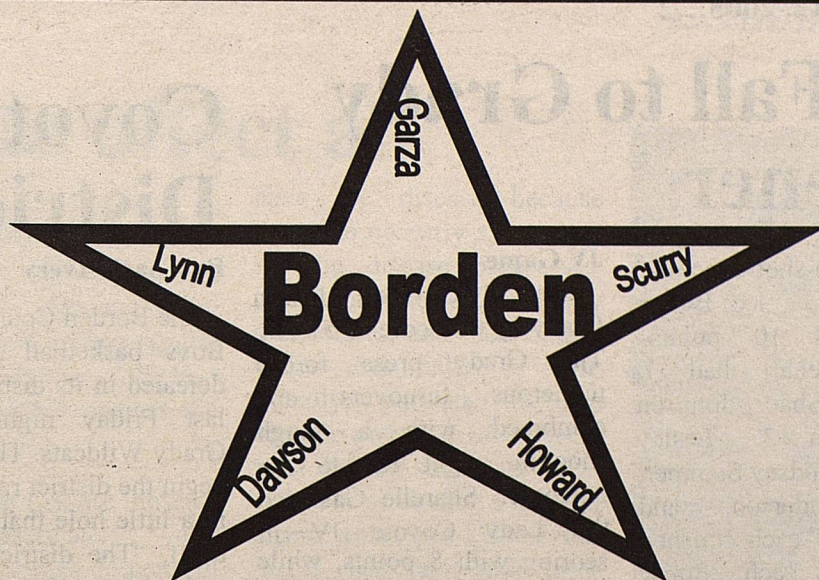


THE

Volume XXXII



STAR

January 12th, 2005

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

Presidential Inauguration is Living History

Sen. Kay Bailey Huchison's Weekly Column.

On Jan. 20th, Washington, D.C. will host one of democracy's greatest pageants, the inauguration of the U.S. President.

While the inauguration ceremony, first performed in 1789, seems timeless, it has actually changed a great deal over the years. The first, took place a month late in New York City because George Washington was delayed by harsh winter weather. As he traveled to New York, Congress debated the title for the chief executive of the United States. John Adams, Washington's vice president, argued for "His Most Benign Highness" but fortunately for us all, Congress settled on the title we still use: "President of the United States."

George Washington's oath came straight from the Constitution: "I do solemnly swear that I will faithfully execute the office of the President of the United States and will, to the best of my ability, preserve, protect, and defend the Constitution of the United States." He then added, "So help me God," starting a custom followed by every president since.

The New York state chief justice determined that Washington should swear on a Bible, which set off a

scramble to find a copy of the Good Book. When none was found in New York's Federal Hall, a Bible was borrowed from a Masonic lodge a few blocks away.

President Washington also started the custom of the inaugural speech. In his second term, he began the practice of having the oath administered by a U.S. Supreme Court Justice.

The first inauguration in Washington, D.C. was of the third President, Thomas Jefferson, who walked to and from his boarding house to the Capitol for the swearing in. In his second term, he rode on horseback from the Capitol to the White House. A small band played music and a crowd gathered to watch the procession. Thus the inaugural parade was born.

President Jefferson also held an open house at the White House, a now-discontinued tradition that almost resulted in calamity for Andrew Jackson. "Old Hickory," as the hero of the Battle of New Orleans was known, had to flee from a friendly, but unruly, crowd by exiting the White House through a window.

The location of the inauguration has also changed through the years. It was held indoors until 1817, when President James Monroe was

sworn in on the east portico of the Capitol. It remained there until Ronald Reagan moved the ceremony to the west side of the Capitol in 1981 to allow Americans to witness the ceremony in person.

Even the date of the inauguration has changed. Congress passed the 20th Amendment of the Constitution in 1933 to decrease the delay between election of a new president and the end of the outgoing president's term by moving the ceremony up from March 4 to January 20. President Franklin Roosevelt was the last president to take his oath on the original date

and the first to take his oath on the new.

While most Americans believe no inauguration is complete without festive balls, this was not always the case. President Ulysses S. Grant's inaugural ball degenerated into a food fight. President Woodrow Wilson declined to host any balls because he considered them undignified.

Because President Warren Harding opposed the festivities in 1921, unofficial balls were the rule until President Harry Truman revived the official inaugural ball in 1949.

Because of heavy demand, President Dwight Eisenhower held two inaugural balls, and the numbers have grown ever since. This year, through many balls are being held, the

Black Tie and Boots inaugural ball hosted by the Texas State Society is considered "the" inaugural ball to attend. Its tickets sold out online in less than an hour, and those sold by mail were snapped up immediately as well.

If you are in Washington, D.C. through April, you may want to visit The Library of Congress and see "Presidential Inaugurations," a display of artifacts, documents and photographs from the ceremony's long history. Exhibits like this remind us that the traditions of the Presidential inauguration are something we can take pride in, whether we are in Washington, D.C. or in Washington-on-the-Brazos.

2005 BORDEN COUNTY JR. LIVESTOCK SHOW

Thursday, January 20th
STEER SHOW - 6:00 P.M.



Friday, January 21st.
LAMB SHOW - 8:30 A.M.



GOAT SHOW - AFTER LAMB SHOW
SWINE SHOW - AFTER GOAT SHOW



Saturday, January 22nd.
7:00 - 9:00 AM



COMPLIMENTARY RANCH BREAKFAST

AWARDS CEREMONY - 9:00 A.M.
PREMIUM SALE - 9:30 A.M.



Everyone is invited to attend our 2005 BCJLA Stock Show!!!

Lady Coyotes Fall to Grady in District Opener

By Coach Turner

The Lady Coyotes dropped their district 7A opener at Grady Friday night by the score of 55-29. The Lady Coyotes started off strong and trailed only by five at the end of the first quarter. Turnovers started to take their toll as Grady extended their lead to ten, 23-13 at the half. The 18th ranked Lady Cats led 34-19 at the end of three quarters but exploded in the fourth to take the game by 26. The Grady press did most of the damage as the Lady Coyotes had more turnovers than shot attempts. Thelma Balague led BC in scoring with 10 points. Cassidy Rinehart had 7, while La Shae Johnson finished with 3. Lesley Rutherford, Lindsey Stamper, Whitney Anderson, and Christina Soto each finished with 2 points each. Emily Mayes rounded out the scoring with a free throw. The Lady Coyotes must regroup quickly as they travel to Klondike Tuesday night to take on the 18-2 Lady Cougars.

