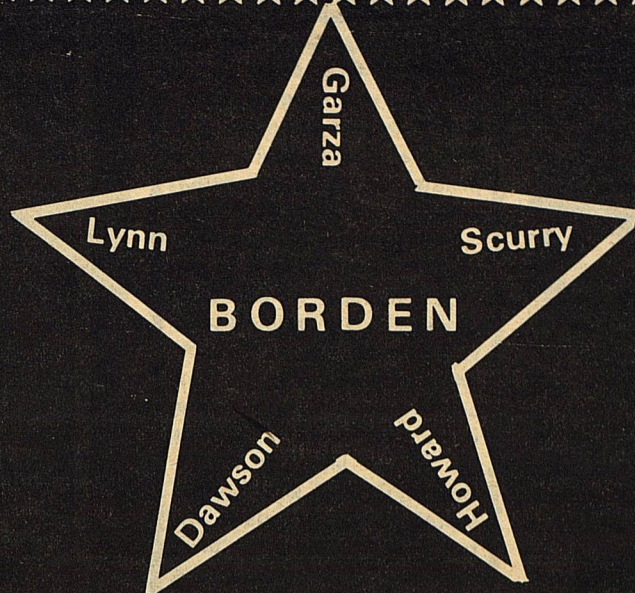


THE

Volume XI No. 45



STAR

July 13, 1983

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



Mr. and Mrs. Mark Mueller

Couple United in Garden Rites

Galyla Ann Newton of Gail became the bride of Mark Wayne Mueller of Snyder at 3 p.m. on June 19 in the garden at the home of the groom's mother. Buck Hatfield, pastor of Faith Baptist Church, officiated the double ring ceremony.

Parents of the bride are Doyle and Shirley Newton of Gail. The groom's parents are Pat Moffett and L.J. Mueller of Snyder.

The couple exchanged vows before an archway decorated with ivy and blue daisies placed before a large

tree covered with English ivy.

Guests were seated by Cody Newton of Gail to musical selections presented by Carla Jones of Abilene. She strolled among them as she played the guitar and sang "With You," "Amarillo by Morning," and "Could I Have This Dance for the Rest of My Life".

The bride wore a white prairie dress by Krazy Kat with colored embroidery on the yoke and hem. Silk blue and white daisies with small blue daisy streamers and white baby's breath adorned her hair. Her wine kangaroo boots were made by Rio of Mercedes. She carried pennies minted in the year of their birth.

Her bouquet was frenched blue and white carnations, blue daisies, and baby's breath with English ivy streamers.

The groom wore Wranglers and an Oxford cloth western shirt embroidered with his initials by Stetson, a blue and white neckerchief, and a daisy boutonniere.

Marsha Burrus was maid of honor. She wore a denim skirt and blue oxford cloth shirt with white collar and cuffs.

Best man was Steve Hildbrand of Sweetwater. He wore Wranglers, a blue western shirt and a daisy boutonniere.

at the reception which followed in the garden the table was centered with an arrangement of blue carnations, baby's breath and leatherleaf fern. The two-tiered white cake was decorated with white miniature carnations, blue daisies and baby's breath. The bottom tier was surrounded with blue daisies and greenery. Presiding were Talley Griffin of Gail and Jana Edwards of Abilene.

cont. to pg. 3



Mrs. Travis Rinehart
Nee...Tami Jeffrey

Jeffrey, Rinehart Exchange Vows

Tami Sue Jeffrey and Travis Edward Rinehart of Gail were married Friday in a ceremony read by the Rev. Rick McMinn at The First Baptist Church in McCaulley.

Given in marriage by her father, the bride is the daughter of Mr. and Mrs. Jackie T. Jeffrey. Mr. and Mrs. Edward Rinehart of Gail are the bridegroom's parents.

Tana Mauldin of Sylvester was the bride's honor attendant. Bridesmaids were Jana Jennings of Roby, Tammy Guy of Breckenridge and Misti

Goza of Anson.

Flower girl was Amy Jeffrey and Curtis Rinehart of Gail was ring bearer.

Candles were lighted by Chet Lafler and Lori Jeffrey, sister of the bride.

Craig Murdock of Jayton was best man. Groomsmen were Jym Rinehart of Gail and Eurdist Rinehart of Abilene, brothers of the bridegroom, and Bill May of Gail.

Guests were seated by James Jeffrey and Darren Jeffrey.

