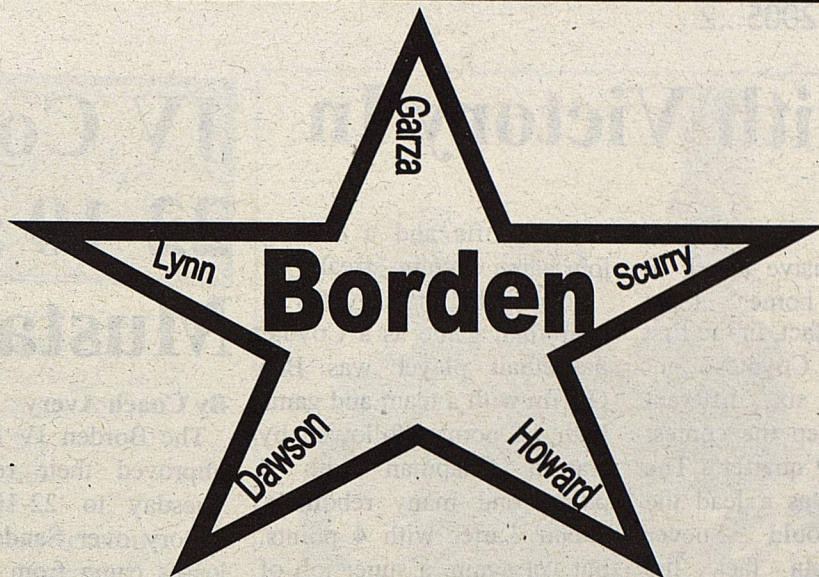


# THE

Volume XXXII



# STAR

February 16, 2005

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

## Borden County Spelling Bee Champion



Eight Borden County students from grades 5 – 8 competed in the local Borden County Spelling Bee, the first round of the area competition which is sponsored by the Lubbock Avalanche-Journal.

Those competing were Karl Lamming, Bethany Stamper, Taylor Richey, Blake Turner, Eric Espinoza, Rachael Payne, Brendan Tarleton, and Katherine Froman.

Katherine Froman was crowned champion after correctly spelling the word

*Sabbath* and then going on to spell the word *relic*. Second place speller and alternate to the regional bee is Brendan Tarleton.

When Mrs. Airhart developed laryngitis, Mr. Bill Tarleton took the word list that she had compiled and pronounced the words for the competition.

Congratulations Katherine and good luck in Lubbock A-J Regional Spelling Bee which will be held in Lubbock on March 5<sup>th</sup>.

## Neugebauer Hails Passage of Border Security Measure

Washington, DC— Congressman Randy Neugebauer announced that on Thursday the House passed important legislation that strengthens border security and makes it tougher for terrorists to travel inside the United States. The bill includes a number of anti-terrorism provisions the House passed last year in response to the findings of the 9/11 Commission, but were dropped from the law enacted in December because of Senate opposition.

As a co-sponsor of the REAL ID Act, H.R. 418, Neugebauer was pleased to see the House approve the legislation by a vote of 261-161.

“Border security is national security,” Neugebauer said. “It is important that we have a strong military and good intelligence capabilities. However, if we have porous borders and if we make it easy for terrorists to set up operations once they reach our shores, we will remain vulnerable to another terrorist attack.”

The 9/11 Commission, in its report issued in 2004, highlighted several weaknesses that the terrorists exploited to carry out 9/11. The REAL ID Act takes several steps to eliminate those vulnerabilities by responding directly to the

commission’s recommendations.

According to the 9/11 Commission, Al-Qaeda took advantage of lax standards and loopholes in the way drivers’ licenses are issued to carry out the 9/11 terrorists attacks. The hijackers possessed multiple valid drivers’ licenses despite the fact that many were in the country illegally. The REAL ID Act creates tougher standards for identification documents. One loophole that the bill closes is that a person’s driver’s license now expires the same day as his travel visa.

The REAL ID Act also makes it tougher for would-be terrorists to manipulate the asylum system in order to enter the United States. The bill strengthens judges’ ability to determine whether an asylum seeker is credible. Prior to its passage, judges

had very little authority to deny asylum to someone they believed was lying about the need for a safe haven. Furthermore, the bill brings consistency to the policy of how aliens contributing funds to a terrorist organization are treated. This switch in policy is welcomed by Neugebauer.

“Incredibly, until today, we could legally prevent an individual from entering the country if they have known terrorist ties, however, once they set foot inside the border we couldn’t deport them,” Neugebauer said. “The REAL ID Act reverses this flawed policy, and enhances our ability to protect Americans from foreign terrorists who have infiltrated the United States.”

The REAL ID Act also calls for the completion of the 14 mile border fence on the US-Mexican border near San Diego, California.

**NO SCHOOL  
FRIDAY, FEBRUARY 18<sup>th</sup>**

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



## Season Ends with Victory In JV Coyotes finish

### Ackerly

By Coach Richey

In 1995, the Borden County Coyotes won 17 games but missed the play-offs. In 1996, the Coyotes won 28 games and made the play-offs for the first time in over 30 years. The Coyotes followed that with 18 wins in consecutive seasons before winning another 21 games in the 2003 season. Last year the Coyotes won 16 games, but this season the Coyotes won 18 games for the third most successful season in over 40 years. But, unfortunately, the Coyotes came up just one game short of making a return trip to the play-offs despite a very impressive finish to the 2005 season as the Coyotes won their last four games of the season.