Missy Coyotes defeated at Klondike

By Coach Turner

The Missy Coyotes were defeated Monday night in Klondike by the score of 30-17. BC had a tough time finding the basket against the Cougars although they played very well defensively. Klondike took an 8-6 lead into the second quarter then out scored the Missy Coyotes 10-4 for an 18-10 halftime lead. The Missy Coyotes continued to struggle offensively and were outscored 12-7 in the second half. D'Nae Johnson led the Missy Coyotes with 6 points. Olivia Key had 5 while Baylee Benavidez, Katherine Froman, and Raylea Underwood each had 2. The Missy Coyotes take on Dawson in Gail next Monday night.

School Menu

Week Of: January 17th - 21st, 2005

MONDAY: Taco Salad, Corn, Pudding, & Milk. **Breakfast:** Muffin, Fruit Juice & Milk.

TUESDAY: Steak Fingers, Potatoes, Green Peas, Hot Roll, Fruit & Milk **Breakfast:** Pancake, Fruit Juice, & Milk.

WEDNESDAY: Chicken & Rice, Carrot Sticks, Green Buns, Bread stick, Fruit & Milk. **Breakfast:** Oatmeal & Toast, Fruit Juice & Milk

THURSDAY: Sloppy Joe, Salad, Chips, Fruit, Cookie & Milk. **Breakfast:** Pancake pup, Fruit Juice, & Milk.

FRIDAY: NO School - Borden County Stock Show

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JV Game

The Lady Coyote JV lost to Grady by the score of 51-22. The Grady press forced numerous turnovers and combined with a tough shooting night led to the outcome. Sharelle Gass led the Lady Coyote JV in scoring with 8 points, while Becky Dobyns finished with 5 and Shelby Roberts had 3. Rachel Wilson, Kate Wallace, and Danelle Copeland each had two points.

Coyote Pups Defeat Klondike

By Coach Avery

The Borden JH basketball team defeated the Klondike Cougars Monday night 34-20. The Pups outscored the Cougars 8-0 in the first period and never looked back completing the half with a 16 point second quarter run. The score at half was 24 -9.

Leading the Coyotes in scoring was Brendan Tarleton and Michael Cooley with 8 a piece. Flynn Chapman had 7 points, Karl Lamming had 4 points, Carlos Hernandez had 3 points, and Tyrell Massingill and Cory Teel had 2 points each. Also playing valuable minutes in the game was Drew Tyler, Clay Harding and Jake Cooley.

Ex-Student Association Plans Meeting

The Ex-Student Association will have a meeting on Monday, January 17th, in the school conference room beginning at 7:00 p.m

Plans for the All-School Reunion to be held on August 6th, 2005 will be discussed. All interested exes are needed to attend and help plan this big event and make it successful.

Coyotes Drop District Opener

By Coach Avery

The Borden County Varsity Boys basketball team was defeated in its district opener last Friday night by the Grady Wildcats. The Coyotes begin the district race 0-1 and in a little hole that it dug for itself. "The district is tough and we knew going to Grady it would be tough to come out of there with a win." The Coyotes led after the first period 18-15, but in the second quarter the Coyotes were outscored 14-3, and were trailing at the half 21-29. That deficit was had to overcome as the Coyotes never got hot enough in the

game. The Coyotes were outscored in the third period 9-16, but outscored the Wildcats in the fourth by only three points, 16-13. The final score of the game was 46-58.

J Ryan Gicklhorn led the Coyotes in scoring with 16 points, Austin Tarleton scored 15 points, Ben Griffin had 7 points, Garrett Chapman had 5 points, and Adam Carter had 3 points. Also seeing action but not scoring was Aaron Pigford, John Wilson, Jacob Froman, Garrett Thomas, and Chase Pinkerton.

Borden JV Defeated By Grady

By Coach Avery

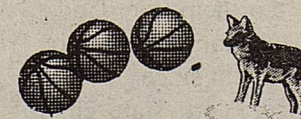
Half of the Borden JV team played the Grady Wildcats last Friday while the other half traveled to New Home. The JV in Grady was defeated 46-32. The score at the half was 22-12 and the Coyotes never really overcame a slow start.

Playing for the Coyotes was Caden Nowlain who scored 10 points, Chase Pinkerton, 8 points, Michael Bullinger, 6 points, Jacob Froman, 4 points, Clint Chapman and Trey Soto with 2 points each and Andrew Lamming.

Borden JV Defeats New Home, Again

For the second time this season the Borden County JV defeated the New Home Leopard's JV by one point. The Coyotes managed to hold on to the lead despite scoring only 2 points in the third period, and mostly to full court pressure in the fourth period that produced turnovers and seven quick points. In the fourth period alone the Coyotes scored 14 of their 31 points. The last time these two teams played the Coyotes won by three points.

Playing in this game was Quentin Shafer with 6 points, (two three pointers); Miller Valentine with 4 points, including 2 of 2 free throws; Asa Rutherford with 2 points, Rowdy Clary with 4 points, Mathew Tatum with 13 points, Zane Williamson with 2 points and Symeron Rinehart.



“Glaucoma can affect all ages”

By Patti J. Patterson, M.D.
Texas Tech Health Sciences
Center—Rural Health Column

Change in your vision is a natural part of aging. However, some of the eye problems most often associated with older people such as glaucoma can actually affect people of all ages.

M. Roy Wilson, M.D., M.S., president of Texas Tech University Health Sciences Center, said one misconception about glaucoma is that it affects only the elderly when in reality many people younger than 50 have the disease. January, which is designated Glaucoma Awareness Month, brings an opportunity to educate people about how to prevent the disease, he said.

Glaucoma occurs when the natural fluid inside the eye does not properly drain, causing pressure to build up within the eye. Left untreated, this disease can damage the optic nerve and eventually lead to blindness.

“About 9 percent to 12 percent of all glaucoma cases in America result in blind-

ness,” said Wilson, an ophthalmologist and internally recognized glaucoma researcher. “Understanding one’s risk and getting regular eye exams are two of the best lines of defense against the disease.”

At greatest risk are those of Mexican-American and African-American descent. In African-Americans, glaucoma is the leading cause of blindness. In the 45- to 65-age bracket, African-Americans are 14 times to 17 times more likely to go blind from glaucoma than Caucasians of the same age, according to EyeCare America, a foundation of the American Academy of Ophthalmology. Other risk factors include age (being older than 50), a family history of glaucoma, previous serious eye injury and other health conditions such as diabetes.

The exact cause of primary open-angle glaucoma, the most common form of the disease, is uncertain, and there is no cure. However, early detection and treatment can usually preserve vision.

Yet, more than half of the 2.2 million Americans with glaucoma are not aware they

have the disease because there are no early symptoms. As the disease progresses, peripheral vision initially deteriorates, and then central vision eventually is lost. Usually, patients do not become aware of their vision until that late stage.

However, during a regular exam, your eye doctor can detect glaucoma and prescribe treatment. Commonly, doctors use eye drops, eye surgery, laser surgery or a combination of these treatments to lower the pressure in the eye to prevent further nerve damage and vision loss.

