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

Gov. Perry: "President Reagan changed America and World;

Austin - Gov. Rick Perry today released the following statement on the death of former President Ronald Reagan.
"Today I join millions of Americans in mourning the passing of a great man and our $40^{\text {th }}$ President - Ronald Reagan.
"President Reagan changed America and the world forever by reviving our

## Services

Pending


## John Brummett

Services are pending for John Brummett, son of Audry and Debra Brummett of Vealmoor.
Brummett passed away on Sunday, June $6^{\text {th }}$. in Missouri where he was stationed in the Air Force.
John was a 1998 graduate of Borden County School.

## economy, renewing our

 national confidence, and tearing down barriers to freedom throughout the globe."The Cold War was won, and Soviet communism was defeated, because President Reagan refused to negotiate our freedom or our future.
"His humor reassured us his optimism inspired us, and his strong principles propelled us into a future that is stronger, freer and more secure.
"Former Democrats like me were inspired to change parties because of Ronald

Reagan's leadership, vision and values.
"And because of Ronald Reagan's leadership, America's best days are still ahead as we seek to build the nation President Reagan envisioned: 'a shinning city on a hill' that welcomes people around the globe with freedom's embrace.
"Anita and I join millions of Americans on this day of sorrow in offering our prayers for Mrs. Reagan and the entire Reagan family. And we thank God for the great life lived by one of this nation's greatest presidents Ronald Reagan."

## U.S. Flags Flown Over <br> Capitol May be Purchased From Stenholm Congressional Offices

Washington, D.C. - Flag Day is Monday, June $14^{\text {th }}$, and U.S. Congressman Charlie Stenholm,(TX-17) reminds constituents they have the opportunity to purchase U.S. flags that have been flown over the U.S. Capitol now and throughout the year.
"Folks can purchase an American-made flag through my Congressional offices at anytime," Stenholm said. "The flags are wellconstructed and reasonablypriced. I encourage anyone
looking for a new flag or a nice gift to consider purchasing a flag that's flown over our beautiful Capitol Building."
The flags are available in cotton or nylon, and they may be ordered in several sizes. The prices range from $\$ 16.80$ to $\$ 29.76$, and these prices include the shipping and handling of the flag direet from Stenholm's Washington office to the address of your choice.

Every flag is accompanied

Borden County's Rachel Wilson falls short of spelling bee elimination

## round

Borden County's Rachel Wilson spelled the final word given to her in Wednesday's Second round of the $77^{\text {th }}$ annual National Spelling Bee, held in Washington, D.C. last week, but it wasn't quite enough to place her into the afternoon's climination round.
Rachel. correctly spelled sgraffito," which refers to the decorative art of scratching away a surface layer to expose a different colored material underneath. This added three points to her score from Tuesday's 25 word written test.
Her combined score of 15 was two points shy of the cutoff score to advance in the competition, according to Rachel's mother, Carol.
"She was very close to the top," Mrs. Wilson said. "She was probably at the top of the group that didn't' make it."
Rachel was disappointed that she didn't make it further, but she was glad to get her word right on Wednesday morning.
by a certificate of authenticity to show it was flown over the U.S. Capitol. Each flag also arrives with information describing the proper care of American flags.


After Tuesday's written test, both Rachel and her mother knew it would be tough to get through to the final rounds.
"I'm proud of her," said her mom, Carol. "I think she did a great job."
The family assumed the role of spectator for the rest of the event and enjoyed the rest of the week's festivities which culminated in a banquet and farewell party on Friday night.
Rachel is an eighth grader and the daughter of Tim and Carol. Wilson of Borden County.

