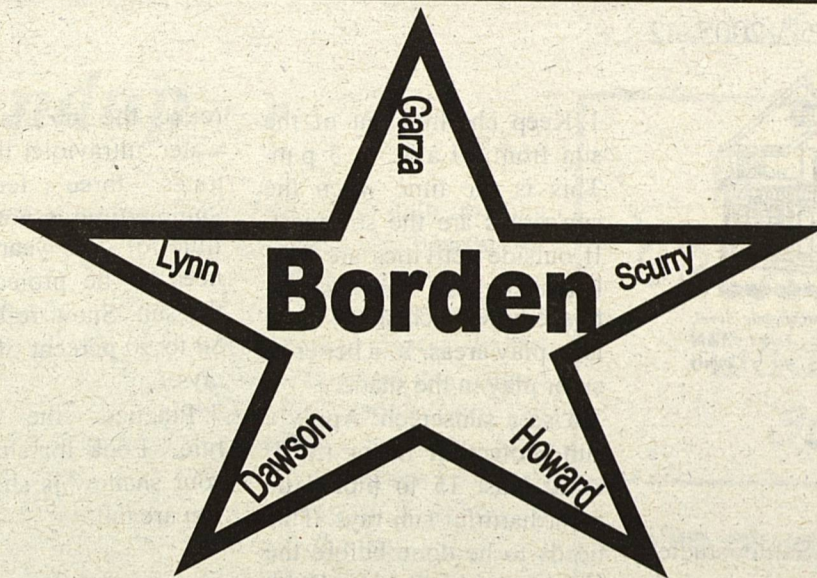


# THE

Volume XXXII



# STAR

June 15<sup>th</sup>, 2005

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

## Texans Divided on Value of Daylight Saving Time Proposal

By Senator Kay Bailey Hutchison

Every once in a while, one of my columns generates an unexpected response. My early May column about Daylight Saving Time was one of those. Over 300 of you responded to my question about whether Daylight Saving Time should be extended or not.

The whole idea of Daylight Saving Time was conceived by none other than Benjamin Franklin who wrote that we could take advantage of the longer days by moving our clocks forward to coincide with earlier sunrises. His proposal languished until World War I, when the United States adopted Daylight Saving Time to boost production. Public dissatisfaction led to its abolishment by Congress over President Woodrow Wilson's veto, but it was back to stay during World War II.

In 1986, Congress passed a law establishing the daylight savings period from the first Sunday in April to the last Sunday in October and allowed states to opt out. Consequently, Arizona, Hawaii and sections of Indiana do not recognize Daylight Saving Time.

Because some studies say Daylight Saving Time saves one percent of total U.S. energy use, or the energy equivalent of 100,000 barrels of oil per day, the House of Representatives Energy and Commerce Committee included the two-month extension of Daylight Saving Time when it passed the Energy Policy Act of 2005. The House bill requires the Department of Energy to do a study on the impact of the extension no later than 9 months after passage. The measure also retains the states' rights provisions which currently lets states opt out of the current Daylight Saving Time program.

While the House has included the extension in its version of the energy bill, it is still an open question whether it will be incorporated into the Senate version. Accordingly, I asked you for your reactions, and I can now reveal the results.

Extending Daylight Saving Time brought 137 positive responses. Another 150 said they want to keep it the way it is now. An additional 19 wrote in to suggest we cancel Daylight Saving Time alto-

gether. Sonny, of Andrews, wrote: "I have been involved with ranching and the oil field all my life. I have never heard a rancher or oilfield hand say he would like a long hot West Texas summer day extended for one more hour."

Anthony, of Dallas, dislikes the idea of extending Daylight Saving Time, saying, "I consider such a thing like pouring salt in an open wound. The only thing worse than Daylight Saving Time would be to extend it to more of the year."

Another correspondent lamented that Daylight Saving Time forces everyone to reset their watches, clocks, car radios and VCRs after the time change. I dread changing them myself, so I can sympathize.

Most of those favoring an extension cited energy savings, while Sharrell of Floresville wrote that she "relishes having daylight hours to grocery shop, garden, take a walk, etc. It is very depressing to drive home in the dark."

We even received a response from the European Union Airport Coordinators

## 4-H News

### Shooting Sports Results

Borden County shooters headed west to Gaines County for a 2 day shoot on June 3. The shooters shot Skeet and 5-Stand on Friday and Trap on Saturday.