That is why regular eye checkups are so important. The American Association of Ophthalmologists recommends that all individuals have a complete eye exam by age 39. After that, schedule follow-up exams every two to four years. After age 64, people should have eye exams every one to two years.

By knowing your risk factors and adhering to regular checkups, you can prevent or reduce the effects of glaucoma. Don’t let your eyesight be an oversight when it comes to your good health.



Five Generations: Leota Sherrell, who will be 102 in March, holds her great-great granddaughter, Jaylee Poole, for the first time. Looking on is great-grandson Tanner Poole (Jaylee’s dad), daughter Laurie Eubanks, and granddaughter Sheri Poole.

The “Secret Weapon” in Preventing Many Infections

(NAPS)—It is so obvious, but it really works. Hand washing, when done correctly, is the simplest, most effective way to prevent the spread of infections.

“Good” hand washing techniques include using soap and warm water and washing for a minimum of 10 seconds. This is particularly important for children. To help children wash long enough, some suggest singing a short song, such as “Happy Birthday” to hold their interest.

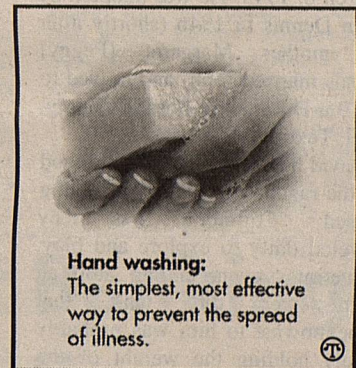
“It sounds so easy, but most people, especially children, don’t wash their hands as much as they should,” according to Nancy S. Miller, MD, FCAP, a pathologist in Boston. “Yet it helps to substantially reduce the risk of illness.”

Some of the most common ways to “catch” germs is from hand-to-hand contact or by sharing items like food utensils, straws etc. If your hands have germs on them, and you touch your face, for example, those germs can take hold and start an infection. It is especially important to wash your hands after:

- using the washroom,
- changing diapers,
- eating or handling food,
- touching raw meat, poultry or fish,
- handling garbage,
- visiting sick people, and
- handling infected animals.

“Good hand washing is your first line of defense against the spread of many viral and bacterial illnesses such as meningitis, bronchiolitis, influenza, hepatitis A, and most types of infectious diarrhea,” says Dr. Miller.

In addition to washing hands, other traditional preventive mea-



Hand washing:
The simplest, most effective way to prevent the spread of illness.

asures to keep your family healthy and free from illnesses caused by germs include:

- Thoroughly cleaning countertops and cutting boards with a bleach-and-water solution.
- Cleaning sponges and dish-towels often.
- Soaking sponges in a bleach-and-water solution or running them through the dishwasher.

“When it comes to reducing the risk of infection related to food preparation, it is really important to wash kitchen counters and utensils, especially any that have come in contact with raw food, particularly raw meat,” according to Dr. Miller. “Frequent washing and replacing of sponges and dishcloths also helps reduce the spread of germs. An even better idea: whenever possible, use disposable paper towels instead of sponges and cloths. And always wash your hands before and after handling food.”

For more information about hand washing and how to prevent disease, visit the College of American Pathologists at www.cap.org.

Bake Sale

Tuesday, January 25

4:30 - 9:30

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A Loving Tribute to David



**David Willis
Dennis
1945 - 2004**

David was born in Mercer, PA on March 6, 1945. He was adopted by John Dennis in 1946 (shortly after his mother Margaret [Peggy] Bruels married John) and moved to the Bar D Ranch in Borden County, Gail, Texas.

David had a wonderful childhood on the ranch with his mother's dog named "Chumbum" as they traveled daily to explore and play. Sometimes even, ending atop an iced over dirt tank that unbeknownst to him was probably barely holding the weight of the dog and boy!! (Pretty certain this was the beginning of Miss Peggy's heart attacks and David's independency. A coaxing with cookies and candy would not stir his feet. Can you imagine that's a fellow that loved sweets?)

David's love for animals almost took over the number one passion as he could not pass a stray cat, dog or baby lamb without persuading Miss Peggy with "Oh, the poor baby's need a good home and daddy will help feed them!" (By the way, Big John fed several strays and lambs but knew David inherited this trait from his mother). Also, the keen eyes of mother and son spent many hours scoping the Ranch's landscape and brought home many artifacts, especially arrowheads. (Believe it; those two could give you the history too!)

Within a few years, three sisters, Mary Ann, Jacquie, and Debby came along and David quickly taught the girls chores so he could spend time with his animals. In fact, David raised a baby (orphan) filly on a bottle and she became one of the ranches's #1 mares for roundups and Jacquie's 4-H events (She went to state in the pole bending). Also, he taught a pet goat in just one session to help load the sheep on the trucks at shipping (Big John was so proud!)

David was a very curious fellow and was accused of talking your leg off and asking soooo many questions. Why? Why? Why? Nevertheless, he would bring home good grades from school and excelled in Show and Tell. In fact, later years and especially in high school, he won the UIL Spelling contests.

David played basketball which was a must in his family. With that tall stature, he should have been a post man underneath the goal, but he had a better outside shot than most. Both David and Mary Ann (with Big John's coaching) spent numerous hours teaching Jacquie and Debbie the mechanics of the game.

And we must not forget the music talent. David had several piano lessons and became quite the pianist (A talent from Miss Peggy).

After graduating from high school in 1963, David attended West Texas State University in Canyon and received a Bachelor's degree in Art (another talent from Miss Peggy). Teaching years immediately began and because of the diversified degree all-level certification and successful teaching experiences, furthered his education in the early eighties at East Texas State University in Commerce receiving a Masters of Education.

David spent his last years of teaching before retiring in Houston, TX. Several of David's art students received honors and recognition at different shows plus David himself, placing tenth among thousands of outstanding artists.

Then, Oh boy! David discovered another talent. He wrote and illustrated a children's book. Sadly, the book was not published, as the company wanted the ending changed and David refused because the true story was his childhood experiences with two baby lambs.

He officially retired August of 2000. He moved back to West Texas with his two Yorkies and resided in Post. He sold some paintings in Lubbock, and won several honors in shows at Post. He



Miss Peggy and David with his pet lamb.



Just like Dad! David and Big John

was invited to display and auction a painting for the Texas Tech Arts and Alliances Fundraiser in 2002.

David passed away on Wednesday, December 29th, 2004 at the age of 59 with complications from the Klinefelters Syndrome which he had since birth. Research is very limited for this, but limitations include learning disabilities with emphasis on language impairment, writing, and social behavior problems (just not fitting in). With the Good Lord's help, David defied all these odds and led a super life as a loving son, brother, artist, musician, teacher and friend to many acquaintances.

