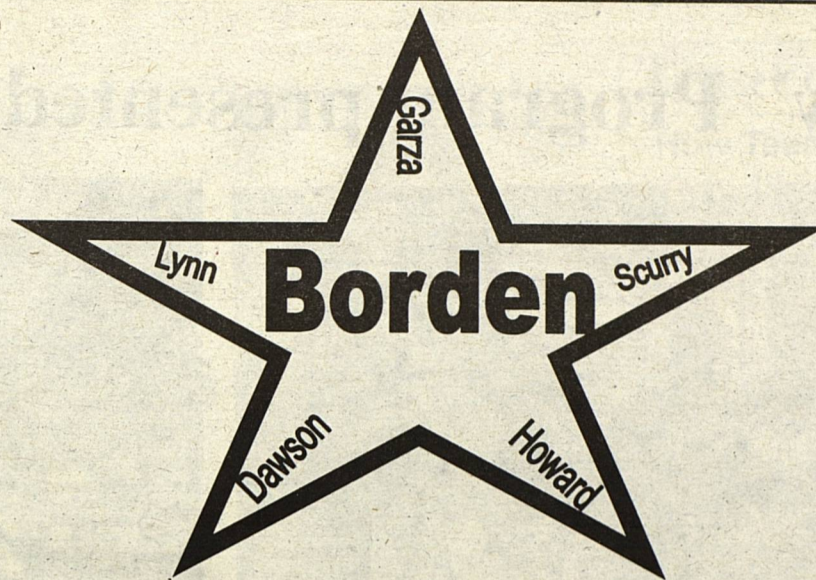


THE

Volume XXXII



STAR

May 25th, 2005

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

Remember to Read during Summer Vacation

Weekly Column by Senator Kay Bailey Hutchison

With summer vacation approaching, most students freed from school are anticipating a great many activities: swimming, playing baseball, hiking and camping. These are wonderful pastimes, but I would urge parents to make sure there is something else on that list: reading.

A brain needs exercise just as much as muscles do. Encouraging our children to continue reading not only makes summer more interesting, it also gives them a head start on the coming school year.

A fascinating study published by the Johns Hopkins University examined the impact of summer vacation on student achievement. Since 1906, researchers have discovered students score better on standardized tests at the beginning of summer than they do at the end of summer when they are "rusty."

Low-income students tend to experience significant losses in reading comprehension and word recognition while middle-income students have slight gains in reading skills over the summer. This goes a long way toward explaining different performance in schools between students from families of different

economic backgrounds. Studies show these students make similar progress during the school year, but those from lower-income families tend to lose ground each summer. Educators believe a lack of emphasis on reading in some homes could lead to this disparity.

During the summer months, middle-income students lose an average of one month of combined math and reading proficiency, while lower-income students lose an average of three months. Over the 12 years of primary and secondary schooling, those cumulative losses leave low-income students far behind their middle-income peers.

Some educators use this information as an argument on behalf of year-round education. Others say more summer education programs should be made available to students. All of them agree that parents need to do as much as they can to keep little minds active.

The 2000 Census found that seven to 15 million "latchkey children" return home to an empty house each afternoon. After-school programs meet only half this demand, but during summer months, not even this is

available. Only 10 percent of students attend public schools during summer months but I am pleased to say there has been progress. Over a period of 25 years, the largest school districts offering summer programs rose from only 50 percent to nearly 100 percent.

Another approach, which has proven effective for participants, is the Texas Summer Reading Club Program promoted state-wide by the Texas State Library and Archives Commission (TSLAC). This summer, the theme is "Go wild...read!" TSLAC provides materials and information, while local libraries implement their own programs to encourage summer reading.

David Price, County Librarian for the Burnett County Library System, tells me his program reaches 50 percent of the children in the county at a very important age.

"In those early years, up through fifth grade, they are extremely energetic and very curious and they want to learn," he said. "It is the perfect time to develop their reading skills."

This investment in reading programs is cost-effective. According to the Johns

End of School Activities and Commencement Exercises

Borden County School will end the 2004-2005 school year on Friday, May 27th, with an early dismissal at noon on Friday, following the Elementary Track Meet and lunch. Parents are encouraged to attend this special track meet and enjoy watching the students participate in many different track events. The meet will begin at 9:15 a.m. and conclude at 11:30. Please come and be a part of this exciting time for your students.

On Thursday evening, May 26th, beginning at 8:00 p.m. the Eight Grade Class of 2005 will have their graduation exercises in the school auditorium. Following the graduation, a reception will be held in the school cafeteria for family and friends.

The High School Commencement Exercises will be held Friday, May 27th, at 8:00 p.m. in the School Auditorium. There will be thirteen graduating seniors taking part in this ceremony:

Thelma Balague, Adam Carter, Garrett Chapman, Ben Griffin, LaShae Johnson, JT Martinez, Emily Mayes, Cassidy Rinehart, Derek Rodriguez, Billy Roper, Leslie Rutherford, Tyler Wallace and John Wilson.

A reception will follow in the school cafeteria for family and friends.

Project Graduation for the juniors and seniors and their friends will begin following the reception. The students will depart the school around 10:00 p.m. and travel to Snyder to begin their All-night party including: bowling, eating, movies, eating, swimming, eating and will conclude in Gail around 6:30 a.m. on Saturday morning (you guessed it eating). A Senior Breakfast will be served at the school cafeteria prepared by the senior parents for the students and friends.

On Saturday, May 28th, a teacher work-day will begin for all school employees at 8:00 a.m. following the Senior Breakfast.