## Got News:

Mail to:
PO Box 137
Gail, Tx. 79738

THE BORDEN STAR, WED., JUNE $9{ }^{1 H}, 2004 \ldots 2$

## Gail FFA Hosts Banquet

The Gail FFA Chapter made another stop on their busy May schedule as several members attended the Area II FFA Convention. The Convention took place at the Angelo State University Campus on May $21^{\text {st }}$ and $22^{\text {nd }}$ and hosted 250 students from Area II.
The activities at the convention included State Degree and Star Record Checks, Star Interviews, Scholarship Interviews, Area Speaking Event Competition, Area Talent Competition, Area and State Officer Selection, and a good ole' fashioned parking lot, tailgate social.
Twelve members from Gail FFA were at the event and several were competing in key events. Kyle Pinkerton, who served as the Area II Secretary this past year, was busy competing on the Talent Team, officiating as Area Secretary, and interviewing for the chance to advance as a state finalist in the FFA Scholarship process.
The Gail Bunch, consisting of Shane Tarleton, Kyle Pinkerton, Ben Griffin, Tyler Wallace, and Garrett Thomas competed for the chance to return to State as the Area Talent Team champions. Cassidy Rinehart submitted her application for a State Lone Star Degree.
J Ryan Gicklhorn and Brandi Hudson served as delegates to the convention and cast their ballots for talent and office selections.
Lacey Newton, Christina Soto, Becky Dobyns, and Dannelle Copeland also attended the convention as members and gained experience for next year's activities.
The Convention concluded with Area Officer retiring addresses and installation of next years Area Officer team. Kyle Pinkerton delivered an inspirational retiring speech as Area Secretary and presented his Area jacket to his Advisor Buddy Wallace and the Gail FFA Chapter.
Gail FFA made a clean sweep during each of the


2003-2004 Chapter Officers: Cassidy Ogden, Reporter; Garrett Thomas, Sentinel; Menda James, Secretary; Kyle Pinkerton, Vice President, Cassidy Rinehart, Treasurer; and President, Shayla Gass.


Honorary FFA Degree: Mrs. Julie Smith and Mrs. Sharlot Stone received this years Honorary FFA Degree, presented by Shayla Gass.


## Learning to do Doing to learn Earning to live Living to serve

competition listed above. Kyie Pinkerton advanced as a top ten scholarship finalist out of 39 students. He will attend the State Degree Check this week and interview and compete for a \$10,000 FFA Scholarship.

Cassidy Rineharts' Lone Star Degree application advanced to the state level and will be checked this week for acceptance of her state degree.

The Gail Bunch won first place out of 6 Area talent teams and advanced to the state competition in July where they will compete and perform in front of 10,000 members and guests during the State FFA Convention.
The events and success of these Gail FFA members leads into an exciting summer of travel and competition Congratulations to the members advancing to state and good luck!


Retiring Certificate of Merit: Vice President, Kyle Pinkerton and President Shayla Gass present Mrs. Barbara York and Mr. Chet Dye with a Retiring Certificate of Merit.


Star Greenhand Recipient: Cassidy Rinehart, presents Lacey Newton with this year's Star Greenhand award.


Star Chapter Degree: Junior Ag member, Tyler Wallace received the Star Chapter degree presented by Garrett Thomas.

## Gail FFA Attends Area Convention

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Kyle Pinkerton giving his retiring Secretary Speech to the Area II FFA members during the Area Convention.


The Talent Team, The Gail Bunch received first place in the talent contest during the Area convention. Members of the band are: Ben Griffin, Kyle Pinkerton, Tyler Wallace, Shane Tarleton and Garrett Thomas.
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## Sixth

 Six Weeks BetaSenior: None Junior: Ashley James, and John Wilson; Sophomore: Jodye Rutherford; Freshman: Jake Payne, Taylor Peterson and Christina Soto; Eighth Grade: Shelby Roberts and Rachel Wilson; Seventh Grade: Katherine Froman; Sixth Grade: D'Nae Johnson, Lacey Roberts, Chelsea Stephens, and Raylea Underwood

## Second Semester Beta

Senior: None; Junior: John Wilson; Sophomore: None; Freshman: Jake Payne, and Christina Soto; Eighth Grade: Rachel Wilson; Seventh Grade: Katherine Froman; Sixth Grade: Chelsea Stephens and Raylea Underwood.

