

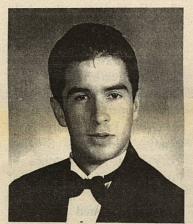
Serving the Counties of Borden, Dawson, Garza, Howard, Lynn & Scurry **BHS Class of 2005 Names**

Top Students

The administration and faculty of Borden County High School are pleased to announce the top students of the graduating Class of 2005.

John Timothy Wilson, Jr., son of Tim and Carol Wilson, has been named Valedictorian of Borden County High School. John has maintained a grade average of 100.321 for the four-year period in high school.

John is a member of the National Beta Club. He has been involved in football, basketball, track, tennis, OAP, Extemporaneous Persuasive Speaking, Editorial Writing, Current Issues & Events, Cross-Examination Debate, Mathematics, and Computer Applications. John won state three times in Cross-Examination Debate and qualified for state in all of the other contests except for Mathematics. This year, John became the state champion in Extemporaneous Persuasive Speaking, won third in Current Issues & Events, and finished fourth in Editorial Writing. In football, John received All-District honors his junior and senior year and is an alternate to the All-Star Game this year. In OAP, John has received numerous awards over the last four years,



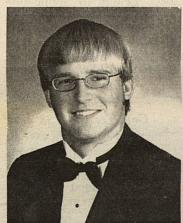
John Wilson

including Zone Best Actor his sophomore and senior years. He is president of his senior class and was recently voted as "Most Likely to Succeed."

John plans to attend Harvard University this fall, and major in political science.

The 2005 Salutatorian of Borden County High School is Billy Roper, son of William and Juna Roper. He has maintained a grade average of 97.327 for the past four years.

Billy is a member of the National Beta Club. Throughout high school, he participated in Cross-Examination Debate, Calculator Applications, Number Sense, Mathematics, Extemporaneous Informative Speaking, and football. As a



Billy Roper

member of the debate team, Billy advanced to the Elite year and was named state the U.I.L. Academic State champion both his sopho- Meet. more and junior years. As an informative speaker, he qualified for regionals as a junior and senior, placing 5th senior class and was recently voted as "Friendliest."

Billy plans to attend Texas A & M University this fall, and will major in political KCBD's Channel 11 news

be held at 11:00 a.m. on edging out other towns which basketball team, and the Sunday, May 22nd, 2005, in start with letter "G". the school auditorium.

Commencement exercises will be held Friday, May 27th, 2005, at 8:00 p.m. in the school auditorium. There are 13 seniors graduating in the Class of 2005.

B.H.S. Medals in **Five Events at U.I.L. State Academic Meet**

Wilson Earns State Champion; Dobyns Places in Top Six in Two Events

Austin has seemingly become a home away from these students have brought home for some Borden home eight medals for top County High School U.I.L. three finishes, three of which academic students during the were first weekend of May.

Over the past seven

During that time, state championship gold.

This year, B.H.S. was years, some twelve students represented in Austin by three have competed in twenty- students: senior John Wilson, Eight at state his freshman eight individual contests at junior Whitney Anderson,

Cont. to pg. 3

A to Z Sports Tour at the regional meet this year. He is the treasurer of his to make stop in

Pete Christy and the academic successes often crew are coming to Gail.

The community was Football championship, the Baccalaureate services will selected by an online vote, 1999 State Final Four Girls'

> Administration, coaches, teachers and students will be interviewed at noon on Wednesday.

Student achievement is the main focus of the trip to Gail KCBD Channel 11 Sunday,

overlap.

The 1997 State 6-man academic State Champions of years past and present will be highlighted in the news footage.

Catch the segment on as the school's athletic and May 15th at 6 and 10 p.m.

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 20th, 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 evidence by their respective moral character, serviceminded 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 postsecondary 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, Harding family will have no and the Committee has the input into the selection 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 20th, 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 evidence by their respective moral character, serviceminded attitude, a 'ication and participation in hool 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 passing grades. state-accredited/Southern Association accredited college, a member in good standing of 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 however, consideration; financial need may be considered by the Select

Committee. Members of the John process. Complete selection authority has been delegated to the Selection Committee, and the Committee has the Complete selection authority authority to waive all rules, has been delegated to the regulations and formalities in Selection Committee, and the order to select the candidates Committee has the authority that the committee feels is to waive all rules, regulations 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 20th, 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 evidence by his/her high moral character, service minded attitude, dedication and determination to succeed maintaining along with

Potential recipients must be 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 accredited Association

college, university, or postsecondary institution to be attended.

