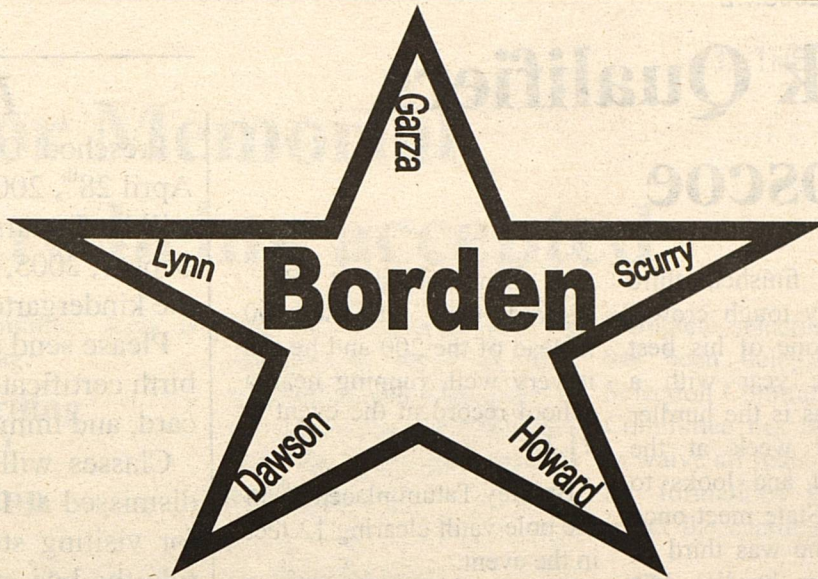


# THE

Volume XXXII

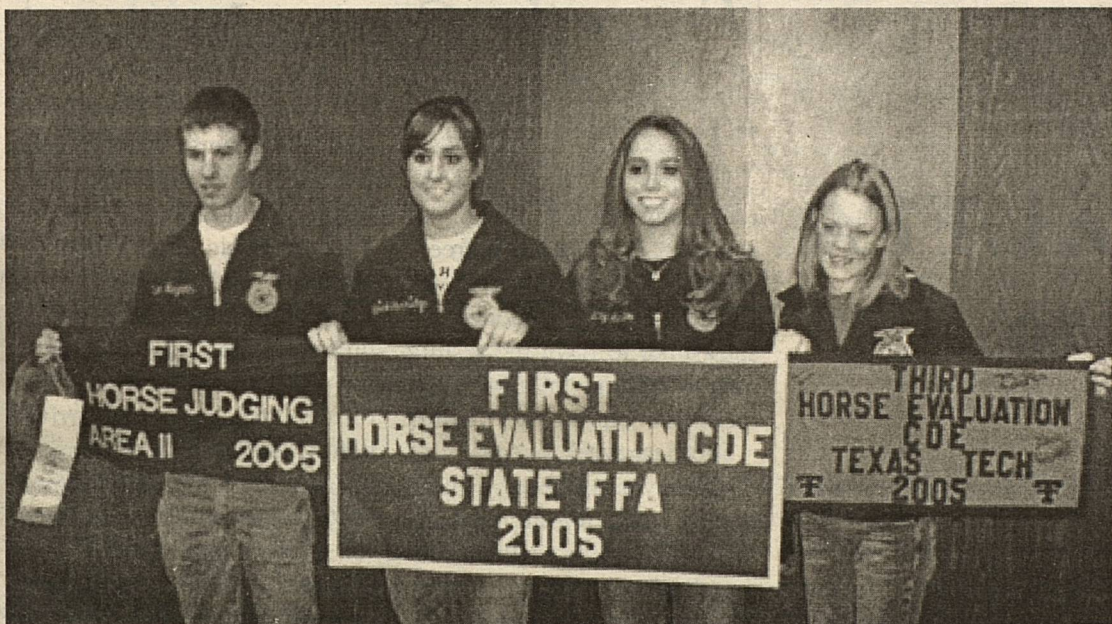


# STAR

April 27<sup>th</sup>, 2005

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

## Gail FFA Team Wins State Title



**State Champions:** Kylan Reynolds, LaShae Johnson, Lacey Newton and Shelby Roberts

## On to Austin!

### BHS UIL Advances Three to State Meet

Borden County High School will be represented by three students in six events at next weekend's State U.I.L. Academic Meet held on the campus of the University of Texas in Austin.

Senior John Wilson, junior Whitney Anderson, and sophomore Becky Dobyms all placed in the top three in their respective events at last weekend's Region II-A Meet in Abilene in order to advance to the state level.

Now, they will compete against eleven other students from across Texas in each event in search of an illustrious state title.

Together, students from Borden County High School

placed fourth overall at the regional meet with 127 points.

Perennial state champion Lindsay High School won the regional title for the fifteenth consecutive year with 351 points.

District 9-A foe Garden City came in second with 157. Valley View High School was third with 140 points.

Wilson advances to the State Meet in three events. He was named the regional champion in Persuasive Speaking and Editorial Writing. He also placed second in Current Issues & Events.

Dobyms was named the

regional champion in Headline Writing and placed second in Spelling & Vocabulary.

Anderson placed second in Feature Writing to advance to the State Meet.

Together, the journalism team scored 46 points to be named as the regional champion as a team. Freshman Rachel Wilson added four points to that total by placing sixth in Editorial Writing.

Led by Wilson's first place finish in Persuasive, the speech team was also named the regional runner-up. Adding points for the team were senior Adam Carter,

Cont. to pg. 3

The Gail FFA Chapter completed its 2005 Career Development Event Judging season in true style this past Saturday at the State Horse CDE at Texas Tech.