After the dust settled, Raylea Underwood competed in Sub-Junior Girls winning the Girls High Overall. She also competed with the Sub-Junior Young Men of the area competition where she was in shoot-off for 1<sup>st</sup> in Trap and a shoot-off in Skeet for High Overall. She shot her best with a 2<sup>nd</sup> in Trap and 2<sup>nd</sup> in High Overall in the Sub-Junior Division.

Tyrell Massingill competed in the Junior Division of Trap, Skeet and 5-Stand. He came on strong and gave the competitors a run for their money.

Seth Naumann competed in the Senior Division shooting Skeet, 5-Stand, and Trap. Seth received 2<sup>nd</sup> Place in the Senior Division for 5-Stand and also gave them a run for their money in Skeet and Trap.

The Borden County Shooters had their cheer-

leading section with them both days which included Kalyn, Cindy and Roscoe Massingill, Ray Don Underwood, Hanna, Patty Sue and Tom Ed Vestal. A good time was had by all.

On June 12, Caden Nowlain, Tyrell Massingill and Raylea Underwood traveled to Abilene to participate in Trap, Skeet and 5-Stand at the Taylor County Shoot. Raylea won 1<sup>st</sup> Place in Sub-Junior Trap, 5<sup>th</sup> in 5-Stand and placed 4<sup>th</sup> in Skeet after a shoot-off against 2 other Sub-Junior's. Raylea also received High Overall in the girls division.

Others attending the shoot were Jibber and Cindy Herridge, Roscoe, Cindy and Kalyn Massingill, Mrs. Balague, Miles Valentine and Ray Don Underwood.

The next shooting sports event will be the District 2 "Pete Peterson" Invitational 4-H Trap and Skeet Shoot to be held on June 24-25 at the South Plains Gun Club in Lubbock. Best of luck to those that will participate in the district shoot.



God Bless  
America!



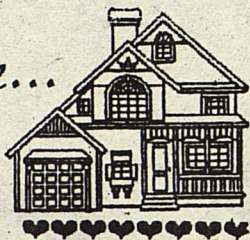
Flag Day, Tues. June 14<sup>th</sup>, 2005

Cont. to pg. 8



## 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.

## Sun Protection Guide for Children

Would you send a child out in the rain without a raincoat or an umbrella? Would you send a child to play in the snow without gloves or boots? Would you send a child out in the sun without sunscreen and a hat?

If you said *no* to each question, you are well aware of the importance of protecting children from the outdoor elements. If you said *yes* to the last question about the sun, think again.

Playing in the sun is a fun outdoor activity for children. But is it safe and healthy?

The sun can be dangerous. Even though a suntan may look nice and make one feel good, there is no medical evidence to suggest that a suntan improves health.

Recent medical research shows it is important to protect children and teenagers from overexposure to the sun. Skin damage is cumulative and starts with that first sun exposure.

Young people get about 80 percent of their total lifetime sun exposure in the first 18 years of life. Sun protection and prevention are important to preventing skin damage

later in life. Some studies suggest there is a link between early exposure to the sun and skin cancer as an adult.

The two types of ultraviolet sunlight that can damage the skin are Ultraviolet A and Ultraviolet B rays. UVA rays are the slow-tanning rays that penetrate deep into the skin and age the skin prematurely. UVB rays cause burning of the skin and are considered the major cause of skin cancer.

Many young children spend their early years at a day-care center. They are dependent upon the primary care giver to take the appropriate precautions in providing sun protection.

As a parent of young children or UV, or a person who cares for children in a day-care center, there are several precautions you can take to help protect the children around you from future health problems related to the sun.

Follow these simple guidelines to help minimize the risks of excessive sun exposure.

1. Keep children out of the sun from 10 a.m. to 3 p.m. This is the time when the sun's rays are the strongest. If outside activities are held between these times, check to see how much shade there is in play areas. It is better to sit or play in the shade.

2. Use a sunscreen. Apply a sun protection factor (SPF) of at least 15 to block the most harmful sun rays. This needs to be done before the child goes outside. Don't forget the lips, backs of hands and feet. Reapply sunscreen every two hours.

Teach children to use sunscreen regularly, like they use a toothbrush and toothpaste. Children under six months should never have sunscreen applied to their skin. Keep infants out of direct sun and covered up.

