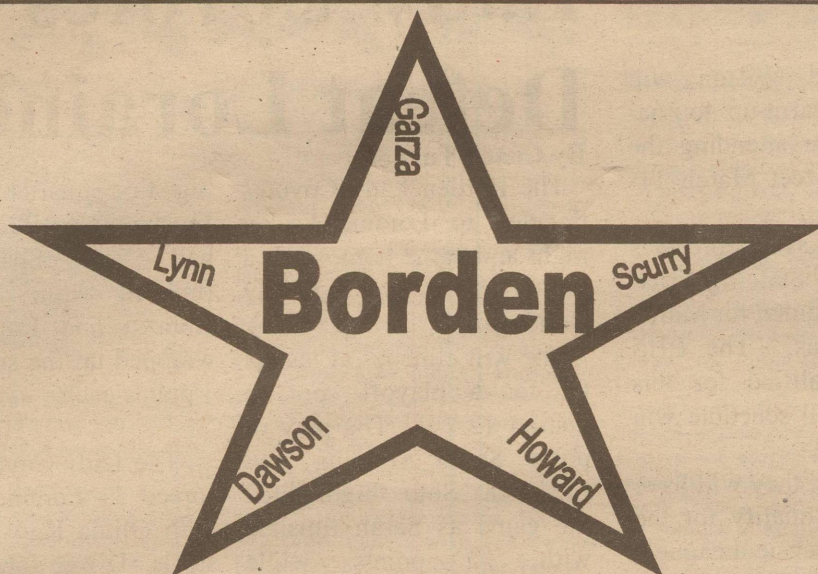


THE

Volume XXXII



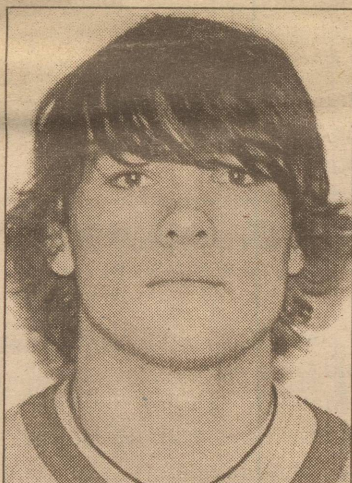
STAR

February 7th, 2007

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

Coyote quartet all-state

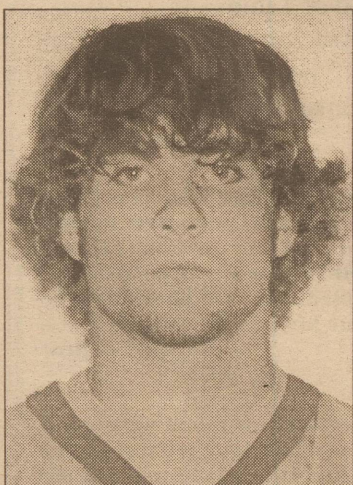
BC's Williamson, Chapman tackle first team honors



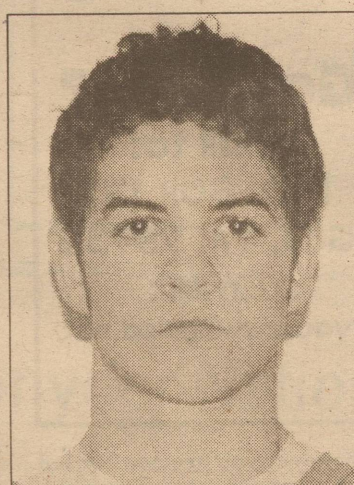
Zane Williamson



Clint Chapman



Michael Bullinger



Quentin Shafer

*By Dwight Heins
Lamesa Press-Reporter*

By going three rounds deep in the playoffs and finishing the season as the sixth best ranked Division II six-man football team in the state, the Borden County Coyotes definitely raised a few eyebrows on the statewide level.

Still another good example of that statewide respect came in the Texas Six-Man Coaches Association's Division II All-State Football team, which was released last week.

Coyote senior tight end Zane Williamson and cornerback Clint Chapman both tackled first-team, all-state recognition, while Borden County juniors Michael Bullinger at cornerback and Quentin Shafer at safety both earned second-team accolades.

"It's a real nice honor," Borden County Coach Bobby Avery said of the Coyotes' strong contingent on that all-state team.

"The kids out here have already been asking when was the last time we had this

Cont. to pg. 3

The Long and Winding Road

By Sue Jane Mayes

Beatle music comes to mind after this year's District 9-A Cross Ex debate meet.

Senior Rowdy Clary and junior Rachel Wilson, in an effort to "Get Back" to the State UIL Meet, indeed did find the road to Austin a bit long and winding Monday. Eleven teams vied for the top two spots at the host site, Highland High School.

"Help" is exactly what the state-runners up needed after losing round one to Water Valley's brother and

sister team of Josh and Lindsey Bain.

With only two other preliminary rounds to rebound from the loss, Clary and Wilson took wins over Highland's C team and Loraine's A team to advance to the semi-final round and a rematch with Bain and Bain.

The panel judging voted 3-0 for Clary/Wilson, assuring them of a return trip to state.

In the final round against Water Valley's A team,

Cont. to pg. 2



Pictured left to right: Rachel Wilson, Krystal Hobson, Rowdy Clary, Eric Espinoza, Ms. Mayes, Carlos Hernandez and Karl Lamming.