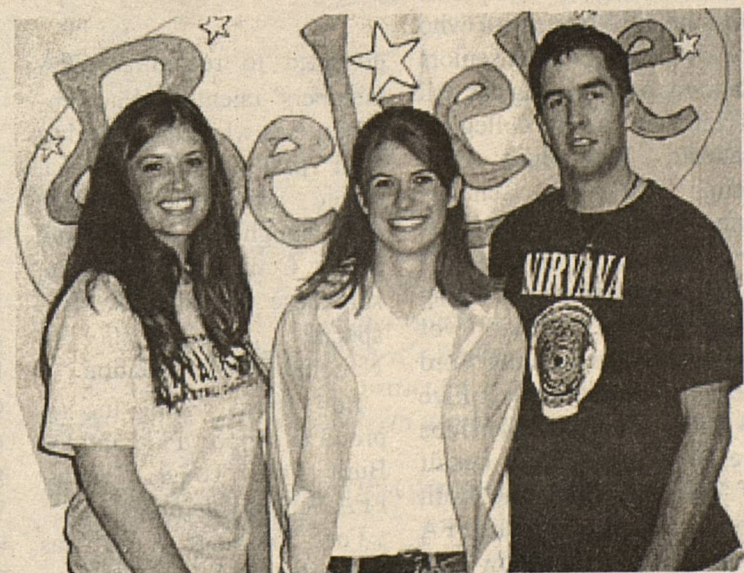
Team members LaShae Johnson, Kylan Reynolds, Lacey Newton and Shelby Roberts were among 65 of the best qualifying Horse teams in Texas competing for top honors, bragging rights, and a trip to the National Competition. Team competition involves a three hour contest which includes evaluating halter and

performance horse classes. Team and individuals are ranked on how close their evaluation is to the official judges.

The Gail FFA Chapter took care of business as they ranked first in the overall contest by beating 64 other

teams from class 1-A through 5-A schools. This team ranking qualifies the Gail FFA Horse Team as State Champions and will secure them a trip to the National Horse Contest in Louisville, Kentucky in October. Kylan Reynolds put an exclamation point on the success by posting an outstanding 7<sup>th</sup> high overall individual score.

Being the best of the best has a special meaning as it is the ultimate success from hours of travel, practice and time sacrifice. We are all very proud of this special team and what they have accomplished. There is no doubt that LaShae, Kylan, Lacey, and Shelby will continue to represent their community, school, FFA Chapter and families with pride and character as they compete in the National Contest.



**UIL State Qualifiers:** Whitney Anderson, Becky Dobyms and John Wilson.

# Regional Track Qualifiers Compete at Roscoe

By Coach Avery

Five Borden County students competed at a Regional Qualifiers meet last Friday in Roscoe. This meet was to just fill a void in a week off before the Regional track meet in Abilene this Friday the 29<sup>th</sup> and Saturday the 30<sup>th</sup>. There were 4 boys and 1 girl from BC competing in the meet that had 77 schools from all different classifications.

Garrett Thomas won the 110 meter hurdles with one of his best performances ever running a 14.18 seconds and defeating athletes from 2A Jim-Ned and 1A Roscoe. Thomas also ran the 300 m.

hurdles and finished third among a very tough crowd. Thomas ran one of his best times of the year with a 40.04. Thomas is the hurdler to beat next week at the regional meet and looks to return to the State meet once again where he was third in the 110 meter hurdles last year.

Aaron Pigford has been hampered with back pains lately and was taking it easier on his back this week to rest for the Regional meet. Pigford did the high jump but he waited until 5'10" to come into competition, he cleared it

and then missed at 6'0". Pigford then ran the 100 instead of the 200 and he ran it very well, running near a school record in the event at 11.3.

Bradley Tatum placed 5<sup>th</sup> in the pole vault clearing 12 feet in the event.

J Ryan Gicklhorn threw the shot over 43 feet but did not place.

Cassidy Rinehart triple jumped 31'7", he ran the 100 m. dash in 13.34 and she ran the 200 m. dash in 27.69.

Good luck to all five of these athletes this week in Abilene.

# Built Ford Tough Truck/FFA Scholarship Awarded to Local Youth

Cassidy Rinehart, a 2005 graduate of Borden County, has been awarded a \$1,000 scholarship by Bob Brown Ford, Inc., and Ford Motor Company. Rinehart's parents are Jim and Amy Rinehart of Gail, Texas. Cassidy plans to study other non-agriculture related At South Plains College in Levelland, Texas.



Cassidy Rinehart

The scholarship is awarded by Ford Division, Ford Company Fund and the Ford Dealers. Eligible recipients must be FFA members who are either high school seniors planning on attending the fall of 2005 or current collegiate students. The Built Ford Tough Trucks/FFA Scholarship Program, recently celebrated its eighth full year.

538 scholarships are being awarded on behalf of individual participating Ford Dealers. Additionally, Five \$1,000 national scholarships are being awarded on behalf of Ford Division. The Built Ford Tough Trucks/FFA Scholarship Program is

designed to recognize FFA members' talents and accomplishments while encouraging their past and future academic achievements. Built Ford Tough Trucks and Ford Motor Company Fund sponsor these scholarships as a special project of the National FFA Foundation.

Bob Brock Ford, Inc. is proud to support FFA and the Built Ford Tough Trucks/FFA Scholarship program.

For 56 years Ford has supported FFA, and for more

than 50 years, people all over America have been putting Built Ford Tough Trucks to work. Ford knows the value of hard work, and believes that hard work should be rewarded. That's why Ford has increased the Built Ford Tough Trucks/FFA Scholarship Fund each year since its inception. Educating aspiring young people to become the leaders of tomorrow is just another way of ensuring a successful future.