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

Members of the Porter Family will have no input into the selection process. 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 Committee feels is dignification of the positive attributes that were exhibited by the late J. Pat Porter.

The A division was held

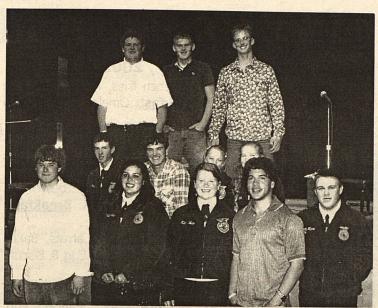
Jr. High District **Tennis Results**

By Coach Turner

The Borden Junior High tennis teams competed in the District 9 championships at Garden City May 7th and 8th. The B division was held Friday evening. In Boys Doubles, the team of Drew Tyler and Eric Espinoza lost to Gutierrez/Martinez from Garden City in the first round then dropped the third place match to Pruitt/Alkire from Grady. In Boys Singles, Cory Teel lost matches to Pugh of Grady and Glass of Garden City. Brendan Tarleton defeated Dalton of Garden City, lost to Cox of Grady, then defeated Pugh of Grady for third place. BC swept the girls division winning both the doubles and singles titles. Shlyo Rinehart defeated teammate Lacey Roberts for first place. Shylo defeated Schwartz Niehues both of Garden City to reach the finals. Lacey defeated Decker of Grady and Gonzales of Garden city to reach the final. In the Doubles Girls final, Froman and Katherine Raylea Underwood teamed up to defeat the team of Jones/Schwartz 'of Garden City. They also defeated Halfman/Sturtz of Garden City in the semi-finals.

Saturday. In Boys Doubles, Jake Cooley and Clay Harding lost Schwartz/Schaefer of Garden City in the first round and to Fryar/Zant from Sands in the second. Michael Cooley and Karl Lamming lost to Cook/Gully from Garden City in the first round and to Fryar/Zant from Sands in the Consolation Final. In Boys Singles, Tyrelle Massingill lost to McDonald of Grady in the first round and to Parker of Sands in the second. Flynn Chapman defeated Gaskins of Sands in the semifinal then dropped a decision to McDonald of Grady in the Championship match. Girls Singles Olivia Key defeated Blagrave Sands before losing a close one to Hirt of Garden City in the semi-finals. Krystal Hobson defeated Blocker from Grady in the first round then lost to Wheeler of Garden City in the semi-final. Olivia and Krystal then played each other for the bronze medal. In a match that couldn't get any closer, Olivia defeated Krystal by the score of 8-7. Congrats to the junior high tennis team for an outstanding season.





FFA members successful at District Competition

Snyder High School was the setting for several Lone district Wolf FFA competitions this past Thursday as it hosted this years' Spring District contests. Gail FFA was right in the middle of the competition and came away with several honors for their students and chapter.

Part of the competition was the talent contest. Six teams were performing for the right to advance to the top three final slots and the chance to represent the district at the Area Competition. The "Gail Bunch", consisting musicians Ben Griffin, Tyler Wallace, Garrett Thomas, Chase Pinkerton, and Sound Tech Adam Carter, took care of business in the preliminary round and were selected as a top three finalist team. They then performed for the delegates putting on a good show and sound with a Southern rock flavor. When the votes were all counted, the "Gail Bunch" finished a close second to Sydney Wright from Snyder, and ended their two year reign as District and Area Champions. We are extremely proud of what these students have accomplished.

Kate Wallace and Shelly

Roberts also attended the meeting and competed in the Extemeporanceous Speaking had Event which contestants. Both girls did a great job as Kate placed second in the event and earned the right to advance to the Area level. Shelby placed

District Officer selections also took place on this day and the Gail chapter had three candidates: Kylan Reynolds, Shelby Roberts, and Chelsea Minnick. Each candidate was required to submit an application and participate in an interview process. Seven students are then chosen to serve on the Lone Wolf District Officer team for the upcoming year. Shelby Roberts was chosen as an officer and will represent the Gail FFA in and the Lone Wolf District for the 05-06 year.

Other students attending the meeting and competition were Christina Soto (voting delegate), JRyan Gicklhorn (voting delegate), and Jackie Moore, (member).

Congratulations to all of these members on their district success and good luck to those who advanced.

U.I.L. State Academic Meet

Cont. from pg. 1

sophomore and Dobyns.

add another picture to the State Championship wall. This time, though, Wilson will be in a frame by himself.

After winning three consecutive state championships with partners in Cross-Examination Debate, Wilson returned home from this past weekend's contest with a gold medal of his own - in Extemporaneous Persuasive Speaking.