Cont. to pg. 2

SLOW DOWN! – Watch Out for the Children!

“Bicycle Safety” Program presented

The Borden County Sheriff's Office sponsored a “Bicycle Safety Program” last week to the Elementary students at Borden County School. The Bicycle safety program was presented by Borden County Deputies Benny Allison, and Buster Taylor and Game Warden, Philip Bird. Deputy Benny Allison talked to the students about bicycle safety and pointed out the importance of obeying all the traffic laws when riding their bicycles, scooters and 4-wheelers. He also stressed the importance of wearing a helmet when riding.

Buster Taylor and Philip Bird demonstrated how to ride a bicycle safely and help the students ride through an obstacle course, and talked to them about obeying bicycle safety laws when riding.

A “Bicycle Safety Skit” was performed for the students by Mr. Ard's Theatre Arts I class consisting of Kate Wallace, Rachel Wilson, Asa Rutherford, Hannah McConnell and Jodye Rutherford. A special thank you to Mr. Ard and the students for taking time out of their busy schedule to help.

Students names were drawn for door prizes in each age group. Second grader, Shon Tucker was the big prize winner of a bicycle donated by Buchanan Pumping. Other sponsors of this safety program were: Ross and Sarah Sharp; the Tarleton Family; Max and Jane Jones; Snyder National Bank; American State Bank; Poka Lambro; The Greenhouse of Lamesa; Academy Sporting Goods of Lubbock; Big 5 Sporting Goods of Lubbock; Sonic of Snyder; McDonalds of Snyder; Buster and Jean Taylor and the Texas Department of Transportation.

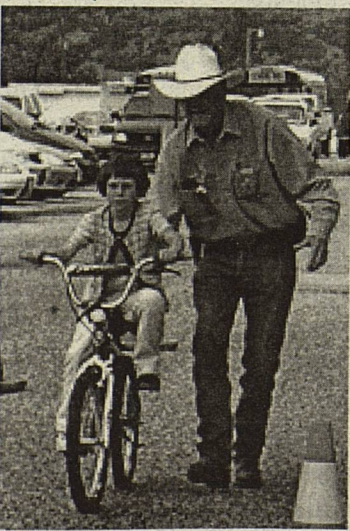
Thanks to all of these sponsors for their donations which helped to make this a successful program.



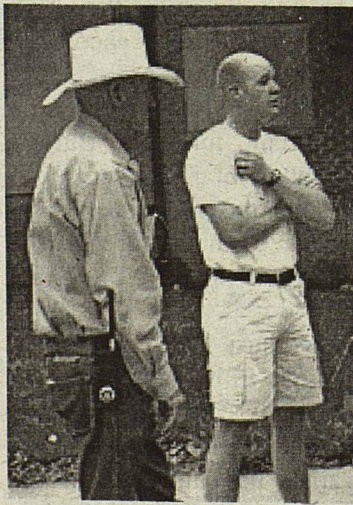
Kindergarten and first grade students listen while Philip Bird talks to them about safety during the “Bicycle Safety” Program.



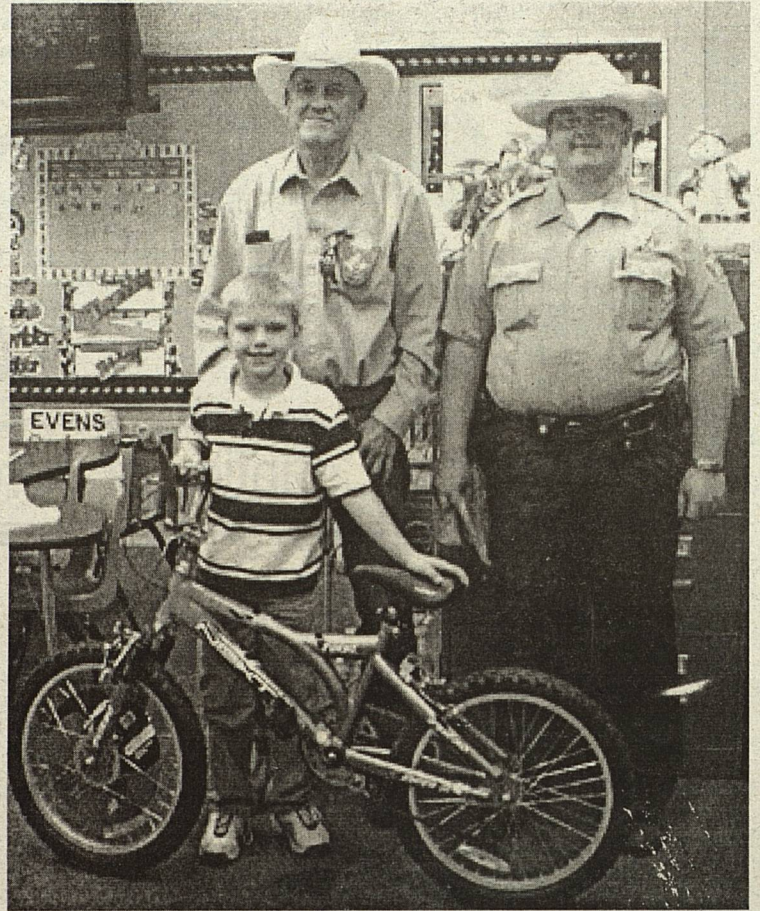
Second and third grade students wait their turn to ride the bicycle through the Obstacle course.