The Coyotes needed a victory in Ackerly over the Sands Mustangs, and help from the Klondike Cougars in Garden City. The Coyotes lived up to their end of the deal, posting an impressive 45 to 30 victory over the Mustangs. But, the Cougars did not fair so well as the Garden City Bearcats secured the second play-off spot with a 72 to 37 victory over the Cougars.

As has been the case the last couple of weeks, the

Coyotes used a very well balanced offensive attack to beat the home team Mustangs. In fact, in the first period, the Coyotes got points from six different Coyotes to open the contest with a 12 to 9 quarter. The slim margin was a lead the Coyotes would never relinquish. In fact, the Coyotes were never really seriously challenged throughout the contest. A 10 to 5 quarter was capped off with a seventh Coyote breaking into the scoring column and junior J'Ryan Gicklhorn making a buzzer beating basket to give the Coyotes what appeared to be an insurmountable lead at halftime at 22 to 14.

The Coyotes, who have been playing tremendous team ball along with some very suffocating defense, continued this trend all throughout the district finale. The Coyotes won every quarter, and also saw every senior Coyote score at least one basket in their final game in a Coyote uniform. The Coyotes could not just walk away from the Mustangs, due to some untimely turnovers, but as stated earlier, the contest was never really in doubt. The Coyotes won the 3<sup>rd</sup> quarter 9 to 7 and managed a 15 to 9 advantage in the final stanza as well to claim their 18<sup>th</sup> victory of the season and a 6 and 4 district mark, just one game out of

the play-offs and a closing four game winning streak.

Scoring for the Coyotes in their final game as a Coyote basketball player was Ben Griffin with a team and game high 14 points, followed by Garrett Chapman with 5 points and many rebounds, Adam Carter with 4 points, but yet again, a super job of handling the offense and distributing the ball where it needed to be and John Wilson with a nice driving lay-up for 2 points. Also scoring were juniors Austin Tarleton with 9 points, J'Ryan with 8 points, Aaron Pigford with 3 points, and Garrett Thomas with 1 point and several steals. Also contributing to the season ending victory was freshman Chase Pinkerton. With the play of the younger Coyotes on the varsity and a 22 and 10 record by the junior varsity, the future looks bright for the coyotes to improve in this very successful season. Congratulations guys on one of the most prolific seasons in coyote history.

It is also worth noting; that the 2005 senior class is one of the winningest senior classes in school history, as they posted a 4 year record of 67 wins and 58 losses. Congratulations guys, and thanks for the many memories.

### 22-10 and Defeat Mustangs

By Coach Avery

The Borden JV boys team improved their record last Tuesday to 22-10 with a victory over Sands. The JV losses came from the hands of 5 varsity teams and 3 loses were from Coahoma's JV. The Sands victory was the last game of the season and was the third time that the Coyote JV had defeated the Mustangs. This time it was not as easy as the previous two times but the Coyotes did pull it out with a score of 23 to 17. The score at the half was 12 to 9 in favor of the Coyotes. The Coyotes only scored 3 points in the third

period, a 3-pointer by Jacob Froman, but the Mustangs only scored 4 points of their own.

Froman scored two 3-pointers and a free throw, Quentin Shafer had two 3-pointers, Mathew Tatum made 5 out of 6 free throws, Caden Nowlain had a big 3-pointer at the end of the game, and Symeron Rinehart scored a two point field goal. Playing in the game and helping out on the defensive end was Miller Valentine, Asa Rutherford, Clint Chapman, Andrew Lamming, Trey Soto, and Rowdy Clary.

## Lady Coyotes Finish 4<sup>th</sup> in District

By Coach Turner

The Lady Coyotes defeated Sands by the score of 48-44 in their final game of the season. BC played great defensively to take a 25-16 lead at the half. The Lady Mustangs stormed back to take a 30-29 lead at the end of three. The Lady Coyotes found their inside game just in time and went on a 17-9 run to end the game and take the victory. Cassidy Rinehart

led the scoring attack with 16 points and was closely followed by LaShae Johnson with 15. Lindsey Stamper finished with 8 points while Emily Mayes tossed in 4. Christina Soto had 3 points and Kalli Poole wrapped up the scoring with 2.

The Lady Coyotes finished the season 11-19 and with a 4-6 record finished 4<sup>th</sup> in district 7-A.

## “Jump Rope for Heart”

By Coach Turner

Borden Elementary students in Kindergarten through 5<sup>th</sup> grade will be participating in “Jump Rope for Heart” this month. The children will be accepting donations and sponsorships for the American Heart Association event for the next two weeks. The students will jump rope in their P.E. classes on February 28<sup>th</sup>. It is my hope that our community will support these young people

as they try to raise money to find a cure for heart disease.

A great deal of attention has been spent by our state government to educate the public about the problem with childhood obesity. The bottom line is that 13 percent of all children are overweight and 36 percent of all children get no exercise. Obesity and a sedentary lifestyle are the two major risk factors for developing heart disease.

