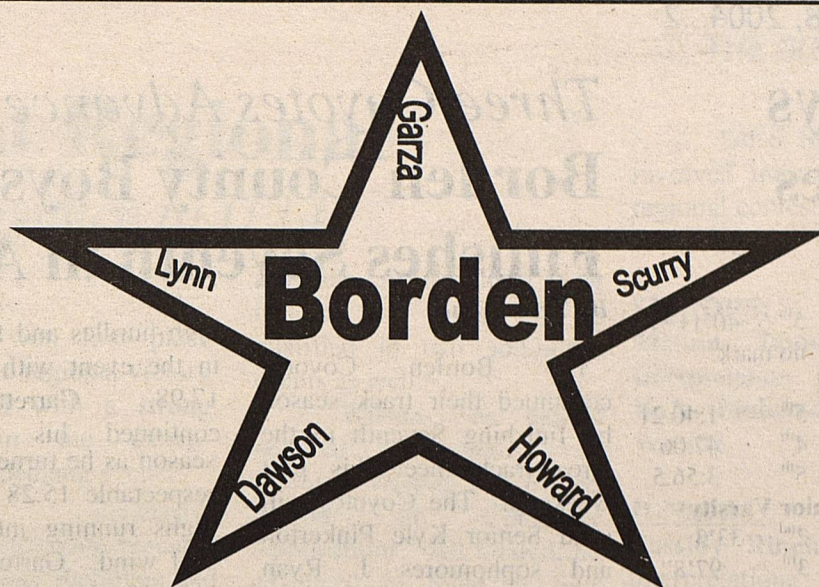


THE

Volume XXXII



STAR

April 28, 2004

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

Wind Farm Dedicated at Fluvanna Combs Announces New

It was barbecue, beans, and bands at the Fluvanna Community Center last Thursday as that community and those associated with the Green Mountain Energy Wind Farm attended a dedication ceremony.

Representatives of Cielo Wind Power, Green Mountain Energy, Shell and TXU joined with commissioners court from the Borden and Scurry counties, plus others for the dedication. The wind farm consists of

160 turbines, some 226 feet tall and weighing more than 170 tons each.

Enough electricity is generated from the wind farm to annually generate enough electricity for 30,000 homes.

Public School Nutrition Policy

Agriculture Commissioner Susan Combs has just announced the new Texas Public School Nutrition Policy for all Texas public schools participating in the federal child nutrition programs. The policy becomes effective Aug. 1, 2004 for schools participating in the National School Lunch Program, and the School Breakfast Program.

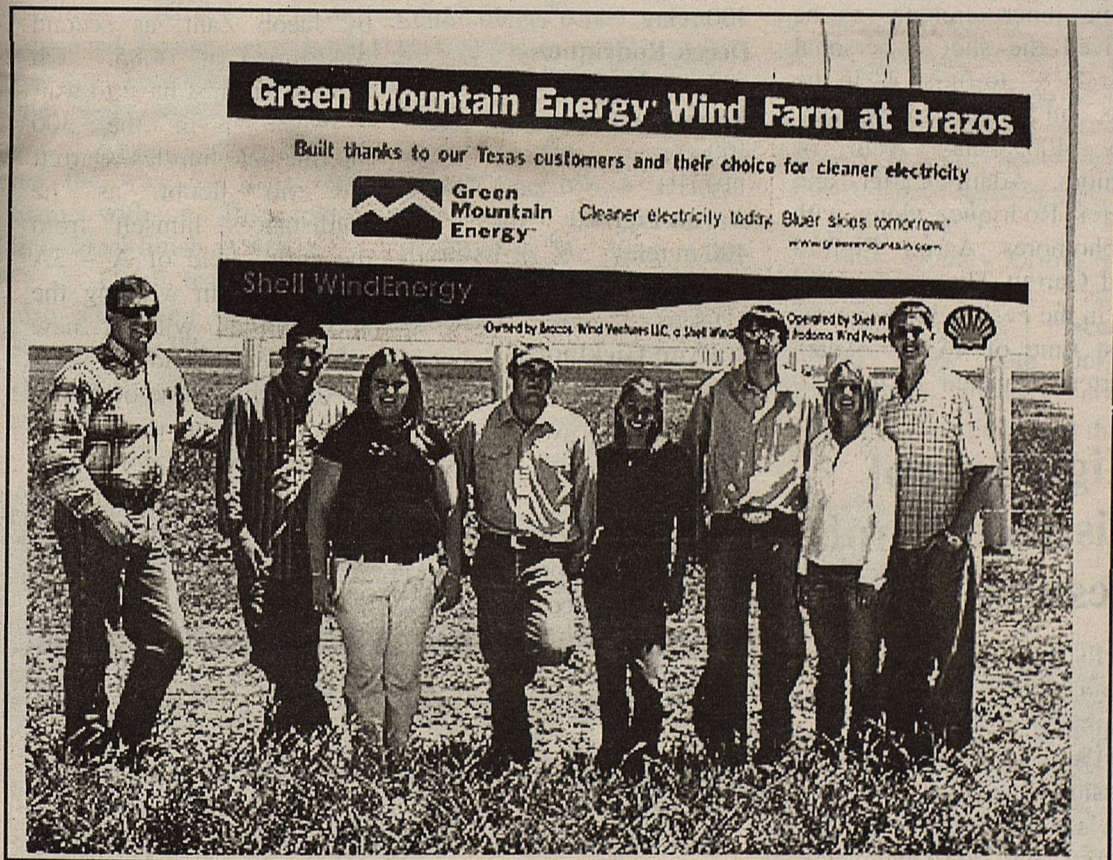
"This policy is the result of months of collaboration with experts and interested individuals around the state who consider children's health

and education a top priority," Combs said. "We want to ensure that foods served in our schools are nutritious and balanced, and we are dedicated to promoting an environment that nurtures both mental and physical development."

The policy limits the number of grams of fat and sugar Texas schoolchildren may have each week, and allows a phase-in period to eliminate deep-fat frying in food preparation for meals.

In addition, portion sizes for food items such as chips,

Cont. to pg. 4



FFA Seniors Attend Wind Turbine Gayle Event: The Borden County Ag. Science Department Senior Class enjoyed a special field trip last Thursday as they attended the official ribbon cutting ceremonies for the Borden/Scurry Wind Turbine Project.