## Third Six Weeks

If you suspect a STROKE or heart attack Call the BORDEN. CO. EMS 806/759-5111 Immediately DOV'T HESITATE?

leads into an exciting summer of travel and competition. Congratulations to the members advancing to state and good luck!.

## Honor Roll

Senior: Jami Gass, and Kyle Pinkerton; Juniors: Garrett Chapman, Emily Mayes, and Billy Roper; Sophomore: Whitney Anderson, and Trey Soto; Freshman: Rowdy Clary, Becky Dobyns, Lacey Newton, Kalli Poole and David Renteria; Eighth Grade: Kate Wallace; Seventh Grade: Krystal Hobson, and Tyrell Massingill; Sixth Grade: Karl Lamming, Rachael Payne and Brendan Tarleton; Fifth Grade: Bailey Anderson, John Hensley, Kerriann Howard, 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, Mathew Roberson, Teryn Soto and Brittney Stroope; Second Grade: Maeghan Herridge, Kalyn Massingill and Branson Smith.

## Second Semester Honor Roll

Senior: Jami Gass and Kyle Pinkerton; Junior: Billy Roper; Sophomore: Whitney Anderson and Trey Soto; Freshman: Rowdy Clary, Becky Dobyns, and Taylor Peterson; Eighth Grade: Shelby Roberts; Seventh Grade: None; Sixth Grade: D'Nae Johnson and Lacey Roberts; Fifth Grade: Bailey Anderson, and Taylor Richey; Fourth Grade: Austin Fields, Bethany Stamper and Austin Tyler; Third Grade: Celina Guerrero; Tanner Richey, Matthew Roberson, Riley Smith and Teryn Soto; Second Grade: Meghan Herridge, Kalyn Massingill and Branson Smith.

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## Picnic areas in Borden County to undergo rehabilitation

ABILENE, Texas

Rehabilitation of the Abilene District's 30 picnic areas began in May and is expected to be completed by the end of summer.
Gene Tabb, Inc. of Anson, contractor for the Texas Department of Transportation, began work on this \$177,600 rehabilitation project in Jones County where they are refurbishing four picnic areas. Once work is completed there, they will progress through the 13 couny district one county at a time.

In Borden County, two picnic areas are scheduled for rehabilitation. Both picnic areas are located onus 180 One is a few miles east of Gail while the other one is a few miles west of the town. Scott Mitchell, district design project coordinator, said that work on these picnic

## areas range from as little as <br> EMS News

Critical Air is a new air medical service that is now available in Borden County. Representative Lacie Horton a flight Paramedic for Critical Air, met with Borden County EMT class last Tuesday. She gave a class on procedures for landing helicopters in Borden County. The class also included intensive landing zone safety. Borden County EMS has global positioning devices on each of their ambulances. This will give EMS personnel the ability to locate any position in the county day or night. The paramedics can then relay these exact locations to the aircrew.
For many years Borden County EMS has used Aero Care Air medical service. It will be very beneficial to have two helicopter services available to us.

The Borden County EMS will still be able to send
painting of litter barrels, cleaning and repainting existing picnic arbors and tables, repairing of concrete sidewalks, replacing metal arbor tops to removing and replacing complete picnic areas, including concrete slabs, tables and arbors.
Officials in the Abilerre District determined in 2000 that improvements were needed for all of the 44 picnic areas in the district to make them more desirable to the traveling public. And, in some cases, the inspectors recommended closing 14 of those picnic areas for reasons ranging from a high vandalism record at the facility to low usage by the public. Those recommended for closure were eventually taken out of service. The money saved from the maintenance of those 14 facilities is now being spent to rehabilitate the remaining 30 picnic areas.

## U.S. Flags

Cont. from pg.
For more information about flag sizes, prices and payment method, Stenholm urges constitutes to visit his website

## www. house.gov./stenholm.

Constituents who do not have Internet access or want additional information may contact Stenholm's Washington : office at (202)225-6605.