Wilson finished first in the event with a 1-1-3 ranking from his three judges in the finals speaking on the and Vocabulary. topic: "Can additional African Union troops bring an end to the violence in Darfur?"

the finals after being ranked She had scored a 95/100 on

Becky second in the preliminaries with a 1-2-2 decision from And now, B.H.S. can the judges. He addressed the topic: "Should the world community attempt to steer Venezuela away from its leftist course?"

> Wilson also medaled in Current Issues & Events, bringing home the third place bronze, and in Editorial Writing, finishing fourth in the state.

> Additionally, B.H.S. sophomore Becky Dobyns also brought home two medals of her own. She placed fourth in Headline Writing and sixth in Spelling

Dobyns actually tied for third in the Spelling event, but she was moved to sixth He had advanced to place following a tie-breaker.

the test, just one incorrect word away from tying for a state championship at 96. Therefore, hopes are high for Dobyns in future years.

Together, Wilson's and Dobyns's fourth place finishes in the journalism events allowed them to finish fifth in the journalism team competition.

After combining points from the state CX Debate championship in March with the May total, the speech and debate team, finished third overall, just twelve points away from securing a second straight state team championship.

Also joining Wilson and Dobyns in Austin was junior Whitney Anderson. She competed in Feature Writing but did not place. However, she gained valuable

experience for next year.

When all was said and done at the State Meet, B.H.S. finished in fourth place overall with 65 points.

Perennial academic power-house Lindsay High School won for yet another year with over 250 points. Plains High School was second with 80, while Rice High School finished third with 77 points.

These state-qualifying students are proudly coached by B.H.S. teachers Darrin Ard (Persuasive Speaking) and Sue Jane Mayes (Current Issues & Events, Spelling & Vocabulary, and Journalism).

Congratulations not only John, Becky, and Whitney, but also to all U.I.L. Academic B.H.S. students. You claimed yet District another championship and were in the top four overall at both the regional and state meets.

This year's success in Austin was due to the many hours of preparation spent at home and after school by all of you. A great foundation has been laid, so let's go "home" again next year.

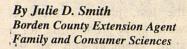


The "Gail Bunch": Band members Chase Pinkerton, Ben Griffin, Tyler Wallace, Garrett Thomas and Adam Carter.



District Speaking and Officer candidates that competed in competition: Chelsie Minnick, Shelby Roberts, Kate Wallace and Kylan Reynolds

Heart and home ...





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.

A Good Night's Rest is Best

Humans devote about onethird of their lives to one activity but think little about it – until they cannot do it. This activity has a calming effect, often leaves one feeling refreshed and promotes overall wellness. What is this activity? Sleep.

Along with the physical changes that occur as we get older, changes to our sleep patterns may also occur. As people age they tend to have a harder time falling asleep and more trouble staying It is a common asleep. misconception that sleep needs decline with age; but, our sleep needs remain constant throughout life. Sleep occurs in multiple stages including dreamless periods of light and deep sleep, and occasional periods of active dreaming. sleep cycle is repeated several times during the night. Older people spend more time in the lighter stages of sleep than in deep

Insomnia is the inability to sleep and occurs more frequently among adults. Insomnia may create serious effects, complicating other conditions or making a person too tired to function normally during his waking hours. People with insomnia can experience excessive daytime sleepiness, difficulty concentrating and increased risk for accidents and illness. If you experience insomnia at least a few nights per week or more, it is worthwhile to speak to your health provider about your trouble sleeping and any effects your insomnia may have on your

Snoring, a condition that gets worse with age, is the primary cause of sleep

disruption for many adults. Snoring is most commonly associated with persons who are overweight. Loud snoring is particularly serious as it can be a symptom of sleep apnea. In sleep apnea, breathing stops and the amount of oxygen in the blood drops. This alerts the brain, causing you to wakeup and resume breathing. These stoppages of breathing can occur repeatedly, causing multiple sleep disruptions throughout the night and result in excessive daytime sleepiness and impaired daytime function. Untreated sleep apnea puts a person at cardiovascular for risk disease, headaches, memory loss and depression. If you experience snoring on a regular basis and it can be heard from another room or you have been told you stop breathing during your sleep, these are signs that you might have sleep apnea and it should be discussed with your health provider.

Certain conditions are related to increased sleep problems:

- q Hypertension is associated with both snoring and sleep apnea.
- q The hot flashes, changes in breathing and decreasing hormonal levels associated with menopause may lead to trouble sleeping.
- q Many cancer patients experience sleep problems.
- q Acid reflux may cause difficulty falling and staying asleep. Heartburn sufferers experience nighttime burn, causing discomfort and awakenings. This is

more likely to occur while resting your back.