UIL Meet

Cont. from pg. 1

Clary/Wilson took another 3-0 unanimous decision to successfully defend their district title.

This was the first year in four years that more than six teams have competed at the district meet. Highland entered three teams as did Water Valley while Loraine had two entries.

Borden County was also well represented by newcomers Krystal Hobson and Carlos Hernandez. The sophomores won their first debate but dropped the final two on close decisions.

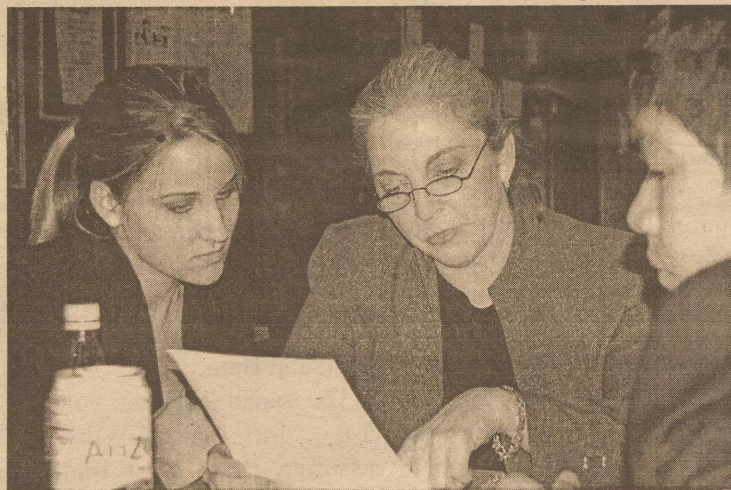
The freshmen team of Karl Lamming and Eric Espinoza also finished with a 1-2 record, with one of their losses coming to the eventual runner-up team, Water Valley.

Clary and Wilson will have two warm-up tournaments before attending the UIL State Meet March 11-13 in Austin.

The Texas Forensics Association State Tournament is scheduled for March 1-3 in Dallas. The BHS debaters qualified for this with their fall schedule win at Big Spring.

Before that, they will have a chance to qualify for the National Forensic League's National Tournament. The Tall Cotton Chapter will host its meet in Lubbock February 23-24.

Thanks to John, Paul, George, and Ringo BHS debaters can kiss "Yesterday" good-bye and look forward to another long and winding road.



Ms. Mayes goes over material with Krystal and Carlos.

JV Coyotes Rolls Bulldogs

By Coach Avery

The Borden Coyote JV team went to Loraine last Friday and rolled over the Bulldogs with a score of 71 to 23. Each team had 5 players on the squad and no body fouled out during the game. The Coyotes rolled on to a 27 to 8 halftime score and then scored 19 and 25 points in the third and fourth periods.

Michael Cooley led the Coyote offense with 21 points, Karl Lamming had 20 points, Flynn Chapman had 16 points, Brendan Tarleton had 8 points and Carlos Hernandez had 6 points.

The Coyotes are now 6-3 overall and 5-1 in district play.

Lady Coyotes Defeat Loraine

By Coach Turner

The Borden Lady Coyotes traveled to Loraine Friday night and came home with a big 64-18 win over the Lady Bulldogs.

The win clinches at least a tie for a playoff spot in district 12A-II. The play of posts Sarah Harding and Christina Soto highlighted the game as Sarah finished with 12 points while Christina tallied 11. Olivia Key led the BC attack with 13 points. D'Nae Johnson finished with 7 points and Baylee Benavidez hit two

big first quarter three's to finish with 6. Rachel Wilson had 5 and Sharelle Gass finished with 4. Krystal Hobson and Kate Wallace wrapped up the scoring with 3 points each.

The Lady Coyote defense forced 31 Loraine turnovers with Olivia Key grabbing 7 steals. D'Nae Johnson had 6 steals and Krystal Hobson walked away with 5.

The Lady Coyotes improve their district record to 6-3 with the win.

Missy Coyotes Win District

By Coach Turner

The Borden Missy Coyotes defeated Highland by the score of 40-21 Monday night in Gail to claim the championship of District 12-AII.

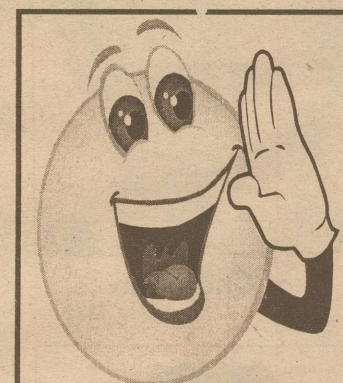
The Missy Coyotes finish the season with a record of 12-1 including a spotless run through the district. BC got off to a great start by leading the Hornets 11-4 after one quarter. The halftime score was 18-11. The third quarter saw Highland kept things close as BC outscored the Hornets by 2.

The Missy Coyotes ran away with the fourth quarter by the count of 14-4.

Taylor Richey led the scoring attack with 20 points. Bailey Anderson finished with 9 points while Mattie Turner had 5. Kylie Voss, Krista Tarleton, and Stefanie Cooley each tallied 2 points to wrap up the scoring.

Congrats to the Missy Coyotes on a terrific season!!!