Buster Taylor helps first grader, MaKayla Herring as she rides her bicycle through the obstacle course during the safety demonstration.



Deputy Buster Taylor and Game Warden Philip Bird take time to answer questions students ask before riding the bicycle.



Big prize winner: Shon Tucker won the bicycle, donated by Buchanan Pumping. Pictured with Shon are Buster Taylor and Benny Allison.

Remember to Read during Summer Vacation

Cont. from pg. 1

Hopkins study, the cost of making up the summertime loss of learning is expensive. Nationwide, taxpayers provide \$7,000 per year per student. The time spent getting students back up to speed averages \$1,540 per pupil per year. The large urban school district of Baltimore, Maryland, with 90,000 students, finds itself spending nearly \$138 million per year helping students make up ground lost during

the summer.

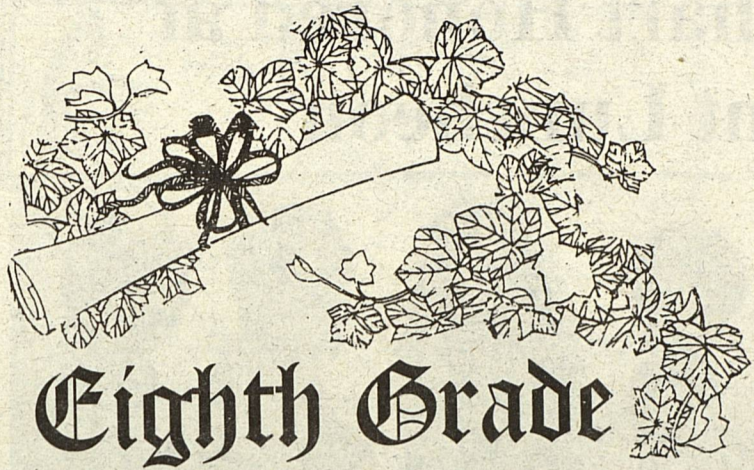
The worst loss is not financial: it is time. You can recoup monetary losses, but time can never be recovered.

Consult your local library for a summer reading program. If your children are too old to participate in that program, consider giving them a summer reading list with a reward for reading 75 percent of the books on it. It will expand their horizons and give their brains a good healthy workout.

Drive Safely



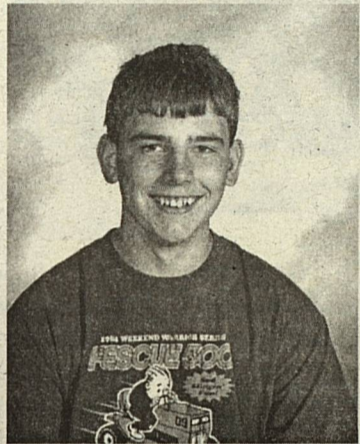
Watch Out for our Children . . .



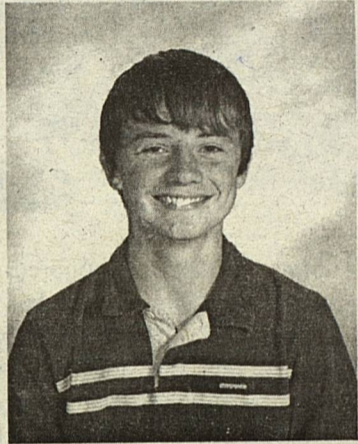
Eighth Grade Class of 2005



Baylee Benavidez



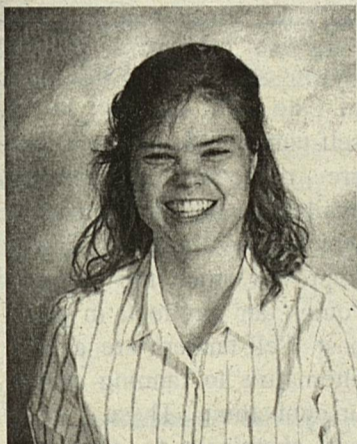
Kegan Clement



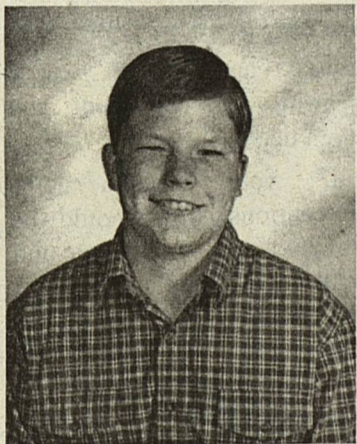
Jake Cooley



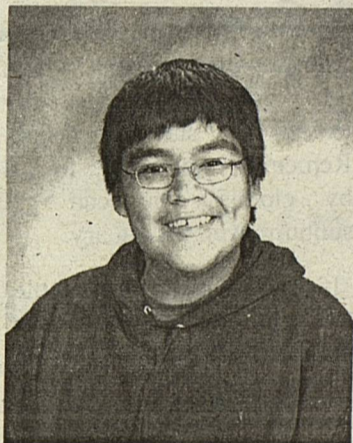
Katherine Froman
Valedictorian



Laura Griffin



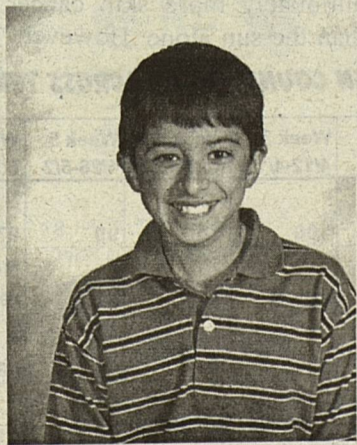
Clay Harding



Carlos Hernandez
Salutatorian



Krystal Hobson



Tyrell Massingill



Cory Teel



Robert Thompson

Tips For New Teen Drivers

How Teens Can Become Safer Drivers

(NAPS)—If you want to pinpoint the reason many young teens have serious crashes, it can be summed up easily—inexperience. Whether they are on their way to a party, the mall or a friend's house, teens may find themselves in driving situations they aren't equipped to handle yet.