For the first time in history, children's life spans are predicted to be less than their parents' because of inactivity and obesity-related illnesses. Jump Rope for heart allows young people the opportunity to not only raise money for a worthy cause, but to engage in physical fitness activity. Your tax-deductible donation will be appreciated and please make those checks out to the American Heart Association.

## School Menu

Week Of: February 21<sup>st</sup> – 25<sup>th</sup>, 2005

**MONDAY:** Beef & Bean Burrito, Potato Wedges, Salad, Fruit and Milk. **Breakfast:** Hot Pockets, Fruit Juice & Milk.

**TUESDAY:** Chicken Strips, Potatoes, Corn, Hot Rolls, Fruit, and Milk. **Breakfast:** sausage Biscuit, Fruit Juice, & Milk.

**WEDNESDAY:** Fajitas, Salad, Pinto Beans, Jello w/Fruit & Milk. **Breakfast:** Waffles, Fruit Juice & Milk

**THURSDAY:** Meat & Gravy, Potatoes, Green Beans, Bread, Cobbler & Milk. **Breakfast:** Cereal, Toast, Fruit Juice, & Milk.

**FRIDAY:** Hot Dog w/Chili, Chips, Salad, Fruit, Cake & Milk. **Breakfast:** Biscuit w/gravy, Sausage, Fruit Juice & Milk.

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## From the Counselor:

By Mary Airhart

### REMINDER:

#### TAKS testing coming up.

Parents are encouraged to check dental and medical appointments to insure that these do not conflict with the dates set by the State of Texas for testing. Most of the testing will be completed during the morning, but, sometimes, students may need part of the afternoon to do an efficient job. We realize that medical emergencies may arise, and we do not encourage students to come for testing when they are sick, but please do what you can now to keep your children's time free during the testing period. Also, encourage your student to do his/her very best and to be rested and mentally alert for these important tests. As always, we appreciate your help and cooperation on behalf of our students.

#### 2005 Testing Schedule:

##### February Tests Schedule:

Tuesday, February 22<sup>nd</sup>  
SDAA & TAKS Writing  
4<sup>th</sup> & 7<sup>th</sup>  
TAKS Reading 9<sup>th</sup>  
TAKS English Language  
10<sup>th</sup> & 11<sup>th</sup>

Wednesday, February 23<sup>rd</sup>  
TAKS Reading 3<sup>rd</sup> & 5<sup>th</sup>  
Thursday, February 24<sup>th</sup>  
Makeup day -  
10<sup>th</sup> ELA only

#### March Testing Schedule:

Tuesday, March 22<sup>nd</sup>  
ESL Students; RPTE

#### April Tests Schedule:

Tuesday, April 5<sup>th</sup>  
TAKS Math 5<sup>th</sup> only

Monday, April 18<sup>th</sup>  
TAKS field test -  
8<sup>th</sup> Science

Tuesday, April 19<sup>th</sup>  
TAKS Math: Grades.  
3<sup>rd</sup>, 4<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup>, 8<sup>th</sup> & 10<sup>th</sup>  
SDAA Math Gras. 3<sup>rd</sup>-10<sup>th</sup>

Wednesday, April 20<sup>th</sup>  
TAKS Grs: 4<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> &  
8<sup>th</sup> Reading  
Math 11<sup>th</sup>, SDAA  
Grades 3-8 Reading

Thurs, April 21<sup>st</sup>  
TAKS 9<sup>th</sup> Math;  
Science Grs. 5<sup>th</sup>;  
Social Studies  
Grades 8<sup>th</sup>, 10<sup>th</sup> & 11<sup>th</sup>

Friday, April 22<sup>nd</sup>  
TAKS Science  
Grades 10<sup>th</sup> & 11<sup>th</sup>

\*\*Makeup testing will be  
scheduled as permitted.



**PUT ON YOUR THINKING HAT!** Mrs. Smith's fourth grade students designed these Editing and Revising Hats to help them prepare for their TAKS WRITING test which will be given on February 22<sup>nd</sup>. Classes in grades 3<sup>rd</sup> - 11<sup>th</sup> will be taking the statewide tests next Tuesday and Wednesday.

## Ex-Student CX Debaters Clinch Reunion Meeting to be held District, Continue Success in TFA Tournaments

There will be a meeting of the All-School Reunion group on Thursday, February 17<sup>th</sup> at 7:00 p.m. in the school cafeteria.

All ex-students, teachers, present teachers and ex-students parents are encourage to attend this meeting to help with the planning of the All-School Reunion to be held on August 5<sup>th</sup> and 6<sup>th</sup>, 2005.

Committee's need to be organized and volunteers are needed to help send out information to exes.

Also, if anyone knows addresses of any ex-students or teachers, please get in touch with Judy Kingston or Joel Dennis so they will be sure to get on the mailing list.

If you are a parent of an ex-student of BHS, and not sure your child is on the list, please contact us to see if we have your child's address. All help is needed to get this event planned so everyone can enjoy visiting and seeing ol' friends.

Brother and sister (Amarillo Caprock and John and Rachel Wilson Frenship) and tied for first at Brownfield, losing on a coin flip. They finished third at the Friona tournament in January, and advanced to the quarterfinal round at Midland Lee.