FFA is a national youth organization of over 471,000 student members preparing for leadership and careers in the science, business and technology of agriculture with approximately 7,200 local chapters in all 50 states, Puerto Rico and the Virgin Islands. FFA strives to make a positive difference in the lives of students by developing their potential for premier leadership, personal growth and career success through agricultural education. Visit [www.ffa.org](http://www.ffa.org) for more information.

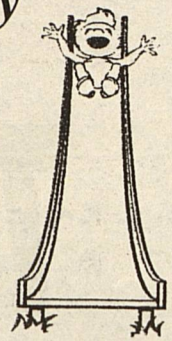
## Preschool Day

Preschool Day will be Thursday, April 28<sup>th</sup>, 2005. If your child will be 5-years-old on or before Sept. 1, 2005, he/she may visit the kindergarten class that day.

Please send a copy of their birth certificate, social security card, and immunization record.

Classes will begin at 8:00 a.m. School will be dismissed at 12:30. The school will provide lunch for visiting students. If your child would like to ride the bus, please contact the bus driver in your area. School will be dismissed Friday, April 29<sup>th</sup> for scheduled Bad Weather Day

For more information, please call 806/756-4313, ext. 228.



## From the Counselor:

By Mary Airhart

### "TAKS" Free

The past weekend and the remaining five weeks of school are "TAKS" free! What a wonderful relief for Borden County students and staff alike to have the testing behind us and to have good feelings about the job we did!

The past week - April 18<sup>th</sup> - 22<sup>nd</sup> was indeed a very taxing week for all students across the state as the state-mandate exams were administered to grades 3 through 11 in every public school in Texas. At Borden County ISD, Kindergarten,

first and second graders also participated in the week-long testing as they took the Iowa Test of Basic Skills (ITBS). Hours and hours of instruction and preparation preceded the tests, and now we anxiously await the results which should arrive before the last day of school, on May 27<sup>th</sup>. Borden County schools had only one absence for only one test day. Students and parents are commended for their motivation and support which made that attendance record happen.

## School Menu

Week Of: May 2<sup>nd</sup>, - 6<sup>th</sup>, 2005

**MONDAY:** Grilled Cheese Pleezer, Vegetable Beef Soup, Fresh Broccoli w/Ranch, Fruit Cup, Crackers & Milk.

**Breakfast:** Egg Omelet, Toast Fruit Juice & Milk.

**TUESDAY:** Tacos/Granted Cheese, Spanish Rice, Pinto Beans, Lettuce & Tomatoes, Assorted Fresh Fruit & Milk.

**Breakfast:** Breakfast Pizza, Fruit Juice, & Milk.

**WEDNESDAY:** Chicken Fried Steak, Au Gratin Potatoes, Mixed Vegetables, Hot Rolls, Fancy Gelatin, & Milk.

**Breakfast:** Pancake Pup, Fruit Juice & Milk

**THURSDAY:** Spaghetti w/Meat Sauce, Corn, Tossed Salad, Garlic Bread, Fruit Cobbler, & Milk. **Breakfast:** Muffin, Fruit Juice, & Milk.

**FRIDAY:** Chicken Patty Sandwich, Southwest Beans, Tater Tots, Apple, & Milk. **Breakfast:** Waffles, Fruit Juice & Milk.

The Borden Star (USPS or PUBLICATION NO. 895-520) is published weekly except Christmas and New Year's week for \$12.00 per year by the Borden Star, P.O. Box 137, Gail, Texas 79738. Second-class Postage paid at Gail, Texas. POSTMASTER: Send Change of Address to the Borden Star, P.O. Box 137, Gail, Texas 79738.

# Applications for Memorial Scholarships are being accepted

## Brandon Adcock Memorial Scholarship

Applications are currently being accepted for the: **Brandon Adcock Memorial Scholarship.** Applicants wishing to be considered must submit a formal letter of application prior to May 20<sup>th</sup>, 2005. Letters of application must be sent to the following address:

**Brandon Adcock  
Memorial Scholarship  
Committee  
PO Box 95  
Gail, Texas 79738**

The primary criteria used to determine the recipient of this scholarship is that the individual selected will be an outstanding young person that is a positive representative of the Borden County School Community as evidence by their respective moral character, service-minded attitude, dedication and scholastic achievement.

Recipients must be a candidate for graduation or be a former graduate of Borden County High School.

Candidates must attend a state-accredited/Southern Association accredited college, university, or post-secondary institution to be eligible for consideration. The Select Committee will have sole authority to determine the candidate's eligibility status related to the post-secondary institution to be attended.

Financial need will not necessarily be a criterion for consideration; however, financial need may be considered by the Select Committee.

Members of the Brandon Adcock Family will have no input into the selection process. Complete selection authority has been delegated to the Selection Committee, and the Committee has the authority to waive all rules, regulations and formalities in order to select the candidates

that the committee feels is most deserving.

## John Harding Memorial Scholarship

Applications are currently being accepted for the: **John Harding Memorial Scholarship.** Applicants wishing to be considered must submit a formal letter of application prior to May 20<sup>th</sup>, 2005. Letters of application must be sent to the following address:

**John Harding  
Memorial Scholarship  
Committee  
PO Box 95  
Gail, Texas 79738**

The primary criteria used to determine the recipient of this scholarship is that the individual selected will be an outstanding young person that is a positive representative of the Borden County School Community as evidence by their respective moral character, service-minded attitude, dedication and participation in school activities as a student of Borden County High School.

Recipients must be a candidate for graduation or be a former graduate of Borden County High School.

Candidates must attend a state-accredited/Southern Association accredited college, university, or post-secondary institution to be eligible for consideration. The Select Committee will have sole authority to determine the candidate's eligibility status related to the post-secondary institution to be attended.

Financial need will not necessarily be a criterion for consideration; however, financial need may be considered by the Select Committee.