Teenagers can become safer drivers, say officials at GEICO, by developing more experience and avoiding certain driving situations until they are better prepared to handle them.

Here are some specifics:

- **Develop the right attitude about driving.** Many teen auto accidents are a result of attitude and maturity. Make a commitment to yourself to practice a responsible attitude about driving. You're controlling over 3,000 pounds of fast-moving metal, and you owe it to yourself, your passengers and other drivers to drive responsibly.

- **Get as much supervised practice driving as possible.** Your parents should take an active role in your practice driving. Make a firm schedule with them and stick to it. And keep it up until you take your test to get a license.

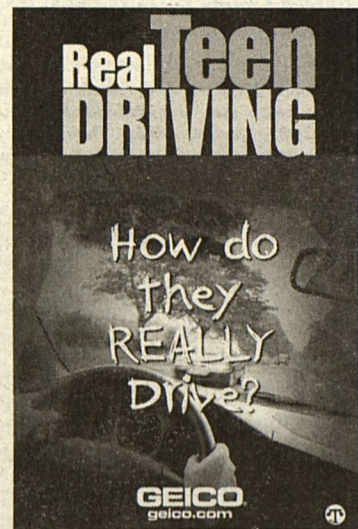
- **ALWAYS wear your safety belt.** Get into the habit of wearing your safety belt whenever you drive or ride—no exceptions.

- **Underage drinking and drug use is illegal.** Even if you've consumed only one drink or smoked one joint, there is a chemical effect on your brain that can impair judgment and reaction time. Driving under the influence of alcohol, marijuana or other illegal drugs can cost you your license—or your life. Visit www.Freevibe.com for more facts on drug use.

- **Limit your passengers.** Your risk of a fatal crash increases with every additional passenger. When you're a new driver, it's best to limit your number of passengers.

Young drivers should also:

- **Limit your night driving.** Your risk of a fatal crash is three times higher at night than in the day for every mile driven. It is



better to avoid nighttime driving until you're comfortable driving during the day.

- **Keep it slow and safe for starters.** Fast-moving, high volumes of traffic can make you feel uncomfortable, so avoid them until you can get enough supervised driving experience. Then you can gradually introduce more difficult driving situations, like highway driving, merging off ramps and driving in cities.

- **Train for poor weather conditions.** Even when you begin to feel confident driving on dry pavement, it's best to avoid driving in bad weather conditions unsupervised. Keep it simple at first, and get as much supervised practice driving in poor weather as you can before trying it on your own.

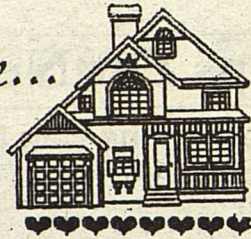
- **Cell phones are for emergency use only on the road.** One of the worst habits anyone can get into is talking on a cell phone while driving. Keep a cell phone with you in the car for emergency situations only. If you have to use a cell phone, pull safely over to the side of the road.

- **Drive a safe vehicle.** If you are thinking of getting your own car, look for one with high safety ratings. Avoid small cars, trucks and sport utility vehicles. Check out federal statistics and consumer report literature to help to evaluate the safety rating of a car or truck. The Insurance Institute for Highway Safety (the people who do crash tests) offers valuable vehicle safety test results and advisories. Just go to www.highwaysafety.org.

More information from GEICO is at www.geico.com/teendriving.



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.

How to Keep a "Healthy Tan"

It is time to rethink that old phrase "healthy tan." Maybe "healthy pale" is more like it. There is really no such thing as a "healthy tan." The more sun that you get, the more chance you have of getting skin cancer. Unfortunately, you may not even be aware it's happening, because sun exposure is cumulative, even without an actual burn.

This is of special concern to dermatologists, who have seen a significant jump in all types of skin cancer, especially malignant melanoma, a potentially life-threatening disease. Although skin cancers are not caused solely by sun exposure, sunlight is still the prime culprit. Reducing sun exposure is the first line of defense against skin cancer - not to mention leathery, wrinkled skin.

Studies show that 80% of sun-related skin damage occurs in the first 18 years of life. Fortunately, it is never too late to protect your skin from the damaging effects of sun exposure.

While parents are responsible for putting sun screen on their children, it is equally important for them to put sun screen on themselves. Even if you've gone for years

without wearing sun block, you can prevent future damage and begin repairing skin that's been exposed to excessive sun using it, starting now.

The best sun block is anything you are willing to wear, however, an SPF (sun protection factor) of 15 is strongly encouraged. Women can protect their skin by applying a daily moisturizer or foundation with sun screen, as well as sun screen to their exposed limbs and neck. For those with oily or sensitive skin, there are sun screen products on the market that will address these factors. No matter what types of sun block you choose, be sure that it protects against both UVA and UVB rays (the two types of light that damage skin).