The festivities took place at the Fluvanna Community Center and were attended by some 200 citizens, officials, and the Borden County Ag. Department Senior Class. The companies of Ceilo Wind Power, Shell Oil, Green Mountain. Officiated the ceremony. A certain "Synergy" ran through the crowd as the company's spoke of all attendees making history by attending the special event. The group also enjoyed a fancy barbeque lunch, and musical entertainment by Jody Nix.

At the conclusion of the meal, music and speeches, the Borden County students traveled to a viewing spot where they had an up close look at the big turbines. The seniors attending were Shayla Gass, Menda James, Alexis Brooks, Andy Lozano, Clay John Anderson, and Shane Tarleton. The class was accompanied by their Ag. Science teacher, Buddy Wallace.

Elementary students among BIG BUTTON Contest Winners

Borden County officials have been notified that Brandon Pewitt, Kindergartener, is a \$25.00 category winner in the South Plains Nursing Coalition's BIG BUTTON competition. In addition, the following students were awarded Honorable Mention: Taylor Gass and Kalyn Massingill, 2nd grade; Teryn Soto, Riley Smith and Lexi Peterson, 3rd grade; and Bethany Stamper, 4th grade. Approximately 35 Borden County students were among the 650 area students who competed in this contest. Good job.



Kindergarten student, Brandon Pewitt is \$25.00 Winner in the BIG BUTTON competition.

Borden County Boys Track Team finishes 5th at District

By Trey Richey

The Borden County Coyotes continued their track season with a solid day of competition at the district track meet. The coyotes finished 5th in the meet with 57 points. There were only a few coyote competitors that advanced to the Area meet to take place in Highland next week. The advancing athletes were Kyle Pinkerton in the discus after a 4th place finish in the event. Kyle also finished in 4th place in the shot put, but allowed fellow teammate J. Ryan Gicklhorn to advance to Area with his 5th place finish. The 400 meter relay made up of all under classmen advanced to the Area meet by finishing 3rd. The members of this relay are Juniors' Adam Carter and Derek Rodriquez and Sophomores Aaron Pigford and Garrett Thomas. Garrett Thomas was the final competitor to advance as he won both hurdle races. The coyotes have had a very successful season and have a lot of youth and excitement to look forward too. This youth should make for a very good track team in the years ahead.

Kyle Pinkerton

*Discus 4th 113'10"
*Shot Put 4th 40'11 1/2"

Garrett Thomas

*110 HH 1st 15.48
*300 IH 1st 41.95
*400 relay 4th 47.06

Shane Tarleton

800 meter run 5th 2:21.26
1600 m relay 5th 3:56.5
Discus 6th 110'11"
Shot put 37'8"

Austin Tarleton

3200 7th 12:11.01
1600 m run 6th 5:35.67

Adam Carter

800 meter relay 5th 1:40.21
*110 HH 4th 17.9
*400 relay 4th 47.06

Michael Bullinger (Jr Varsity)

High Jump 2nd 5'2"
Long Jump 2nd 16'7 1/2"
400 relay 2nd 48.46
100m run 1st 11.97
800 relay 2nd 1:44.21

J. Ryan Gicklhorn

*Shot put 5th 40'11 1/4"
Discus no mark

Aaron Pigford

800 relay 5th 1:40.21
*400 relay 4th 47.06
1600 relay 5th 3:56.5

Trey Soto (Junior Varsity)

Shot put 2nd 33'3"
Discus 3rd 97'8"
100 meter dash 6th 13.12
400 relay 2nd 48.46
800 relay 2nd 1:44.21

Caden Nowlain

400 meter dash 64.21

Jake Payne

Triple jump 33'10"
110 HH 6th 19.27
800 relay 5th 1:40.21
1600 relay 5th 3:56.5(58.6)

Derek Rodriquez

*400 relay 4th 47.06
800 meter relay 5th 1:40.21
1600 relay 5th 3:56.5 (58.1)

John Cowart (Jr Varsity)

Pole Vault 2nd 8'0"
400 m relay 2nd 48.46
800 m relay 2nd 1:44.21

Andrew Lamming

High Jump 5'4"
1600 meter run 5th 5:20.5

Clint Chapman

Pole Vault 5th 9'0"
400 meter run 62.2

Billy Roper (Jr Varsity)

shot put 5th 31'2"
discus 1st 99'5"

Bradley Tatum (Jr Varsity)

Pole Vault 1st 10'0"
400 meter relay 2nd 48.46
800 meter relay 2nd 1:44.21
200 meter dash 1st 24.9

* - denotes that athlete advanced to Area meet.

- denotes that athlete allowed other to advance in his place.

Jr. High Tennis Results

Results of the Levelland Jr. High Tennis tournament.

Girl's Singles - Div. I

Rachel Wilson - 3rd place

Girl's Doubles - Div. II

Rachel Wilson/Kate Wallace 2nd place

Boy's Singles - Div. II

Tyrell Massingill-Consolation

Other students participating were: Shelby Roberts, Krystal Hobson, Miller Valentine, Quentin Shaffer, Jake Cooley and Cory Teel.

Three Coyotes Advance to Regionals Borden County Boys Track Team Finishes Seventh in Area Track Meet

By Trey Richey

The Borden Coyotes continued their track season by finishing Seventh in the Area track meet this past weekend. The Coyotes will send Senior Kyle Pinkerton and sophomores J. Ryan Gicklhorn to the regional track meet during the last weekend in April. Kyle Pinkerton avenged last years disappointment at the area meet by moving up two spots on his last throw to finish fourth in the discus with a throw of 123' 7 3/4". Last year Kyle needed the same type of throw to advance, but he could not manage to do so. But this year, in spite of a broken foot and a boot on, he found the inner strength. J. Ryan Gicklhorn also found some inner strength, as he heaved the shot a personal best 41'8" to finish 4th in the shot and advance to regional. The 400 relay team of Juniors, Adam Carter and Derek Rodriquez along with sophomores Aaron Pigford and Garrett Thomas finished 6th in the event with a seasons best time of 46.55. Adam Carter competed in the 110

high hurdles and finished 6th in the event with a time of 17.98. Garrett Thomas continued his impressive season as he turned in a very respectable 15.28 in the 110 highs running into a pretty stiff wind. Garrett followed his 110 victory with a solid 2nd in the 300 hurdles to two-time state qualifier Weldon Brooks from Bryson. These two young men will battle it out again in a couple of weeks for a trip to Austin. Below are the young men that competed in the area track meet and their times. Good job guys. A super season to those who did not advance.