Members of the John Harding family will have no input into the selection process. Complete selection authority has been delegated to the Selection Committee,

and the Committee has the authority to waive all rules, regulations and formalities in order to select the candidates that the committee feels is most deserving.

## J. Pat Porter Memorial Scholarship

Applications are currently being accepted for the: **J. Pat Porter Memorial Scholarship.** Applicants wishing to be considered must submit a formal letter of application prior to May 20<sup>th</sup>, 2005. Letters of application must be sent to the following address:

**J. Pat Porter  
Memorial Scholarship  
Committee  
PO Box 95  
Gail, Texas 79738**

The primary criteria used to determine the recipient of this scholarship is that the individual selected will be an outstanding young person that is a positive representative of the Borden County School community as evidence by his/her high moral character, service minded attitude, dedication and determination to succeed along with maintaining passing grades.

Potential recipients must be a member in good standing of the current Borden County High School graduating class or must be a previous graduate of Borden County High School.

Candidates must attend a state-accredited/Southern Association accredited college, university, or post-secondary institution to be attended.

Financial need, will not necessarily be a criterion for consideration; however, financial need maybe considered by the Select Committee.

Members of the Porter Family will have no input into the selection process.

Complete selection authority has been delegated to the Selection Committee, and the Committee has the authority to waive all rules, regulations for formalities in order to select the candidates that the

committee feels is most appropriate. The selection process is a subjective task that will be left to the discretion of the J. Pat Porter Scholarship Selection Committee feels is a dignification of the positive attributes that were exhibited by the late J. Pat Porter.

## On to Austin!

Cont. from pg. 1

senior Billy Roper, and freshman Kate Wallace.

Carter finished fifth in Persuasive Speaking and sixth in Poetry Interpretation. Roper finished fifth in Informative Speaking, while Wallace was sixth in Persuasive Speaking.

The Spelling & Vocabulary Team was third overall behind Dobyns's second place finish and Rachel Wilson's fourth place finish. She is the first alternate to the State Meet. Other team members were senior Emily Mayes and junior Austin Tarleton.

The Current Issues & Events team also placed third overall. Team members were the Wilson brother and sister duo, along with sophomores Rowdy Clary and Taylor Peterson.

Also competing at the regional meet were senior Tyler Wallace (Prose Inter-

pretation), junior Andrew Lamming (Lincoln-Douglas Debate & Informative Speaking), and junior Trey Soto (Headline Writing).

Members of the sophomore class competing were Clary (Current Issues & Events and Social Studies), John Cowart (Social Studies and Literary Criticism), Peterson (Social Studies and Current Issues & Events), Kalli Poole (Poetry Interpretation), Christina Soto (News Writing), and Lindsey Stamper (Poetry Interpretation).

Kate Wallace also competed in Lincoln-Douglas Debate.

The three students advancing to the state meet will now attempt to better their third place overall finish from last year's state meet. Best of luck, and congratulations on your accomplishments.

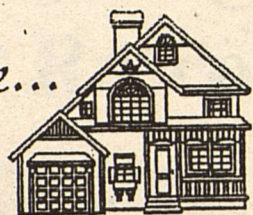


- What:** *Healthy Teeth Drive* (sponsored by Borden County 4-H)
- When:** *Tuesday, April 26<sup>th</sup> thru Mon. May 2<sup>nd</sup>.*
- Why:** *Please help us collect NEW tooth brushes, tooth-Paste, dental floss and mouth wash to be donated To the Lubbock Women's Shelter. (South Plains 4-H District Charity)*
- Where:** *Bring your healthy teeth items to your home Room class.*

The grade in each division that donated the most items will win a "Surprise Party." (Divisions are K - 2<sup>nd</sup>, 3<sup>rd</sup> - 5<sup>th</sup>, 6<sup>th</sup> - 8<sup>th</sup> and 9<sup>th</sup> - 12<sup>th</sup>)  
A special thank you goes to Borden County I.S.D. for allowing the 4-H to hold this healthy teeth drive at school.

## Heart and home...

By Julie D. Smith  
Borden County Extension Agent  
Family and Consumer Sciences



Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin. the Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

## The New Look and Name of the USDA Food Guide Pyramid

On Tuesday, April 19, 2005 the USDA released its new Food Guidance System based on the 2005 Dietary Guidelines for Americans. Out with the old Food Guide Pyramid (FGP). In with the new "MyPyramid: Steps to A Healthier You."



**Personalized just for YOU**  
According to the USDA, the new MyPyramid "symbolizes a personalized approach to healthy eating and physical activity." This is the key difference to this new Pyramid.

Food is still categorized into food groups. Each of the triangles in the pyramid represents a food group. From left to right ... grains, vegetables, fruits, oils, milk, meat & beans. But how much of each food group YOU should eat depends on your age, gender and activity level ... basically, how many calories you need for a healthy weight. Twelve calorie levels are included for males and females ages 2-76+, with activity levels of sedentary, moderately active and active.

Here's a little information describing the concepts behind the new pyramid and to help you navigate the new MyPyramid.

### Activity

The person climbing the steps on the MyPyramid represents YOU being active. For the first time, the Food Guidance System includes recommendations for physical activity. Recommendations are to include at least 30 minutes of exercise on most days of the week (above and beyond normal daily activity unless your job

includes lots of vigorous physical activity) to lower your risks of diseases such as heart disease, high blood pressure, diabetes and cancer. To manage your weight and prevent unhealthy weight gain you need up to 60 minutes of moderate to vigorous physical activity on most days of the week. If you need to lose weight or keep the weight off, they recommend 90 minutes of modest exercise every day.