- q Depression is most closely associated with insomnia and is a risk factor for having difficulty sleeping. This is especially true for those who have chronic insomnia.
- q The pain and discomfort of arthritis may make it difficult to sleep through the night.

In addition, the medications used to treat these conditions and other medical conditions may adversely affect your ability to sleep.

If you experience sleep problems, think about whether your difficulty sleeping may be caused by an event or particular stress. If so, the problem may resolve in time and you need not seek treatment. Also, you may try the following to improve your sleep:

- q Use your bed and bedroom for sleep only. It is best to take work materials, computers and televisions out of the sleeping environment.
- q Maintain a regular bed and wake time schedule, including weekends.
- q Create a good sleep environment that is

School Menu

Week Of: May 16th - 20th , 2005

MONDAY: Chili Cheese Dog, French fries, Apply & Orange Smiles, Sherbet Cup & Milk. Breakfast: Omelet, Fruit Juice & Milk.

TUESDAY: Enchiladas, Tossed Salad, Refried beans, Crackers, Cinnamon Crispies & Milk. Breakfast: Cereal & Toast, Fruit Juice, & Milk.

WEDNESDAY: Steak Fingers, mashed Potatoes/Gravy, Green Beans, Hot rolls, Frozen Fruit Bar & Milk. **Breakfast:** Biscuit w/Gravy, Fruit Juice & Milk

THURSDAY: Hamburger, Salad cup, Baby Carrots, Baked Beans, Crispy Cereal Treat, & Milk. **Breakfast:** Egg & Biscuit, Fruit Juice, & Milk.

FRIDAY: Chicken Taco Casserole, Corn, Tossed Salad, Cinnamon Apples, Crackers & Milk **Breakfast:** Pancake Pup, Fruit Juice & Milk

Thank You,

I appreciate your Votes in the School Board Election.

Carol Lewis

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dark, quiet, comforttable and cool.

- q Sleep on a comforttable mattress and pillows.
- q Finish eating at least two to three hours before your regular bedtime.
- q Exercise regularly, completing your workout at least two hours before bedtime.
- q Avoid alcohol, nicotine and caffeine used close to bedtime, they can lead to poor sleep.

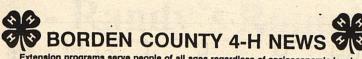
If sleep problems persist,

they may be a sign of a larger issue that could adversely affect your health. See your health provider and discuss your sleep problems with him or her to try to determine the cause of your sleep issues. Your body and mind work very hard for you and you owe both the seven to eight hours of sleep per night that they deserve.

For more information, go to The National Institute of Aging "Good Night's Sleep" webpage at http://www.niapublications.or g/engagepages/sleep.asp or contact the County Extension Office at (806)756-4336.

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	97	99		H		426.5
Foot Patrols	50.25	147	90.75	45.5	61.5				397.25
Lady Lap Loggers	76	75.5	83	69	72.5			LIGHT IK MUKI	376
Tough Treaders	58	66	57	49.5	66	Marine Marine	NAME OF	jadonio. Militare	296.5
Basketball Trotters	44	74	66.5	64	27			f var it.	276
Mesquite Roadrunners	113	116.5	115	100	105	The land of		\$ 1 T TRA	549.5
With the Control		I Paris	CHILDRY	A SERVICE				, 15	2321.75

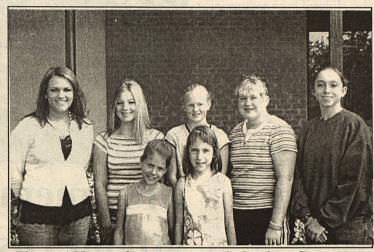


race, color, sex, religion, disability, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

District 4-H Round-up Results

District 4-H Roundup was held on Saturday, May 7 at Wayland Baptist University in Plainview. Seven youth from Borden County participated in this event. Taylor Gass and Mollie McMeans participated in the Junior 1 Horse Method Demonstration competition with their presentation about horse senses, behavior and safety titled "Horse Sense." They received 1st place and gold medals. Shylo Rinehart and Lacey Roberts competed in the Junior 2 Horse Method Demonstration titled "Back in the Saddle" which was about proper saddling and bridling of your horse. They received 2nd place and a silver Raylea medal. Underwood competed in the Junior 2 Pork Method Demonstration with her presentation titled "Piglet's Big Adventure" which was over Pork Quality Assurance for Youth. She received 2nd place and a silver medal. Kalli Poole and Lacey Newton also participated in the Senior Clothing and Textiles Method Demonstration with her presentation Mission Impossible: Closet Organization. They received first place, gold medals and have the opportunity to advance to State 4-H Roundup in College Station in June.