There are other ways to protect your skin in addition to wearing sun block. When outside, wear a hat, particularly one with a wide brim, and wear clothing that is light colored which will reflect instead of absorb the sunlight. Avoid long exposure during the most heat-intensive part of the day (between 10:00 a.m. and 3:00 p.m.). Also, wear sunglasses. They not only protect the skin around your eyes, they

Mary Airhart Honored at Retirement Luncheon



Borden County School Counselor, Mary Airhart was honored with a Retirement Luncheon held on Tuesday, in the School Conference Room. Mrs. Airhart has been in the education field for 39 years and has been with Borden County I.S.D the past eight years serving as Counselor. Mary has been a friend to not only fellow teachers and staff but also to the students at BHS. She is always ready to give a helping hand where it is needed. She seems to have the energy it takes to always be available at anytime. Pictured (L to R) are: Tanya Harley, daughter; Jimmy Airhart, husband, Mary, Trista Southall and Breanne Bellows, granddaughters; and Tracey Harris, daughter.

help prevent cataracts, which are caused chiefly by excessive sun exposure. Remember not to be fooled by clouds, you can get sunburn even in January.

If you have a questionable mole or skin lesion, you should see a dermatologist to determine if it is dangerous. Look for places on the skin that have changed in color, shape or size. If you catch skin cancer early, there is nearly a 100% cure rate. However, if left untreated,

skin cancer can cause scarring, disfigurement and even death.

If you follow these precautions, you should be able to avoid sun damage and skin cancer. But, if you just have to have that tan, do not look to tanning salons for the answer. Reports from the American Medical Association have associated the rays from tanning beds with even more skin damage and ultimately more skin cancer than the sun alone. However,

if you cannot stand the look of pale skin, consider using self-tanning lotions. There are numerous self-tanners available on the market which have been vastly improved since the original "quick tan" products in years past. Self-tanners are a safe alternative to tanning salons or sunbathing. These lotions use chemicals to alter the very top layer of skin color, but do not cause any damage, and you'll have the "sun-kissed" look you so desire.


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	97.5	98.7		622.7
Foot Patrols	50.25	147	90.75	45.5	61.5	No report	No report		397.25
Lady Lap Loggers	76	75.5	83	69	72.5	59.5	No report		436.5
Tough Treaders	58	66	57	49.5	66	41	43		337
Basketball Trotters	44	74	66.5	64	27	50	No report		326
Mesquite Roadrunners	113	116.5	115	100	105	78.5	85		713
									2884.95

You've come a long way and we know you'll go far!

Moore-Rains Insurance
Frances Rains Stephens
O'Donnell, Texas
806/428-3335

Congratulations



Let Me Get My Hat!

By Dennis Poole,
Borden County CEA-Ag.

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

Minor Changes in Spraying Cotton Refuges

On Monday, May 9th, the EPA approved changes to refuge requirements for Bollgard and Bollgard II cotton. These changes will allow insecticidal sprays on the 5 percent refuge in both the embedded and external 95/5 cotton refuge options for control of Lepidoptera, but only through the pre-squaring stage of development. These IRM changes are good news for producers and crop advisors who have been seeking options to effectively manage the increased infestations of cabbage loopers that threaten the stand in young cotton planted for refuge this year. The new IRM requirements will give cotton producers options for managing these lepidopteran populations in refuges, while continuing to maintain the effectiveness of the 5% refuge. The timing of application of the insecticidal sprays is limited to the pre-

squaring stage of development of the cotton because the plant is not considered to be a significant host for the cotton bollworm, tobacco budworm, or pink bollworm at this stage. Therefore, the application of the foliar spray will not impact these insect populations, thus managing the potential for resistance development as originally designed in the stewardship plan. These changes by the EPA are supplemental to the 2005 Bollgard and Bollgard II Insect Resistance Management (IRM) Guide and Technology Use Guide (TUG). All other practices in these 2005 guides must be followed as indicated, including the guidelines for the 20% Sprayed Refuge option which remains unchanged.



*You worked, you studied, you tried and you succeeded.
Congratulations!*

Branon Funeral Home

Lamesa, Texas
806/872-8335

News Of Nutrition

Have Your Milk And Drink It Too

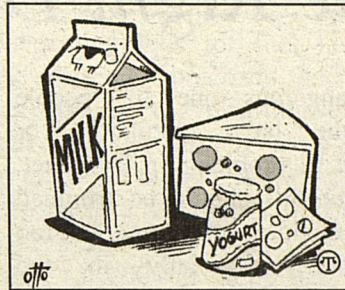
(NAPS)—According to the 2005 Dietary Guidelines for Americans, three servings of fat-free or low-fat milk or equivalent dairy foods per day will help meet critical nutrient requirements, including vitamins A and D, calcium, magnesium and potassium.

With so many apparent benefits, drinking milk and eating dairy products seems a smart choice.

But for the 30 to 50 million Americans who are lactose intolerant¹, consuming even one serving of dairy can be challenging.

Lactose intolerance, one of the most common—but easily treatable—digestive disorders, is a condition that refers to the inability to digest lactose, the sugar found in dairy products. Those who are lactose intolerant have low levels of the enzyme lactase, which breaks down lactose.

To avoid the uncomfortable side effects of the condition, people with lactose intolerance tend to avoid milk and dairy products, which may result in an inadequate dietary intake of calcium and could increase the risk of various diseases, including osteoporosis.



People who are lactose intolerant don't have to forgo the benefits of drinking milk or eating dairy products.

Dairy deprivation is an unnecessary treatment for lactose intolerance. Symptoms can be controlled by simply taking a supplement or using lactose-free products.

While lactose intolerance is not curable, it can be easily managed with the right knowledge and the right products found in the dairy case or in the over-the-counter supplements aisle.