Garrett Thomas

*110 HH 1st 15.28
*300 IH 1st 42.19
400 relay 6th 46.55

Derek Rodriquez

400 m relay 6th 46.55

Adam Carter

400 m relay 6th 46.55
110 HH 6th 17.98

Aaron Pigford

400 m relay 6th 46.55

Kyle Pinkerton

*Discus 4th 123' 7 3/4"

J. Ryan Gicklhorn

*Shot Put 4th 41'8"

* - Advancing to Region II-A meet in Abilene on April 30 - May 1st.

The Athletes that advanced to the Regional meet traveled to Roscoe this past

week and competed in a Regional Qualifiers meet. Kyle Pinkerton threw the discus 118'10" but finished out of the top six and J. Ryan Gicklhorn threw the shot 39'8" but also finished out of the top six. This meet consisted of teams from all over West Texas ranging from A to 3A schools. Garrett Thomas turned in a seasons best time in both of his hurdle races as he finished 3rd in the 110 high hurdles with a very good time of 14.93. Some coaches around actually thought that he finished 2nd in the race, but that is not how he was picked. If he had been given the 2nd place finish he would have broken the school record of 14.86 by Jacob Zant, as second was timed at 14.85. Oh well, it will just have to wait a week. In the 300 intermediate hurdles, Garrett left no doubt as he outdistances himself from the entire field of A - 3A competitors in winning the 300 hurdles with a new school record and a region II-A top three time of 40.69. Garrett and the rest of the Coyotes will be competing for a chance to advance to the State Track meet the 2nd week in May. Good luck guys.

High School District Tennis Results

Girl's Doubles

Menda and Ashley James - 4th place

Girl's Singles

Cassidy Rinehart - 4th place

Boy's Doubles

Garrett and Clint Chapman - 3rd place

Shane Tarleton and Garrett Thomas - 4th place

Boy's Singles

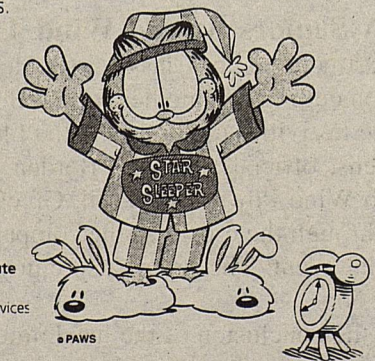
John Wilson - 4th place

Other participants included Shayla Gass and Becky Dobyms.

The JV Division of the District Tennis Tournament was cancelled due to bad weather.

Sleep Well, Do Well

For kids to do their best in school or at play, they should get at least nine hours of sleep every night. **Kids can be Star Sleepers like Garfield.** Visit <http://starsleep.nhlbi.nih.gov> for sleep tips and fun activities.



NATIONAL INSTITUTES OF HEALTH
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PAWS

Runners-Up at Regional

Six B.H.S. Students Advance to U.I.L. Academic State Meet

When the smoke cleared and the points were tallied at this past weekend's Region II-A U.I.L. Academic Meet in Abilene, students from Borden County High School sat near the top.

For six individuals from B.H.S., that seat is headed for Austin next weekend for the U.I.L. Academic State Meet.

After an extremely successful day of competition on Saturday, B.H.S. ended up in second place overall at the regional contest with a total of 135.5 points. Perennial academic state champion Lindsay High School won the meet with 407 points. Muenster High School was third with 89 points.

The Current Issues & Events (CI&E) team advanced the state after tying for first place with defending state champion Lindsay.

Junior John Wilson led the way for the CI&E team with a first place individual finish as well.

CI&E team members also advancing to state are seniors Kyle Pinkerton, Clay John Anderson, and Dusty Gwinn.

The Speech & Debate

team also won first place overall. The regional victory was created with a strong showing in the extemporaneous speaking events.

In Persuasive Speaking, Pinkerton repeated as the regional champion and advanced to state for the third consecutive year in the event. Wilson also advanced to state in Persuasive Speaking with his third place finish.

Junior Tyler Wallace advanced to the State Meet following a second place finish in Informative Speaking. He barely missed advancing to State in Prose Interpretation as well. Wallace finished fourth and will serve as first alternate to State in the event.

Also advancing to the State Meet is freshman Rowdy Clary. With a second place individual finish in Social Studies, Clary led the Social Studies team to a second place finish as well. The team will serve as alternate to the State Meet and is comprised of an all freshmen squad: Clary, Taylor Peterson, Jake Payne, & John Cowart.

Wilson was not pleased with simply

advancing to the State Meet in only two events, so he qualified in two additional events as well.

Wilson was named regional champion in Editorial Writing and placed second in Computer Applications. All totaled, he advanced to State in four events—five when counting his State Champion performance with partner Billy Roper in C-X Debate in mid-March.

Sophomore Andrew Lamming also had a strong showing at regionals and barely missed advancing to State in two events. He placed fourth in Lincoln-Douglas Debate and finished fifth in Informative Speaking.

The Spelling & Vocabulary team placed fourth overall and consisted of Becky Dobyns, Emily Mayes, and Austin Tarleton.

The Mathematics team also placed fourth overall. Team members were John Wilson, Shane Tarleton, and Billy Roper.

In Literary Criticism, an all freshmen and sophomore team placed eighth. Trey Soto, Jake Payne, John Cowart, and Clint Chapman comprised the team.

Other B.H.S. students involved individually in the regional contests included the following:

SENIORS:

Menda James – Prose Interpretation.

Kyle Pinkerton –Headline Writing.

JUNIORS:

Cassidy Rinehart – Prose Interpretation.

Billy Roper – Extemporaneous Informative Speaking.

SOPHOMORES:

Whitney Anderson – News Writing.

Trey Soto – Headline Writing.

FRESHMEN:

Becky Dobyns – Ready Writing.

Lindsey Stamper – News Writing and Poetry Interpretation.