Parents of the bride hosted the reception in the con t. to pg. 3



Mrs. T.L. Griffin, Mrs. Joe Lopour, Marianne Brown, The honoree, Gay Longacre, Mrs. Jody Billah, Mrs. R.A. Brown, Jerome and Tasha

Talley Griffin Honored with Bridal Shower

A bridal shower honoring Talley Griffin, bride-elect of Bob A. Brown was held on Thursday evening, July 7 in the Borden County School Conference room.

Parents of the couple are Mr. and Mrs. T.L. Griffin, II of Borden County, and Mr. and Mrs. Rob A. Brown, Sr. of Throckmorton, Texas.

Cake, punch, coffee, nuts and mints were served from tables decorated with silver and crystal appointments

carrying out the brides chosen colors.

Hosting the occasion were Jacquelyn Wills, Dewey Faye Miller, Karen Key, Comelle Williams, Shirley Newton, Becky Miller, Nancy Edwards, Ann McLeroy, Shirley McMeans, Beverly Copeland, Tana May, Dolores Wolf, Mary Jon Phinizy, Gayla Mueller, and Netta Jarrett.

The couple plan an August 27 wedding in Lubbock.

CLASSIFIED

RANCH---Outstanding working ranch comes with half of owners oil and mineral interest - oil production already on ranch and surrounding properties. 1,919 deeded acres, mostly pasture land, all fenced and cross-fenced. 11 tanks, all stocked. 7 wells with 5 windmills, pump, rural water line. Roping arena, 5 sets of corrals and working pens. 1,759 acres coming up for oil lease in Sept. Barns, tractor shed, fuel storage, bunk house, and tackroom. Beautiful brick home, 3 bedrooms, 2 baths, living room and fireplace, fenced backyard, covered patio.

THANK YOU

We want to thank everyone who came to our aid July 2 when fire broke out on 2 places on our ranch.

To the Fluvanna Fire Department and for the use of the county equipment and to each individual who gave so generously of his time and effort, we are most appreciative.

Dorothy & Bert Dennis
Joel Dennis



Mrs. Terry E. Hayes, Terri Jo, Mark, Mrs. Bob Dyess

Hayes and Walker Honored with Miscellaneous Shower

The Plains Community Center was the scene of a miscellaneous shower honoring Teri Jo Hayes and Mark Walker on Friday, July 8. The couple plan to be married on July 23 at Roosevelt.

The informal gathering was well attended by families and friends wishing the very best for the couple.

The serving table was covered with a wide array of foods including punch, desserts, sandwiches, and chips. The unique centerpiece was a wicker

basket filled with kitchen utensils atop place mats.

Special guests were Mr. and Mrs. Bob Dyess, Mrs. Lela Porter, and Mr. and Mrs. Terry E. Hayes.

Hostesses for this special occasion were as follows: Donelle Hensley, Jo Hensley, Carol Lewis, Marilyn McPhaul, Waldeen Martin, Sue Smith, Willie Burrus, Jeana Love, Ann McLeroy, Melba Rinehart, Netta Jarrett, Betty Beaver, Shirley McMeans, Mary Lynn Williams, and Wanda Smith.



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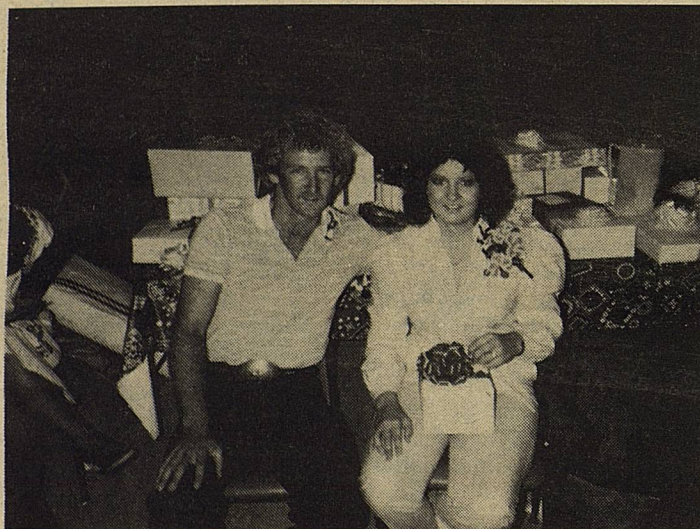
Editor:
Barbara Anderson

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Travis and Tami Rinehart

Patio Party Honoring Mr. and Mrs. Travis Rinehart

Mr. and Mrs. Travis Rinehart were honored with a miscellaneous shower on Monday, July 11 on the patio at the Borden County School.

Mrs. Rinehart is the former Tami Jeffrey, daughter of Mr. and Mrs. Jackie T. Jeffrey of McCaulley, Texas. Travis is the son of Mr. and Mrs. Ed Rinehart of Gail.