The important thing to remember is that lactose intolerance does not have to mean dairy deprivation. If you have symptoms of lac-

tose intolerance, you can still enjoy essential dairy foods. Just think D-A-I-R-Y, a series of tips to help you to meet the recommended Dietary Guidelines for dairy consumption.

- Drink lactose-free milk, such as LACTAID Milk, which offers all the nutrients of regular milk, but is easier to digest and tastes great.

- Aged cheeses, like Cheddar and Swiss, are naturally low in lactose.

- Introduce milk and other dairy foods into your diet slowly. Start with small portions with meals or snacks and gradually work up to three servings a day.

- Remember LACTAID Fast Act Dietary Supplements with your first bite of dairy to help break down lactose so you can enjoy milk and other dairy foods.

- Yogurt is good. Cultured dairy foods like yogurt contain friendly bacteria that help digest lactose.

For more information on lactose intolerance, including information on LACTAID[®] Brand products and lactose-free recipes, visit www.lactaid.com or call 1-800-LACTAID.

¹ Journal of the American College of Nutrition, 2001

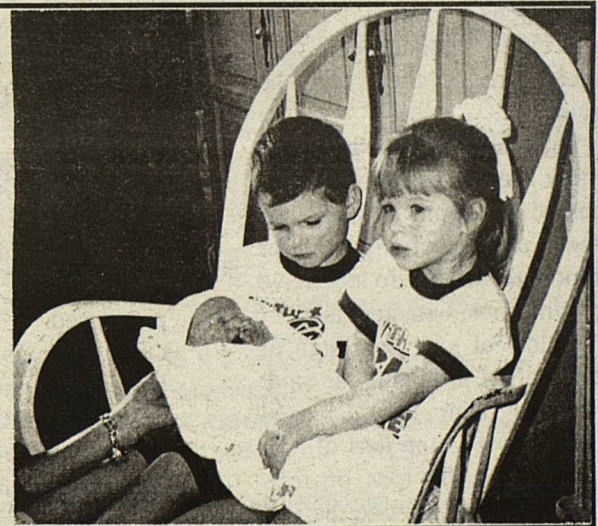
Kelsey and Quincy welcome baby brother:
Eli Joseph Martin
Born: May 4th, 2005
Weight: 7 lbs. - 7 oz.

Parents:

Amy & Chad Martin,
Arlington

Grandparents:

R.D & Carol Lewis
Gail.



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

Brothers Seeking Summer Work!

Do you need help mowing, painting, hoeing are just cleaning up around the place?
Call Jake & Michael at 756-4328

BORDEN COUNTY ISD PUBLIC NOTICE

The Superintendent's Office, on behalf of the Board of Trustees of the Borden County Independent School is accepting bids for the sale of two fiberglass greenhouses that are approximately 15'x8'. The following structures are located at the Borden County Independent School District in Gail, Texas.

These greenhouses may be viewed at the Borden County School. Please contact Jimmy Thomas at (806)756-4313 if you would like to inquire about the purchase of these greenhouses. Bids will be accepted in the superintendent's office until 5:00 p.m. on June 16, 2005, if you would like to submit a bid on these greenhouses.

The Borden County I.S.D. Board of Trustees reserves the right to accept or reject any or all proposed bids, to waive any and all technicalities, and to accept the proposal that will best serve the needs of the district.

Questions regarding additional information shall be directed to Jimmy Thomas by writing: PO Box 95, Gail, Texas, 79738 or by calling (806)756-4313. Transmissions by fax may be sent to (806)756-4310 or by e-mail to jthomas@bcisd.net.

By order of the Board of Trustees
Borden County Independent School District
Joe Harding, Secretary

Got News:

Mail to:
PO Box 137
Gail, Tx. 79738

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, TX. 79738

Healthy Feet: *A Step in the Right Direction*

By Kay Ledbetter
Texas A&M University
Research and Extension Center
Communications Specialist

The leg bone's connected to the ankle bone and the ankle bone's connected to the foot bone. And that's where care really counts, especially as people get older.

"Wear and tear on your feet starts when you first learn to walk and continues until you cannot anymore," said Andrew B. Crocker, Texas Cooperative Extension gerontology specialist.

"We should all remember to pay close attention to our feet," Crocker said. "They may be the first sign of problems in our bodies, including serious diseases."

People who have certain conditions should be especially concerned with their care of their feet, he said.

Diabetics and those with other nerve and circulatory disorders should be sure their feet are receiving proper blood flow and do not have any injuries, Crocker said.

Cold feet may be a sign of circulation problems, he said. Another sign of decreased blood flow is the loss of hair growth on the toes or feet. Lack of blood flow to the feet and toes is common for those with diabetes and can make it difficult to heal sores or infections.

"If you suffer from diabetes, you should check your feet every day," Crocker said. "Look for areas of redness, areas of swelling or any other changes to the feet. Often, people with diabetes lose their sensation and cannot feel an abnormality on their foot, so a daily inspection becomes very important."

He suggested those unable to check their own feet should ask a friend or family member to help.

Keeping toenails trimmed is an important task, Crocker said, but can also be a

dangerous one for people who have circulatory or nerve problems in their feet. Toenails should be trimmed straight across but not cut too short, especially in the corners. This may lead to ingrown toenails.

Also, he said, be careful when trimming not to cut the toe itself. Those with diabetes, circulation problems, nerve problems and those prone to infection should not cut their own toenails, Crocker said.