David was preceded in death by his parents, John and Peggy Dennis and a sister, Debby Dennis Awtry.

Survivors include two sisters, Mary Ann Awtry and husband Paul of Orange City, IA; and Jacquie Whalen of Gail, TX. Nephews and nieces: Michael and Buffi Awtry, Ryan and Riley of Abilene, TX; Russ, Mendi and Morgan Awtry of Lubbock, TX; and Marissa Ann Awtry of Southlake TX. Numerous cousins: Joel and Betty Dennis of Gail, TX; Jeff Dennis of Lubbock, TX; Lisa, Keith, Andrew and Matthew Mahler of San Angelo, TX; Steve, Nancy and Bert Patrick Dennis of Odessa, TX; Robert and Clarita Dennis of Bedford, TX; Sally, Christy, Stacy, and Colby Lacy of Water Valley, TX; Ron, Matthew and Amy Nickum of Amarillo, TX; Colene, Bill, Wayne and Wesley Nickum of Tacoma, WA; Herb and Vera Itz (Brenda, Sheree, Sharla) of Water Valley; Emily Munn of San Angelo, TX.

The family suggests memorials to a favorite charity.

Many thanks are extended to numerous individuals (too many to list and would not want to forget anyone) for the **care, prayers, food, flowers, phone calls, and visits in David's time of need**

these past months. Plus, the tributes bestowed during the funeral and burial from Father Larry, Father Paul, Buddy Lang, Mickey McMeans and Preston Poole.

We Love You, David
Mary Ann, Jacquie and Linda



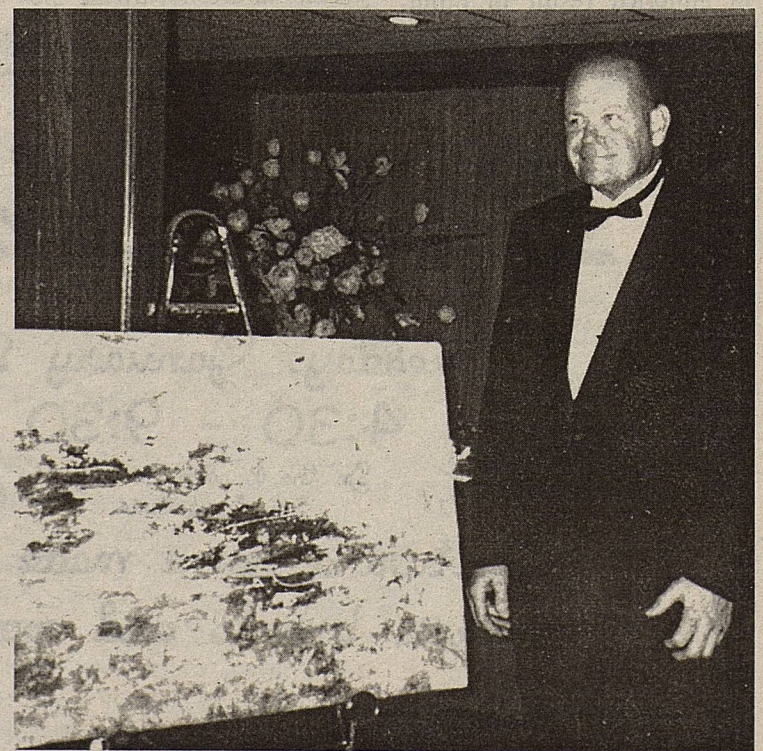
Ready for a ride: David, Big John and the girls.



David with "Puppy Piper"



Big brother and his sisters: Mary Ann, Jacquie and Debby



David with his painting that he auctioned for the Texas Tech Arts and Alliances Fundraiser in 2002.

OBITUARY

John Ramsey Enlow

John Ramsey Enlow, age 17, of Archer City, Texas, passed away Friday, January 7, 2005 at his residence.



Services were at 1 p.m. Monday, at First Baptist Church of Archer City with Roger Deerinwater, pastor, officiating. Interment was at 4:30 p.m. in the Gribble Spring Cemetery near Sanger, Texas, with Eddie Schafer, pastor of Highland Baptist Church in Denton, officiating. Arrangements were under the direction of Aulds Funeral Home of Archer City.

John Ramsey was born August 22, 1987, in Dallas to Bill and Lesa (Hensley) Enlow. He attended Ben Franklin and Fain Elementary School in Wichita Falls until 1996 when he transferred to the Archer City School District. While attending school in Archer City, he was active in football, track, and one-act play. As a sophomore, he competed in U.I.L. Computer Science; his team went to the State Finals in Austin. He was also active in the band. During his junior year, he was voted a Shiny Smiler. He was also a cast member in the production at the Royal Theater in Archer City. He was employed by the Aquatic and Wellness Center at North Texas Rehabilitation Center in Wichita Falls. He was a member of the First Baptist Church of Archer City where he was active in the youth group. He was a member of the Fellowship of Christian

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Athletes and had volunteered with the Special Olympics of Wichita Falls. John Ramsey had a very loving and caring heart. His hobbies included waterskiing, fishing, and hunting on his family's ranch in Jack County.

Survivors include his parents, Bill and Lesa of the home; one brother, Brady of Archer City; grandparents, Bill and Shirley Enlow of Denton; great-grandmother, Marie Brown of Denton; aunts and uncles, Dwayne and Brenda Enlow of Denton, Rusty and Mary Hensley of Rockwall, Texas, Kenny and Carla Hensley, and Randy and Donnell Hensley all of Gail, Texas; cousins, Blake and Addie Enlow, Jonathan Enlow, Bryan and Renee Hensley, Nathan Hensley, Jeff and Marla Wendt, Mendy and Brian Briley, Laura and Erik Huchzemeier, Rebekah and Dusty Parker, Micah Hensley, and John Patrick Hensley.

He was preceded in death by his grand parents, Pat and Jo Hensley of Gail, and great-grand-dad, John Burnice Brown of Denton.

Pallbearers were Dwayne Enlow, Blake Enlow, Jonathan Enlow, Rusty Hensley, Kenny Hensley, Randy Hensley, Clay Cowan, and David Shaffer.

The family suggests memorials to North Texas Rehabilitation Center, 1005 Midwestern Parkway, Wichita Falls, TX 76302

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Nutrition News & Notes

Poor Breakfast Habits Could Be Affecting America's Health

(NAPS)—As debate continues on the obesity epidemic in the United States, Americans may not have to look much further than the breakfast table to find a possible solution. A new consumer survey reveals alarming statistics showing that even though almost all Americans (96 percent) believe consuming a nutritious breakfast is an important part of a healthy lifestyle, their behavior demonstrates otherwise.