In addition, constituents may visit any of Stenholm's three district offices to purchase in person a flag flown over the Capitol. Stenholm urges folks to call the district office nearest you before driving over, so as to ensure the availability of the flag of your choice.

The Abilene office is at 1500 Industrial Boulevard, Suite 101; the telephone is. (325)673-7221.

The Stamford office is on the southeast side of town, on State highway 6, near the hospital; the address is 1501 A Columbia, and the telephone is (325)773-3623.
The San Angelo office is at 2121 Knickerbocker, Suite A; the telephone is (325)9428881.


Critical Air representative show with Borđen County EMS Students: (L to R.) Jamie Pewitt, Lacie Horton, Critical Air Instructor, Stephanie James and Kevin James.
patients to hospitals of choice.
The students that attended the class were Jamie Pewitt, Kevin and Stephanie James. The Borden County EMS members attending were James Bond, chuck Kimmel, Carrie Hart, Tina Pewitt and Kent Holmes.

## OBITUARY

Flora Johnson 1905-2004
Services for Flora Cuttler Johnson, 98, of Lamesa, were held at 11 a.m. Monday, at Brandon Funeral Home Chapel with larry Marshall officiating. Burial was in Lamesa Memorial Park.
Mrs. Johnson died Friday, June $4^{\text {th }} 2004$ at a private nursing facility in Lamesa.
She was born July 18, 1905 in Fannin. She married William Fagan Johnson on Jan. 30, 1933, in Bonham. He died in 1995. She also was preceded in death by three sisters; Ellie Biller, Debra Pommerening and Lucille Crutchfield.
She graduated from East Texas State University and taught school in Fannin and Borden County for 31 years. She was a member of Delta


Kappa Gamma, the Retired Teachers Association, and AAUW. She was a longtime resident of Borden and Dawson County and a member of the Church of Christ for 86 years,
Survivors include a daughter, and son-in-law, Jane and Carol Stone, of Lamesa; two grandchildren and one great-grandchild.

## Statement on Death of President Ronald Reagan <br> Charlie Stenholm <br> Reagan and House Speaker

Cindy and I are saddened to learn of the death of President Ronald Reagan, and we are praying for Mrs. Reagan and her family. I have served with five Presidents, and I have many fond memories of the 12 years I was honored to serve with Presidents Reagan and Bush. I recall how President

Tip O'Neill, the Massachusetts liberal, were good friends who got along very well during their years of service together. They knew they had to leave their philosophical differences behind and work together for the good of the American people, and we all are better for it .

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| 1-800-772-5201 | $872-5356$ |
| P.O. Box 382 - 501 South Lynn - Lamesa, Texas 79331 |  |

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Mr. and Mrs. Payton Brown
Payton and Angela were wed at the Church of God in Corpus Christi, Texas on June $5^{\text {th }}, 2004$. Payton is a 2002 graduate of Dexter, New Mexico High School and a former student at Borden County School.
The couple will live in Corpus where Payton works and the bride will attend cosmetology school.


Attending wedding ceremonies: (L. to R) Donna Rudd Turner, grandmother; Bronc Turner, uncle; Payton; Ed Rodriguez, Best Man; Jetta Brown, mother; and Doris Rudd, great-grandmother.

## Got News:

Mail to:
PO Box 137
Gail, Tx. 79738
Email
vadcock@bcisd.net

Help Wanted Floral Designer, Shop Experience Required Contact Laura @ Dakota's Flowers Big Spring, TX (432)263-8323

## Entertainment at the Big Spring Rodeo

BIG SPRING
The featured entertainer at the Big Spring Rodeo (June 16th $19^{\text {th }}$.) comes from the exciting. world of Mexican horsemanship and rodeo. A true Charro, Jerry Diaz makes his living following the grand tradition of Mexican heritage. He has performed his specialty act at some of the most prestigious events around the country.
The Charro's strict code of honor includes chivalry, high ethics. expert horsemanship