Krista Tarleton's 7 points were omitted from the score report on last week's game with Loraine. We want to recognize her for a great job against the Bulldogs.



Got News?

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Email:
vadcock@bcisd.net

Whenever you are confronted with an opponent, conquer him with love.

—Mahatma Gandhi

Coyotes sweep

'Dogs

By Dwight Heins
Lamesa Press-Reporter

Borden County's varsity boys moved one big step closer toward capturing their district's championship with a 47-32 win Friday night at Loraine.

"We kind of drug our feet thought the middle." Coyote Coach Trey Richey said. "But, we played pretty good defense. We also got a lot of big rebounds."

Friday's win improved the Coyote boys' record to 16-7 on the year and 8-1 in district.

"We've guaranteed ourselves at least a co-championship tonight," Richey said.

A win Tuesday over Highland at Gail would give the Coyotes boys that league crown outright.

"If Highland wins (Tuesday), they'll be third. So they're going to be ready to get after us, so we've got to be ready, too," Richey said.

Matthew Tatum led the Coyote boys with 16 points and 23 rebounds.

"He worked extremely hard on the boards," Richey said of Tatum.

Asa Rutherford chipped in 13 points, while Jacob Froman had nine points,

When we find someone whose weirdness is compatible with ours, we join up with them and fall into mutually satisfying weirdness—and call it love—true love.
—Robert Fulghum

It is not how much we do, but how much love we put in the doing. It is not how much we give, but how much love we put in the giving.
—Mother Teresa

Coyote quartet

Cont. from pg. 1

many (all-staters)? I'm pretty sure we'd have to go at least back to our championship or our state runners-up season."

The Coyotes gridders were crowned as the state six-man football champs in 1997 before following that up with their runners-up finish in 1998.

"This is one of those deals which can also help your overall program," Avery said.

"This is also good for your younger kids who are coming up in our program, as far as seeing what opportunities are out there if you're willing to work hard enough to get them."

Williamson finished this past season with 20 catches for 321 yards and six touchdowns.

"Zane's a guy who we picked up from our JV last year," Avery said of his all-state tight end. "Right now, he's barely 18 so he's a young senior. In all actuality he could have another year out here (high school). We wish that we could have him back for one more year after making all the great strides that he has. He's really matured.

"He's really improved as an athlete, as well as physically in the last year and a half."

Avery went on to say that Williamson owns the right physical tools for a tight end.

"Zane's arms are nearly as long as his legs are. He's got some big ol' hands, too," Avery said of Williamson, "He didn't drop many passes with those big ol' hands either.

"He's not the fastest guy in the world; but people still had a hard time getting to this guy since he's got a mean stiff arm. He found his way to the end zone by stiffing arming a lot of people."

Chapman was a leader for this year's Coyotes on both sides of the line of scrimmage.

He threw for 1,508 yards and 26 touchdowns, but also made an impact in the Coyotes' defense where he came up with 180 tackles and one interception.

"Whenever you run the two-three (alignment) like we do, you really need two good cornerbacks," Avery said. "Clint's a good high school football player who just played his position textbook. He not only did a good job for us as our quarterback," but also at corner-back. He's a guy who led us on both sides of the ball."

Chapman's leadership was one of his biggest assets.

"Having Clint, is like having another coach on the field. Avery said. "He's not only a good leader, but he also knows our system and also what we want.

"Clint also helped when ever we jumped into another defense. He's always in the right place, plus he also helped get our other guys in the right place, too."

Like Chapman, Bullinger was also a force on both sides of the line of scrimmage.

As their featured running back; Bullinger rolled up 1,627 yards and 29

touchdowns and was also on 180 stops from his cornerback position.

"We moved this guy around a lot. We even gave him a shot at linebacker," Avery said of Bullinger. "He ended up doing a real good job for us at cornerback.

"You really need two good corners in our defense and we had two in Clint and Michael. Both guys are just real good athletes. Whenever we ended up going with those two guys, they seemed to help solidify our whole defense."

Shafer was in on 114 tackles. Shafer also proved that he had an eye for big plays and the football by finishing the season with 12 interceptions.

"He's one of those guys who just had that knack for getting to the football," Avery said of Shafer. "He very rarely got beat deep, but whenever he did he was also quick enough to recover.

"He's just a kid who always seemed to be in the right spot."

Although the likes of Williamson and Chapman will be hard to replace, Avery is already looking forward to the 1007 high school football season with guarded optimism.

"We're going to lose five seniors off of this year's team, which should be a pretty good hit," Avery said. "But, we've also got some young kids out here who we feel are going to be able to make an immediate impact on our program. We're already looking forward to next year's prospects."

Public Education Contractor Awareness Program

The Pipeline Group's annual "Public Education - Contractor Awareness Program" will be held at 6:30 p.m. on Thursday, February 15, 2007, at the Howard County Fair Barn; at big Spring rodeo Grounds on old West Highway 80, in Big Spring, Texas. The program will be sponsored by a group of companies with a common goal of preventing accidents and damages to underground pipelines and utilities. A free dinner will be catered by KD's Bar-B-Q

for all persons involved in excavation related activities in Borden, Glasscock, Howard, Mitchell, Scurry, and Sterling counties. Following the dinner, a brief safety program will be represented which stresses the importance of accident prevention by identifying pipeline and utility rights of way, use of one-call systems, and the importance of working with pipeline and utility companies to safely excavate in the vicinity of underground facilities. The Texas law requiring notification to a one-call system before excavating will be discussed. Sponsors will provide promotional materials; including notification information for their companies, safety related brochures and other safety reminders.