Even more daunting is the fact that Americans have raised a generation that does not eat breakfast. Young adults are even more likely to spend less time eating breakfast or to skip breakfast altogether than their older counterparts, according to the State of the American Breakfast survey, which looked at the breakfast habits and trends of American adults.

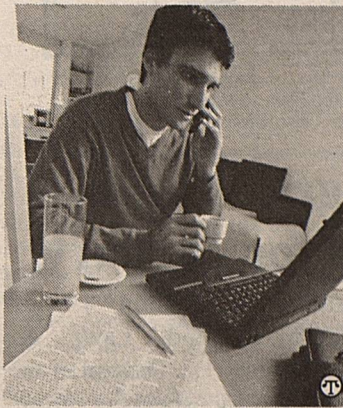
The survey was conducted by KRC Research on behalf of America's Breakfast Council (ABC), a think tank of health professionals dedicated to demonstrating the benefits of a nutritious, well-balanced breakfast.

"People who eat a well-balanced breakfast tend to have more nutritious diets than those who skip breakfast regularly. Breakfast-eaters typically consume foods higher in fiber, vitamins and minerals and avoid foods high in saturated fat and cholesterol," said Liz Weiss, M.S., R.D., a registered dietitian specializing in health and nutrition and an ABC member.

Studies also show that eating a well-balanced breakfast may reduce the risk of type 2 diabetes, and those who skip breakfast are more than four times as likely to be obese compared to individuals who eat breakfast regularly.

"Americans need to make eating a healthy breakfast part of their daily morning ritual," said Gail Rampersaud, R.D. "By eating a nutrient-rich meal packed with whole grains, protein, fruit or natural fruit juices, like 100 percent orange juice, they can get the nutrition they need to get their day off to a healthy start."

America Is Cutting Corners
Americans know every day should be a breakfast day, but according to the survey, almost one-third of Americans fall short of this goal by choosing not to eat breakfast every morning. Additionally, 25 percent say they eat breakfast only three out of five weekdays.



Lifestyle Challenges

When Americans do eat breakfast, they're racing to finish. More than half (53 percent) say they devote less than 15 minutes to acquiring the important energy and nutrients that propel them through their day. In addition, 47 percent say that when they skip breakfast, it's because they do not have enough time or feel that it is too inconvenient.

"Breakfast is becoming something Americans do in between important things—not something that alone merits importance," said Weiss. "They need to realize that a healthy breakfast is an important part of leading a healthy lifestyle."

The Importance Of Breakfast

According to Weiss, there are a number of quick, easy changes Americans can make to break the cycle of poor breakfast habits. Just follow the ABC's:

Assess breakfast habits. Are you regularly eating breakfast? How could you adjust your choices to make breakfast an important part of your day? Plan ahead and stock your fridge with healthy options. A small box of whole grain cereal and a single-serve carton of 100 percent orange juice taken on-the-go are quick options to fit into any busy schedule.

Balance—Eating a balanced breakfast can be quick and healthy. Include nutritious foods such as whole-wheat toast with peanut butter, low-fat yogurt or 100 percent fruit juice. Orange juice contains several vitamins and nutrients Americans need, including one of the most powerful antioxidants, vitamin C.

Commit to eating a nutritious breakfast every day—even if you do it on the fly. Breakfast provides energy and may boost concentration levels. Several studies have even found that breakfast consumption is associated with an improvement in academic grades.

For more information on the benefits of citrus and the State of the American Breakfast survey, visit www.floridajuice.com.

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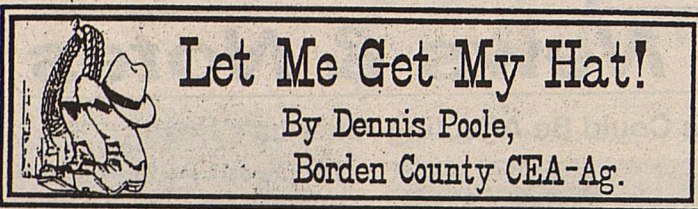
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WATCH FOUND

A watch was found during the Lighting of the Star Ceremonies at the Borden County Courthouse.

If you lost your watch that night, please call Jacque at 756-4491 or 756-4398 after 5:00 p.m. and describe the watch.

Drive Safely . . . Our children are playing



Let Me Get My Hat!

By Dennis Poole,
Borden County CEA-Ag.

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 Court of Texas Cooperating.

Southern Mesa Agricultural Conference Slated for January

"The Southern Mesa Agricultural Conference will focus on regulations and policies affecting Texas agriculture as well as the BMP's (Best Management Practices) for cotton, grain sorghum, peanuts, and other crops," says Dennis Poole, Extension Agent for Borden County.

This conference will be held Thursday, January 27th, in the Dawson County Annex building, located at 609 North First Street in Lamesa, Texas, and will begin at 8:00 a.m. the registration fee, which includes notepad, pen, pocket knife, technical sessions, door prize ticket, lunch, refreshments, educational materials and access to exhibits, is \$20.00 if paid by January 21st. 2005. After January 21st, the registration will be \$25.00. Registration forms and fees, payable to "**Dawson Ag Fund**", should be sent to the Dawson County Extension office at P.O. Box 1268, Lamesa, Texas 79331.

The program, sponsored by the Texas Cooperative Extension in Dawson, Borden, Scurry, Mitchell, Lynn, and Garza Counties, will feature information on the Overview of Cotton Production, Bio-Tech Varieties, Water Management on the South Plains, Weed Management and Strategies in Cotton, Pink Bollworm Overview and Management, South Plains Peanut Production Outlook, Commodity and Livestock Market Outlook for 2005, Water Quality Problems and Solutions, Control of Salt Cedar, Mesquite, and Brush (Brush Busters & IPT), Grazing Wheat for Profit-Diversification of Small

Grain Production with Livestock, and Laws & Regulations Presentation. Top quality speakers from across the State and the South Plains area will make presentations concerning current research production trials. Producers will have the opportunity to discuss their experiences with experts, specialists and other growers. Also, producers will be able to visit commercial booths throughout the day.

Five Continuing Education Units (CEU's) (2 General, 2 IPM and 1 Laws & Regs) will be provided for private, commercial and non-commercial applicators for attendance at this program.

Speakers include Dr. Carl Anderson from College Station; Mr. Casey Barrett, Dr. Randy Boman, Mr. J.F. Cadenhead, Mr. Tommy Doederlein, Mr. Dennis Poole, Dr. Calvin Trostle, Dr. Dana Porter, and Dr. Jackie Smith with the Texas Cooperative Extension; and Mr. Shea Murdock with Monsanto.

Producers who wish to pre-register should mail their check for registration to the Texas Cooperative Extension, P.O. Box 1268, Lamesa, TX 79331. Remember, the registration fee is \$20 if paid by January 21, 2005. After January 21, the fee will be \$25.