A western theme was carried throughout the patio area with red bandanas, lanterns and candles everywhere. The serving tables were literally covered with sandwiches, fruits, chips, dips and all kinds of delicious desserts.

Friends mingled, visited and enjoyed a good evening of fellowship while Travis and Tami opened the many beautiful gifts given to honor them.

Hosting this festive occasion were: Tana May, Marge Toombs, Shirley McMeans, Ann McLeroy, Netta Jarrett, Jane Ridenour, Carolyn Stone, Dorothy Browne, Joyce Herridge, Wanda Smith, Barbara Farmer, Betty Beaver, Dewey Faye Miller, Janet Floyd, Doris Steadman, Beverly Copeland, Frances Burkett, Cookie Dyess, Pat Murphy and Comelle Williams.

LOCAL NEWS

Mr. Norval Cunningham came home Monday after his stay in the hospital in Lubbock.

Mr. Arvil Brewer was released from the Lubbock hospital Friday. He is staying with his daughter, Sarah Sharp, until he regains his strength. He had double by-pass surgery.

Preston Sharp, father of Buddy Sharp is in the Snyder hospital.

Mrs. R.C. Vaughn is in West Texas Hospital in Lubbock. Sunday she was taken out of intensive care a.

Joe and Sybil Gilmore have gotten back from their trip to Paris and Eden, Texas. They visited with Hubert Walker and Bo and Whiz Creighton in Paris and with Carl Baker, a trapper friend, in Eden. They reported having a very nice time.

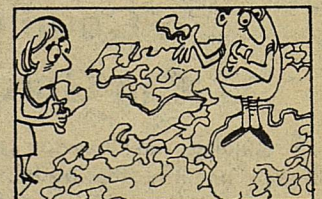
Buster and Jean Taylor spent a week at Fun Valley, Colorado. The weather was nice as it did not rain and the nights were a cool 40 degrees and the days were nice, as it was about 70 degrees.

Mr. and Mrs. Vernon Creighton and Corkey and Snooks Ogden visited in Raton, New Mexico over the July 4th weekend with their daughter and sister June Durham. While there, they also attended the races.

Kay Copeland just returned from a trip to San Diego, California. While visiting her brother, Frank, Kay enjoyed a trip to Mexico, many fun days at the coast, and very exciting nights dining at some very elegant restaurants.

Notice

The dishes have been brought to the Courthouse from the Vaughn home and from the dinner for the Vaughn Family. Come by the Courthouse and pick them up.



The largest jigsaw puzzle in the world measured 15 feet by ten feet and it contained over 10,000 pieces.

cont. from pg. 1

Becky Miller of Fluvanna registered guests at a round table covered with a white cloth. It held a wicker tray of small bandanas filled with rice.

All floral arrangements were designed by Marsha Burrus.

Following a wedding trip to San Angelo the couple will live in Snyder.

The bride is a graduate of Gail High School and Western Texas College. The groom graduated from Snyder High School and attended Western Texas College. Both were on the rodeo team at WTC and will continue to rodeo. The groom is employed on the Sonny Harrell Ranch.

Out of town guests were from Stamford, Abilene, Gail, Sweetwater, Jayton, and Ruidoso, N.M.

SALE OF EQUIPMENT

The Borden County Commissioners' Court will accept bids on one used Tashiba Fax BD-32 copier at 10:00 A.M., July 25, 1983.

Bids are to be submitted to the County Judges Office, Box 156, Gail, Texas 79738.

The Commissioners' Court reserves the right to reject any or all bids.

For further information contact the County Judge's Office, 915-856-4391.

BY ORDER OF THE BORDEN COUNTY COMMISSIONERS' COURT

S Van York

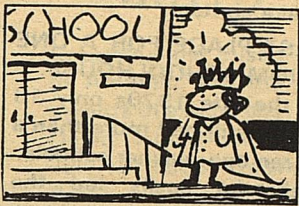
"Life is too short to be small." Benjamin Disraeli

cont. from pg. 1

church. The bridegroom's parents were hosts for the rehearsal dinner.

The bride graduated from Roby High School and attended Texas Tech University and the bridegroom graduated from Borden High School. Both are students at Western Texas College.

After a wedding trip to Ruidoso, N.M., the couple plan to live in McCaulley.



As a child, England's Queen Victoria was nicknamed 'Drina.'

Area Cowboys Successful at Stamford Rodeo

The Texas Cowboy Reunion held in Stamford, Texas on the July 4th weekend, was a successful rodeo for many area cowboys.