Each year many lives are injured or lost, plus millions

of dollars in repairs and lost products are incurred due to "third party" incidents - someone digging into a pipeline. Thousands of communications, some life-threatening, may be disrupted when expensive fiber-optic cables are damaged or severed. These types of excavation can be financially devastating to the responsible party. This safety program is an attempt to help those who do excavation work to avoid such situations.

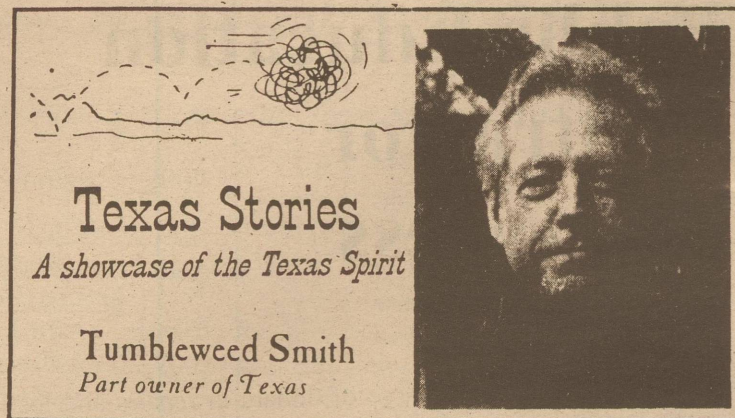
Sponsors for the program include: Alon USA LP - Chevron Pipe Line co - Davis Gas Processing Inc - Enbridge Pipelines (Texas Intrastate) LLC - Enterprise Products Operating LP - Operators of Seminole Pipeline Co - Holly Energy Partners LP - Kinder Morgan Wink Pipelines LP - Louis Dreyfus Pipeline LP - Plains Pipeline LP - Sunoco Pipeline LP - Targa Texas Field Services LP.

For more information call (800) 982-8752 or visit our web site at www.pipeline.com.

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Tumbleweed Smith
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What's All This Fascination With Ice?

One of the most enjoyable times I had over the holidays was when our family went to see the ice sculptures at the Gaylord in Grapevine. A 14,000 square foot freezer was created to keep temperature around 19 degrees so the bigger than life-size sculptures wouldn't melt. Forty ice artisans from Harbin, China were called in to spend 34 days creating the wagons, horses and manger scenes form two million pounds of ice.

We were given parkas to wear during the time we were viewing the unique exhibit. There was even an ice slide that most of the guests experienced. 5,000 ice blocks were hand carved and transformed into a winter wonderland. Three different types of ice were used: clear, glass-like crystal ice, white ice that looked like compacted snow and colored ice which was dyed brilliant colors. 1,400 led lights frozen within the ice created a dazzling display. We were all amazed. The hot chocolate and cookies we had after turning in our parkas were warm and welcome.

It just occurred to me that there's a lot of ice stuff going on. When we were in Queenstown, New Zealand one evening in December (summer over there), I noticed a room full of people wearing fur-lined parkas,

boots and gloves. They were preparing to go into a nightclub named Minus Five Degrees. For \$30, you can head inside the bar, which is made of ice and drink vodka from glasses also made of ice and sit on ice chairs and place your glass on ice tables and admire the ice sculptures.

Patrons are only allowed to stay for thirty minutes. They wear timers to let them know when their half-hour is up. Even the bar staff only works in rotating one-hour shifts. One person who emerged from the bar said you wouldn't go to Minus Five for a night out. You should treat it like a ride on a roller coaster, something that only lasts a short time but is very memorable. What's cooler

than being cool?

I thought this might be a one-of-a-kind thing, but I found out there are several ice bars around the world. Sydney and Auckland both have Minus Fives, so do Paris, London, and Tokyo. Beverly Hills and Las Vegas both have what they call Vodka Freezers and Manhattan has a long bar made of ice.

Quebec City has an ice hotel (or Hotel de Glace, as it's called in French). Everything is made of snow or ice, including the walls and roof. Transparent crystal columns and soaring archways don't take away the fact that a night there is an experiment in sub-freezing survival. If you feel chilled, you can soak in the hot tub before climbing into your permanent structure with central heat, bathrooms and a fireplace.

The hotel has been there six winters. For the past five years it has been frozen in place in the Station tourist-ique Duchesnay, a forest reserve 30 minutes west of Quebec. It has 34 rooms and can accommodate 84 guests. Nobody stays a second night.

School Lunch Menu Feb. 12th – Feb. 16th, 2007

MONDAY – Breakfast: Breakfast Burrito, Fruit Juice, and Milk. **Lunch:** Frito Pie, Tossed Salad, Pinto Beans, Pears, and Milk

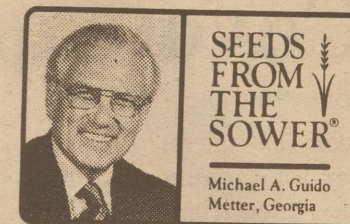
TUESDAY – Breakfast: Biscuit & Gravy, Fruit Juice, and Milk. **Lunch:** Chicken Spaghetti, Green Beans, Tossed, Garlic Biscuit, Pudding, and milk.