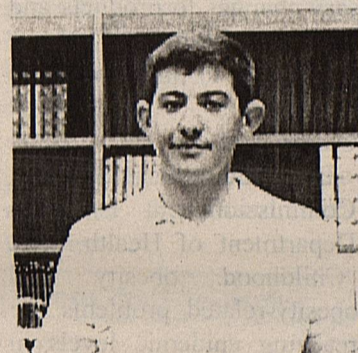
Good luck in Austin, boys! Thank you to all of you who worked so hard this year in U.I.L. Academics.

Gail FFA Horse Team completes Season with State Contest

The Gail Horse Judging team completed their successful season at the State FFA Career Development Judging Event this past Saturday. This event, which was held at Texas Tech University, hosted the top 65 horse teams in the state.

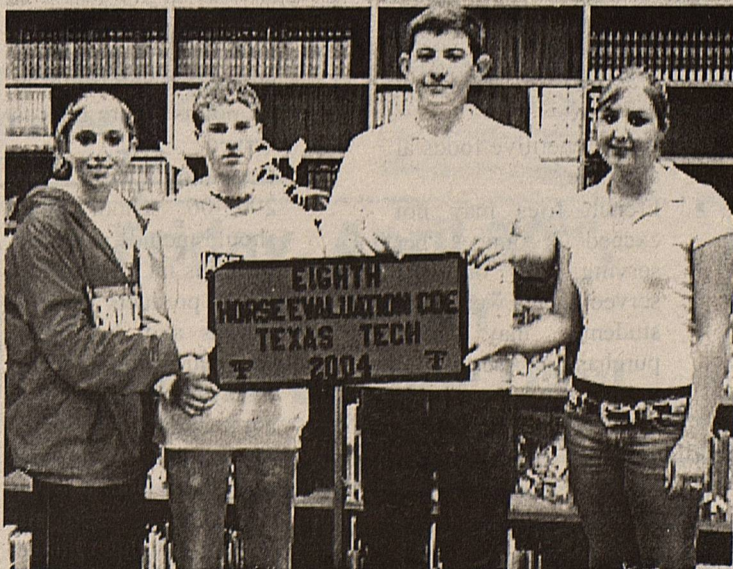
The Gail team, consisting of Logan Furlong, LaShae Johnson, Kylan Reynolds, and Lacey Newton ranked 38th out of the 65 teams in the contest. Logan Furlong had an outstanding day as he placed as the 5th high overall individual from 244 contestants.

Mr. Wallace stated that he

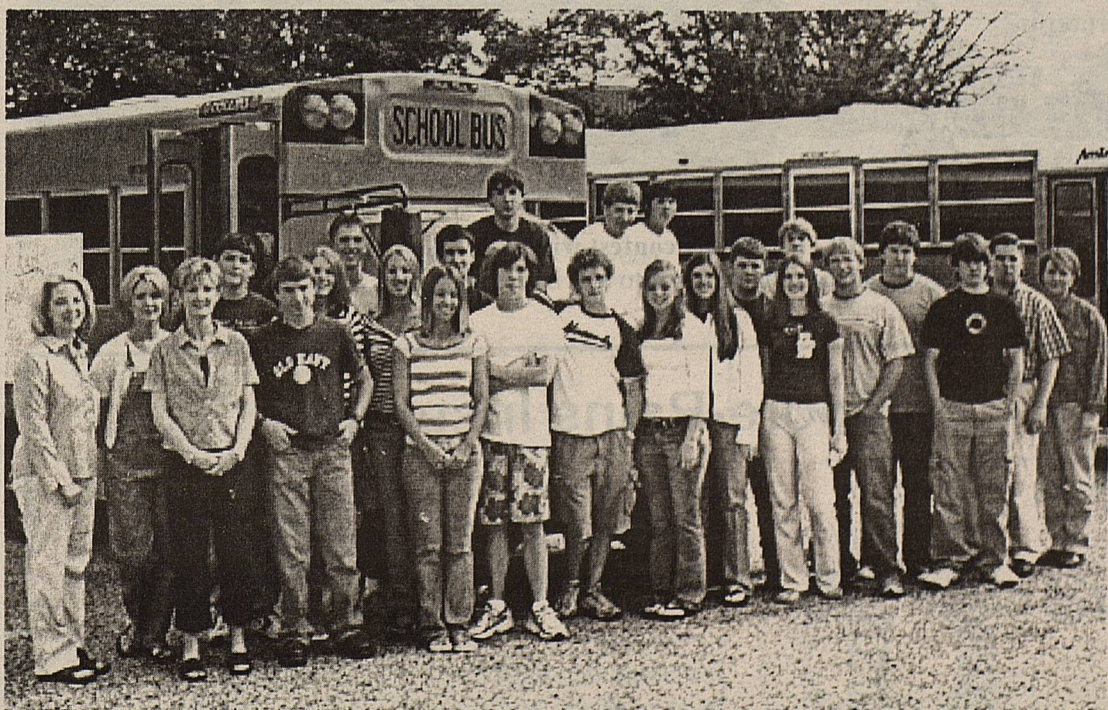


5th High Overall Individual Logan Furlong

was very proud of the team and their accomplishments this year. He was also excited about the fact that all students could return and be eligible to judge next year.



Horse Judging Team: (L. to R.) Lacey Newton, Kylan Reynolds, Logan Furlong and LaShae Johnson.



Regional UIL qualifiers: Twenty-one BHS students qualified for the Regional UIL meet held last weekend at Hardin-Simmons University in Abilene. Shown here are the students before they left on Friday to participate in the meet.

Drive Safely . . .
Watch out for our Children!

Public School Nutrition Policy

Cont. from pg. 1

cookies, bakery items and frozen desserts at elementary, middle and high schools are limited.

"A majority of the state's schools will be soliciting contract bids for food and other supplies for the next school year within the next few weeks, and we wanted to release the new policy now to give them plenty of time to plan and prepare for any modifications," Combs said.

"We realize it will take time for schools and the food industry to make the necessary changes to products and recipes, so we want to use this policy to phase in better nutritional guidelines," Combs said.

Dr. Eduardo Sanchez, Commissioner, Texas Department of Health, said, "Childhood obesity and obesity-related problems are reaching epidemic levels in Texas. If we don't act now to tackle these problems, both individual Texans and the state will be faced with a healthcare crisis of enormous proportions".