All youth should be commended for their dedication and participation in this 4-H activity. We are



These 4-H members represented Borden County on Saturday, May 7th in Plainview at District 4-H Roundup. Front L-R: Taylor Gass and Mollie McMeans. Back L-R: Kalli Poole, Shylo Rinehart, Lacey Roberts, Raylea Underwood and Lacey Newton.

proud that these youth Achievement Award for energy in developing their presentations, visual aids and practices.

Borden County also the 3rd received place

dedicated their time and Category 1-3 Counties for the South Plains District. This award is based on the placings awarded in the various District 4-H contests throughout the 4-H year.

DRIVE CARFULLY - - -Watch Out for the Children!

An Important Reminder from:

Moore-Rains Insurance



Frances Rains Stephens 701 - 8th St. _ O'Donnell, TX 806/428-3335

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.

Trustee Election Results UNOFFICIAL	Plains	South Gail	Vealmoor Ackerly	Murpy	Fairview	North Gail	Snelling	Early	Total
Total Votes Cast	28	22	7	6	14	15	21	101	214
[Three Year Term]									
Carol Lewis	18	16	7	4	8	10	15	65	143
Jon Herring	7	1	0	0	2	0	10	5	25
Joe Harding	14	16	5	6	9	8	5	69	132
Brian Pinkerton	14	8	2	0	9	8	12	44	97
[One Year Unexpired Term]									
Brice Key	20	12	3	3	7	7	7	39	98
Joel Dennis	8	9	4	3	6	8	14	59	111

Courthouse

WHEREAS, On this the 25th day of April, 2005, the Commissioners' Court of Borden County, Texas, convened in Regular Session in the Commissioners Court room in the courthouse of Gail, Texas, the following members of the court being present, to-wit:

VAN L. YORK, County Judge, Presiding; MONTE Commissioner, SMITH, Prect. No. 1; RANDY ADCOCK, Commissioner, Precinct. No. 2; ERNEST Commissioner, REYES, Prect. No. 3; JOE BELEW, Commissioner, Prect. No. 4; HERRIDGE, JOYCE County Clerk and Ex-Officio of the Commissioners' Court

Constituting a quorum, when the following proceedings were had, in accordance with the posted agenda.

MINUTES APPROVED

Minutes of the Commissioners Court meetings of April 11th, 2005, were read. Commissioner Belew made a motion to approve said minutes. Motion was seconded by Commissioner Smith. Motion carried unanimously:

Precinct 1, CR 116

No action was taken on proposal from Jones Bros. Construction co. concerning CR116 in Precinct No. 1

RETIREMENT FUND

Commissioner Smith made a motion to approve AIG VALIC Proposal as an additional option for Borden County Employees Self Paid Retirement Fund. Motion was seconded by Commissioner Belew.

ACCOUNTS ALLOWED

The current accounts were examined. Commissioner Smith made a motion to approve and pay said accounts. Commissioner Adcock seconded the motion. Motion carried unanimously.

HAVA

Commissioner Adcock made a motion to approve the Resolution made in regard to HAVA Grant. Motion was seconded by Commissioner Reyes.

WIND ENERGY

Kathryn Arbeit, representative of Orion Energy/Post Wind Farm LP, met with the Court. Commissioner Belew made a motion to approve the Tax Abatement Agreement with Orion Energy/Post Wind Farm LP. Commissioner Reyes seconded the motion. Motion carried.

DISCUSSION ITEMS FOR FUTURE AGENDA

County Road 116, in Precinct No. 1

ADJOURN

A motion was made by Commissioner Adcock to adjourn. Motion was seconded by Commissioner Smith and approved unanimously.





Time-out for Teens

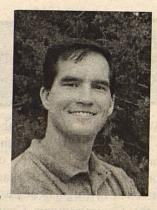
Becoming me!

What are your going to be when you grow up?

How many times have we been asked this question? When we were toddlers playing with a fire truck people asked, "Are you going to be a fireman when you grow up?" As elementary students learning how to draw or play basketball or excel in academics, every success is met with the question, "Are you gong to do this or that when you grow up?" And then as teenagers, it only gets worse. It is the point in our life where we are looking forward to our future and question which paths we should take in school, extracurricular activities, what friends we should hang around, and what opportunities we should take advantage of or leave alone. It is a trying time and there in the back of our mind is the question, "What are you going to be?"

