

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<sup>th</sup> President – Ronald Reagan.

"President Reagan changed America and the world forever by reviving our

# Services Pending



#### John Brummett

and Debra Brummett of and throughout the year. Vealmoor.

Air Force.

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 principles strong his 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 Capitol May be Purchased From Stenholm Congressional Offices**

Washington, D.C. - Flag Day is Monday, June 14th, and U.S. Congressman Charlie Stenholm,(TX-17) reminds constituents they have the opportunity to purchase U.S. Services are pending for flags that have been flown John Brummett, son of Audry over the U.S. Capitol now

"Folks can purchase an Brummett passed away on American-made flag through Sunday, June 6th in Missouri my Congressional offices at where he was stationed in the anytime," Stenholm said. "The flags are well-John was a 1998 graduate constructed 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 direct 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 77th 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 25word written test.

Her combined score of 15 was two points shy of the cutoff score to advance in the role of spectator for the rest competition, according to of the event and enjoyed the 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 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<sup>1H</sup>, 2004...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 21st and 22nd 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.



competition listed above. Kyle 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 members and guests during \$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 the State FFA Convention.

Learning to do . . .

Doing to learn . . .

Earning to live . . .

Living to serve . . .

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!



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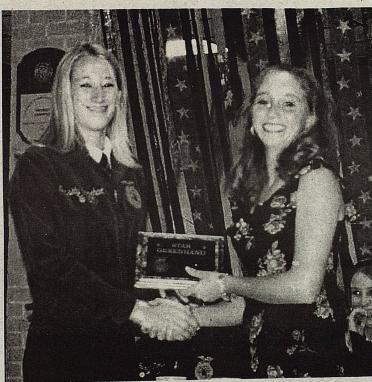
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Retiring Certificate of Merit: Vice President, Kyle Pinkerton and President Shayla Gass present Mrs. Barbara York and Mr. Chet Dye with a Retiring Certificate of Merit.



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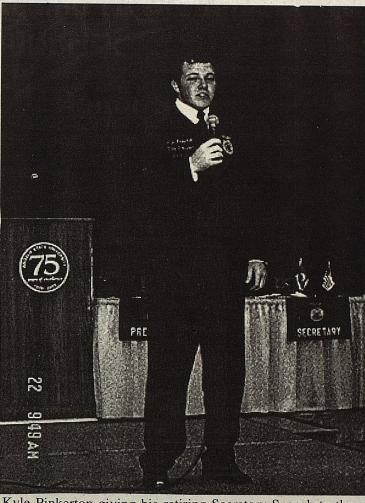
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Kyle Pinkerton giving his retiring Secretary Speech to the Area II FFA members during the Area Convention.



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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The events and success of

## Sixth **Six Weeks** Beta

Senior: 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 DON'T HESITATE!

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

## Honor Roll

3...THE BORDEN STAR, WED., JUNE 9TH, 2004

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 Wallace; Grade: Kate Seventh Grade: Krystal Tyrell Hobson, and Massingill; Sixth Grade: Karl Lamming, Rachael Payne and Brendan Tarleton; Grade: Bailey Fifth Anderson, John Hensley, Kerriann Howard, and Taylor Richey; Fourth Grade: Stefanie Cooley, Austin Fields, Seleste Herridge, Bethany Stamper, Chance Taylor and Austin Tyler; Grade: Third 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 Grade: Richey; Fourth 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.

# **Picnic areas in Borden County to undergo** rehabilitation

#### ABILENE, Texas -

District's 30 picnic areas existing picnic arbors and 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 13couny 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

painting of litter barrels, Rehabilitation of the Abilene cleaning and ' repainting 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 Abilene 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. 1

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 Stenholm's contact-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-Columbia, and the A telephone is (325)773-3623. The San Angelo office is at 2121 Knickerbocker, Suite A; the telephone is (325)942-8881.

## **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<sup>th</sup> 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 daughter, and son-in-law, . Jane and Carol Stone, of Lamesa; two grandchildren and one great-grandchild.