Phil Longacre (husband of former Gay Griffin) won the Tie Down Calf Roping saddle. He won the first go with a time of 9.43 and won the average on three calves with a 30.72. Phil and Gay are now living in Mounds, Oklahoma.

Guy Miller of Lamesa won second place in average with a 33.0 plus.

Third place went to Tommy Guin of Tahoka.

Perry Smith of Gail also did very well that weekend. He placed third in the second go around in calf roping.

Jess Everett of Snyder won second in average in the 55 and older calf roping.



Angela Evans, d'Arcey Lemons, M'Lys Lloyd, A'Lise Lloyd, Tammy Voss, D'Lyn Lloyd and Kandy Belew

4-H MOCK-HORSE SHOWS TO BEGIN

Buckles to be given

Once again, the Borden County 4-H Horse Program will be holding their three summer mock-horse shows.

The dates are July 19, August 2, and August 16, 1983. Each show will start at 7:00 p.m. sharp in the Gail arena. The last mock-horse show will be in conjunction with, and points will be kept separate from the Annual Borden County closed horse show.

The Texas 4-H Rule Book will be used and can be obtained from the county agent's office. The entry fee will be \$1.00 per class. There will be six classes. They are: Showmanship, Western Pleasure, Western Riding, Barrel Racing, Pole Bending and Flag Racing. The age groups will be: Pee-wee - under 9; Junior - 9-13; Senior - 14-19. All ages will be as of January 1, 1983. Those eligible will be those attending Borden County Schools and/or living within Borden County boundaries.

Points will be kept on a

rider basis only. Contestants must compete in at least 2 of the 3 mock-horse shows to be eligible for any end-of-summer award. To provide incentive to enter all six events, one point will be given for each event entered, regardless of placing, and in each class, all contestants will be placed. If 15 contestants are entered in a class, 1st place will receive 15 points, and points will graduate down so that last place earns one point.

4-H'ers will be working towards the end-of-summer awards, so no awards will be given at each mock-horse show.

These end-of-summer awards will be given: High-point for each class of each age group (trophies); High-point Performance Events for each age group (trophies or wall plaques); High-point Timed Events for each age group (trophies or wall plaques); and BELT BUCKLES will be given for

High-point for each age group.

The buckles are very nice. They have been ordered from Montana Silversmiths in Columbus, Montana.

cont. pg. 5



Carla Jones

Jones Makes Dean's List

Carla Ann Jones, the daughter of Mr. and Mrs. Don A. Jones of Fluvanna, is among 575 students listed on the spring 1983 Dean's Honor Roll at Abilene Christian University.

To be listed on the Dean's Honor Roll, a student must be enrolled for at least 12 semester hours for a grade and earn a 3.5 grade point average or higher.

ACU is the fourth largest private university in Texas and the largest nationwide of those affiliated with the Churches of Christ. Enrollment in the four undergraduate colleges and the graduate school averages more than 4,500 each fall.

BORDEN COUNTY 4-H FASHION REVUE

Kandy Belew, Tammy Voss, A'Lise Lloyd and Angela Evans will represent Borden County at the District Fashion Show in Lubbock on August 5, 1983. They won this right by winning their respective categories at the Borden County 4-H Fashion Revue held July 7, 1983 at the Exhibit Building in Gail.

Tammy Voss received a special award for being the best model at the revue.

The following 4-H'ers participated in the fashion revue--Kandy Belew, daytime tailored, blue award; D'Lyn Lloyd, active sportswear, blue award; Tammy Voss, active sportswear, blue award; A'Lise Lloyd, daytime non-tailored, blue award; M'Lys Lloyd, daytime non-tailored, blue award; d'Arcey Lemons, daytime non-tailored, blue award; and Angela Evans, evening and specialty wear, blue award.

After the judging was completed, the girls modeled their garments for nineteen curious onlookers.

The stage was decorated in a birthday motif in celebration of the 75th Anniversary of 4-H in Texas. Trina Lemons read an imaginative script as each girl modeled her

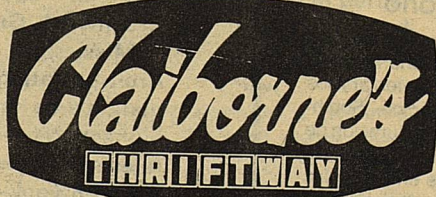
garment for the audience.

The following adult leaders are greatly appreciated for the outstanding job they did in preparing the youngsters for the fashion revue and for the wonderful decorations and refreshments -- Trina Lemons, Sandra Evans, Barbara Townsend and Connie Voss. These women would like to thank Randy Upshaw for helping them move the stage into the Exhibit Building.