What's more frustrating are all those people who seem to know what they are going to do with their life. People talk about them in terms of the successful - he's going to be the next Donald Trump, she's going to be the next Mia Hamm, he's going to be the next Michelangelo, and etc. Why do we always talk about people in terms of other people? Why does someone who is successful have to be the next Albert Einstein, Tiger Woods, or Martha Stewart (hopefully without the prison sentence)? Why can't they be the individual person God created them to be?

Individuality and independence: two of the most sought after treasures for teenagers. Yet, I find it humorous that those that are said to be "expressing their individuality and independence" generally are running around in a group of other teenagers that look exactly like them. Speaking about individuality or independence is easier than achieving it.



As humans, we have a need for social groups. We need to be around other people and share in their lives. We also have a desire for individuality. We want to be our own man or woman. Yet, psychology shows us that when an individual is placed in a group setting he or she stops being an individual. It's called "group numbing." Because of our need to belong, we sacrifice our individuality for the will of the group. And the will of the group generally dictates our actions. This is why there is always so much concern over who your friends are and we ALL should be cautious when choosing our friends no matter what our age.

So, we have this dilemma this struggle to find our individuality and discover whom it is we are going to be and, on the other hand, this need to be a part of a social group. There is an answer to the dilemma, but it is not found in your gifts, abilities, friends, parents, guidance counselor, it is not found in what school you created you.

139:13-16 (The Psalm Message) says, "Oh yes, you shaped me first inside, then out; you formed me in my mother's womb. I thank you, High God you're breathtaking! Body and

soul, I am marvelously made! I worship in adoration - what a creation! You know me inside and out, you know every bone in my body; You know exactly how I was made, bit by bit, how I was sculpted from nothing into something. Like an open book, you watched me grow from conception to birth; all stages of my life were spread out before you, The days of my life all prepared before I'd even lived one day."

God is the only one who knows who you should grow up to be. He created you to be extraordinary. He didn't create you to be the next George W. Bush or anyone else. He created you to be you, because you are the only you that will every walk this earth and we would all miss out if you tried to live as someone else.

I love what Linkin Park's song "Numb" says. It is talking about the group numbing that takes place around other people and says, "I'm tired of being what you want me to be / Feeling so faithless lost under the surface / Don't know what you're expecting of me / Put under the pressure of walking in your shoes / ... I've become so numb I can't feel you there / I've become so tired so much more aware / I'm becoming this all I want to do / Is be more like me and be less like you."

Who are you going to be today? Maybe today is the day attend, or activities you you need to be less like others participate it. It is found in the and more like who God created one place we seldom look. The you to be. Maybe today is the answer is found in the One who day you need to call out to God and say, "Lord show me who you created me to be." Maybe today is your day to be you!

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FFA members attend District Banquet

Each year the Lone Wolf FFA District hosts its' official awards banquet. This event, which involves eleven schools in the district, honors the chapters for their years' accomplishments and also is the official last event for the outgoing district officers. The upcoming years' officer team is also installed during the ceremony.

The banquet took place on Monday, and ten students from the Gail FFA Chapter traveled to Colorado City to attend. The Gail Chapter received several banners and recognition for their district success this year and watched proudly as Shelby Roberts was installed as the 2005-06 District Sentinal. Shelby secured this position last Thursday at the district she meeting, where

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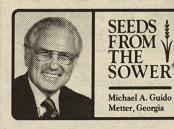
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"Your" Hometown

participated in an interview and application process for the position.

Gail FFA members attending the banquet were: Tyler Wallace, Brandi Hudson, Garrett Thomas, Dobyns, Becky Lacey Newton, Dannelle Copeland, Jackie Moore, Shelby Roberts, Chelsea Minnick and Kate Wallace.



A stranger visited our studio and asked, "Where did you get

"From God," I answered. "We never ask man for anything, only God.

Coming to a board that displayed the items we were praying for, he saw a folding machine.

"Think you'll get it?" he asked. "I know it," I said, "God answers prayer."

With an unbelieving smile, he sat down and the phone rang. A man from the west said, "Your broadcast just blessed my heart. What do you need?"

"A five hundred dollar folding machine," I answered. "Buy it," he said, "I'll send a check."

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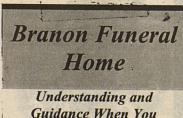
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"Wowie!" cried the collegian. "I've seen a live answer to prayer!"

Yes, God answers prayer.