## "West Texas Beachfest"

POST - - Fun for the entire family, the "West Texas Beachfest" will be held on Saturday, July $3^{\text {rd }}, 2004$ at the "Two Bit Ranch" FM 651 N of Post, Texas.
There will be Live Music, Beach Volley Ball, Horse Shoes, Ping Pong, Sand Castle Competition, Food, and other games.
Tickets may be bought in advance for $\$ 2.00$ or can be purchased for $\$ 4.00$ at the gate.
Contact Rex Cash at 806/495-3344 for more information.
and dedication to family and Corazon (Charro from the Charro traditions.
Jerry is famous for his A native of San Antonio, tricks with a maguey rope. Jerry Diaz traces his Charro He spins it with ease while on roots back four generations. foot, riding, or standing a top He will perform every night his horse. of the Big Spring rodeo June He is also an accomplished 16-19. Grand entry begins at singer and recording artist 8 p.m. nightly in the Big and has recently released a Spring's famous Rodeo $C D$ entitled Charro de Bowl.

## Father's Day Pancake

## Breakfast

 $\$ 5.00$ plate 8:30 to 10:30 am Gail Community buildingTo benefit the High School UIL Debate Campers.
Come by and eat pancakes, and visit before church.
Take out orders will be available or you can place your order by calling: 806/543-2119

Bring Dad and the whole family out on Father's Day, June $20^{\text {th }}$, for some hot pancakes and help the UIL kids raise money for debate camp this summer.

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## Rise and Shine for Biscuit Sausage Quiche


(NAPS)-Perhaps nothing rouses sleepyheads faster than the aroma of a hot breakfast. This delicious Biscuit Sausage Quiche starts with ingredients you probably already have on hand, like sausage, eggs and refrigerated biscuits, and is easy to prepare.
This quiche makes an impressive dish for a casual Saturday brunch and larger Sunday morning get-together.

BISCUIT SAUSAGE QUICHE
Ready in 1 hour
1 (12-oz.) pkg. breakfast sausage
$1 / 4$ cup chopped onion
$1 / 4$ cup chopped green bell pepper
0 eggs, beaten
1 cup ( 4 oz.) shredded cheddar cheese
1 (16.3-oz.) can Pillsbury ${ }^{\circ}$ Grands! ${ }^{\circ}$ Refrigerated Buttermilk Biscuits

Heat oven to $375^{\circ} \mathrm{F}$. In large skillet, brown sausage, onion and green pepper; drain well. Combine eggs, cheese and sausage mixture.

Separate dough into 10 biscuits. Press biscuits into bottom of $13 \times 9 \times 2$ inch glass baking dish. Pour sausage mixture into bis-cuit-lined dish.
Bake at $375^{\circ}$ F. for 30 to 35 minutes or until quiche is set and crust is deep golden brown. Cool 5 minutes before serving.
Makes 8 servings.

SLOW DOWN! - Watch Out for the Children!

## The Brazos River Authority advises lake and river simmers of a potential health risk

Warm breezes and the Texas sun remind us that summer has arrived. The Brazos River Authority would like to alert all those who plan to swim in Texas lakes or rivers to avoid areas of stagnant water. Each summer, a small number to Texans are exposed to a microorganism that can cause a fatal infection called primary amebic meningoencephalitis or PAM. This organism responsible for the PAM infection thrives in warm, stagnant water in virtually all untreated (nonChlorinated) surface water and in soil.
According to officials with Texas Department of health (TDH), the combination of lower water levels, high water temperature and stagnant or slow moving water produces higher concentrations of the ameba in the water.
For the past three years, PAM infections in Texas have involved children who had been swimming in lakes. The PAM infection occurs when water containing the organism is forced into the


Yesterday I stepped into a phone booth only to find the words, "Not In Use."

Many church members could wear that sign. They want to get the best out of life without putting their best into it. But if you'd taste its sweets, you must work like a bee.

One pound of honey represents the concentrated sweetness of 62,000 clover blossoms. To collect it, the bee makes two million-seven-hundred-thousand trips and travels about five million miles.

O that we'd be as busy as bees in working for Christ, His church and our community!
Are you "as busy as a bee," or are you "not in use"? Which?