# Statement on Death of **President Ronald Reagan**

#### By Charlie Stenholm

Cindy and I are saddened to Tip learn of the death of Massachusetts liberal, were President Ronald Reagan, good friends who got along and we are praying for Mrs. very well during their years Reagan and her family. I of service together. They have served with five knew they had to leave their Presidents, and I have many philosophical fond memories of the 12 behind and work together for years I was honored to serve the good of the American

Reagan and House Speaker O'Neill, the differences with Presidents Reagan and people, and we all are better

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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

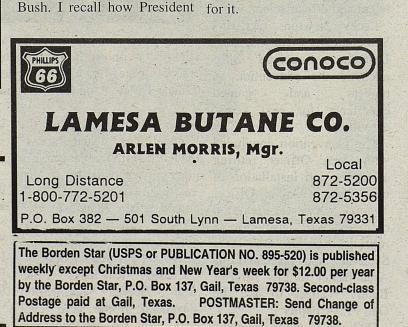


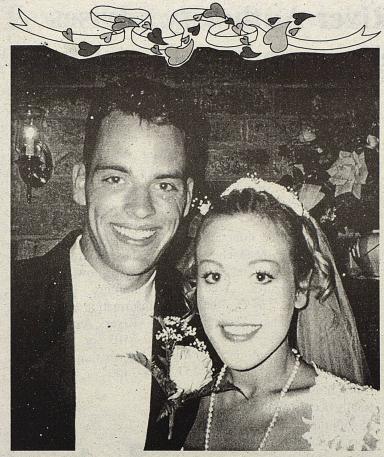
Critical Air representative show with Borden County EMS Students: (L to R.) Jamie Pewitt, Lacie Horton, Critical Air Instructor, Stephanie James and Kevin James.

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.

For School and County Information Subscribe to the **Borden Star** today! Only \$12.00 a year.





Mr. and Mrs. Payton Brown

Payton and Angela were wed at the Church of God in Corpus Christi, Texas on June 5th, 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.



## **Entertainment at the Big Spring** Rodeo

BIG SPRING - - The featured entertainer at the Big Spring Rodeo (June 16th -19<sup>th</sup>) comes from the excitingworld 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

**Beachfest**"

POST - - Fun for the entire

family, the "West Texas

Beachfest" will be held on

Saturday, July 3rd, 2004 at the

"Two Bit Ranch" FM 651 N

There will be Live Music,

Beach Volley Ball, Horse

Shoes, Ping Pong, Sand Castle Competition, Food,

Tickets may be bought in

Contact Rex Cash at

for

more

advance for \$2.00 or can be purchased for \$4.00 at the

"West

Texas

of Post, Texas.

and other games.

806/495-3344

information.

gate.

Charro traditions.

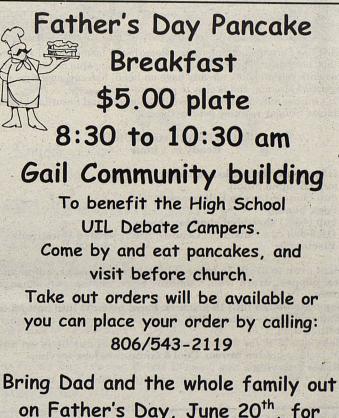
Jerry is famous for his tricks with a maguey rope. Jerry Diaz traces his Charro He spins it with ease while on roots back four generations. foot, riding, or standing a top his horse.

singer and recording artist 8 p.m. nightly in the Big and has recently released a Spring's famous Rodeo CD entitled Charro de Bowl.

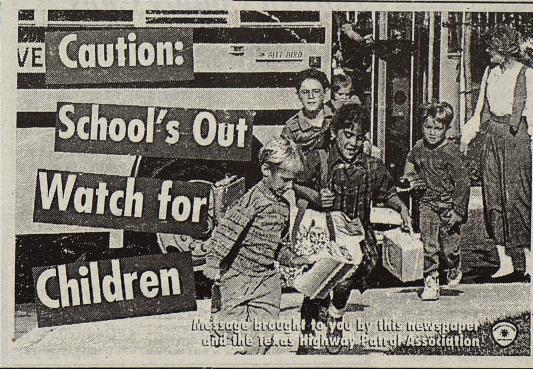
and dedication to family and Corazon (Charro from the heart).

A native of San Antonio,

He will perform every night of the Big Spring rodeo June He is also an accomplished 16-19. Grand entry begins at



on Father's Day, June 20th, for some hot pancakes and help the UIL kids raise money for debate camp this summer.