Senior Tyler Wallace and sophomore Rowdy Clary won the silver medal.

Both teams will compete March 14 and 15 in Austin on the University of Texas campus.

All four debaters have been working since September.

Wilson and Wilson have won two tournaments

at Brownfield, losing on a coin flip. They finished third at the Friona tournament in January, and advanced to the quarterfinal round at Midland Lee.

Wallace and Clary advanced to the quarterfinal rounds in Amarillo and Snyder. This past weekend, the two won third place in the Midland Lee TFA tournament, losing their semi-final round to a team from Amarillo High.

Wallace and Clary advanced to the quarterfinal rounds in Amarillo and Snyder. This past weekend, the two won third place in the Midland Lee TFA tournament, losing their semi-final round to a team from Amarillo High.

## Scholarships Available from Poka Lambro

Poka Lambro Telephone Cooperative, Inc. is now accepting applications for three \$2,500 scholarships to be awarded in March of this year. Entry deadline is March 4, 2005.

The son or daughter of any member of Poka Lambro Telephone Cooperative, Inc. graduating from an area high school is eligible to apply. Scholarship recipients are selected based on academic achievement, involvement in

extra-curricular activities and financial need.

Applications have been sent to area high schools and may also be obtained by contacting Poka Lambro or visiting Poka Lambro's web site at [www.poka.com](http://www.poka.com). Scholarship presentations will be made at Poka Lambro's Annual Membership Meeting in March. For additional information, please contact Amy Preston at 1-800-422-2387

**DRIVE CAREFULLY - - -**  
**Watch Out for the Children!**  
An Important Reminder from:  
**Moore-Rains Insurance**  
Frances Rains Stephens  
701 - 8<sup>th</sup> St. - O'Donnell, TX  
806/428-3335



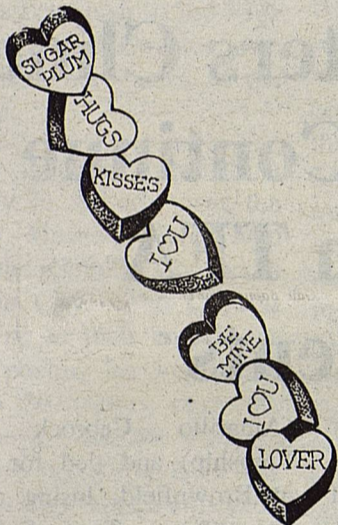
# Be My Valentine



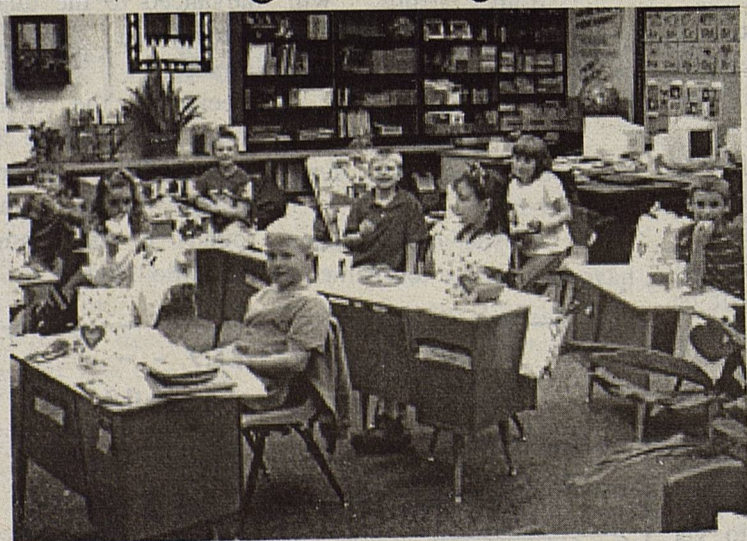
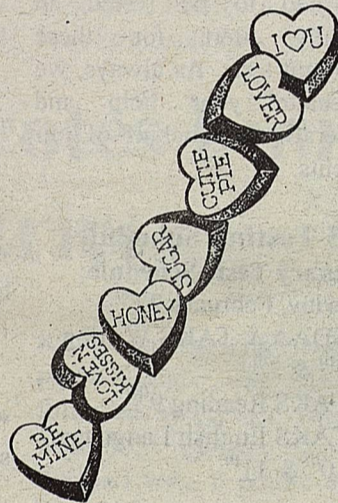
*Pre-School Sweethearts*



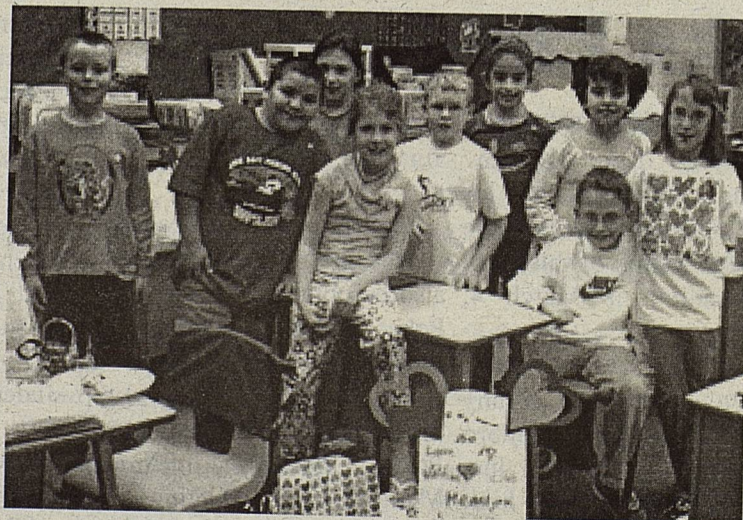
*Kindergarten Sweethearts*



*First Grade Sweethearts*



*Second Grade Sweethearts*



*Third Grade Sweethearts*

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# Controlling risk factors key to avoiding cardiovascular disease

By Patti J. Patterson, M.D.