We will seek to accommodate all persons with disabilities for this event. We request that you call the Dawson County Extension office at 806/872-3444 as soon as possible to advise us of any auxiliary aid or service that you require.

A Flavor That Makes The Heart Grow Fonder Year-Round

(NAPS)—For a gift straight from the heart, nothing quite says "love" the way that dessert does. To deliver an endearing message to friends or family celebrating an engagement, bridal shower, or wedding-related activity, you may want to whip up some scrumptious cinnamon hearts. These treats are so easy to prepare, children can help, making these "sweet nothings" a gift from the whole family.

Cinnamon Hearts Makes 16 rolls

Dough

- 4½ to 5 cups all-purpose flour
- ½ cup sugar
- 2 envelopes Fleischmann's RapidRise Yeast
- 1 teaspoon salt
- ½ cup water
- ½ cup milk
- ½ cup butter or margarine
- 2 large eggs

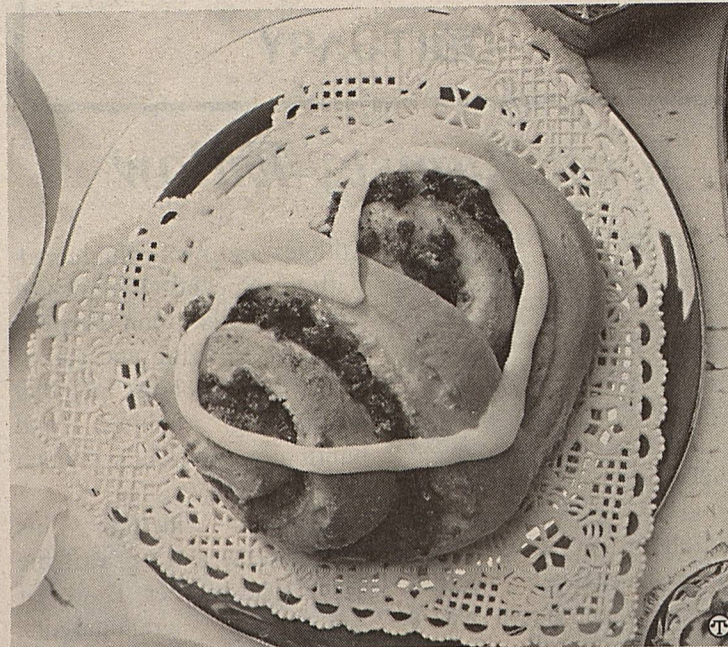
Cinnamon Filling

- ¼ cup butter or margarine, melted
- ¾ cup sugar
- 1½ tablespoons ground cinnamon
- 1 cup finely chopped dates or raisins

Powdered Sugar Glaze

- 1 cup powdered sugar, sifted
- 1 to 2 tablespoons milk
- ½ teaspoon vanilla extract

In a large bowl, combine 1 cup flour, sugar, undissolved yeast, and salt. Heat water, milk, and butter until very warm (120° to 130°F). Gradually add to flour mixture. Beat 2 minutes at medium speed of electric mixer, scraping bowl occasionally. Add eggs and 1 cup flour; beat 2 minutes at high speed. Stir in enough remaining flour to make a soft dough. Knead on lightly floured surface until smooth



If love had to be summed up in a flavor, these cinnamon hearts would say it all. These mouthwatering treats melt into a comforting sweetness, making them a heartfelt gift for those in love.

and elastic, about 8 to 10 minutes. Cover; let rest 10 minutes.

Divide dough into 2 equal pieces; roll each to 12- x 10-inch rectangle. Brush with butter, sprinkle evenly with sugar, cinnamon, and dates. Roll up tightly from long ends as for jelly roll; pinch seams to seal. Mark each roll into 16 equal pieces. Starting with first mark, slice every other mark ¾ of the way through dough. Slice remaining marks all the way through dough to make 8 rolls from each piece of dough. Spread apart the two halves of each roll like a fan. Gently flatten with hand; shape to resemble hearts. Place on greased baking sheets. Cover, let rise in warm, draft-free place until doubled in size, about 45 minutes.

Bake at 375°F for 15 to 20

minutes or until done. Remove from sheets; cool on wire rack. Drizzle with Powdered Sugar Glaze.

Powdered Sugar Glaze: In a small bowl, combine powdered sugar, milk and vanilla extract. Stir until smooth.

For more recipes and tips, visit the Fleischmann's Yeast Web site at www.breadworld.com.

NOTICE TO CONTRACTORS OF PROPOSED TEXAS DEPARTMENT OF TRANSPORTATION (TxDOT) CONTRACTS

Sealed proposals for contracts listed below will be received by the Texas Department of Transportation (TxDOT) until the date (s) shown below, and then publicly read.

CONSTRUCTION/MAINTENANCE/BUILDING FACILITIES CONTRACT(S)

Dist/Div: **Abilene**

Contract 6126-22-001 for **LITTER REMOVAL** in **HOWARD** County, etc. will be opened on **February 11, 2005** at **10:30 p.m.** at the District Office for an estimate of \$62,727.00.

Plans and specifications are available for inspection, along with bidding proposals, and applications for the TxDOT Pre-qualified Contractor's list, at the applicable State and/or Dist/Div Offices listed below. Bidders must submit pre-qualification information to TxDOT at least 10 days prior to the bid date to be eligible to bid on a project. Pre-qualification materials may be requested from the State Office listed below. Plans for the above contract(s) are available from TxDOT's website at www.dot.state.tx.us and from reproduction companies at the expense of the contractor.

NPO: 15269

State Office

Constr./Maint. Division
200 E. Riverside Dr.
Austin, Texas 78704
Phone: 512-416-2540

Dist/Div Office(s)

Abilene District
District Engineer
4250 N. Clack
Abilene, TX 79601
Phone: 915-676-6800

Minimum wage rates are set out in bidding documents and the rates will be part of the contract. TxDOT ensures that bidders will not be discriminated against on the grounds of race, color, sex, or national origin.

Notice to Contractors of Routine Facilities Contract Work for the Texas Department of Transportation

Sealed proposals for: **Construction of a Truck Wash Pad and Evaporation Pit at the Maintenance Site in Gail, Borden County Texas**

Project No. -TWP-2004-2005

will be received by the Abilene District Office of the Texas Department of Transportation located at:

1305 North Arnold Blvd. Abilene, Texas 79603 until **10:00 a.m. Friday, January 14, 2005** then publicly opened and read.

There will be no pre-bid conference for this project.

Bidding documents, including proposal/agreement form and specifications, may be obtained from:

Scott Mitchell
Texas Department of Transportation
102 E. College Drive
Abilene, Texas 79601
(325)676-6911
(325)676-6958 Fax.