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Lamesa, TX

-- Randy's Roundup --

May 10, 2005

Last week, the House had borders. It does this by several items ranging from including provisions from the vocational education to Real ID Act that the House funding the War on Terror on passed earlier this year. The its agenda. At the top of the Real ID Act toughens the agenda was the Emergency standards for driver's Supplemental Appropriations licenses, which have become bill that includes several the standard form of provisions that all contribute identification in our country. to our national security.

Supporting Our Troops

War on Terror, it is imperative that we fully support our troops when they are on the battlefield as well as when they return home. The Emergency Supplemental Bill demonstrates a commitment to meeting these two priorities. The Emergency Supplemental bill includes a total of \$75.9 billion for defense related measures. A big chunk of this money will go to continuing efforts "uparmor" military vehicles and other measures to make sure that our troops have the best protection possible. In addition to funding for more force protection, the bill increases the onetime death gratuity for combat families from \$12,000 to \$100,000. And Traumatic Injury Protection Insurance provides up to \$100,000 for soldiers who have suffered traumatic injuries such as loss of limb or sight.

Of particular importance to the 19th District, the bill includes measures that block the Department of Defense from ending its multi-year C-130J contract. In Abilene, Dyess Air Force Base's primary tenant is the 317th Airlift Group that operates 29 C-130H aircraft in support of airlift operations worldwide. The C-130J is being procured to replace aging C-130 models.

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mental bill adds to our national security not only through its support for our approach because it allows troops, but it also by farmers,

The 19 hijackers on 9/11 used more than 50 validlyissued driver's licenses to If we are going to win the open bank accounts, rent cars, and, ultimately, board the planes that they used to carry out the attacks. All of this took place despite the fact that many were in the country illegally. If these provisions become law, for driver's applicants licenses will have to show that they are in the United States legally before being issued a driver's license.

Pushing for Voluntary Country-of-Origin Labeling Legislation

House Agriculture Committee Chairman Bob Goodlatte proposed legislation on Wednesday that would establish a voluntary country-of-origin labeling (COOL) program for meat products. I support this legislation and will work with closely Chairman Goodlatte to move this bill through the committee process and to the House floor for a vote.

As many in the agricultural community know, a mandatory COOL program is scheduled to go into effect this fall unless legislative action is taken. The proposed mandatory program has raised many concerns in the meat industry because it adds excessive costs, while not enhancing meat safety or Chairman quality. Goodlatte's bill establishes a voluntary program that is market driven, recognizes existing labeling programs, The Emergency Supple- minimizes record-keeping, allows flexibility, and is costeffective. This is the right ranchers, enhancing security at our retailers to make marketing

decisions that make sense to them. If they believe labeling helps their business, then they can choose to participate. On the other hand, if they believe the program would be too burdensome, then they can go along with business as usual.

Strengthening Vocational Education

On Wednesday, the House passed the Vocational and Technical Education for the Future Act by a vote of 416-9 with my support. The bill would strengthen the current Carl Perkins Program by adding accountability measures, placing a stronger focus on academic achieveand streamlining ment, federal funding. Vocational and technical training are essential parts of our educational system. Since not every student will go on to college, there should be other educational routes that high school graduates can take in order to receive training in a chosen field.

On This Week's Agenda...

My focus this week will be on the Base Realignment and Closure (BRAC) Report that comes out of the Department of Defense at the end of the week. Dyess and Abilene have done a great job of demonstrating the base's importance to the Air Force. Next week's Roundup will provide more details on what the report says.

Previous Roundups can be found on my website at http://www.randy.house.gov/ newsroom roundup.shtml

If you would no longer wish to receive Randy's Roundup, reply to this email with "unsubscribe" in the subject line.

Got News:

Mail to: PO Box 137 Gail, Tx. 79738

Pointers For Parents

Guiding Family Movie Selections

(NAPS)-Most families love to spend time together watching movies. With dozens of new releases in theaters and on DVD each week, however, it's harder than ever for parents to keep up with what's appropriate for the whole family to watch.

When deciding on which movie or DVD to watch with the family, all the information parents need is at their fingertips online. Thousands of new and classic films are reviewed on the Web using a concise letter grading system that analyzes each film's theme, plot elements and artistic merits from a parent's

Movies.com, a popular Web site for movie fans, now features such a review system in its Parent Previews content, part of its extensive movie review database. Originally a syndicated newspaper column, Parent Previews has provided families with specific information about content in movies for more than a decade under the name Grading the Movies. Since the column's introduction, its reviews have been posi-



Finding movies you can see with your family is easier than ever.

tively received by parents and film critics worldwide.