WEDNESDAY – Breakfast: French Toast Sticks, Fruit juice and Milk. **Lunch:** Pizza, Corn, Tossed Salad, Pineapple, and milk.

THURSDAY – Breakfast: Pancake Pup, Fruit juice, and milk. **Lunch:** Lasagna, Carrots, Tossed Salad, Garlic Toast, Fresh Fruit, and milk.

FRIDAY – Breakfast: Cereal & Toast, Fruit Juice, and Milk. **Lunch:** BBQ Sandwich, Beans, French Fries, No Bake Cookies, and Milk.

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SEEDS FROM THE SOWER
Michael A. Guido
Metter, Georgia

Just before going to bed one night, a little boy called to his family in the living room, "I'm going to say my prayers. Does anybody want anything from God?"

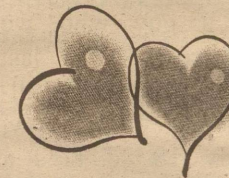
He had the right idea, for prayer is asking and receiving.

A lot of people don't expect anything to happen when they pray. That's why nothing happens. Prayer rightly offered is always richly answered.

The Bible says, "Don't worry about anything; instead, pray about everything; tell God your needs and don't forget to thank Him for His answers."

"Does anybody want anything from God?" Pray.

Wonderful things will happen to you when you live devotedly, pray expectantly and believe confidently.



For those passionately in love,
the whole world seems to smile.
—David Myers

NOTICE OF PUBLIC HEARING BORDEN COUNTY APPRAISAL DISTRICT WRITTEN PLAN FOR REAPPRAISALS

The Borden County Appraisal District Board of Directors will conduct a public hearing for the Borden County Appraisal District's Written Plan for Re-Appraisals at 8:00 a.m., on Tuesday, February 13, 2007. This meeting will be held in the Borden County Community Center at E. Wilbourn, Gail, Texas.

A copy of the proposed plan is available at the Appraisal Office.

JILL FREEMAN
Chief Appraiser

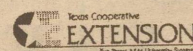
Living Well Educational Programs

Join us for educational programming that will help improve your lifestyle and overall well-being to begin "Living Well in 2007."

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Your home is where you eat and sleep, oftentimes there are hidden dangers that can make you ill or cause problems. Come learn about those hidden dangers and ways to make basic improvements to your home that do not cost a fortune.

Monday, February 12th @ 6:00 p.m. in the Community Room



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-- Randy's Roundup --

A Weekly Newsletter from Congressman Randy Neugebauer

February 5, 2007

USDA Farm Bill Recommendations are a Mixed Bag

USDA released its proposals for the 2007 Farm Bill last week. It is important to remember that these proposals are just that, proposals. While Congress will look at recommendations from a wide range of outside sources, the Farm Bill will be written by the House and Senate Agriculture Committees.

I believe that the current Farm Bill has worked very well for American agriculture and has saved taxpayers' money. According to the Congressional Budget Office, the total costs for the commodity programs over the life of the bill are expected to come in \$25 billion less than originally projected. Given these successes, major changes are not necessary, and the 2002 bill should serve as solid

blueprint for the 2007 version. Therefore, I plan to take a very close look at some of the changes USDA has proposed to determine if these proposals are in the best interests of 19th District producers. Other positive proposals include an increased emphasis on renewable fuels such as ethanol produced from biomass, and an increase in direct payments for commodities, like cotton, that could help level the playing field when it comes to global trade. I look forward to meeting with farmers and producer groups in the district to get their feedback on these proposals and their input on what the 2007 Farm Bill should look like.

Included in the proposals are reductions in loan rates, changes to payment limitations, and a switch to revenue-based counter cyclical payments. Considering that the counter cyclical payment has proven to be one of the bright spots of the current bill, I am concerned that the net effect of changing these programs could adversely affect the ability of farmers in the 19th District to compete and remain efficient.

There are, however, a few recommendations that look promising. USDA's supplemental insurance coverage proposal closely mirrors my legislation to provide a better crop insurance tool for

President Bush Releases His Budget Proposal

As I mentioned last week, the enactment of smart economic policies has helped us reach the goal of cutting the deficit in half two years ahead of schedule. Looking to build on that momentum, President Bush has released his budget proposal for next year, and he has set the goal of completely eliminating

the deficit without raising taxes. To reach this goal, we will need to continue to rein in spending and keep tax relief policies in place that help grow the economy. It is my hope that we can once again reach our deficit reduction goal ahead of

schedule. Like any balanced budget plan, this one will require that tough choices be made. However, we cannot avoid these choices by passing the buck to future generations.

--Randy



When the Krakatoa volcano erupted in Indonesia in 1883, the sound was heard 3,000 miles away.



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spotlight on health

Baby Boomers With High Blood Pressure Report They Ignore Cold And Flu Medication Warnings, Also Go To Work Sick, New Survey Shows

(NAPS)—The baby boomer generation turned 60 this year. And while they remain young in outlook and attitude, a national survey of 1,000 hypertensive Baby Boomers (born 1946-1964) reveals that Boomers face challenges in managing health issues that come with age.