The judges for the revue were Peggy Robertson, Dawson County Agent; Kathy Roberts, Scurry County Agent; and Tamara Overcast, Gaines County Agent. Thanks to them for a job well done.



Though it has an area of more than one million square miles, less than 100 square miles of the Antarctic continent is free from a permanent blanket of ice.



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BORDEN COUNTY: Best Place for a Church Organist

In the March issue of the American Way magazine, an article was written by James Meyers entitled "American Trivia: Best and Worst". In this article, Mr. Meyers told about the best and worst places for different things throughout the world. Somehow Borden County, Texas was picked as the best place for a church organist. The article read:

BEST PLACE FOR A CLOSE ENCOUNTER:
The Center for UFO Studies defines a "close encounter"

as the sighting of an unidentified flying object within 500 feet of the observer. In one recent year, California led the nation in both total UFO reports (3,126) and close encounters (403). But New Hampshire had the most close encounters per person.

An "entity" report refers to the actual sighting of an extraterrestrial being. More than 700 entity reports were recorded in a recent year, with Pennsylvania's 73 leading the way. And a "contact" report indicated

intelligent communication between entity and earthling. About 200 such chats are reported each year, with the greatest number in California.

The least likely place to meet E.T. is Delaware, which reported only 79 sightings, 10 close encounters, and one entity. That entity did not choose to make contact.

BEST PLACE FOR A ONE ROOM SCHOOLHOUSE:
In the late 1970s only 13 states still had more than a dozen one-teacher schools. Nebraska easily led the

nation with 484. **BEST PLACE FOR A CHURCH ORGANIST:**
A survey in the 1970s found that Borden County, Texas, had 232 church members for every 100 residents. Eight other counties in Texas also reported church membership equal to more than 110 percent of the total population, due to worshippers from neighboring counties.

Employment prospects for organists, clergy, and choirmasters were dimmest in Alpine County, California, and Loving County, Texas,

the only counties in America without a single church.

BEST PLACE FOR A GAS MASK:
Suspended particulates are particles of smoke, dust, and other pollutants in the air. Over a recent three-year period, the highest level of particulate pollution was found in the air of Riverside-San Bernardino, California.

But gas masks designed for particular pollutants might be a good idea. Over the same period, the Albany-Schenectady region of New York had the highest level of sulfur-dioxide pollution among large urban areas in the United States, yet it ranked near the bottom of the list in carbon-monoxide pollution. Portland, Oregon, reported the fourth-highest level of carbon-monoxide pollution but was 48th in suspended particulates. And among 30 large metropolitan areas, the lowest level of sulfur-dioxide pollution was found in -- yes -- Riverside-San Bernardino. **BEST PLACE FOR A STATE LEGISLATOR:**

New Hampshire offers the most opportunities for a place in the legislature. The Granite State's 424-member legislature includes one representative for every 2,000 citizens -- and meets but once every two years. Employment in a state capital is hardest to come by in Nebraska, where just 49 representatives sit in the nation's only unicameral legislature.

But if money is more important than opportunity, avoid New Hampshire. Legislators there receive \$200 a year for their public service, the lowest legislative pay in the nation. California is most generous to its elected officials, paying state legislators more than \$60,000 a year in salary and expenses.

BEST PLACE FOR A SOAP OPERA ADDICT:
If you miss the latest episode of your favorite soap, it shouldn't be hard to find an update in the Greenwook-Greenville area of Mississippi. In one 1982 Arbitron-ratings period, this market area had the nation's highest level of daytime television viewing.

Greenwook-Greenville also ranked first in overall TV viewing, nosing out the Mobile-Pensacola area. **WORST PLACE FOR A CONVERTIBLE:**

There's no point making it easier for car thieves in Massachusetts, which already has the nation's

cont. to pg. 8

Public Notice

Southwestern Bell, in accordance with the rules of the Public Utility Commission of Texas, hereby gives notice of the company's intent to implement a new schedule of telephone rates in Texas, effective August 1, 1983, unless otherwise determined by the Commission.

A complete copy of the new rate schedule is on file with the Texas Public Utility Commission (PUC) at Austin, Texas, and with each affected municipality served by Southwestern Bell, and is available for inspection in each of the company's public business offices in Texas. The Commission staff has contended in the past that all rates are subject to change as a result of Southwestern Bell's rate application.

As a result of the settlement of a lawsuit brought by the U.S. Department of Justice against AT&T, Southwestern Bell, on January 1, 1984, (or as otherwise ordered by the United States District Court) will no longer be a part of the Bell System, but will be owned by public shareholders. Under the terms of the settlement, Southwestern Bell has identified 15 areas in the state within which it may provide service, and the federal court with jurisdiction of the settlement has tentatively approved these areas, called LATAs (Local Access and Transport Area). On or about January 1, 1984, Southwestern Bell can not provide service between these LATAs, and in addition, must transfer to AT&T customer premises equipment that it leases to customers.