Although cardiovascular disease is often believed to primarily affect men and older people, it is also a major killer of women and people in the prime of their life.

February is American Heart Month, and this year the American Heart Association hopes to bring more awareness to the fact that cardiovascular disease is the No. 1 killer of American women. In fact, in 2001, more women than men died of cardiovascular disease in Texas, according to the Texas Department of Health. And sudden cardiac death in women ages 35 to 44 has increased more than 20

percent in the last decade.

Cardiovascular disease refers to a group of diseases including heart disease, stroke and congestive heart failure. Heart attack and stroke are caused in part by narrowed or blocked arteries resulting in decreased blood supply to the heart and brain. Several factors increase the risk of heart disease and stroke. Some are changeable, and others, including age, heredity and gender, are not.

Some of the changeable risk factors for heart disease and stroke include high blood cholesterol, high blood pressure, cigarette smoking, physical inactivity, obesity or being overweight and diabetes.

So how can we improve our

cardiovascular health and wellness? An important step is beginning a daily physical activity such as walking. A 30-minute walk five days a week provides adequate activity to keep the heart healthy. Eating a healthy diet that is low in saturated fat and that includes five or more servings of fruits and vegetables daily is another key step. Also helpful is getting regular checkups that include monitoring weight, blood pressure and cholesterol. Smokers should kick the habit.

It is important to know the warning signs of a heart attack or stroke. Signs of heart attack include:

- Chest discomfort
- Discomfort in other

areas of upper body, such as one or both arms, neck, back or stomach.

- Shortness of breath
- Cold sweat, nausea or lightheadedness

Signs of stroke may include:

- Numbness/weakness of face, arm or leg, especially if it's on one side of the body
- Confusion, trouble speaking or understanding
- Trouble seeing in one or both eyes
- Trouble walking, dizziness, loss of balance or coordination
- Severe headache with no known cause

More than 260,000 women each year die from sudden cardiac arrest. Heart attack, stroke and other cardiovascular diseases claim the lives of more than half a million women each year – about a death a minute, according to the American Heart Association. That's more lives than the next seven causes of

death combined, and nearly twice as many as all forms of cancer, including breast cancer.

So whether you're male or female, young or old, take action now to reduce the risk of cardiovascular disease. It's never too late to take steps to prevent and control those risk factors that we can do something about.

Patti J. Patterson, M.D., is vice president of rural and community health at Texas Tech University Health Sciences Center.

**Child-care Needed during School Spring Break**  
**March 14<sup>th</sup> – 18<sup>th</sup>.**  
**Call: 806/439-6670 or 806/759-5252**

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

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



## Coffee with Congressman Randy Neugebauer

*Come discuss issues with Congressman Neugebauer important to District 19.*

**Thursday, February 24**  
**3:30 -4:30 pm**  
**Borden ISD Conference Room**  
**240 W. Kincaid St.**  
**Gail**

*Dear Friends,*

*A very generous thank you too all our family, friends, and neighbors of Borden County during this emotional time for the Smith family.*



*With love and appreciation,  
 Richard and Melinda Smith*

*Dearest Friend and Neighbors,*

*We are so blessed by God to have such wonderful people around us. We have had the awesome gift of God's love showered upon us through the calls, visits, cards sent to us, and prayers lifting us before our Father.*

*We are truly humbled by the out pouring of love that has sustained us through the past few days. We are so thankful for your support and cherish your continued prayers as we go forward with chemo and radiation over the next six weeks.*

*Love,  
 Terry, LaRhea, Lee  
 and Talin Pepper*







**Texas Stories**  
A showcase of the Texas Spirit

**Tumbleweed Smith**  
Part owner of Texas



## Fun with Words

My pal Jim Runge of Eldorado stages some of the most creative events to come along since Luckenbach's celebration of the return of mud daubers. One of his events is the Elgoatarod, featuring goats pulling carts around the courthouse square. It coincides with Alaska's Iditarod and is set for April 2<sup>nd</sup> & 3<sup>rd</sup>. Jim's latest news release, about a gang of goataholics coming to Elgoatarod, is worth passing along:

"It seems that Alexander the Goat, Captain Goataroo, Lady Goatdive (who is no goatie two shoes), Cuba Goating, Jr., Rongoat Starr, Vincent Van Goat (who has quite the inflated ego and is quite egoatistical) and Abe Vigoata, got together and decided to sow some wild goats and go on a vacation goataway, boldly goating where no one had gone before. They left with goat expectations as the following story details.