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THE BORDEN STAR, WED., JUNE 9<sup>TH</sup>, 2004...6

**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
- <sup>1</sup>/<sub>4</sub> cup chopped onion
- <sup>1</sup>/<sub>4</sub> cup chopped green bell pepper
- 10 eggs, beaten
- 1 cup (4 oz.) shredded cheddar cheese 1 (16.3-oz.) can Pillsbury<sup>®</sup> Grands!<sup>®</sup> Refrigerated Buttermilk **Biscuits**

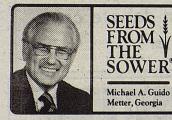
Heat oven to 375°F. In large skillet, brown sausage, onion and green pepper; drain well. Combine eggs, cheese and sausage mixture.

Separate dough into 10 biscuits. Press biscuits into bottom of 13x9x2 inch glass baking dish. Pour sausage mixture into biscuit-lined dish.

Bake at 375°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!



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?

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# 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 (non-Chlorinated) surface water and in soil.

According to officials with Texas Department of health (TDH), the combination of lower water levels, high temperature and water stagnant or slow moving higher produces water 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

nasal passages - - usually water. The TDH recommends person.

vomiting, seizures the as hallucinations 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

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 a nose plug when jumping Symptoms of the infection into lakes, rivers, ponds or include severe headaches, other bodies of fresh water high fever, stiff neck, nausea, and avoid swallowing water and when swimming.

th

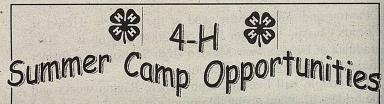
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For information contact the condition worsens. Though Brazos River Authority at the diseases is rare - 254-761-3103 or the TDH affecting only about one to Public Information Office at





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!

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# **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<sup>th</sup> at the Texas Tech University Farm east of New Deal, Texas. The event will begin at 5:00 pm with a brief program followed by tours of integrated crop and livestock systems established 1999, comparing a in 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

mid-ribbed

irrigated

system featuring buffalograss

and bluegramma and a brown

sudangrass hybrid; (2) an

grazing system using WW B-

Dah 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

sorghum

three-paddock

X

at (806)742-2838.

The field day will be management-friendly, where participating researchers, 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 cattle 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 USDA-Sustainable Agriculture Research and Education grants, the Ogallala Aquifer 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

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.



## 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 alternative first arrived on the scene in northern California in the 1990s. The trend caught on when cooks took the traditional burrito and experimented by adding ingredients like vegetables and tofu.

tofu. The Pampered Chef's home cooking professionals are offering great wrap recipes this season. According to these Kitchen 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.

(The)



A signature sandwich spread and whole wheat tortillas make these cool ham wraps as unique as they are delicious.

To prevent the tortillas from cracking and splitting open when rolling the wraps, place them in a plastic resealable food storage bag, microwave on HIGH for 20 to 30 seconds or until warm and pliable. Fold the wrap "burrito style" by placing fillings in the center of

> Texas Department of Protective and Regulatory Services

www.tdprs.state.tx.us January 2001 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 on 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
- tortillas 1½ cups thinly sliced iceberg
- lettuce 8 ounces thinly sliced deli
- ham <sup>3</sup>/<sub>4</sub> 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.

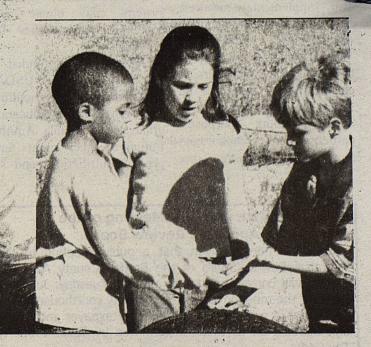
2. Using Medium Scoop, top each tortilla with a level scoop of cream cheese mixture; spread to within ¼ inch of edge. Cover with ¼ cup lettuce, pressing lightly. Place two ham slices over lettuce. Sprinkle 2 tablespoons cheese over ham. Top evenly with tomato, bell pepper and bacon. 3. Roll up each tortilla

3. Roll up each tortilla tightly. To serve, cut each wrap diagonally in half with serated knife.

Yield: 6 servings

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

# Parent Alert!



Keeping Kids Safe is Everybody's Business

It's Up To You