Southwestern Bell has filed a proposed revised rate schedule with the PUC reflecting these changes. These rates would become effective August 1, 1983, if they are not suspended by the PUC; however, it is expected that they will be suspended and that the rates ultimately set by the PUC will become effective on or about January 1, 1984. If the rates were to become effective as filed, they would produce a 48.2% increase in Southwestern Bell's unadjusted test year revenues (or a 76.36% increase in Southwestern Bell's test year revenues adjusted to reflect the effect of Southwestern Bell's divestiture from AT&T). Any change in the rates for any interLATA services offered by AT&T or a subsidiary after January 1, 1984, could affect customers of Southwestern Bell Telephone Company.

Notice to Customers of Other Telephone Companies

While Southwestern Bell has proposed no increase in rates for intraLATA interexchange toll services, any change in those rates could also affect customers of other telephone companies. Southwestern Bell is proposing changes in the structure of the present private line and foreign exchange services. Changes in these rates may affect customers of other telephone companies. Any change in the rates for any interLATA services offered by AT&T or a subsidiary after January 1, 1984, could affect customers of other telephone companies.

Aviso Público

Southwestern Bell, en conformidad a las reglas del Public Utility Commission (Comisión de Servicios Públicos) de Texas, por la presente hace saber su intención de establecer un nuevo arancel de tarifas para servicio de teléfono en Texas, con vigencia a partir del 1o de agosto de 1983, a menos que la Comisión haga otra determinación.

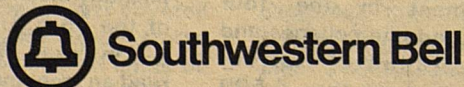
Una copia completa del nuevo arancel de tarifas se ha archivado en las oficinas del Public Utility Commission (PUC, ó Comisión de Servicios Públicos) de Texas en Austin, Texas, al igual que en cada municipalidad afectada y que es servida por Southwestern Bell, y dicho arancel está disponible para inspección pública en todas las oficinas de Southwestern Bell en Texas. En el pasado, la Comisión ha sostenido que toda tarifa está sujeta a cambios cada vez que Southwestern Bell solicite un cambio en dichas tarifas.

Como resultado del arreglo judicial al cual se llegó tras el proceso legal entablado en contra de AT&T por el U.S. Department of Justice (Departamento de Justicia), Southwestern Bell dejará de formar parte del Bell System (Sistema Bell) a partir del 1o de enero de 1984 (ó en la fecha que disponga el United States District Court — Tribunal Federal de Distrito), y llegará a ser posesión de accionistas públicos. Bajo las condiciones de dicho arreglo, Southwestern Bell ha identificado 15 regiones dentro del Estado de Texas en las cuales puede proporcionar servicio, y el tribunal federal con jurisdicción en el arreglo ha dado su aprobación provisoria a éstas regiones, que se denominan "LATAs" (Local Access and Transport Area, ó Regiones Locales de Acceso y Transporte). A partir de fecha 1o de enero de 1984 aproximadamente, Southwestern Bell no podrá proporcionar servicio entre dichas LATAs, y además deberá ceder a AT&T todo equipo ubicado en premisas de clientes y alquilado a los mismos.

Estos cambios se han incluido en el propuesto arancel de tarifas de servicio revisado que Southwestern Bell ha archivado con la PUC. Dichas tarifas tendrían vigencia a partir del 1o de agosto de 1983, a menos que fueran suspendidas por la PUC; sin embargo, se espera que sí sean suspendidas, y que las tarifas que en último caso establezca la PUC entrarán en vigor a partir de fecha 1o de enero de 1984 aproximadamente. Si las tarifas entrarán en vigor tal y como se han archivadas, aumentarían en un 48.2% los ingresos no-ajustados de Southwestern Bell para año de prueba (unadjusted test year revenues), ó sea un aumento de 76.36% en los ingresos de Southwestern Bell para año de prueba, ajustados para reflejar el efecto del desposeimiento entre Southwestern Bell y AT&T. Cualquier cambio en las tarifas para cualquier servicio tipo-interLATA que proporcione AT&T ó una compañía subsidiaria después del 1o de enero de 1984 podría afectar a los clientes de Southwestern Bell Telephone Company.