Overview of the Texas Public School Nutrition Policy

Elementary Schools

- No Foods or Minimal Nutritional Value (FMNV) or candy at any time.
- No competitive foods at any time.
- French fries may not exceed 3 ounces per serving, may only be served once a week, and students may only purchase one serving at a time.

Middle and Jr. High School

- No FMNVs or candy until last lunch period.
- No competitive foods during meal times.
- French fries may not exceed 3 ounces per serving, may only be served three times a week, and students may only purchase one serving at a time.

High Schools

- No FMNVs during meal times in areas where reimbursable meals are served and/or consumed.
- No competitive foods during meal times in areas where reimbursable meals are served and/or consumed.
- New contracts starting March 3, 2004 and contract renewals must expressly prohibit the sale of sugared, carbonated beverages in containers larger than 12 ounces.
- By the 2005-2006 school year, the goal is to have no more than 30 percent of the beverages available in vending machines be sugared, carbonated soft drinks.
- French fries may not exceed 3 ounces per serving, and students may only purchase one serving at a time.

All Grade Levels

- Should eliminate deep-fat frying as method of on-site preparation.
- Portion size restrictions on chips, certain snacks and sweets, milk and fruit drinks.
- Limits on fats and sugar per serving.
- Fruits and vegetables should be offered daily on all points of service
- Must offer 2 percent, 1 percent or skim milk at all points where milk is served.
- Beginning with the 2005-06 school year, should include a request for trans fat information in all products specifications and, by 2007-08, reduce the purchase of any products containing trans fats.
- By the 2006-07 school year, all fruit and/or vegetable juices should contain 100 percent real fruit and/or vegetable juices.

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Retirement Luncheon

Last Thursday, April 22nd Sue Smith was honored with a Retirement Luncheon in the School Conference room given by teachers and friends.

Mrs. Smith is retiring from the Borden County school system after 30 years.

The last 20 years, Sue has been involved in the Special Ed program, teaching the Herman Reading Program and helping Mrs. Stamper with the children in the classroom. She has also been an aide in the Computer Lab supervising the elementary students with key boarding each week and helping with various other computer programs. She aides the children in the lunchroom at noon and supervises the playground at recess. She also is involved in the Accelerated Reading Program and the Star Reading Test Program.

Sue has also been a big help to the Borden Star the last several years by printing the mailing labels each week and printing subscription notices monthly. Her help

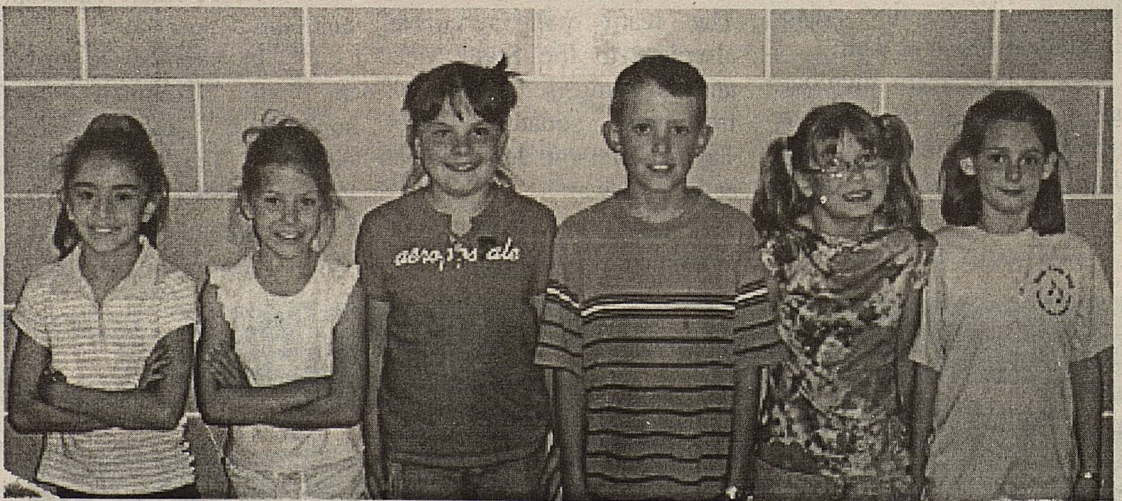
will certainly be missed.

Monday, April 26th, was Sue's last day at the Borden County School. She will be

missed by the students and by all of her friends here at BHS, but we wish her the best. Enjoy your self Sue!



Retiring after 30 years: Sue Smith along with husband Rube are shown at her Retirement Luncheon held last week in the School Conference Room.

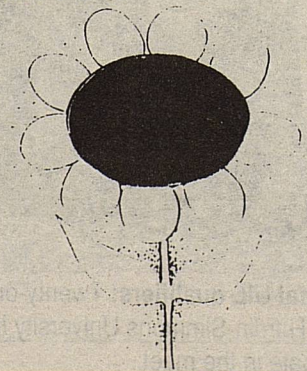


Honorable Mention BIG BUTTON contest winners: Kalyn Massingill, Taylor Gass, Bethany Stamper, Riley Smith, Teryn Soto and Lexi Peterson.

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Boys finish 6th place Coyotes Golfers Turn in School Record Performances at Regional Tournament

by **Trey Richey**

The Borden County Boys and girls traveled to Abilene this past week and competed in the Regional golf tournament. The boys and girls both turned in school record scores during the course of this tournament. The girls finished 12th out of 16 teams, but more importantly shot a school record on Monday with a team score of 455 and a two day total of 917. On the boys side, the boys actually placed in the top six as they finished 6th place. They too shot a school record team score of 684 but also a school record day score of 338. The guys were only 3 shots out of 5th place and only 30 shots from a medal. The boys actually turned in the 4th best round of the day. This was a very positive experience for the men and women of Borden County. The boys' team consisted of Seniors: Kyle Pinkerton and Shane Tarleton, Junior: Ben Griffin who finished 5th again, just one spot out of advancing to Austin, Sophomore: Austin Tarleton and Freshman Jacob Froman. On the girls side, we had Seniors: Menda James and Shayla Gass, and Juniors: Cassidy Rinehart, Emily Mayes, and Ashley James. Both teams have a bright future. Below are the

results for the coyotes and lady coyote golfers. Good job, ladies and gentlemen.