For many people, this will require increased motivation and a major shift in schedules. But physical activity does make you feel better, both physically and mentally, and usually helps you look better. You don't need to join a gym, but for some people, that commitment works really well. Walking is some of the best exercise. (Get good walking shoes.) Gardening is great exercise. (So is cleaning house, but not nearly as much fun.) Swimming is good for people with arthritis. Now if only we had a two hour lunch...

### Moderation

Notice that the food group triangles that make up the MyPyramid are wider at the bottom and get narrower as they go up to the tip of the pyramid. The wider base represents foods with little or no solid fats or added sugar.

It is wiser to show that you should choose these foods more often. The narrow top area represents foods within each group that contain more added sugars and solid fats. The more active you are, you can fit more of these foods into your daily food choices.

Take vegetables, for example. At the base would be plain, steamed broccoli. Moving up might be broccoli with lemon juice and olive oil, then broccoli with cheese sauce, finally deep fried, breaded broccoli with cheese sauce. For grains, how about cooked plain oatmeal, then sweetened instant oatmeal with raisins, oatmeal cookies, and at the top, oatmeal cookies with chocolate chips and frosting! Get the picture?

### Proportionality

This is represented by the different widths of the food group bands. The widest band is grains, then vegetables and milk. Fruit is wider than meat & beans. Oils are in the skinniest band. The widths suggest how

much food a person should choose from each food group. These are just a general guide. How much from each food group YOU need depends, again, on your calorie needs which depend on your age, gender and activity level. Generally, for a 2000 calorie diet (sedentary boys ages 13-14, moderately active teenage girls, sedentary young women, moderately active adult women and sedentary elderly men) the daily recommendations are:

- Grains 6 ounce-equivalents (one ounce equivalent = 1 slice of bread, ½ cup cooked pasta or rice, 1 ounce cold cereal, ½ bagel) 3 of which should be whole grain.
- Vegetables 2 ½ cups
- Fruits 2 cups

- Milk 3 cups (includes milk, yogurt, cheese...choose low fat or fat free dairy products)
- Meat 5.5 ounce-equivalents (one ounce equivalent = 1 ounce of lean meat - poultry, or fish - 3 ounces is about the size of a deck of cards or the palm of your hand; 1 egg; 1
- & Beans

## Senior Citizens Group Meeting

The next meeting of the Borden County Senior Citizens Group will be Monday, May 2<sup>nd</sup> in the Community Room beginning at 8:00 p.m.

### 2005 BORDEN COUNTY WALK ACROSS TEXAS MILEAGE

Team	Week 1 3/29-4/4	Week 2 4/5-4/11	Week 3 4/12-4/18	Week 4 4/19-4/25	Week 5 4/26-5/2	Week 6 5/3-5/9	Week 7 5/10-5/16	Week 8 5/17-5/23	Total
County Cruisers	26	39.5	100						230.5
Foot Patrols	50.25	147	90.75						288
Lady Lap Loggers	76	75.5	83						234.5
Tough Treaders	58	66	57						181
Basketball Trotters	44	74	No report						118
Mesquite Roadrunners	113	116.5	115						344.5
									1396.5

### CANDIDATE FOR BORDEN COUNTY ISD SCHOOL TRUSTEE

# BRIAN PINKERTON

YOUR VOTE WILL SINCERELY BE APPRECIATED

# Early Cancer Detection Saves Lives

A weekly column by U.S. Sen. Kay Bailey Hutchison

Most of us know April is the month in which spring bursts out across Texas, as flowers bloom, trees sprout leaves, and birds build nests. It is also, according to the American Cancer Society, National Cancer Control Month.

We use a month in which life flourishes to remind people of the progress we have made in the fight to eliminate cancer. Over the past several decades, we have developed new drugs and surgical techniques to provide cancer sufferers improved chances for survival. We need to continue research to improve the treatment for this disease.

We can modify our behaviors to lower our risk of cancer. We can eat healthier foods and exercise. We also know cancer risks are increased by abusing alcohol and smoking.

There is another habit we can cultivate which can have a major impact on our health - getting screened for cancer. Today's physicians have a wide range of diagnostic tools which help us discover cancers early when the chances for successful treatment are high. Many of these screenings should be done on a regular basis after age 50, although those with family histories of certain types of cancer should consult their physician about starting to test even earlier.

We are also aware that cancer affects various groups differently. African-Americans have the highest cancer mortality rates of any group, a factor some doctors attribute to a lack of access to early testing and treatment.

Cancers with few obvious symptoms are the most dangerous because they are usually too advanced for easy treatment when they are finally discovered. This is why men should get screened for prostate cancer. Women should get tested for cervical cancer and get mammograms to detect breast cancer. Adults over 50 should start having tests for colon cancer. Blood work can detect lymphoma and other types of cancer.

We should also be on the lookout for the most common form of cancer - skin cancer, which is diagnosed over 1 million times per year in America. The best check up is to keep an eye on skin changes. The best prevention is to avoid exposure to the sun's damaging ultraviolet rays by wearing protective clothing or sunblock lotion.

In addition to adopting healthier lifestyles and getting early screening, we can take other steps to fight cancer.

Many of us donate to organizations such as the American Cancer Society, the Susan G. Komen Breast Cancer Foundation and the Leukemia and Lymphoma

Society. We can also participate in their fund-raising activities, such as the annual Komen Foundation's Race for the Cure. These organizations support scientific research and public education programs.

In addition to backing these organizations, we have worked to increase funding to fight cancer. The National Institutes of Health emphasizes cancer research.