"Leaving Fargoat, North Dagoata in August of 2004 they have visited Afgoatistan, Agoatsa, Georgia and Agoatsa, Main, Bogoata, the Cape of Goat Hope, Chicagoat, the Goat Wall of China, Goatalahara, Goatamala, Goathem City, Goatsburg, the Golden Goat Bridge, Mexigoat, Minnegoata, San Diegoat, San Franciscoat, South Dagoata, Yugoatslavia and both east and west goats.

"They saw a goatem pole and an alligoater (which was pretty goatesque), went to a gatego and a disgoateque, attended a goatary meeting (where they heard a goativational speaker), rode a roller goatster, shopped at

Targoat, went on a fishing goat, went to church and heard about the Father, the Son and the Holy Goat, saw the Goatyear blimp and visited the site of the Watergoat scandal. In movie theaters they got to see The Goatfather, The Great Goatsby and 007 in Goateneye and Goatfinger. In goatels they watched Goat Morning America, Murder She Goat, The Goat Outdoors, The Goat Train Robbery and The Love Goat.

"One of the gang played the goatar and performed such hits as Don't Goat Breaking my Heart, Goat Tell It On the Mountain, Goat Balls of Fire, Johnny Be Goat and Michael Row your Goat Ashore. They ate Goatfathers Pizza, Goata Cheese, Escargoat, Goatissery Chicken, Goatmeal cookies, and Drank Goata Cola.

"They did suffer some hardships. Captain Goataroo had to put on some new BF Goatrach tires and had to call Goatarooter for their goatar home. Someone stole their goatar scooter and Goatway computer. A few got sore goats even though they wore fur goats. They didn't get any pictures because no one was a goatagrapher and no one thought they were goatogenic.

"They did conclude that this is as goat as it gets, or as good as it goats. You can never get too much of a goat thing. The show must goat on."



**MEMBER**  
**TEXAS PRESS ASSOCIATION**

## Sweet Onions With A Caramelized Twist

(NAPS)—Cold weather meals can make you feel cozy, comforted, and happy. An easy way to get that satisfaction is with caramelized onions. Sweet, slow-cooked onions are a great way to add depth of flavor to dishes you crave.

First, you need to start with the best onion for the job. Many say that's OSO Sweets. Luckily, the variety is in season—January through March. OSOs also have a unique cellular structure that allows them to be cooked for a long time without getting mushy or losing their shape.

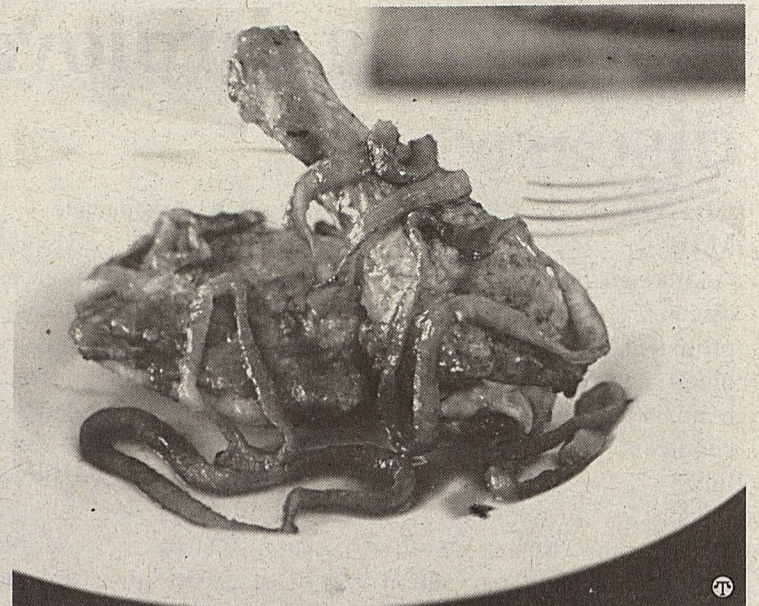
OSO are not only healthy like other onions—rich in the antioxidant, quercetin and compounds that help prevent heart disease—they're the mildest onion out there, so they can please even the most finicky eaters.

Once you've picked the best onion, cooking them up can be oh-so-easy. To make caramelized onions: Melt 2 tbs. butter in a medium-large skillet over medium-low heat. Add two large thinly sliced sweet onions and cook, stirring occasionally, until onions are soft and golden, about 45 minutes.

Two large onions will cook down to about one cup of caramelized onions, so cook up an extra large batch. They will stay fresh in the fridge for up to two weeks. Then, use them the way chefs do, adding a quick hit of richness to so many dishes.

The newest twist is to make your caramelized onion even more special—by adding flavors. Add fresh minced ginger or curry powder or 1 teaspoon pumpkin pie spice to the skillet along with the onions or add 1 tablespoon of fresh chopped sage or mint or 2 teaspoons fresh thyme leaves.

Either way, the finished product will be super-special, sweet slow-cooked onions that you can



use all year long as a condiment—on sandwiches, to dress up a simple sauteed chicken breast or chop, on toasted bread rounds as an hors d'oeuvre or in an omelette for a special brunch—or as the flavorful base of a dish such as braised brisket, rich vegetable soup or in this Easy Braised Chicken with Sweet Onion Gravy.