Aviso a los Clientes de Otras Compañías de Teléfono

Aunque Southwestern Bell no ha propuesto un aumento en las tarifas para servicios tipo "intraLATA interexchange toll", cualquier cambio en dichas tarifas también podría afectar a los clientes de otras compañías de servicio telefónico. Southwestern Bell está proponiendo cambios en la estructuración de los servicios actuales de línea privada (private line) y de intercambio extranjero (foreign exchange). Cambios en las tarifas para dichos servicios podrían afectar a los clientes de otras compañías de servicio telefónico. Cualquier cambio en las tarifas para cualquier servicio tipo-interLATA que proporcione AT&T ó una compañía subsidiaria después del 1o de enero de 1984 podría afectar a los clientes de otras compañías de servicio telefónico.



THE KANDYLAND EXPRESS

HYPERTENSION IN CHILDREN

Hypertension, or high blood pressure, has long been recognized as a serious health threat to adults, but only recently has its occurrence in children been noted.

For years hypertension was thought to occur in children only as the secondary result of other diseases, such as heart disorders.

However, recent research reported by the Texas Department of Health stresses that primary hypertension, or high blood pressure with no obvious cause, is probably the most common type of hypertension in children as well as adults.

In the United States, 2.4 percent of children ages 3-15, 7.5 percent of adolescents ages 14-18, and 10-15 percent of adults

are estimated to have high blood pressure.

Hypertension is called a "silent disease" because signs and symptoms will become obvious only when the condition persists over a period of time.

The symptoms of hypertension in older children and adolescents usually include frequent headaches, dizziness and visual changes. Infants or young children may not even be recognized as having symptoms until complications such as unexplained seizures result.

The National Heart, Lung and Blood Institute now recommends that children three years of age and older should have their blood pressure measured annually.

Children diagnosed as a risk for developing hypertension, those on the borderline and those actually hypertensive should be

placed in a prevention program and monitored regularly by their physicians.

Long-term prevention and control programs include weight control, reduction of salt intake, regular exercise and elimination of smoking.

The important thing about routine blood pressure measurement in children is that it presents an opportunity to help change behavior and promote healthy lifestyles early in life that can help prevent problems in adulthood.

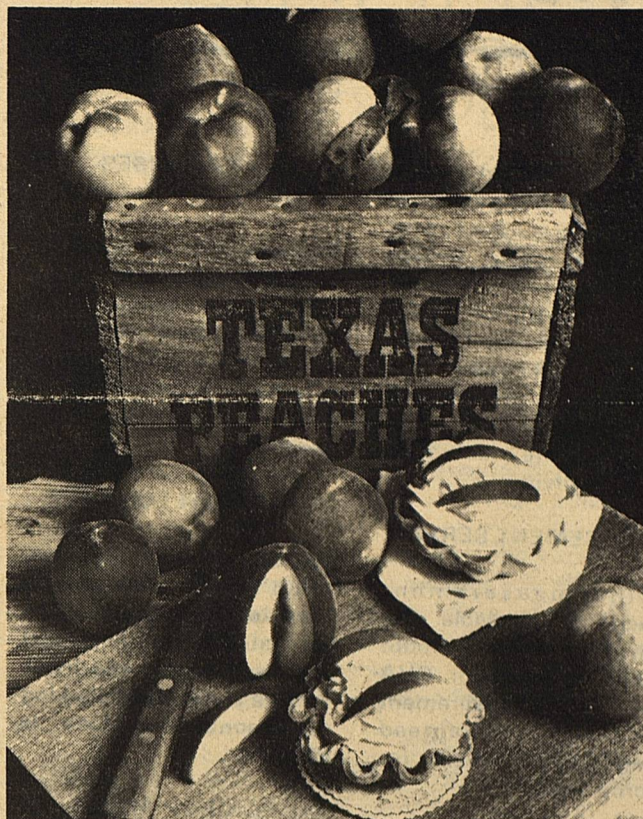
BIRTH

Creighton and Susan Taylor of Amarillo, are the proud parents of a baby boy. Ryan David was born Sunday, July 10, 1983. He weighed 7 lbs. 9 oz. The Grandparents are Mr. and Mrs. R.D. (Buster) Taylor, of Gail.



The Leaning Tower of Pisa has tipped an additional foot in the last century.

From the TAP Kitchen



SUMMER'S PEACHES-- Don't let the peach season slip by without putting some of the sweet, juicy fruit up for winter. And while you work in the kitchen, set a few peaches aside for a Peach 'N' Honey Shake, a recipe tested by the Texas Department of Agriculture.

