving direct mail, 126 missing children have been found and safely returned to their homes.

Started in 1985 by ADVO, Inc., in partnership with the

National Center for Missing & Exploited Children (NEMEC) and the Postal Service, the "America's Looking For Its Missing Children" program has won widespread recognition as one of the nation's most effective public service initiative stop help find missing children.

ADVO's "Have You Seen Me?" cards, which feature photographs of missing

children and critical information about them, are delivered weekly along with accompanying advertising mail to more than 77 million households. About one of every seven children featured on the cards has been recovered.

When the NCMEC sends a report of a missing child, the Postal Service distributes a photo and related information by fax for posting within 24 hours in Post Office lobbies

and in Processing and Distribution facilities. The Postal Service also published photo and information in the Postal Bulletin, an official publication distributed to all Postal Service facilities and subscribers.

To report seeing one of the children depicted on an ADVO card, call the NEMEC at 1-800-THE LOST. For more information, go to www.missingkids.com or www.advo.com.

OAP Ends Season

Cont. from pg. 6

Crew members for the play were junior Emily Mayes (Stage Manager), junior Thelma Balague (Props & Costumes), sophomore Trey Soto (Light Technician), and freshman Sarah Harding (Sound Technician).

Darrin Ard directed the production.

With only two graduating seniors and a class full of eighth graders ready to take their place, next year's One-Act Play looks to be just as successful.

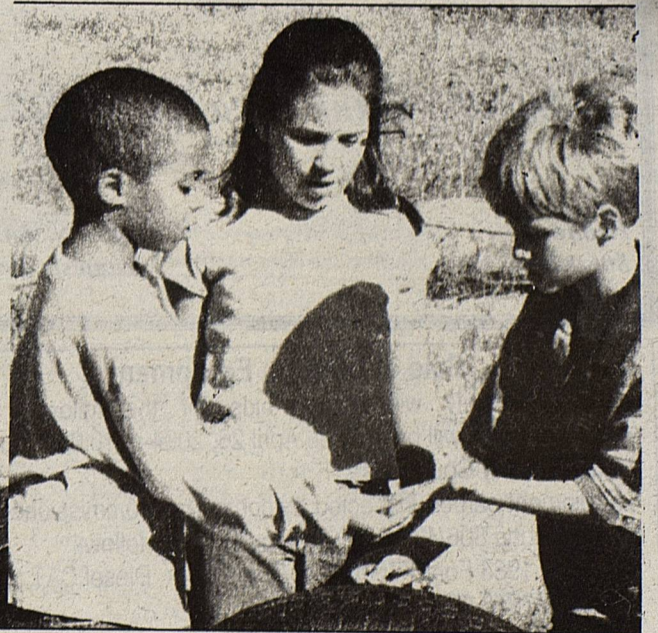
Drive Safely



Watch Out for our Children . . .



Parent Alert!



Texas Department of Protective and Regulatory Services
www.tdprs.state.tx.us

January 2001

Keeping Kids Safe is Everybody's Business

It's Up To You