## Little League

 Borden County Cubs

## Have a Great Summer! <br>  <br> Moore-Rains Insurance <br> Frances Rains Stephens O'Donnell, Texas 806/428-3335

nasal passages - - usually water. The TDH recommends from diving or jumping into that people never s23im in water or water skiing. The stagnant or polluted water ameba then makes it s way and take "NO SWIMMING" into the brain and spinal cord. signs seriously. Also, people PAM is not spread person to should hold their noses or use person.
Symptoms of the infection severe headaches, other bodies of fresh water high fever, stiff neck, nausea, and avoid swallowing water vomiting, seizures and when swimming
hallucinations as the For information contact the condition worsens. Though Brazos River Authority at the diseases is rare - 254-761-3103 or the TDH affecting only about one to Public Information Office at three people a year in Texas 512-458-7400 - for those infected, death usually occurs within a week. Swimming pools that are properly cleaned, maintained and treated with chlorine generally are safe, as is salt

## 4-H 意 Summer Camp Opportunities

June 1-3, 2004
South Plains Leadership Camp (ages 10-12) South Plains College - Levelland Cost: $\$ 93.00$
Registration due May 15
June 23-25, 2004
North Region 4-H Teen Leader Lab (ages 13-18) Texas 4-H Center - Brownwood Cost: $\$ 107$
Registration due May 30
June 28 - July 2, 2004
South Plains Electric Camp (ages 13-19)
Scott Able 4-H Camp - Cloudcroft, New Mexico Cost: $\$ 87.00$
Registration due May 23
July 18-21, 2004
Prime Time \#1 (ages 12-13)
Texas 4-H Center - Brownwood Cost: $\$ 160$
Registration first come, first serve
July 21-24, 2004
Prime Time \#2 (ages 9-11)
Texas 4-H Center - Brownwood Cost: $\$ 160$
Registration first come, first serve
July 26-31, 2004
SpecTra '04 (ages 14-18)
Texas 4-H Center - Brownwood Cost: \$275
Registration first come, first serve
For more information, please contact the Extension office at (806)756-4336 as soon as possible These camps tend to fill up quickly!

## Texas Tech Hosts Sustainable Crop/Livestock Systems Field Day

By Justin Scott
Agricultural producers and the general public are invited to participate in a field day on Friday, June $18^{\text {th }}$ at the Texas Tech University Farm east of New Deal, Texas. The event will begin at $5: 00 \mathrm{pm}$ with a brief program followed by tours of integrated crop and livestock systems established in 1999, comparing a conventional drip irrigation cotton system and an alternate integrated crop/ livestock system. Pastures feature WW B-Dahl Old World bluestem. New this year is the recently established Phase II of the project. This phase adds three new systems to the research including: (1) a dry-land integrated
cotton/forage/livestock
system featuring buffalograss and bluegramma and a brown mid-ribbed sorghum X sudangrass hybrid; (2) an irrigated three-paddock grazing system using WW BDah for the base pasture and Tifton 85 bermudagrass in two . supplemental pastures; and (3) a single-paddock drip-irrigated system using WW B-Dahl for grazing or hay. Following the tours, a chuck wagon meal will be served to participants. For meal planning purposes, participants are encouraged to notify project coordinators
at (806)742-2838.
The field day will be management-friendly, where researchers, participating producers, infrastructure vendors, and input suppliers will be available for addressing questions. Information on productivity, profitability, and the impact on natural resources will be shared. By concentrating cotton production on the most fertile soil with the best irrigation possibilities and planting for ages on the more marginal land, producers may be able to achieve equivalent cotton yields on less acreage. Research to date reveals that the inclusion of grazing cattle on wheat, rye, and WW B Dahl while alternating between fields of cotton increases profits while using less water and nitrogen fertilizer. With gattle prices on the rebound and a social environment learning toward greater amounts of meat consumption due to the popularity of low carbohydrate diets, integrated systems may create new economic opportunities for producers.
This research is funded in pat by a series of USDASustainable Agriculture Research and Education grants, the Ogallala Aquife Initiative, other grants and private contributions, and is a

## Notice of Public Meeting of the Appraisal Review Board

Notice is hereby given that a public meeting of the Appraisal Review Board of the Borden County Appraisal District will convene at 10:00 a.m. on Tuesday, June 15, 2004, at the meeting room in the county courthouse.