3. Wear a hat. A wide-brimmed hat offers protection for the eyes, ears, face and back of the neck.

4. Wear sunglasses. Protect children's eyes from ultraviolet radiation. Sunglasses that provide 95+ percent protection greatly reduce sun exposure.

5. Wear protective clothing. Loose-fitting clothes that are tightly woven are a good choice.

6. Be aware of ground surfaces. Ground surfaces such as sand, cement and white painted surfaces

reflect the sun's rays. In the water, ultraviolet light penetrates three feet deep. Summertime is not the only time of the year children need to be protected from the sun. Snow reflects from 80 to 90 percent of the sun's rays.

7. Practice the "shadow rule." Look for shade when your shadow is shorter than you are tall.

### Teach children the ABC'S for Fun in the Sun.

**A** is for *away*. Let children know about staying away from the sun in the middle of the day.

**B** is for *block*. Encourage children to use a sun protective factor (SPF) of 15 or higher sunscreen.

**C** is for *cover up*. Wear a shirt and a hat.

**S** is for *speak out*. Have children talk to family and friends about sun protection.

What children are more at risk to sunburn? A commonly used method to assess the risk is the Skin Type system. The lower numbers indicate children are more likely to burn. These include children who are fair-skinned, with light, red or light-brown hair; blue, green or gray eyes and have numerous moles.

### Skin Types

Type 1 Always burns, never tans

Type 2 Usually burns, tans with difficulty

Type 3 Sometimes burns, sometimes tans

Type 4 Burn minimally, always tans (Asians, Native Americans, Latin Americans)

Type 5 Rarely burns, tans profusely (light-complected African-Americans, east Indians)

Type 6 Never burns, deeply tans (dark-skinned African Americans) may need protection with intense exposure. Since all skin is not created equal, it is important to know that the more skin pigment, the better to prevent sunburn. For individuals who tan, tanning is a way the skin acts as a defense shield against damaging ultraviolet rays.

Since parents and child-care workers become role models to children, they need to set an example and follow the sun protection guidelines. For more information on sun safety, please contact the Extension office at (806)756-4336 or visit with your health care provider.

Source: Nebraska Cooperative Extension publication *Sun Protection Guide for Children*

# Rural Communities Can Take Steps to Help Prevent Obesity

Patti Patterson, M.D., M.P.H.,

Obesity is a growing problem for many communities. The Centers for Disease Control (CDC) report that nearly two out of every three Americans are overweight, and one in every three is obese. Health problems caused from obesity, such as diabetes, heart disease and high blood pressure, are contributing to higher medical and insurance costs. Last year, obesity in the United States cost more than \$75 billion in related healthy

care expenses.

Obese children are at the highest level of concern. According to the Texas Department of State Health Services, more than 40 percent of Texas' fourth-graders are overweight or obese. This is especially alarming because of the potential for a long-term negative impact on our communities, both urban and rural.

Rural communities can be particularly affected by obesity because of the challenges presented by living in a remote

location. There is less access to grocery stores packed with a wide variety of healthy foods. There are fewer gyms and recreation centers for community access, and due to the distances, it is more common to use motor vehicles to travel than to use a bicycle or be on foot. Additionally, there are fewer restaurants with healthy menus from which to choose.

However, those who live in rural communities can still do

Cont. to pg. 8

### Color Me Healthy Fun Day

Wednesday, June 29, 2005

from 1:30 p.m. to 5:00 p.m.

Borden County Show Barn in Gail

All youth age 4-6 are invited to join the fun!

We will play games, sing songs, make crafts and snacks, and learn all about how to Color Me Healthy!

For more information, or to RSVP, please contact the Extension Office at (806)756-4336.

We will seek to provide all reasonable accommodations for all persons with disabilities for any of our programs. We request that you contact us at the Extension office as soon as possible to advise us of auxiliary aid that you will require.





# -- Randy's Roundup --

June 13, 2005

## Funding Agriculture Research and Programs

The big piece of legislation last week in the House was the bill to fund the U.S. Department of Agriculture in 2006. This includes funding for farm commodity, research, and conservation programs. As was the case with similar bills for the Department of the Interior, the Environmental Protection Agency, and other parts of the federal government, the agriculture community was called on to tighten its belt in order to rein in spending in Washington. As a result, the House agreed to keep spending for USDA programs at last year's levels.