The American Heart Association issued a reminder that people with high blood pressure should be aware that the use of decongestants may raise blood pressure. Most over-the-counter cold and flu products contain decongestants, commonly pseudoephedrine or phenylephrine.

Approximately one in three American Boomers has high blood pressure (hypertension). A majority of Boomers surveyed say they know that using decongestants to relieve cold or flu symptoms may raise their blood pressure. Interestingly, many report using them.



What, Me Worry?

About four in ten Boomers (43%) with high blood pressure expected the diagnosis of hypertension based on their family history, but another three in ten (29%) were taken by surprise. Even after learning the diagnosis, just one-fourth say the news motivated them to change their lifestyle, although two-thirds admit they could do better with

weight control and exercise to control their hypertension.

"As more Boomers are diagnosed with high blood pressure, they may need to make difficult lifestyle changes," said Roger S. Blumenthal, M.D., director of the Johns Hopkins Ciccarone Center for the Prevention of Heart Disease and associate professor of medicine, division of cardiology, at the Johns Hopkins University School of Medicine. "An easy but essential step is to check the labels on cold and flu medications to understand if they contain decongestants, as decongestants may raise blood pressure. If so, talk to your doctor before use."

Independent-Minded Boomers

When asked to identify "the worst thing about having high blood pressure," many Boomers name concern about potential health complications (40%) and

potential heart problems (34%). Two-thirds of hypertensive Boomers are aware that the use of decongestants may raise blood pressure. Interestingly, of this group, most who had a cold and took an over-the-counter medication in the past year took a decongestant (67%).

CORICIDIN[®] HBP, a line of cold and flu medications, is specifically formulated for people with high blood pressure. Each of the four CORICIDIN[®] HBP formulas is decongestant-free and is safe and effective for the treatment of cold and flu symptoms when taken as directed.

Cold Warriors

Two-thirds (66%) of Boomers admit they could take better care of themselves when they have a cold or the flu. Unfortunately for the rest of us, nearly nine out of ten Boomers (89%) who work out-

side the home say they are likely to go to work with a cold. Still, most survey respondents concede that if they could go back in time, they would have taken better care of their health.

A Hard Day's Night

While the number one tactic for avoiding cold and flu was hand washing (73%), nearly one fifth say they'll sleep in a separate room to avoid catching a cold or the flu from a sick significant other. Eighty percent of both men and women agree that men complain more when they get a cold or the flu than women do—including 69 percent of male responders.

The Hypertension and the Boomer Population (HBP) survey was commissioned by Schering-Plough HealthCare Products, Inc., makers of CORICIDIN[®] HBP, and conducted by Greenfield Online.

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PETS & PEOPLE

Puppy Love: Having A Pet-Worthy Valentine's Day

(NAPS)—It seems love has gone to the dogs—and the cats, birds, fish and other pets across America.

A recent survey of pet owners found that about 9 million people plan to give a Valentine's Day gift to their pet.

That may explain why a plethora of posh, pink pet products is hitting store shelves this year. But many of these gifts have a twist: In addition to their focus on style, fashion and fun, part of their proceeds are donated to charities.

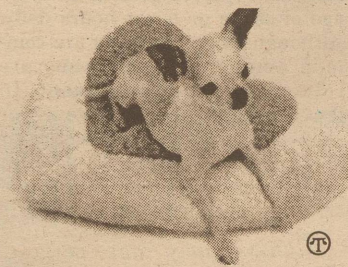
So which gifts will be hot this year, and which will help you donate to a worthy cause? The American Pet Products Manufacturers Association (APPMA) offers this list:

- Celltei offers pink Swarovski heart-shaped pet charms with matching human necklaces and earrings as well as a pink heart-shaped leather carrier. Visit www.celltei.com.

- Petmate's Pampered Pink products include a heart-shaped bed, portable pet home, kennel cab and stainless style bowls, all in pink, of course. You can visit www.petmate.com.

- With Planet Dog's Pink Ribbon Ringo ball, you can give a gift twice. For each Ribbon Ringo sold, Planet Dog will donate a minimum of 45 cents to the Susan G. Komen Breast Cancer Foundation with a minimum guaranteed donation of \$10,000. Visit www.planetdog.com.

- Similarly, Veterinary Ventures, Inc. donates a portion of the proceeds from the sale of its new pink Drinkwell Original Pet Fountain to the Susan G. Komen Breast Cancer Foundation. The product is the only pet fountain developed by



About 9 million people plan to give a Valentine's Day gift to their pet, according to a recent survey.

a veterinarian and features a free-falling stream of water that encourages pets to drink more water, helping to keep them happy, healthy and hydrated. Visit www.petfountain.com.

- Casco's BABY biOrb smart aquarium requires just four gallons of water, making it ideal for people with limited space. The tank is virtually self-cleaning, acrylic and comes with stylish tops and bottoms in four different colors, including pastel pink. Visit www.biorbusa.com.

- Crunchkins has released a line of pink and red Crunch Cards for Valentine's Day. The edible greeting cards are made from a flattened rawhide panel and printed with edible ink. They feature sentiments such as "Love and Licks" and "I Ruff You." Visit www.crunchkins.com.