Texas Stories

A showcase of the Texas Spirit

Tumbleweed Smith
Part owner of Texas



The Story of the Buffalo

Jack and Elizabeth Longbotham of Abilene own a small herd of buffalo on their ranch in Brown County. They sometimes load one of the bison onto a trailer and take it to western gatherings or schools to help explain the buffalo's history. Jack is a retired educator who served as dean of the Education Department at Hardin Simmons University. Elizabeth is a member of the pioneer Prude family in Fort Davis and taught education at McMurry University.

"A buffalo is unpredictable," says Elizabeth. "They're very, very smart." Jack says they are strong and unbelievably quick. "Quickness is the most outstanding characteristic about buffalo. They can outrun a horse two to one."

Based on their interest in the buffalo, the Longbothams have collaborated on a series of children's books about the buffalo. Jack did the illustrations for the books. "Some of our buffalo are actual characters in the books," says Elizabeth. "They have names like Buffalo Bill and Cody. The books tell about their life on the plains."

In some of their presentations about the buffalo, they tell how the buffalo nearly became extinct. "It was the buffalo hunters who were greedy and wanted the hides to send up to New York for the wealthy ladies to have coats made out of them," says Elizabeth. "It was not the Indian who destroyed them."

Jack says at one time the buffalo numbered over sixty million head. "Gradually as

they were hunted they became fewer in number and were almost wiped out. In 1900 there were less than 800 buffalo in the United States. Now there are more than 220,000. Most of them are in private herds and state and national parks in Wyoming, Montana and North Dakota."

In Texas, the buffalo roamed from Colorado City to Fort Davis and all through the panhandle. The herds were big. "Sometimes the herds would be 50 miles long and 15 miles wide," says Jack. "That's lots of animals."

The Indians used everything on the buffalo: meat, horns, hide and hoofs. They depended on the buffalo for shelter, blankets, sewing needles, cookware, clothing and nearly everything else. "The buffalo was the Indian's commissary," says Jack. "Indians killed them by running herds off cliffs."

Buffalo hunting took place between 1865 and 1890. The hunters used a Sharp's rifle, which could fire a 50-caliber bullet several hundred yards. Buffalo bones littered the countryside and were sold to make fertilizer. "The bones were sold by the pound," says Jack. "Hunters brought them into wagon areas close to the train yards and loaded up boxcar after boxcar with bones. Later a trainload or two were put together and exported to England to make china dishes."

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PETS & PEOPLE

Annual Survey Proves Dogs Are Man's Best Friend

(NAPS)—For as long as anyone can remember, dogs have been deemed man's best friend. But what truth lies in this old adage, and how deep does the bond between people and their four-legged friends run?

The makers of one popular food for dogs surveyed 1,500 dog owners and lovers from across the country to find out more about these beloved canine companions. From pet pampering to doggie socialization and nutrition, the survey dug up some interesting "tidbits" about all things dog.

It's clear that dogs play an integral and important role in our lives and, in most cases, are much more than just man's best friend. In fact, 70 percent of people surveyed said they consider their pooches to be a part of the family. In addition, 71 percent admit they even talk to their dog as if he was human and 22 percent say they include their pup in family vacations.

"PEDIGREE is not just about dog food; we work to understand dogs at their best through the lens of dog lovers," said Chris Jones, Franchise Director of Pet Care for Masterfoods USA. "This understanding is translated into the most complete range of products to bring out the best in dogs."

Best Friends Forever

According to the survey, dogs may play an integral role in human social life. Whether it be a new found friend or a significant other, many dog owners report their pooches have played matchmaker a time or two. In fact, more than 50 percent of people surveyed say they have met a new

friend or acquaintance while walking their dogs and 15 percent even met their spouses that way.

Can dogs really attract dates? Does your four-legged friend know which mate is best suited for you? It seems some people think so. Forty-two percent of dog owners who participated in the survey admit they have or say they might, take their dog out for the sole purpose of meeting someone of the opposite sex. Others take this one step further, as 14 percent of women said they would even take their dog's opinion into consideration when choosing a mate—if Fido doesn't like him, then neither will she.

The survey also found that it's a dog-gone good life for pups these days. Among dog lovers surveyed, many spoil their dogs as they would a child. From showering their dog with gifts, to surprising them with unexpected treats (72 percent), people frequently pamper their pooches. Many even give their dogs presents during the holidays (50 percent), proving dogs really are another member of the family.

What's in a Name?

Ask 1,500 people what they named their dog(s), and you'll get 1,181 different answers. While Max, Buddy and Bear were the most common names uncovered in the survey, it seems dog names are as individual as the pups themselves. There were, however, some interesting similarities, as "people" names were more common than the traditional Fido, Rufus or Spot. In fact, of those surveyed, nearly half (47 percent)

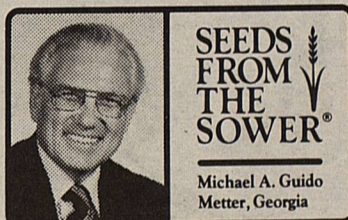
gave their dogs a human name, with the most common being Max, Jack, Molly and Daisy.

A Happy Dog is a Healthy Dog

Nearly all dog lovers who participated in the survey believe their dogs are happy (99 percent) and most also report taking steps to keep them that way. The most common things people do to keep their dogs in good health include a daily romp around the block (55 percent) and keeping up with regular visits to the vet (41 percent). Dog owners surveyed also said that their pooches motivate them to live a healthier, more active lifestyle (68 percent). In fact, 49 percent incorporate their dog into their daily exercise regime, offering them both a good workout.

Dog lovers also realize that meals are important and proper nutrition is key. When asked what dinner time was like in their house, over half of dog owners surveyed say their pooches dart to the dish when their favorite fare is served (54 percent). Others add their dogs can be finicky if they don't provide the preferred food and that some will even stage a hunger strike if they don't like what's served. That's why it's important to choose a dog food that tastes delicious and contains all of the essential nutrients dogs need to thrive. PEDIGREE Food for Dogs offers proper nutrition in a variety of flavors, which means even the most finicky dog may be wagging his tail with enjoyment when it's time for meals.

For additional information as well as tips for keeping your dog healthy and happy, log on to www.pedigree.com.



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Michael A. Guido
Metter, Georgia

One night I was checking in at a motel when a young couple came to the desk.

"Newlyweds?" I asked.

"Yes, sir," he replied. "We're on our honeymoon."

"Are you taking a third party with you?" I asked.

"Oh, no!" shouted the bride. "Who'd do a thing like that?"

"My wife and I did," I answered.

"We invited the Lord Jesus to come with us, and the three of us have been in love with each other ever since."