Although some tough decisions had to be made, there still is some good news to report. The House bill provides Texas Tech University with \$9 million to continue important agriculture research initiatives. In particular, the House bill includes \$3.4 million for Ogallala Aquifer research, which looks for ways to decrease water use while maintaining crop productivity and improving the efficiency of irrigation systems. Other initiatives, such as the Center for Food Excellence (which researches how to enhance food safety) and the Cotton Research Center (which works with USDA to im-

prove cotton genetics), are funded at levels similar to last year.

Regarding specific USDA funding, the Farm Service Agency receives a \$25 million increase in the House bill to support its county offices throughout the country. The Environmental Quality Incentives Program (EQIP) sees an increase of \$35 million (for a total of \$1.052 billion) and \$17 million was provided for BSE testing and surveillance.

The Senate still needs to pass its version of the bill, and any differences between the two versions will then be ironed out. The final piece of legislation then goes to President Bush's desk for his signature.

## Honoring the Stars and Stripes

Tuesday, June 14 is Flag Day, and I encourage everyone to take a moment to consider the significance of our nation's flag. We should remember all that has been sacrificed so that the flag can fly atop houses and be displayed in storefronts across this country. The American flag symbolizes the great deal of blood and sweat

that has gone into making this country the beacon for freedom that it is today. As a result, the flag commands our reverence and respect. In that light, next week the House will be voting on an amendment to the U.S. Constitution, which I support, that makes it a crime to desecrate the flag.

## On This Week's Agenda...

From the Oil for Food Scandal to incidents of sexual abuse by United Nations employees in Africa, the UN has proven recently that it is in desperate need of reform. The United States provides the UN with more than \$2 billion each year in dues and other voluntary contributions. This substantial amount of money equates to approximately a quarter of the UN's total budget. Now, there is an effort by Congress to hold the UN accountable for the American taxpayer dollars it spends. The House will vote this week on a bill that takes serious steps to reform the UN. The bill proposes 39 reforms and ties U.S. dues to the UN's success in implementing these reforms. Next week's Roundup will have an update on how the bill fares in the House and will take a closer look at the reforms themselves.

Previous Roundups can be found at <http://www.randy.house.gov/newsroom/roundup.shtml>

Have a  
**GREAT Day**  
Dad!



Sunday, June 19<sup>th</sup>

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### **NOTICE OF PUBLIC MEETING OF THE APPRAISAL REVIEW BOARD:**

Notice is hereby given that a public meeting of the Appraisal Review Board of the Borden County Appraisal District will convene at 10:00 a.m. on Wednesday, June 15, 2005 at the meeting room in the county courthouse.

The board will hear and determine taxpayer and taxing unit appeals on all matters permitted by Texas Property Tax Code.

The Appraisal Review Board will be in session on other days, notice for which will be duly posted, until all timely filed appeals are heard and resolved.

This notice is given pursuant to the Open Meeting Act, Chapter 551, Government Code.

Jill Freeman, Chief Appraiser  
Borden County Appraisal District  
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## **72<sup>nd</sup> Annual Big Spring Cowboy Reunion & Rodeo**

**WHEN:** June 16<sup>th</sup> - 18<sup>th</sup>, 2005  
**WHERE:** Big Spring Rodeo Bowl  
**TIME:** Grand Entry Starts at 8 p.m. nightly  
Gates open at 7:00  
**DANCES:** Friday night Jody Nix & the Texas Cowboys  
Sat. Guy Will Zant & Noel Olivas Band  
Dances start at 9:20 p.m. \$5 Admission  
**PARADE:** Thurs., June 16<sup>th</sup>, 5:30 10<sup>th</sup> & Main Street  
Miss Rodeo Texas, Hardin-Simmons  
White Horses, Texas Tech Masked Rider,  
Shriners, Cowboys & Cowgirls and Sheriff  
Posses from surrounding towns.

**TICKET PRICES:**  
At Gate: Adult \$8, Children \$6  
Pre-Sale: Adult \$6, Children \$4

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are just cleaning up  
around the place?  
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at 756-4328

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## Courthouse News

**WHEREAS**, On this the 23<sup>rd</sup> 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, Prec. No. 1; **RANDY ADCOCK**, Commissioner, Prec. No. 2; **ERNEST REYES**, Commissioner, Prec. No. 3; **JOE BELEW**, Commissioner, Prec. 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 May 9<sup>th</sup>, 2005, were read. Commissioner Adcock made a motion to approve said minutes. Motion was seconded by Commissioner Smith. 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.