Boys Results

Team Results - 1. Riesel 324-316-640; 2. Bronte 333-315-648; 3. Throckmorton 320-334-654; 4. Rising Star 320-346-666; 5. Baird 334-347-681; **6. Borden County 338-346-684**; 7. Gordon 338-348-686; 8. Lindsay 344-345-689; 9. Hubbard 349-365-714; 10. Windthorst 366-359-725; 11. Lometa 363-384-747; 12. Grady 388-361-749; 13. Lohn 383-384-767; 14. Bryson 395-389-784; 15. Prairie Valley 367-428-795; 16. Bellevue 446-431-877.

Top Medalists - 1. Logan Scarlett, Throckmorton, 73-69-142; 2. Jay Calvo, Baird, 75-73-148; 3. C. Schroeder, Riesel, 75-75-150; 4. B.J. Hall, Bronte, 77-78-155; 5. Dalon Stone, May, 83-73-156; **Ben Griffin, Borden County, 76-80-156**; 7. Landon Westerman, Rising Star, 76-81-157.

Team Results

Borden County - Ben Griffin 76-80-156; Shane Tarleton 87-90-177; Jacob Froman 84-87-171; Austin Tarleton 91-91-182; Kyle Pinkerton 94-89-183.

Girls Results

Team Results - 1. Baird 335-329-664; 2. Throckmorton 361-356-717; 3. Archer City 414-422-836; 4. Eden 439-413-852; 5. Meridian 436-420-856; 6. Muenster 432-427-859; 7. Byers 425-445-870; 8. Gordon 448-

444-892; 9. Priddy 446-449-895; 10. Rising Star 447-450-897; 11. Cherokee 441-463-904; **12. Borden County 455-462-917**; 13. Westbrook 472-468-940; 14. Grady 471-475-946; 15. Riesel 476-472-948; 16. Chillicothe 497-489-986.

Top Medalists - 1. Jodi Neal, Baird, 72-74-146; 2. Norma Quinters, Valley Mills, 80-75-155; 3. Misty McDowell, Baird, 80-79-159; 4. Gayle Gatlin, Slidell, 87-81-168; 5. Libby Scarlett, Throckmorton, 87-83-170; 6. Keeley Sullivan, Throckmorton, 85-88-173.

Team Results

Borden County - Emily Mayes 103-115-218; Ashley James 121-117-238; Cassidy Rinehart 132-122-254; Shayla Gass 126-116-242; Menda James 105-114-219.

Ag Science Greenhouse Plants Available

The Gail FFA Ag Science department still has several types of plants available for summer gardens and flower beds for sale.

Plants available include:

Tomatoes: \$1.00 each

Peppers: \$1.00 each

Marigolds: \$1.00 each

Okra: \$1.00 each

Anyone wishing to look at plants or tour the greenhouse can contact Buddy Wallace at 806/756-4313, Ext 7 or home 806/756-4378.

The Gail Ag Science department wishes to express their thanks to all who supported their plant sale day in April.

Extra FFA Meat & Cookie Dough Items Available

The Gail FFA Chapter has several meat and cookie dough items left over from their fall sales. The Chapter will sell these at a discount in order to clear their inventory before school ends.

Anyone wishing to

purchase items can contact Buddy Wallace at 806/756-4313, Ext 7 or home 806/756-4378.

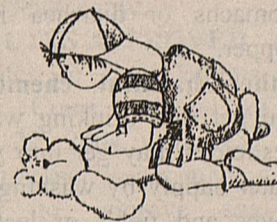
The Gail FFA Chapter again thanks all who supported their fundraisers this year.

From the Counselor

With the cooperation of parents/guardians, who scheduled or rescheduled dental and medical appointments, etc., only a broke leg kept Borden County students from 100% attendance for the ITBS and TAKS testing which began on Tuesday, April 27th. Once again, parents and community have joined with teachers and administrators to encourage and support student success.

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Bad Weather Day!**

FOR SALE

2 Chest of Drawers:	\$ 65.00 each
White Lighted Curio:	\$150.00
Antique Oak Cabinet:	\$175.00
Antique Burylwood Armoire:	\$300.00
Entertainment Center:	\$125.00
TV/VCR combo (needs work):	\$ 15.00
Cross Bow Machine (like new):	\$350.00
Body by Jake bun & thigh rocker:	\$ 45.00

Call Hayley Richey @ 756-4417

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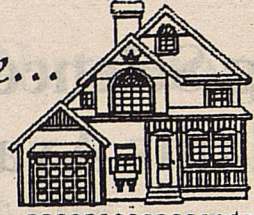
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Heart and home...

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.

Drinking Water: Should you be Concerned?

May is National Drinking Water Month

Every day Americans drink more than one billion glasses of water! We also depend on water in our homes to be clean, cook, fix baby food and formula, and bathe. If you are like most people, you trust that your water is safe. This is mostly true. Public drinking water in the US is safe for most healthy people. If you have a well or other private water supply, it's up to you to keep your drinking water safe. Whether your water comes from a public or private source, you can take steps to make sure it's safe for you and your family.

There are times when your home water supply may not be safe. Using unsafe water to drink or prepare food can make you sick. Children may have more problems than adults:

- For their size, children drink more liquid than adults.
- Children's illnesses may be more serious because their immune system is still developing.
- Because they are still growing, children's bodies may be harmed by chemicals.

What may be in drinking water that is not safe?

Bacteria and viruses can cause diseases. Drinking water with these germs may cause upset stomachs, diarrhea, or more serious illnesses. It can be worse for children, pregnant women, and sick or older people. Just one drink of water with these germs can make you sick.

Nitrate gets into water from animal and human waste, and from fertilizer. Too much

nitrate in your drinking water can cause "blue baby" syndrome in infants under 6 months of age. Some experts believe nitrate may also result in birth defects and miscarriages. Baby food or formula made with your drinking water needs to be safe.

Lead and copper are metals that can get into water from your pipes. Too much lead can cause children to have learning and behavior problems, and other illnesses. Babies who get too much copper can have colic and spit up their formula more than normal. Older children and adults may have upset stomachs or diarrhea from copper.

Other harmful chemicals can get into drinking water. Pesticides may get into your water supply by washing off lawns and fields or leaking from storage containers. Gas or oil can seep into the ground and get into drinking water. Even very small amounts of some chemicals can cause problems, such as damage to the kidneys, liver, or other organs. Some cause cancer and other can cause problems if you are pregnant.