### Easy Braised Chicken With Sweet Onion Gravy

- 1 (3 ½-pound) chicken, cut into 10 pieces
- 2 tablespoons extra-virgin olive oil
- 2 cups caramelized onions (with any flavoring), made according to directions above
- 1 cup dry white wine, or ¼ cup red wine vinegar
- 1½ cups chicken broth (or 2 cups, if using vinegar instead of wine)


Heat oven to 350°. Sprinkle chicken parts with salt and pepper.

Heat oil in heavy skillet over medium-high heat. Add chicken in two batches, and cook until brown on all sides, about 12 minutes per batch. Spread caramelized onions in the bottom of a 4-quart shallow baking dish. Nestle the chicken pieces in the onions.

Pour excess oil from the skillet. Add wine (or vinegar) and boil until reduced by half. Add broth and return to boil. Pour the broth mixture over the chicken and place the dish in the oven.

Bake until chicken is tender and cooked through, about 35 minutes. Season to taste with salt and pepper.

For more tasty recipes, visit [sweetonionsource.com](http://sweetonionsource.com).



**SEEDS FROM THE SOWER**  
Michael A. Guido Metter, Georgia

Last night a fellow said to me, "When I die I want to be buried in an air-conditioned coffin."

"Why?" I asked.

"Where I'm going," he explained, "I'll need it."

But wouldn't you rather go to heaven where there is gain, not pain; joy, not sorrow; flowers, not fire?

"Yes," you say, "but how?"

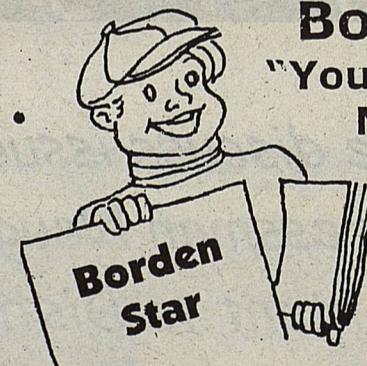
It's not by praying, or paying, or plugging. It's by receiving the Lord Jesus. Say to Him, "Dear Lord, I receive Thee."

As you take Him, He'll take away your sins and transform your life.

Then you'll be heaven-bound because you've been heaven-born.

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## IRS TAX TIP

### Toll-Free Telephone Services

Free tax help from the IRS is just a phone call away. The IRS provides various services through its toll-free telephone numbers. You can order forms and publications, listen to prerecorded tax information, check on the status of your refund, or ask questions about your tax return. Some of these services are available 24 hours a day, seven days a week.

You can call the IRS Tax Help Line for Individuals customer service line, 1-800-829-1040, to get answers to your federal tax questions.

You can check the status of your refund by calling the Refund Hotline at 1-800-829-1954. You will need to know your filing status and the exact whole dollar amount of your expected refund.

The Business and Specialty Tax Line at 1-800-829-4933 provides help for small businesses, corporations, partnerships and trusts who need information or help preparing business returns. Customers calling this number can apply for a new Employer Identification Number (EIN) and receive help on employment, partnership, corporation, estate, gift, trust and excise taxes, as well as issues related to Federal Tax Deposits.

Hearing-impaired residents with access to TTY/TDD equipment may call 1-800-829-4059 to ask questions or to order forms and publications. This number is answered only by TTY/TDD equipment.

The toll-free Help Line, Refund Hotline, Business and Specialty Tax Line and the TTY/TDD numbers are available from 7 a.m. to 10 p.m. (local time) on week-

days. In addition, the 1-800-829-1040 customer service line is available from 10 a.m. to 3 p.m. (local time) on Saturdays from January 29 through April 9. Alaska and Hawaii will follow Pacific Time.

You can listen to recorded messages covering more than 100 tax topics, by calling the IRS TeleTax number, 1-800-829-4477. Topics include items such as Who Must File?, Highlights of Tax Changes, Education Credits, Individual Retirement Accounts, Earned Income tax Credit, Should I Itemize? What to do if you Can't Pay Your Tax and more.

TeleTax will also let you check the status of your income tax refund. You will need to provide the filing status you used on the return and the dollar amount of the expected refund. Automated refund information is generally available four to five weeks after you have filed your tax return.

For tax forms and instructions for current and prior years, as well as a variety of free publications, call 1-800-TAX-FORM (1-800-829-3676). Copies of forms, publications and other helpful information are also available around-the-clock at the IRS Web site at [www.irs.gov](http://www.irs.gov).

For more information about services provided by the IRS, review the Form 1040 instruction packet or Publication 910, *Guide to Free Tax Services*. Call the number listed above for ordering forms and publications, or download a copy

from the IRS Web site at [www.irs.gov](http://www.irs.gov). The IRS Web site also provides a wealth of useful information for both individual and business taxpayers. Check it out! It's worth a visit.

#### GOT NEWS?

Mail it to:  
P.O. Box 137 Gail, TX.  
Or call: 806/756-4220  
e-mail  
[vadcock@bcisd.net](mailto:vadcock@bcisd.net)

## Chili—The Ultimate Family Weeknight Meal

(NAPS)—With families busier than ever, it seems everyone is working up their appetites for satisfying meals. Becki Dilley, working woman and mother of "America's favorite sextuplets," is no stranger to hearty appetites. With eight people to feed, she often relies on one-dish meals that her family can customize to their liking.