- Pink and white Love EEEKs! cat toys from Fat Cat, Inc. are designed especially for the Valentine's Day holiday. The cat toys are the perfect size to toss and chase, and they've been packed with organic zoom-around-the-room catnip and a teensy little

rattle. Visit www.fatcatinc.com.

- Doggles Comfort Heart is a pink, heart-shaped pillow that is digitally enhanced to replicate a mother's heartbeat set on a 30-minute timer. The pillow is great for comforting new puppies or providing extra emotional support to adult dogs that might suffer from separation anxiety. The company also offers pink human-and-pet-matching sunglasses, hats and more. Visit www.Doggles.com.

- Park Avenue Paws (Paws Wholesale) has released an Engraved Sweetheart, a beautiful, fully customizable charm. Small and large hearts with red Swarovski crystals are ideal for Valentine's Day but many shapes and colored stones are available. Visit www.parkavepaws.com.

- Cain & Able Collection offers a line of Doggie Dental Products, entitled "Kiss-Able." They'll feature a toothbrush and an all-natural vanilla toothpaste just in time to make your dog lovable and kissable for Valentine's Day. Visit www.cainandablecollection.com.

- Pets may benefit from Love-Drops, the natural alternative for dogs and cats from Brewers Yeast Specialists. These premium, heart-shaped supplements are enriched with brewers yeast, omega-3 fatty acids, rose hips, garlic, antioxidants and zinc. Visit www.byslovedrops.com.

- Show your pet how much she is loved with a gift from Sherpa's Pink Passion collection. The line features carriers, collars, coats, frames and even a treat jar. Visit www.sherpapet.com.

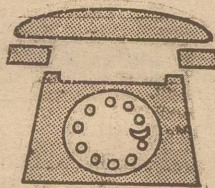
For more ideas, you can visit www.appma.org.

No man in the world has more courage than the man who can stop after eating one peanut.

—Channing Pollock

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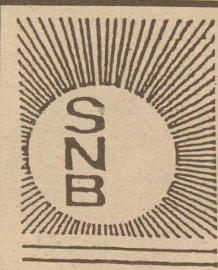


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International Cooking

Texas Grapefruit: A Well-Traveled Culinary Tradition

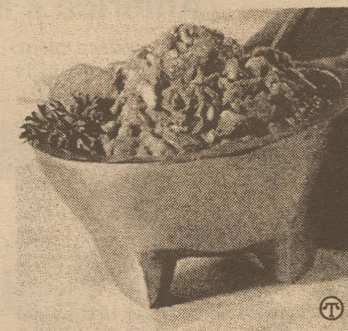
(NAPS)—A food that was once known as "the forbidden fruit" has become a staple at many tables.

Though first found in the 1750s, it wasn't until the 1800s that the grapefruit lost its risqué title of forbidden fruit. A Jamaican farmer called the fruit "grapefruit" for the grapelike clusters in which it grows on the tree. Shortly after, grapefruit made its way to the United States in the form of seeds brought by either Spanish or French settlers to Florida. Eventually, in the early 1800s, the first grapefruit seeds were brought to south Texas, most likely by visiting Spanish missionaries.

Almost every spring since then, the air of the Texas Rio Grande Valley has been filled with the sweet and lingering scent of citrus blossoms. Among the palm-tree-lined groves stretching for miles across the Valley exists a sweet slice of culinary cuisine that has been passed down from generation to generation.

Today, this tradition is being shared around the world. Last season, Texas shippers exported more than 23 million pounds of grapefruit to such countries as Australia, Belgium and Japan, to name a few. No matter what country they are in, chefs and home cooks alike use Texas Rio Star Grapefruit to add a sweet, tangy twist to everyday meals and desserts. For instance:

In Asia, grapefruit is served as a decadent dessert topped with a rich ginger syrup. Some Scandinavian countries, such as Sweden, add snow peas, grapefruit and scallops to their casseroles before covering them with melted raclette cheese. For a tasty salad, Australians mix crisp watercress, cilantro and fennel with grapefruit sections and olive oil.



Citrus Guacamole can be a tangy and unexpected crowd pleaser.

South Texas is known for its fusion of Mexican and American cuisines. By adding sweet Texas Rio Star Grapefruit to a traditional guacamole recipe, you can take a common Tex-Mex dish and call it all your own:

Texas Citrus Guacamole

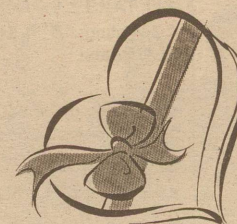
- 1 Texas Red Grapefruit
- 2 large ripe avocados
- 2-3 tablespoons minced purple onion
- 2 tablespoons sour cream
- ¼ teaspoon garlic powder (add more to flavor)
- ¼ teaspoon salt

Peel and section grapefruit, reserving 2 tablespoons of juice. Measure 1 cup sections; cut into bite-size pieces and set aside. Peel avocados; mash with a fork until somewhat smooth, leaving some small chunks. Add the remaining ingredients and stir well. Gently fold in grapefruit juice and sections. Serve immediately or cover and chill until serving time. Yield: about 3 cups.

For more recipes, visit www.texasweet.com.