You may test your drinking water for bacteria and contaminants by collecting the sample yourself and sending it into the Texas Department of Health for the screening. Sample bottles and instructions are available through our office or through the Texas Department of Health. For more information about drinking water or testing your water, please contact the Extension office at (806)756-4336.

Healthy Downsizing

Sen. Hutchinson Weekly Column

They say everything's bigger in Texas. Unfortunately, according to the latest obesity study by *Men's Health* magazine, so are the people in Texas. Five of the ten fattest cities in America are located in Texas. This is one contest no city is proud to win - obesity is not a laughing matter.

Poor diet and physical inactivity are becoming a leading preventable cause of death in the United States. The U.S. Surgeon General has even gone so far as to call obesity an epidemic. One third of adults in the U.S. are overweight and another third can be classified as obese. These statistics mean that fewer than half of America's adults are living at a healthy weight.

The costs associated with excess pounds and obesity are enormous. Diabetes, high blood pressure, heart attacks and cancer are just a few of the health risks more prevalent in overweight individuals. Health care costs are at an all time high, not to mention the economic costs

due to lost productivity, which recently totaled \$117 billion.

Why are so many Texans overweight? The answer can be summed up in one word - lifestyle. In general, people spend more time sitting in front of computer and television screens than they did 30 years ago. Suburban sprawl has not helped out declining level of inactivity either. Today we spend more hours in our cars because there are fewer places within walking distance of our homes. People are simply not getting enough regular physical activity.

To make matters worse, our dietary habits have deteriorated. We eat more saturated fat, sugar and processed food products. Fast food diets combined with sedentary lifestyles are a recipe for disaster. To make healthy changes, aim to eat foods that are low fat and lean, increase your consumption of fruits and vegetables, and most importantly, keep a close eye on portion sizes. If you have school-aged children, pack

wholesome lunches and encourage them to eat healthy snacks. Texas schools are actively taking part in the "battle against the bulge." Our state's Agriculture Commissioner Susan Combs recently unveiled a plan to limit the availability of junk food and fatty snacks in public school cafeterias. If her plan is implemented, our children will learn to eat right at an early age. I applaud her leadership.

Change is not easy, but this is more than your health we're talking about here; it could be your life. The Centers for Disease Control and Prevention recently released a study finding that by next year, obesity will be the leading preventable cause of death among Americans. Currently, tobacco is the number one cause of preventable deaths, but the growing obesity epidemic will soon claim as many as 500,000 American lives each year. That's an astounding number of people dying before their time.

There are several things you can easily alter in your daily routine to help you and the ones you love live a more healthy lifestyle. I have a rule that I always take stairs at the Capitol, rarely using the elevator. At work, walk over to your coworker's desks periodically instead of using e-mail or the telephone. You might try parking toward the rear of a parking lot and

Cont. to pg. 8

Borden Co. Senior Citizen Group

The next meeting will be on Monday, May 3 in the Community Room. This will be a pot luck supper (bring your favorite dish to share) that will begin at 6:00 p.m. We will enjoy our meal and fellowship first, then enjoy games. Feel free to bring your favorite games to play.

There are many possible opportunities this center can provide, including wonderful fellowship, fun games and activities, great learning experiences, a chance to have your blood pressure and blood glucose checked, and even a possibility of group outings. We invite you to participate in the second Borden County Senior Citizen Group Evening. If you have any questions or suggestions, please feel free to contact Julie Smith at (806)756-4336. Also, if you

need transportation to and from the Community Building, please contact us to make arrangements. We look forward to a great new opportunity for our friends in Borden County!

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

Cowboy Day!

Wearing spurs, chaps, and hats, eating cowboy grub, Running stick horse races, and a battle reenactment - - not a typical day in the life of an elementary student.

However, Borden County first graders and kindergarten students were able to live the life of a cowboy one day in March as they participated in Cowboy Day.

Rhaeden Bland and T.J. Doyle especially enjoyed sitting on real saddles and roping each other.

Eva Banman would have liked to have been a settler to ride horse's everyday.

Frank Banman recalled facts from the Battle of the Alamo, while Merik Valentine and Blaise Freeman told of their reenactment of the battle with toy guns blazing. Both remembered how difficult it was to get Mrs. Miller to fall from numerous gunshot wounds.

Austin Edwards remembered that we lost the battle to Mexico. Colton Stephens knew that the Texas settlers won the next battle at San Jacinto.

Channing Miller and Allana Bacon realized the importance of the Battle of the Alamo. "Santa Anna was their leader," recalled Tatum Richey.

Stick horse races and boot scrambles were favorite activities for Samuel Raborn.

We all know that Mrs. Smith will never win a wheelbarrow race. Flint Roberts, Makayla Herrington, and Mackenzie Moreno named the bluebonnet as the state flower. While Keelie Pierce recalled the state tree as the pecan tree.

Brandon Pewitt described the Texas flag, "Red, white, and blue, with one star," Cayden Vaughn liked coloring Gail, Texas on the map.

As a final treat, the students ate some real Texas "grub". Zoie Key liked the cowboy biscuits and honey. While Sean Tucker exclaimed, "I didn't know cowboys had to eat those ole'hard biscuits."



Kindergarten Cowboys: Samuel Raborn, T.J. Doyle, Zoie Key, Chayse Robinson, Flint Roberts, Makayla Herrington, Brandon Pewitt, Tatum Richey, Merik Valentine and Rhaeden Bland



First Grade Cowboys: (back row L. to R.) Caden Vaughn, Colton Stephens, Sean Tucker, Austin Edwards, Blaise Freeman and Frank Banman. (front row) Mackenzie Moreno, Keeley Pierce, Alanna Bacon and Eva Banman.

Courthouse News

WHEREAS, On this the 12th day of April, 2004, the Commissioners' Court of Borden County, Texas, convened in Regular 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.

COUNTY ATTORNEY FOR BORDEN COUNTY

Ben Smith, Attorney at Law, of Snyder, met with the Court applying for the position of County Attorney for Borden County.

MINUTES APPROVED

Minutes of the Commissioners Court meeting of March 22, 2004 were read. Commissioner Isaacs made a motion to approve said minutes. Motion was seconded by Commissioner Reyes.