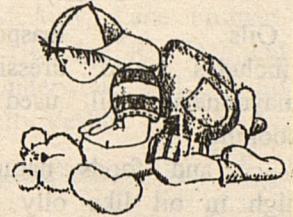
In 2002, Congress enacted my bill, the Hematological Cancer Research Investment and Education Act, which directed the NIH to establish a coordinated blood cancer research initiative to improve our response to this deadly disease. Under this program, MD Anderson received a five-year, \$12.75 million grant to research Leukemia. The grant is funded at \$2.5 million each year, through 2007.

I have a personal stake in this fight. I have had friends who have fought cancer, and my brother Allan is a survivor. Everyone owes them-

selves and their loved ones an early screening so that they have the best chance possible to survive if cancer should strike.

**We're always here for you in case of an Emergency! Just Call Us . . .**

**BORDEN CO  
806/759-5111**



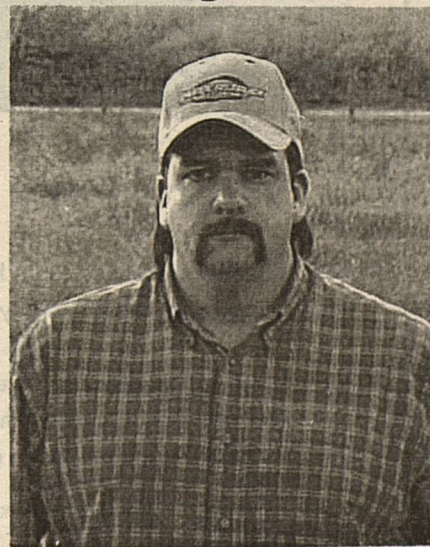
Subscribe to the

**Borden Star**  
"Your" Hometown  
Newspaper



**Only \$12.00  
12 months  
P.O. Box 137  
Gail, TX 79738  
806/756-4402**

## VOTE for JON HERRING for Borden County School Board



- \* I am employed at Thunderstruck Truck Accessories in Lamesa, a company that I co-founded in 2001
- \* I was born and raised in Northeast Borden County where I currently reside with my wife and daughter (a 2nd grader at Borden Elem.)
- \* I attended BHS
- \* I am a proud Borden County property owner and tax payer

I would appreciate your support and vote in the upcoming School Board Election

**Please Vote May 7<sup>th</sup>**

### LEGAL NOTICE

Notice is given herewith that proposals will be considered from Banks and Banking Corporations desiring to serve as depository for public funds and county public school funds of Borden County, Texas. Such proposals will be considered Monday, May 9<sup>th</sup>, 2005 at 10:00 a.m., and the Commissioners' Court of Borden County may, at its discretion, reject any and all bids or proposals submitted. Applications submitted should be in accordance with Article 116.021, Local Government Code, Vernon's Civil Statutes, and it is desired that same stipulate percent interest to be paid on time deposits and rate of interest Borden County would pay on borrowed funds for ordinary operating expenses and borrowed funds for equipment purchases. Depository Bank would be expected to furnish printed checks and deposit slips for all accounts.

Van L. York,  
County Judge  
Borden County

# Heart and home . . . The New Look and Name for the USDA Food Guide Pyramid

Cont. from pg. 4

Tablespoon numbers of servings, or cups, peanut butter, or ounces from each food group. What changes do you need to make? Are you eating whole grains? Do you eat

Oils 6 teaspoons (includes salad dressings, mayonnaise, oil used in cooking,

and foods naturally high in oil like oily fish, olives, avocados and nuts.)

### Variety

MyPyramid includes 6 bands (in color at the website) representing the 5 food groups and oils. This is to show that foods from all groups are needed each day for good health. Each food group makes a distinct contribution to meeting your nutritional needs. All are needed. Oils are included for the first time because research shows that vegetable oils and oils in some fish contain fatty acids that are important for health.

### Gradual Improvement

Thankfully, the USDA recognizes that no one can make the changes in their diet and activity patterns overnight in order to follow their MyPyramid recommendations. One small step at a time...steps to a healthier you...can be important to making great improvements in your health.

### Make it work for YOU

If you have access to the Internet, go to [www.MyPyramid.gov](http://www.MyPyramid.gov). Find your calorie level by filling in your age, gender (male or female) and activity level. You will then see how much of each of the food groups are recommended for you to eat. Find meal patterns, menu suggestions and work sheets you can print out. Then take a look at what you are eating now. Write down what you eat for a few days. Count the

enough vegetables or fruit? (Not counting French fries.) Are you active enough for a healthy life? Make one positive change. Keep it up.

For more information on the new MyPyramid, please contact the Extension office.

## Please Vote in the School Board Election May 7<sup>th</sup>

A Candidate who has:

- 10 Years in Education as a teacher, coach, Principal
- 15 years on School Board
- Masters Degree in Education
- Desire to help improve the education experience

**Please Vote for JOEL DENNIS**  
For 1 Year Unexpired Term

# At Cap Rock Energy we're more than your electrical provider.



## We're your community electrical company.

"What I like about my job is being able to help folks. Our customers know that when their lights go out at one or two in the morning, they can always pick up the phone and get assistance from a live person on the other end of the line.

When our customers call, we will send crews out to get their lights on—regardless of the weather. When the job is complete, I make sure that the customer is happy and satisfied with our work. Ensuring excellent and reliable service is the most important thing we do, and I enjoy working to make that happen."

— Donnie Williams, Cap Rock Energy employee — 17 years

Cap Rock Energy employees like Donnie Williams are committed to service. They understand that keeping the lights on for rural Texas is incredibly important.

## Cap Rock Energy. Going the extra mile.

[www.caprockenergy.com](http://www.caprockenergy.com)



# Neugebauer Mets with New Secretary of Veterans Affairs

Congressman Randy Neugebauer met Wednesday with Secretary Jim Nicholson, the Bush Administration's new head of the Department of Veterans Affairs.