The board will hear and determine taxpayer and taxing unit appeals on all matters permitted by Texas Property Tax Code.
The Appraisal Review Board will be in session on other days, notice for which will be duly posted, until all timely filed appeals are heard and resolved.

This notice is given pursuant to the Open Meeting Act, Chapter 551, Government Code.

Jeanette Koehler, Chief Appraiser
Borden County Appraisal District
P.O. Box 298

Gail, TX 79738
(806)756-4484
cooperative effort by Texas Tech University, Texas A\&M University, Texas Cooperative Extension, USDA-Agricultural Research Service, USDA-Natural Resource Conservation Service, the High Plains Underground Water conservation District \#1, and selected producers.

## Branon Funeral Home

Serving in this area since 1922

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Lamesa, Texas


## It's a Wrap: Good Things Wrapped In Small Packages

(NAPS)-What food can please a child and a "carb"-conscious parent? It's the latest lunch craze, it's a snap to create, and gives a great impression for casual lunches or light appetizers. It's a wrap.

Although many restaurants are serving wraps today as a new menu item, this sandwich álternative first arrived on the scene in northern California in the 1990 s. The trend caught on when cooks took the traditional burrito and experimented by adding ingredients like vegetables and tofu.

The Pampered Chef's home cooking professionals are offering great wrap recipes this season. sultants, wraps are easy to Consultants, wraps are easy to make at home and they are great for turning leftover vegetables and cooked meats into a heartier dinner wrap. Flour tortillas are excellent for making wraps because they come in several flavors and sizes. By using tortillas that are six to 12 inches in diameter you can choose the size wrap that fits your appetite.


To prevent the tortillas from bag, microwave on HIGH for 20 to cracking and splitting open when 30 seconds or until warm and plirolling the wraps, place them in a able. Fold the wrap "burrito style" plastic resealable food storage by placing fillings in the center of
the tortilla. Bring in both sides of the tortilla and roll from the bottom up. Or, lay the ingredients on the tortilla, leaving one end uncovered. Starting at the bottom, roll tightly to the top

To help contain the fillings in the wrap, spread your choice of mayonnaise, mustard or hummus up to a quarter inch from the edge of the wrap before adding on the ingredients. If you add lettuce place the shredded pieces directly n the spread to help keep the ingredients together

Classic Deli Wraps
1 container ( 8 ounces) light cream cheese spread
2 tablespoons Dijon mustard
1 tablespoon honey
6 (8-inch) whole wheat flour (8-inch)
tortillas
$1 / 2$ cups thinly sliced iceberg lettuce
8 ounces thinly sliced deli ham
/4 cup ( 3 ounces) shredded Swiss cheese
1 large tomato, seeded and diced

1 medium green bell pepper diced
6 slices bacon, crisply cooked, drained and crumbled

1. Combine cream cheese mustard and honey in small bowl; mix well.
2. Using Medium Scoop, top each tortilla with a level scoop of cream cheese mixture; spread to within $1 / 4$ inch of edge. Cover with $1 / 4$ cup lettuce, pressing lightly. Place two ham slices over lettuce. Sprinkle 2 tablespoons cheese over ham Top evenly with tomato, bell pepper and bacon.
holl up each tortilla serve, cut each wrap diagonally in half with serrated knife.

Yield: 6 servings

Nutrients per serving: Calories 370, Total Fat 18 g, Saturated Fat 8 g , Cholesterol 55 mg , Carbohy drate 31 g, Protein 21 g, Sodium 1150 mg , Fiber 3 g


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

Keeping Kids Safe is Everybody's Business

It's Up To You


[^0]:    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.