Medicare will pay for toenail trimming by a trained medical professional if certain conditions, such as diabetes, exist, he said. Health providers should be able to determine if an individual qualifies for this service.

Another step in proper foot care, Crocker said, is to make sure shoes fit properly. Remember the following:

- Foot size changes with age. Be sure to measure before each new shoe purchased.
- One foot is normally larger than the other, so be sure to fit your new shoes to the larger foot.
- Make sure that the ball of your foot fits comfortably into the widest part of the shoe.
- Your heel should fit comfortably with little or no slipping when you walk.
- Most importantly, walk in the shoes before buying them to make sure they do not hurt your feet.

"Our feet do more work than a lot of other parts of the body. Remember to take care of your feet and remind your health provider to take a look at your feet the next time you go in for an appointment," Crocker said.

For more information, contact the local extension office or the American Podiatric

Medical Association at 1-800-FOOTCARE (1-800-355-8223) or www.apma.org.

INFORMATION BOX:

Common conditions associated with feet include:

- **Fungal and Bacterial Conditions:** Fungal and bacterial growth on feet is caused by the feet being in a warm, dark, damp place, namely, shoes. One of the most common fungal conditions is athlete's foot. Fungus and bacteria may cause dry skin, redness, blisters, itching and infection. To help prevent this condition, change shoes and socks often to help keep feet dry. Also, try dusting with foot powder to reduce moisture.
- **Corns and Calluses:** Friction and pressure are the main culprits for corns and calluses. When bony foot parts rub against shoes, hard, dry knots may form on the feet. Sometimes corns, and calluses may be treated by wearing shoes that fit differently or cushioning the bony parts with special pads.

Any form of treatment that involves cutting or scraping corns, and calluses should only be performed by a health professional.

Bunions: Big toes may become swollen and tender. If the bunion is not severe, pain and pressure may be relieved by wearing wider shoes, taping the foot or wearing pads to cushion the bunion. Physical therapy, special shoe inserts or surgery may be necessary to treat the bunion. Unfortunately, bunions tend to run in families.

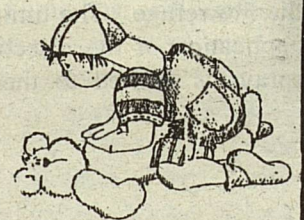
Hammertoe: Shortening of the tendons that control toe movements is a condition known as hammertoe. The toe knuckle is usually enlarged, drawing the toe back. As the toe rubs

against the shoe, it may become stiff and enlarge even more. Without the large toe resting against the walking surface, individuals may lose their balance. Treatment includes wearing socks and shoes with plenty of room for the toe. Surgery may be needed to correct hammertoe.

Bone spurs: Calcium deposits on the bones may cause spurs - prickly rock-like formation that may cause great pain. Spurs are caused by muscle strain in the feet from standing long periods or wearing ill-fitting shoes. Treatment for spurs includes using foot supports, heel pads and heel cups. In some cases, surgery may be necessary to remove spurs.

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

**BORDEN CO
806/759-5111**



Caution:
School's Out
Watch for
Children

Message brought to you by this newspaper and the Texas Highway Patrol Association

Children's Health Alert

Helmets: What children are wearing this summer

Dr. John Hellerstedt, MD, FAAP

The 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 helmet.

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.



Courthouse News

WHEREAS, On this the 9th day of May 2005, the Commissioners' Court of Borden County, Texas, convened in Regular Session in the Commissioners Courtroom at the Courthouse in Gail, Texas, the following members of the Court being present, to-wit:

VAN L. YORK, County Judge, Presiding; **MONTE SMITH**, Commissioner, Precinct No. 1; **RANDY ADCOCK**, Commissioner, Precinct No. 2; **ERNEST REYES**, Commissioner, Precinct No. 3; **JOE BELEW**, Commissioner, Precinct No. 4; **JOYCE HERRIDGE**, 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 Commissioner Court meeting of April 25, 2005, were read. Commissioner Belew made a motion to approve said minutes. Motion was seconded by Commissioner Reyes. Motion carried unanimously.

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.

CR 116

No action was taken on CR 116 in Precinct No. 1.

GAIL CEMETERY

Mr. Jess Everett visited with the Court presenting plans for the two entrances to the Gail Cemetery.

VICTIM SERVICES

Commissioner Adcock made a motion to pay \$500.00 to the Victim Services Fund. Commissioner Reyes seconded the motion. Motion carried.

BIDS FOR FUEL

A discussion was held

concerning bids for fuel in the different precincts and propane for the Courthouse and Precinct No. 2. Commissioner Smith made a motion to advertise for bids, said bids to be opened on June 13, 2005 at 10:00 a.m. Commissioner Belew seconded the motion. Motion carried.

DEPOSITORY BANK

As advertised, bids for Depository Bank for a period of two years for Borden County Public Funds, were opened at 10:10 a.m. Bids were received from American State Bank of Snyder, West Texas State Bank of Snyder, and Snyder National Bank. Mr. Jack Gorman, repre-

senting Snyder National Bank, visited with the Court. After reviewing the bids and making comparisons on services and interest payments on accounts, Commissioner Smith made a motion to accept Snyder National Bank's bid. Commissioner Belew seconded the motion. Motion carried.

SOIL CONSERVATION CONSTRUCTION

Applications for Soil Conservation Construction of Fireguards were received from Lyndall Sharp, Precinct No. 1 and from Jon Herring in Precinct No. 4. Commissioner Belew made a motion to approve the applications at the rate of \$35.00 per hour for a motor grader and \$65.00 per hour for a dozer. Commissioner Smith seconded the motion.