Without Him in trouble there's no help, in temptation there's no victory, in sorrow there's no comfort. But with Him your home will become a heaven on earth. Have Him and you'll have all.

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A Weight-Loss Resolution That Lasts? TM

(NAPS)—As the New Year approaches, many people commit to the popular New Year's resolution of losing weight. To help achieve this resolve, Weight Watchers® offers the following tips:

• Concentrate on getting started; don't worry about every detail of your weight-loss program.

Remain focused on the steps immediately before you. Don't be overwhelmed by the weight you feel you must ultimately lose. Remember that just getting started is an important achievement.

• Make your first major goal to lose 10 percent of your current body weight.

Not only has a 10-percent weight loss been proven to be medically significant by the National Institutes of Health, but it's also an achievable goal. Sustaining a 10-percent weight loss has multiple health benefits, including lowering blood pressure and cholesterol.

• Get the benefit of coaching and real-life insights from meetings.

Research published in the "Journal of the American Medical Association" comparing structured commercial weight-loss programs to self-help efforts shows that people who diet together do better than those who go it alone. By joining a meeting, you gain valuable encouragement and knowledge from others going through the same situation.

• Choose a comprehensive weight-loss program.

The combination of a sensible diet and a sound exercise plan is a winning combination. While eating fewer calories is critical to weight-loss success, exercise is a key factor for keeping lost weight off.

• Forget your setbacks and focus on your successes!

Making fundamental changes in your lifestyle is no easy task. If you make a mistake, don't quit! It's what you do about the mistake that's important. Also, be sure to celebrate every pound you lose. Each pound brings you one step closer to your weight-loss goals.

• Recognize that new behav-

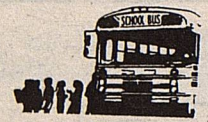
iors take practice. Practice them until they become your own.

Give yourself time for lifestyle changes to feel natural and automatic.

As part of its new TurnAround™ program, Weight Watchers offers people a choice of two different food plans, both of which are healthy, realistic, and livable ways to achieve lasting weight loss. People can discover weight-loss freedom by choosing the flexible POINTS® plan, or the new No Counting plan, which focuses on wholesome, nutritious foods from all the food groups with no counting or tracking. Both approaches provide eating satisfaction, fit into a busy lifestyle, and help people make wise food choices. According to Karen Miller-Kovach, Chief Scientist at Weight Watchers International, Inc., "You choose the plan that fits your needs and preferences best so you can stick with it and lose."

To learn more about the TurnAround program, visit WeightWatchers.com.

School Zone Safety Tips

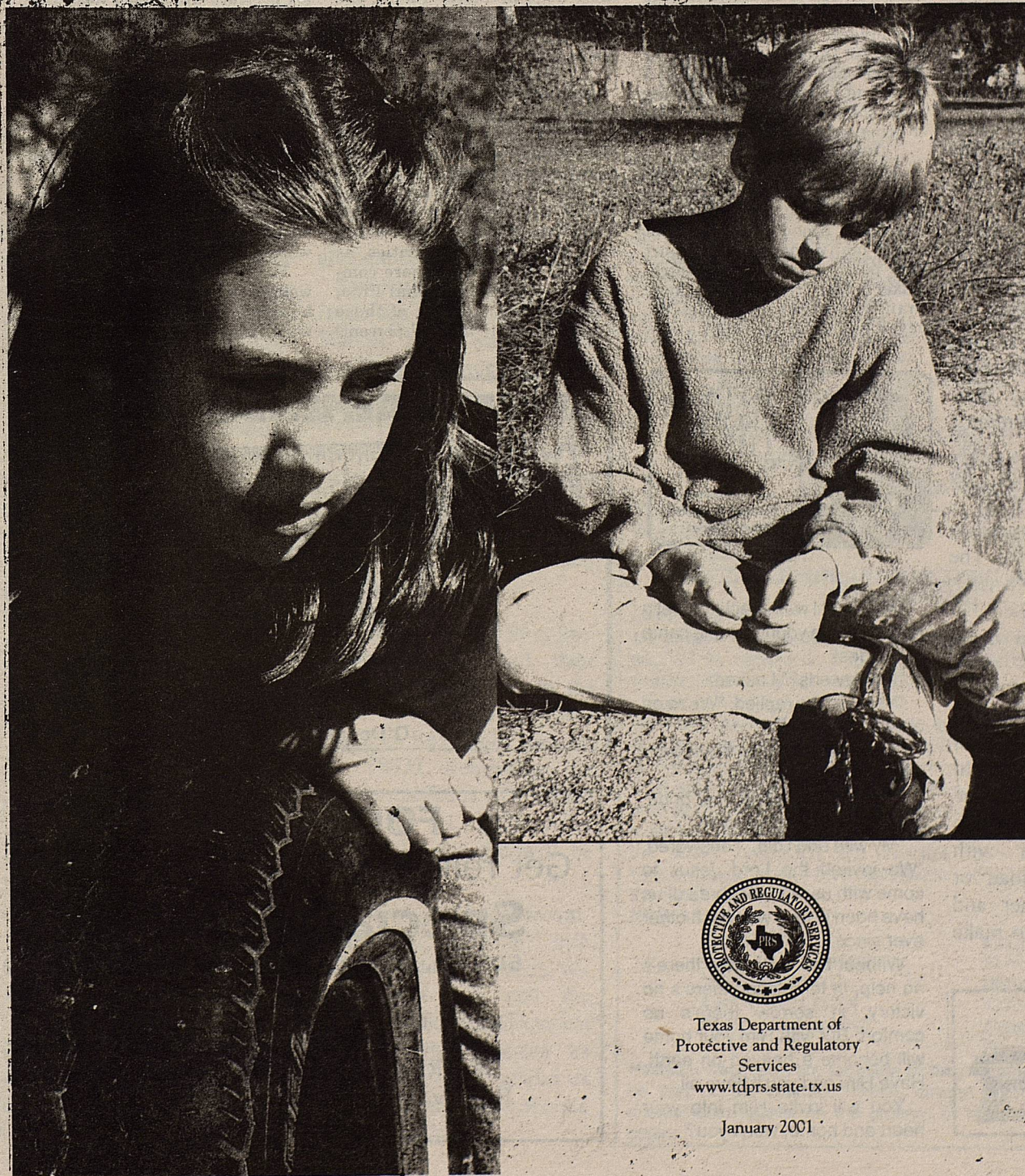


- Obey speed limits
- Watch for students walking and riding bicycles
- Be prepared to slow down and stop when school buses flash yellow and red lights.

Just a Reminder, brought to you from the TxDOT

In case of Emergency Call:
BORDEN COUNTY EMS
806/759-5111

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January 2001

Keeping Kids Safe is Everybody's Business

It's Up To You