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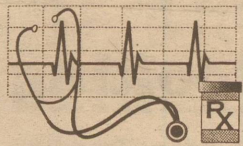
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Health And Well-Being

America's Moms Not Getting Enough Sleep

(NAPS)—Today's modern mom, who often balances work, family life and household responsibilities, does not get enough sleep—a potentially chronic problem that can take a toll on the whole family. Results from a new survey reveal that only 14 percent of moms get a good night's sleep every day of the week and more than half say they would be better parents and be happier if they got more shut-eye.

Moms are the family CEO, which means they are "on call" 24 hours a day and juggle a variety of tasks. More than just lacking the time to get a good night's sleep, many mothers find themselves lying awake at night thinking about the next day's "to dos," stressing about the family's finances or worrying about family issues. For those who consistently



Debi Mazar, insomnia sufferer and series regular on the HBO hit "Entourage."

cannot fall asleep or remain asleep, it could be insomnia. "As a working mother, I need to

get a million things done in a day. When I get into bed at night, I'm often kept awake because my mind is so busy thinking about my next-day 'to dos,'" said Debi Mazar, an insomnia sufferer for almost 20 years and series regular on the HBO hit "Entourage." "As I struggle to fall asleep, I become more agitated because I know I'll be suffering the next day."

In an effort to help other moms struggling with insomnia, Mazar has teamed up with sleep specialist Suzanne Griffin, M.D., FAPA, Clinical Psychiatrist, of Georgetown University Hospital, to lead the "Sleepless Moms" campaign. The campaign's goal is to let sleepless parents know that they are not alone and to provide useful information about sleep hygiene and educational resources on insomnia and its treatments.

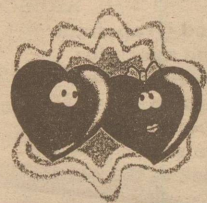
Many moms do not get the recommended eight hours of sleep per night. In a survey, 71 percent of mothers reported getting an average of seven or fewer hours daily. Although sleep problems are common among mothers, many are reluctant to seek treatment. In fact, four out of five have never spoken to their doctor about their sleep problems, and 82 percent have never considered using a prescription sleep medication.

"Consistently not getting enough sleep and lying awake at night worrying about day-to-day challenges could be more than just sleep deprivation—it could be a sign of insomnia," said Dr. Griffin. "Many parents are afraid to take sleep medications because they feel they will become addicted and/or they want to be alert should their children need them in the middle of the night. Sleepless parents should talk to their doctor to find a treatment option that is right for them."

As part of the "Sleepless Moms" campaign, Mazar and Griffin are encouraging parents to speak to their health care providers about their sleep problems and are providing helpful SLEEP tips:

- Stick to a sleep schedule. Go to bed and wake up at the same time each day, including weekends.
- Lifestyle changes help. Avoid alcohol and foods and drinks high in caffeine late in the afternoon and before bedtime.
- Establish a relaxing bedtime routine to help you wind down from your day before you get into bed (e.g., take a warm bath).
- Environment is key. Create a sleep environment that is cool, quiet, dark and comfortable.
- Prioritize your day. Avoid bringing work and responsibilities to bed.

For more information about the campaign and to get a copy of a free e-brochure, visit www.sleeplessmoms.com.



February 2007

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 Loraine BB There GbB 5:00 HOLIDAY SAT Registration Deadline for March 10 th Test	3 Idalou UIL Invitational meet-all events except CX
4	5 Highland JH BB Here 6:00 District 9-A CX Debate Tournament @ Highland	6 Highland BB Here GbB 5:00	7 Local Spelling Bee 10:30 a.m. (Grades 3 rd - 8 th)	8	9 San Antonio Stock Show TFA Speech & Debate Meet @ Midland Lee	10 Abilene Wylie Valentine Classic UIL Meet-all events ACT Test (Must have pre-registered) San Antonio Stock Show TFA Speech & Debate Meet @ Midland Lee
11	12	13	14	15	16 End of 4 th Six Weeks Softball @ Hamlin 5:00 San Antonio Stock Show San Angelo Stock Show	17 Post HS UIL Invitational Meet-all events; possible CX National FFA Week San Angelo Stock Show
18	19 Beginning of 5 th Six Weeks Baseball - Morton @ WTC Snyder 4:00 Softball @ Post (JV) 4:30 National FFA Week San Angelo Stock Show	20 TAKS 3,5,9 Reading; 4,7 Writing; 10,11 ELA; Exit ELA Retest 4-H Clothing Project 3:45-5:30 @ Home Economics National FFA Week San Angelo Stock Show	21 National FFA Week San Angelo Stock Show	22 TAKS Exit Science Retest; Make-up 10 th ELA JH Track @ Klondike Snyder Baseball Tourney 4-H Clothing Project 3:45-5:30 @ Home Economics JH Track @ Klondike National FFA Week San Angelo Stock Show	23 Snyder Baseball Tourney Midland College Journalism Meet SPECHEA Tennis - SPC, Levelland National FFA Week San Angelo Stock Show	24 Snyder Baseball Tourney CDE San Angelo National FFA Week San Angelo Stock Show
25 San Angelo Stock Show	26 OAP Festival @ WTC, Snyder	27 Cool Clovers Meeting @ Show Barn 3:45-4:45 JV Baseball @ Greenwood	28 JH/HS 4-H Meeting @ Conference Room 12:35-1:05 Leave after school for TFA State CX Debate, Carrollton, Texas			