### BORDEN COUNTY WATER SYSTEM

Commissioner Adcock made a motion to add the following section D. Water Meter Access, effective June 1, 2005, to the Regulations governing the Borden County Water System. Motion was seconded by Commissioner Smith. Motion carried unanimously.

### 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.

### PERMANENT SCHOOL FUND

Commissioner Adcock made a motion for the investment of Permanent School Funds in the amount of \$1,731,750.00 into a C.D. for one year in Snyder National Bank, the County Depository Bank.

### BUDGET AMENDMENT

Commissioner Belew made a motion to amend the 2005 Borden County Budget as follows. Commissioner Reyes seconded the motion. Motion carried unanimously.

### GENERAL FUND

#### LINE ITEM TRANSFERS

##### JURY FUND

\$300 from Grand Jury to Petit Jury

\$100 from Jury Commission to Pete Jury

##### MISCELLANEOUS

\$100 from 9-1-1 to District Judge travel

\$3000 from General Fund ending balance to EMS

##### COURTHOUSE & BUILDING

\$200 from tools & supplies to rent

##### OFFICER SALARY FUND

#### LINE ITEM TRANSFERS

##### TREASURER

\$500 from officer salary fund ending balance to supplies

##### JUSTICE OF PEACE

\$2200 from JP Tech Fund to

officer supplies

# Rural Communities Can Take Steps to Help Prevent Obesity

Cont. from pg. 2

many things to maintain a healthy weight. One of the biggest steps to take is to learn the right portion sizes for the food you eat. Many Americans are not aware of what is the correct portion size for different foods, and they end up eating far more than is needed.

In addition, you can improve your health by eating more fruits and vegetables. The CDC recommends eating 9-13 servings of fruits and vegetables every day, but nearly half of all Americans only eat half of that amount. Fruits and veggies can be the ultimate convenience food in some ways. It comes pre-packaged, a lot of it travels really well, it doesn't need to be refrigerated, and it tastes great. It is also a powerhouse of nutrition for you. (And frozen is just as good for you as fresh).

### PERM. IMPROVEMENT FUND

#### LINE ITEM TRANSFER

\$2000 from Perm. Improvement fund ending bal. to repairs

#### PRECINCT #3

\$10,000 FROM precinct #3 ending bal to part & repairs

#### PRECINCT #4

##### LINE ITEM TRANSFER

\$6000 from Prec. #4 ending bal to Tools & Supplies

\$6000 from Prec. #4 ending bal. to Tires & Tubes.

### ADJOURN

A motion was made by Commissioner Belew to adjourn. Motion was seconded by Commissioner Smith and was proved unanimously.

Another step that you can take, regardless of where you live, is to make a conscious effort to move your body more. You don't have to become a super athlete - just aim to walk "more than you did yesterday." It may mean walking to your friend's house, or blowing the dust off your old bike, or playing with your kids. In some communities, the high school gym is available for community use after school hours. While you are becoming more active, encourage your children to spend more time playing outside than watching TV or playing video games.

Summer celebrations are the perfect opportunities to start a healthier lifestyle. These festivities are always full of fun, yet they often revolve around fattening foods. Instead of sitting around at your next gathering, plan to take a long walk or engage in a game to get your blood pumping. Burn off some of those calories.

For more information about improving your health, go to the Healthy Lubbock Initiative website ([www.healthylubbock.org](http://www.healthylubbock.org)), which has links to tools that help you determine your personal body mass index to measure your weight status. You can also calculate your target heart rate, which is the range where you should exercise for best results. A

walking quiz and a weight-loss quiz are also available. The site has special links for kids and teenagers, as well as healthy meal ideas and a health tip of the week.

For more information or tips on how to bring the focus of healthier lifestyle to your community, contact Liz Inskip-Paulk at (806)743-1338.

## Daylight Saving Time

Cont. from pg. 1

Association which urged us to keep the system the way it is, claiming that changing Daylight Saving Time could wreak havoc on international flight schedules.

Daylight Saving Time is just one part of the energy bill under consideration by Congress but, because it touches all of our lives, many people have strong opinions on the subject.

Thank you for participating in the survey. I will let my fellow senators know your thoughts on the subject as we debate this important legislation which is designed to improve America's energy security.

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