Neugebauer had requested the meeting in order to meet Secretary Nicholson and to build on the momentum gained since former VA Secretary Anthony Principi's visit to the Big Spring VA hospital in August, 2004. Of specific importance is the progress of the feasibility study to assess the hospital's ability to continue to provide quality care in Big Spring.

"Big Spring made great strides in demonstrating the value of its veterans hospital to the VA and the CARES Commission while Secretary Principi was in office," Neugebauer said. "By meeting with Secretary Nicholson, the groundwork is being set to continue what has already been accomplished."

During the meeting, Neugebauer stressed the importance of the hospital to veterans and communities throughout West Texas and the Big Country. He also received an update on the feasibility study and how it plans to evaluate rural VA facilities. Secretary Nicholson indicated that he would like to visit the Big Spring Hospital in the near future.

"Today's meeting was a good one and accomplished much of what I hoped," Neugebauer said. "I think Secretary Nicholson now has a good sense of the quality care that the Big Spring VA Hospital provides and the role it plays in the community."

After being unanimously confirmed by the Senate, Nicholson was sworn into office February 1, 2005 to serve as the fifth Secretary of Veterans Affairs.

Senators Kay Bailey Hutchison and John Cornyn and Congressman Chet Edwards (D-Waco) also attended Wednesday's meeting.

## FOR SALE

Hunting/Fishing Lodge or Family Home  
Lake J.B. Thomas in Borden County. 3 Brd. 2 Bath, Wood Burning Fireplace, Central Air & Heat. Lots of Trees, Large Covered Patio.  
Call: 254-559-8741

## FOR SALE

Three acres in Gail, Borden County with 2 double wide homes, One: 4 bed, 3 bath Solitaire; One: 3 bed, 2 bath. One large out-building, can be used for garage or storage.  
Call: 806/756-4360

**PRICE REDUCED TO SALE**

## 4-H News

### Sweetwater 4-H Invitational Shoot

Six members of the Gail Trap Club recently traveled to Sweetwater to participate in the Sweetwater 4-H Invitational Shoot. Adult 4-H leaders that accompanied these youth were

Jeff McAuly, Lane Froman, Matthew Roberson placed 3<sup>rd</sup> and Raylea Underwood placed 4<sup>th</sup> in Trap in the Sub-Jr. Division. Others participating in trap, skeet and 5-stand were

Jibber Herridge, Ray Don and Jana Underwood, and Tom Ed and Patty Vestal. Congratulations to these youth!  
Michael Froman, Jacob

### Vote for Carol Lewis for School Board on May 7<sup>th</sup>

- I was born and reared in Borden County, graduating from BHS in 1960.
- All three of my children are graduates of BHS.
- I retired from teaching at Borden after 19 years.

**I would appreciate your support.  
Please remember to vote.**

### Public Notice

#### Basic and low cost telephone services from Verizon

Verizon is an Eligible Telecommunications Carrier (ETC) in Texas under Federal Communications Commission (FCC) and Texas Public Utility Commission guidelines. As such, we receive universal service funding, which enables us to provide service at reasonable rates to high cost, usually rural areas and low income customers.

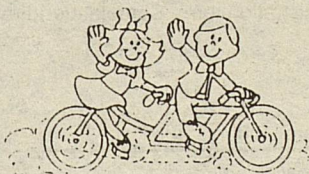
Under those guidelines, Verizon certifies that it provides the following basic services for a monthly charge of \$7.10 to \$16.40 (plus Federal Subscriber Line Charge, applicable taxes and surcharges) to residence customers.

- Single-party service
- Voice grade access to the public switched network
- Touch call service
- Access to emergency services (including 911 and enhanced 911)
- Access to operator, interexchange and directory assistance services

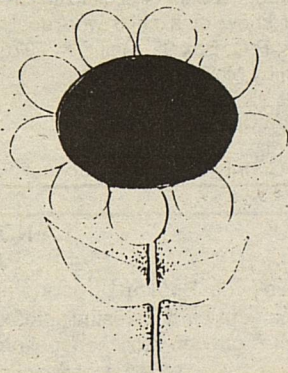
We also provide low-cost Lifeline service for qualified low-income residence customers for \$.10 to \$9.40 a month. Also available to Lifeline customers is a low-cost Link-up basic connection service at a 50% discount (up to \$30.00). In addition, we can provide Lifeline customers with free toll blocking to help them control long-distance usage. If Lifeline customers do not pay toll charges, their access to the toll network may be denied, but their local service won't be disconnected.

**For more information please call our customer sales and solution center at 1-800-483-4000 (Residence)**

## Moore-Rains Insurance



Happy  
Springtime



Frances Rains Stephens

701 8<sup>th</sup>. Street  
O'Donnell, TX

806/428-3335

Vote for

**\*BRICE KEY\***

*School Board Trustee*

May 7, 2005

Early Voting April 20-May 3rd

**Your support is appreciated!**

# A Good Guy Always Finishes First

Editorial by

Sue Jane Mayes

It's about time.

I get really tired of hearing and reading about people who act unprofessionally, who could care more about themselves than they do others, and who somehow manage to make more money, get more press, or get things done the way they want them.

We need to recognize people like Buddy Wallace.

Am I objective? Heck no. Buddy has been my colleague for the 22 years he's been teaching at Borden County. He's also my friend and neighbor.

I do not apologize for writing good things about someone. It's the people who complain and gripe, whispering or spreading negative talk. Call me crazy, but I'm going to write this and sign my name.

You see, Buddy and some talented FFA kids are headed to the National FFA Convention next fall. They won that "little" contest called horse judging at Texas Tech last weekend. They were also competing against schools of all sizes. From Texas. The second largest state in the USA.