ACCOUNTS ALLOWED

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

COUNTY REVENUE RESOLUTION

Commissioner Belew made a motion to pass the

RESOLUTION opposing Caps on County Revenue as proposed by the Governor. Commissioner Isaacs seconded the motion.

LEGAL NOTICE FOR FUEL

Commissioner Adcock made a motion to advertise for bids on Gasoline, Diesel, and Propane for the year 2004. Bids will be opened May 10, 2004 at 10:00 a.m. commissioner Reye seconded the motion.

PIPELING CROSSING

Commissioner Belew made a motion to approve Kinder Morgan's Application for proposed pipeline crossing in Precinct No. 4, at or near Intersection of CR 424 and Toombs Road and Huches Road, 1.8 miles West of FM 1269. Motion was seconded by Commissioner Reyes.

SOIL CONSERVATION CONSTRUCTION

An application for Soil conservation Construction of Fireguards was received from Martin parks, Precinct No. 4. Commissioner Adcock made a motion to approve the application at the rate of \$35.00 per hour for a motor grader and \$65.00 per hour for a dozer. Commissioner Belew seconded the motion.

DISCUSSION-ITEMS FOR FUTURE AGENDA

Filling the position of County Attorney. Discuss Water Communication System.

ADJOURN

A motion was made by Commissioner Isaacs to adjourn. Motion was seconded by Commissioner Belew and approved unanimously.

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The Mailbag



Moving can be a very challenging proposition. You have to find a new home, pack up and transport all of your belongings, then unpack everything and put it away in your new home, and get your life situated in your new location.

While moving is hard, making sure your mail moves with you is simple and fast. All you need is the Mover's Guide form the Postal Service.

The Mover's Guide contains the official Form 3575, Change of Address Order. It also contains additional change-of-address forms for notifying publications to which you subscribe, helpful moving tips, discounts for moving-related products and services, and answers to the most commonly asked questions about permanent and temporary forwarding of mail.

You can get the Mover's Guide from your letter carrier, at your local Post Office, or go to the Postal Service web site, www.usps.com/moversguide, where you can even complete the necessary information online. Whenever possible, get the Mover's Guide and notify your Post Office at least 30 days before you move to ensure uninterrupted service.

You will be asked to include the effective date of

the move, whether the move involves one or more individuals or the entire family, and whether the move is temporary or permanent. Your complete new address should include the correct street name, suffix (St, Ave, Rd, etc.), and directional (N,E, SW, etc.); apartment number, rural route number, or Post Office box number; and correct ZIP code.

Express Mail, Priority Mail, and First-Class Mail are forwarded for one year. There is no charge for this service.

Magazines and newspapers are forwarded at no charge for 60 days from the effective date of your change-of-address order. Normally your magazine will not need to be forwarded for longer than 60 days, but you should notify the publications to which you subscribe as well, using the extra forms in the Mover's Guide.

If you plan to go away for less than 30 days, use our hold mail service. Your local Post Office can provide additional information and guidance regarding temporary changes of address and holding mail.

Forwarding of advertising mail varies greatly, depending on the level of service guaranteed by the sender. Contact your Post Office for more information about

forwarding this category of mail.

The Postal Service will do everything possible to provide you with efficient, uninterrupted mail service when you move. Help us. Make sure you get your Mover's Guide and fill out the necessary forms at least 30 days in advance, so your mail moves with you to your new home.

Meet Your Future
With A Straight
Face
BUCKLE UP!

Healthy Downsizing

Cont. from pg. 6

slightly increasing the distance you walk to get to wherever you're headed.

Establish a regular program of physical activity three or more times per week, but take it slow. Start with one day a week and go from there. Also, make sure to check with your physician before making any drastic changes in your exercise routine. For further motivation, sign up to participate in a walk or race for charity or non-profit organization. To help children stay physically fit, enroll them in activities that get them off the couch and on

the move, and encourage schools to increase physical education requirements.

The growing number of people who are overweight and obese is alarming. Fortunately, it's a problem we can work together to address. For more information on healthy living, visit www.texasroundup.org and www.agr.state.tx.us/foodnutrition. Your life may depend on it.

There are only ten minutes in the life of a pear when it is perfect to eat.

—Ralph Waldo Emerson

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 año escolar 2004-2005. El programa estara para los estudiantes elegibles que tienen cuatro años 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 económicamente perjudicado
2. Este limitado experto inglés (LEP)
3. Sea destituido

Si usted conoce de un niño 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 más estudiantes califican.

ESL PROGRAM NOTIFICACION

La Escuela de Borden ofrecera un programa de ESL para los estudiantes del LEP (Experto Inglés Limitado) durante el verano de 2004. El programa estara programado por un mínimo de 120 horas y concluirá antes del 1 de agosto, 2004. El programa está diseñado para los estudiantes que entrarán kindergarten o el primer grado en el otoño de 2004-2005. Los padres de niños elegibles serán responsables del transporte.

Si usted conoce de un niño 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 más estudiantes califican.

NOTICE OF APPLICATION FOR OIL AND GAS WASTE DISPOSAL WELL PERMIT

Sharp Image Energy, Inc., P.O. Box 1888, Big Spring, TX 79721 is applying to the Railroad Commission of Texas for a permit to dispose of produced salt water or other oil and gas waste by well injection into a porous formation not productive of oil or gas. The applicant proposes to dispose of oil and gas waste into the San Andres, Glorietta and Clearfork Formation, Hanks - B - Lease, Well Number 1D. The proposed disposal well is located 1.5 Miles Northeast of Vealmoor, TX in the Oceanic, NE (Penn) Field, in Borden County. The waste water will be injected into strata in the subsurface depth interval from 3100 to 8157 feet.

LEGAL AUTHORITY: Chapter 27 of the Texas Water Code, as amended, Title 3 of the Texas Natural Resources Code, as amended, and the Statewide Rules of the Oil and Gas Division of the Railroad Commission of Texas.

Requests for a public hearing from persons who can show they are adversely affected, or requests for further information concerning any aspect of the application should be submitted in writing, within fifteen days of publication, to the Environmental Services Section, Oil and Gas Division, Railroad Commission of Texas, P.O. Box 12967, Capitol Station, Austin, Texas 78711 (Telephone 512/463-6792).