There are many movies that families may be missing because of lack of information, and through Parent Previews we can help to expand their options for family entertainment," said Dan Sherlock, vice president and general manager, Movies.com. "Our goal is not only to provide peace of mind. but also to save parents time and money by helping them select the right films the first time.'

Children's Health Alert

Helmets: What children are wearing this summer

Dr. John Hellerstedt, MD, FAAP

he next time your child wants to ride his or her bike this summer, don't let them leave the house without a helmet. In 1998, 138,000 children suffered head injuries from bike crashes. These kinds of injuries do permanent damage to your child's brain and could be prevented by simply wearing a helmet.

A good helmet should fit snugly and cover your child's forehead and the chin strap should fit comfortably around his or her ears, allowing a finger's width between the chin and strap.

When shopping for a bike helmet, look for the ANSI (American National Standards Institute), ASTM (formerly the American Society for Testing Materials), or Snell (Snell Memorial Foundation) sticker of approval.

Helmet prices can range from \$10 to \$250, but a well-ventilated, lightweight and comfortable helmet should cost about \$35.

If your child's helmet ever sustains a substantial hit, replace it. After a serious blow, bike helmets lose their capacity to absorb shock and become useless as a means of protecting your child.

It is your responsibility as a parent to make sure your child is safe every time he or she rides a bike. Don't let them get on a bike without a

The Children's Health Alert is presented as a public service by this newspaper and TexCare Partnership: connecting Texas families with children's health insurance for \$18 a month or less,

Call 1-800-647-6558 for information or to apply.

Dr. John Hellerstedt is the Medical Director of the Children's Health Insurance Program



SLOW DOWN! – Watch Out for the Children!

Helping small businesses offer health care to employees makes sense

A weekly column By Sen. Kay Bailey Hutchison

study, 27 percent of working to offer health care benefits. adults in Texas have no medical insurance coverage the highest rate in the country. Many of them have Business Health Fairness Act, no health coverage because which would allow the they work for small business owners who want to offer Health Plans (AHPs). AHPs their employees insurance, but are unable to provide this benefit. People who work for large corporations often have a variety of health plans from which to choose. With thousands of employees in different states and other countries, big businesses are able to negotiate a cost effective plan that enables them to offer affordable health benefits to their employees.

Health care and insurance costs are increasing across the board with rate increases of up to 30 percent during the last year alone. This hits small businesses particularly hard, since they pay more for health insurance already and often operate on razor-thin profit margins.

A farmer in Uvalde who employs 21 ranch hands, or the owner of a women's clothing boutique in Salado with three employees, may want to offer this important benefit, but current costs would exceed their profits. In fact, nationwide, 60 percent of uninsured Americans are employed by small

There is a light at the end of the tunnel. I am co-The Small sponsoring creation of Association would permit members of bona fide associations to pool their resources to get affordable health coverage packages from insurance companies. For example, the local or national Chamber of Commerce could broker a deal with an insurance company to provide health benefits to all of its member businesses and employees whether the member is a dry cleaner or a hardware store.

AHPs would have to meet rigorous standards - even more stringent than those followed by large national and labor corporations unions. Uniform federal regulation of AHPs will help businesses administrative costs. The Congressional Budget Office estimates small businesses participating in AHPs will receive insurance premium reductions ranging from 13-25 percent. By operating under federal law, these plans could avoid the complexity and cost of complying with regulations in 50 different states.

According to a recent businesses that cannot afford

Small business provides the bulk of jobs in the United States. They also represent the entrepreneurship and innovation which creates the industries of the future. Congress should help rather than create barriers to their

success. By promoting AHPs, we will encourage more small businesses to offer this benefit, which is not only good for workers and their employers but good for Texas and our healthcare.

Junior 4-H Meeting

There will be a Junior 4-H meeting on Monday, May 16th from 3:45 to 4:45 p.m. in the County Show Barn.

High School 4-H Club Meeting

There will be a High School 4-H meeting on Wednesday, May 18th, from 12:36 to 1:06 in the School Conference room.

Camp Sign-up Reminder

Any 4-H member interested in attending Leadership Camp, the registration deadline is Friday, May 13th.

4-H members planning to attend the Electric Camp, the deadline is May 18th.

Youth interested in any other 4-H camps are encouraged to contact the Extension Office as soon as possible as the slots tend to full up quickly

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.

DISCLAMIER

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 □olicitor 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 otono 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 □olicitor una forma de registro. Complete y regresa la forma antes del 31 de mayo, 2005

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

We're always here for you in case of an Emergency!

BORDEN CO 806/759-5111