ADJOURN

Legal Notice

The Commissioners' Court of Borden County will receive bids on the following until 10:00 a.m. June 13, 2005.

1. Fuel for 2005
 - a. unleaded
 - b. diesel
2. Propane for Courthouse, and Precinct #2 Barns

For specifications and information on the above, contact the office of the County Judge, Borden County Courthouse, 806/756-4391.

Bids should be submitted to the Office of the County Judge, P.O. Box 156, Borden County Courthouse, Gail, Texas 79738.

The right is reserved by the Borden County Commissioners' Court to accept or reject any and all bids.

FOR THE BORDEN COUNTY COMMISSIONERS' COURT

Van L. York,
Borden County Judge

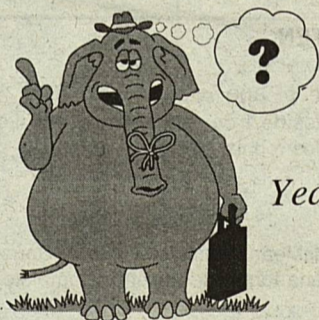
NOTICE

Additional Regulations for Borden County Water System

Effective June 1, 2005

D. Water Meter Access

1. Water meters must remain clear of any barriers as to allow Borden County employees and/or agents to have access to the meters for maintenance and the monthly reading of the water meter.
2. When a Borden County employee and/or agent is prevented from access to a water meter by a barrier or dangerous dogs on or around the water meter, the patron will be notified by mail, and the patron must permanently remove the barrier or dangerous dogs within 10 days. If the barrier is not removed within the time period allowed, the water usage for that month will be set at last month's usage plus 50%.
3. When a patron has been notified 2 times for removal of the barrier or dangerous dogs, water service will be terminated and the meter will be removed.
4. To re-instate water service under Section D, the patron must apply to the Borden County Commissioners' Court.



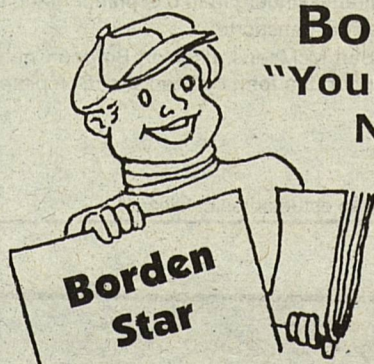
Don't Forget!

Yearbooks are now on Sale in the Front Office.

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806/756-4402

-- Randy's Roundup --

Supporting Ethical Medical Research

This week has gotten off to a quick start with a lengthy debate over stem cell research. Embryonic stem cell research is currently legal in the United States. One of the issues before the House was whether or not federal funds could be used to support embryonic stem cell research. I oppose federal funding of this research because it does not give human life the respect it deserves. An embryo is a human at the earliest stage of life and deserves the same respect that we give infants, adolescents, and adults.

Some attempt to justify embryonic stem cell research on the basis that we are dealing with something other than real human beings. While a human at the embryonic stage may "look" different than a human at the adult stage, that does not make the embryo any less human. The embryo possesses the same genetic identity as it will as an adult. It is merely at an earlier stage of life. Just as we find it unconscionable and unethical to exploit a human life in the name of science during the latter stages of human development, neither should we accept the exploitation of a human life at its earliest

stages.

Instead, we should focus our resources on supporting medical research initiatives – such as cord blood and adult stem cell research – that respect human lives and have an actual track record of leading to cures. Unlike research on embryos, adult stem cell research does not result in the destruction of a human life and has resulted in successful treatments of 67 diseases, including Osteoporosis, Sickle Cell Anemia, and Lymphoma.

Unfortunately, the bill to provide taxpayer dollars for embryonic stem cell research was successful. However, President Bush stated Tuesday that he will veto any bill that provides federal funds for this type of research.

Securing the Borders

Last week, the House passed Homeland Security legislation that puts more agents on the border and supports the first responders in our communities. Ramping up security at our borders may be happening a little slower than I would like, but improvements are being made. The bill the House passed last week provides \$20 million to replace Border Patrol aircraft,

\$690 million to increase the capacity to detain illegal immigrants, and \$1.61 billion to fund 1,000 additional border patrol agents.

The Department of Homeland Security also has jurisdiction over the Federal Emergency Management Agency (FEMA). In last week's bill, FEMA is directed to fully fund the Abilene Flood Remap

Project. This project allows Abilene to conduct a detailed study to produce the necessary flood map information for future flood mitigation efforts, improve the accuracy of flood insurance premiums,

and ensure proper and safe land development. No dollar figure was allotted specifically for Abilene's project, but FEMA received \$200

million to fund remap projects nationwide, and Abilene's project is listed by the bill as one that must be funded.

--Randy

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

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.

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

Sealed proposals for contracts listed below will be received by TxDOT until the date(s) shown below, and then publicly read.
CONSTRUCTION/MAINTENANCE/BUILDING FACILITIES CONTRACT(S)

Dist/Div: Abilene
Contract 6131-15-001 for "ON DEMAND" MBGF AND ATTENUATORS in FISHER County, etc will be opened on June 02, 2005 at 2:00 p.m. at the District Office for an estimate of \$123,445.00.

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

NPO: 16515

State Office

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

Dist/Div. Office(s)

Amarillo District
District Engineer
4250 N. Clack
Amarillo, TX 79604-0150
Phone: 325-676-6800

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

DRIVE SAFELY!

Watch out for the Children . . .