"Chili is the ultimate family favorite in our house," said Dilley. "It's easy to make, there are endless flavor options, and my kids love to help prepare it. In fact, we serve chili at least once a week."

Ready-to-use seasoning packets like McCormick® Chili Seasoning take the guesswork out of combining herbs and spices for that perfect chili flavor. One of the Dilleys' favorite chili recipes is Tortilla Chicken Chili, which combines boneless skinless chicken breast cubes, diced tomatoes, their choice of beans, and corn. The Dilley children really pitch in to help prepare the meal, opening the cans of beans, corn and tomatoes, and adding the chili seasoning packet to the pot.

"Quinn's favorite part is breaking up the tortilla chips," said Dilley.

Here are a few of the Dilleys' favorite chili tips:

• **Chili Toppings Buffet**—Let

## Onion Plants Are Here!

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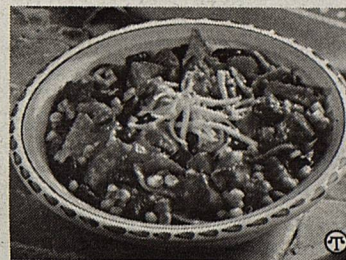
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chopped tomatoes and  $\frac{3}{4}$  cup water. Bring chili to a boil and simmer for 15 minutes. Add 2 cups cooked elbow macaroni to chili and simmer for 5 minutes. Serve with shredded cheddar cheese.

#### Tortilla Chicken Chili

#### Ingredients:

- 1 pound boneless, skinless chicken breasts, cut into  $\frac{3}{4}$ -inch cubes
- 1 package McCormick® Chili Seasoning
- 1 can (14.5 ounces) diced tomatoes, undrained
- 1 can (15-16 ounces) kidney, white, or pinto beans, undrained
- 1 can (11 ounces) Mexican-style or whole kernel corn, drained
- $\frac{1}{2}$  cup water
- $1\frac{1}{2}$  cups broken tortilla chips (bite-size pieces)

#### Directions:

1. Heat a lightly oiled large nonstick skillet over medium-high heat. Add chicken; cook and stir until lightly browned, about 5 minutes.

2. Stir in remaining ingredients and bring to a boil. Reduce heat to low. Cover and simmer 10 minutes, stirring occasionally. Top as desired.

Looking for more quick and easy weeknight meal ideas? Visit [www.mccormick.com](http://www.mccormick.com) or call 1-800-MEAL-TIP (1-800-632-5847).

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## Did You Know?

(NAPS)—It's a good idea to do a little research before selecting furniture pieces. If a piece of furniture catches your eye, find out how it was made and what materials were used. Knowing these types of details will help you be more confident in your purchase. Using a catalog or Web site such as Design Within Reach that stocks products from the world's leading designers also is a smart way to ensure your investment is beautiful and high quality. For more information on new products and current design trends, visit [www.dwr.com](http://www.dwr.com) or [www.interfaceflor.com](http://www.interfaceflor.com).

A growing number of consumers are seeing the big picture when it comes to home entertainment. Where once people only thought in terms of big-screen TVs, digital projectors are now becoming the premier video source for home theater and are being used in family rooms to provide life-size entertainment and enjoyment. For example, the InFocus ScreenPlay 4805 digital projector makes it possible for



anyone to watch the latest DVD releases, high-definition broadcasts, biggest sports events, and play video games on 12 foot-wide screens, with what is described as unmatched image quality. To learn more, visit [www.infocushome.com](http://www.infocushome.com) or call toll-free at 888-282-PLAY.

According to the National Institutes of Health, approximately one in seven people in America suffers from learning disorders (LD) such as attention deficit hyperactivity disorder (ADHD) and many deal with struggles that go beyond learning, such as low

self-esteem and/or social isolation. Schwab Learning services offer activities for children with LD through two Web sites—one designed specifically for parents at [SchwabLearning.org](http://SchwabLearning.org) and another created for kids ages 8-12 at [SparkTop.org](http://SparkTop.org). Recently, Schwab Learning.org was honored with the Good Housekeeping Web Certification Seal and SparkTop.org received a 2004 Parents' Choice Recommended Award from the Parents' Choice Foundation.

**Contact Your  
BC EMS  
at 806/759-5111  
Don't Hesitate to  
Call in Case of  
an Emergency!**

\*\*\*  
**Money is always there, but the  
pockets change.**

—Gertrude Stein  
\*\*\*

### 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 1531-01-013** for the **SPOT BASE REPAIR** in **BORDEN** County will be opened on **March 08, 2005** at **1:00 p.m.** at the State Office.

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. If applicable, 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](http://www.dot.state.tx.us) and from reproduction companies at the expense of the contractor.

**NPO: 15529**

#### **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.



# Parent Alert!



Texas Department of  
Protective and Regulatory  
Services  
[www.tdprs.state.tx.us](http://www.tdprs.state.tx.us)

January 2001

**Keeping Kids Safe  
is Everybody's  
Business**

**It's Up To You**