It won't even be his first hand in helping kids get to national. Kyle Pinkerton did it as a delegate two years ago. Kyle did it with the help of a FFA sponsor who has fought for his program and traveled miles with his kids to expose them to events that teach them judging skills, speaking skills, and the most important of all: people skills.

In a time when programs are being cut left and right, FFA is always on the bubble. Many schools' advisors have scaled back to just classroom instruction and stock shows. Buddy

continues to recruit and get kids interested in all activities that have often led to scholarships, Lone Star degrees, and more of those banners that cover his classroom walls.

Bud's one of the good guys. But sometimes when you're a good guy, you get mocked and made fun of for being moral and firm. It's that George W. thing on a local scale.

Do I agree with him on everything? Heck no, again.

I like to take kids to Sixth Street in Austin when I go to state. Buddy would frown and say that taking them bowling is more appropriate.

He's pretty darn strict in tutorial period. Makes the kids sign out to leave so he'll know where they

are going and when they'll be back in class. I wouldn't want to keep up with that paperwork.

He still loves the Dallas Cowboys. I dumped them after they dumped Tom Landry.

But who Buddy is at school is who he is on an ambulance run, at a stock show, or in the grocery store: he is true to all that matters: God and family and work and doesn't throw it in a person's face. He just does it as naturally and consistently as his parents J.C. and Jewel do. Speaking of them, it's pretty obvious that Buddy, the youngest of their five children, is the apple of their eye and didn't fall too far from the family tree.

Some people and even students today just don't get it. Buddy isn't about authority. He is about respect. That's what makes his classroom work and what makes his life work, even if he does lose his keys all the time.

It amazes me what we idolize or admire or think is "good" in this world. Even more so, it never ceases to sadden me when people complain about matters that often involve half-truths.

In a small community, we see the good and the bad of each other on a daily basis. Some flaws—and we all have them are a result of things we just don't do well. Just ask me about Chapter 7.

Other flaws, though, stem from mean-spiritedness, spite, or need for authority.

It would be nice to avoid those.

Thanks, Buddy, for being nice.

And congratulations to those kids who you can read about on the front page: LaShae Johnson, Kylan Reynolds, Lacey

Newton, and Shelby Roberts. These are obviously some students who know a good horse when they see one.

I bet they know a good man when they see one, too.

## Early Voting for School Trustee

April 20<sup>th</sup> – May 3<sup>rd</sup>

8:00 a.m. – 5:00 p.m. – Monday thru Friday  
Superintendent's Office, Borden County ISD

*Be sure to support our advertisers  
Tell them you found out about them in the  
Borden Star*

### PRE-KINDERGARTEN NOTIFICATION FOR THE 2005-2006 SCHOOL YEAR

Borden County School will offer the pre-kindergarten program during the 2005-2006 school year. The program will be for eligible students who are four years of age on or before September 1, 2005. Students can qualify for the program by meeting at least one of the following requirements:

1. Be economically disadvantaged
2. Be Limited English Proficient (LEP)
3. Be homeless

If you know of a child who qualified for the program, notify Mr. Bart McMeans, Principal, Borden County Schools, P.O. Box 95, Gail, TX 79738, or call (806)756-4313 to request a registration form. Complete and return the form by May 31, 2005.

#### DISCLAIMER

Borden County Elementary School will offer this program only if fifteen (15) or more students qualify.

### ESL PROGRAM NOTIFICATION

Borden County Elementary School will offer an ESL program for LEP (Limited English Proficient) students during the summer of 2005. The program will be scheduled for a minimum of 120 hours and will conclude prior to August 1, 2005. The program is designed for students who will enter Kindergarten for First Grade in the fall of 2005-2006. Parents of eligible children will be responsible for transportation.

If you know of a child who qualifies for the program, notify Mr. Bart McMeans, Principal, Borden County Schools, P.O. Box 95, Gail, TX 79738, or call (806)756-4313 to request a registration form. Complete and return the form by May 31, 2005.

#### DISCLAIMER

Borden County Elementary School will offer this program only if ten (10) or more students qualify.

### LA NOTIFICACION DE PRE-KINDERGARTEN PARA EL AÑO ESCOLAR 2005-2006

La Escuela de Borden ofrecerá el programa del pre-kindergarten durante el año escolar 2005-2006. El programa será para los estudiantes elegibles que tienen cuatro años en o antes de 1 de septiembre, 2005. Los estudiantes pueden calificar por el programa resolviendo por lo menos uno de los requisitos siguientes:

1. Sea económicamente perjudicado
2. Este limitado experto ingles (LEP)
3. Sea destituido

Si usted conoce de un niño que califique por el programa, notifica a Bart McMeans, director, Borden County Schools, P.O. Box 95, Gail, TX 79738, o llame 806/756-4313 para solicitar una forma de registro. Complete y regresa la forma antes del 31 de mayo, 2005.

#### LA DENEGACION

La Escuela de Borden ofrecerá este programa solamente si quince (15) o más estudiantes califican.

### ESL PROGRAM NOTIFICACION

La Escuela de Borden ofrecerá un programa de ESL para los estudiantes del LEP (Experto Inglés Limitado) durante el verano de 2005. El programa será programado por un mínimo de 120 horas y concluirá antes del 1 de agosto, 2005. El programa esta diseñado para los estudiantes que entraran kindergarten o el primer grado en el otoño de 2005-2006. Los padres de niños elegibles serán responsables del transporte.

Si usted conoce de un niño que califique por el programa, notifica a Bart McMeans, director, Borden County Schools, P.O. Box 95, Gail, TX 79738, a llame 806/756-4313 para solicitar una forma de registro. Complete y regresa la forma antes del 31 de mayo, 2005

#### LA DENEGACION

La Escuela de Borden ofrecerá este programa solamente si diez (10) o más estudiantes califican.