PEACH 'N' HONEY SHAKE

- 1 C. crushed fresh peaches
- 1/4 C. honey
- 1/2 tsp. vanilla
- 1 1/2 C. milk
- 1 pt. peach ice cream
- Nutmeg or mint leaves

Combine peaches and honey in blender. Add vanilla, milk and ice cream. Blend until smooth. Serve in tall, chilled glasses. Garnish with mint or nutmeg. Serves 4.

Horse Show

con't. from pg. 3

They are 2 3/4" x 4", made of German Silver, have a horse and rider in the center and are engraved in the top ribbon "1983 BORDEN CO. 4-H" with bold, black easy-to-see letters. The winners of the buckles will be able to engrave their names on the bottom ribbon. When the buckles arrive, they will be able to be seen at the regular Tuesday night Playnights and at each mock-horse show.

These mock-horse shows are held primarily to help 4-H'ers gain experience in showing horses while enjoying a wholesome form of recreation. They are intended to develop leadership, initiative, self-reliance and sportsmanship which lead to recognition and accomplishment.

So, we encourage all

eligible 4-H'ers to come, participate, win and HAVE FUN!! Also come prepare yourself and your horse at our regular Tuesday night playnights held at 6:30 p.m. in the Gail arena.

Helping Your Doctor Keep You Alive

ALCOHOL AND YOU
Heavy drinking of alcoholic beverages can raise blood pressure.

High blood pressure is second only to smoking as a factor that increases your risk of heart disease.



Overweight drinkers should remember that beer and mixed drinks are high in calories.

To find out if you have high blood pressure, see your doctor.

This information comes from Smith Kline and French Laboratories, a leader in high blood pressure research and therapeutics.

PUBLIC NOTICE

At the request of the Office of the General Counsel of the Public Utility Commission, the Commission has established Docket No. 5113 to inquire into pressing issues involving the entire telephone industry in Texas. Docket No. 5113 will deal with many issues resulting from the impending divestiture of American Telephone and Telegraph Company and Southwestern Bell Telephone Company. Some of those issues include establishing the service areas of Southwestern Bell after divestiture and assessing the impact on other telephone companies in Texas of current settlement arrangements between Southwestern Bell and those companies. Additionally, Docket No. 5113 will deal with the issues arising from the Federal Communications Commission's Final Order in Docket 78-72 (the Access Charge Docket) as they impact all telephone companies. It is anticipated that Docket No. 5113 will be evidentiary in nature. RATES FOR SOUTHWESTERN BELL MAY BE DETERMINED BY THE COMMISSION IN OR AS A RESULT OF THIS PROCEEDING. Interested parties seeking further information or desiring to participate in Docket No. 5113 are advised to write to Rhonda Colbert Ryan, Secretary and Director of Hearings, Public Utility Commission of Texas, 7800 Shoal Creek Boulevard, Suite 400N, Austin, Texas 78757 or telephone the Public Utility Commission Consumer Affairs Division at (512) 458-0223 or 458-0227, or (512) 458-0221 TTY for the deaf.

AVISO PÚBLICO

A solicitud de la Oficina de Consejo Legal (Office of the General Counsel) de la Comisión de Servicios Públicos (Public Utility Commission), la Comisión ha establecido la Acta No. 5113 con el fin de investigar asuntos de importancia que incumben a todas las compañías de servicio de teléfono en el Estado de Texas. La Acta No. 5113 tratará con muchos asuntos que resulten del desposeimiento que está pendiente entre American Telephone and Telegraph Company y Southwestern Bell Telephone Company. Algunos de éstos asuntos incluyen el de establecer las áreas de servicio de Southwestern Bell despues del desposeimiento y el de tasar los efectos de los arreglos judiciales que están en vigor entre Southwestern Bell y otras compañías de servicio de teléfono en el Estado de Texas. Adicionalmente, la Acta No. 5113 tratará con los asuntos que surjan del Decreto Final (Final Order) de la Comisión Federal de Comunicaciones (Federal Communications Commission) en la Acta No. 78-72 (ó sea la Acta de Cobros por Acceso — Access Charge Docket) en cuanto al efecto que tengan en las actividades de todas otras compañías de servicio de teléfono. Se anticipa que la Acta No. 5113 será probatoria. PUEDE QUE LAS TARIFAS QUE COBRE SOUTHWESTERN BELL SEAN DETERMINADAS POR LA COMISIÓN EN Ó COMO RESULTADO DE ÉSTE PROCESO. A las partes interesadas que busquen más información, ó que deseén participar en la Acta No. 5113, se les aconseja comunicarse por escrito con la Sra. Rhonda Colbert Ryan, Secretaria y Directora de Vistas, Public Utility Commission of Texas, 7800 Shoal Creek Boulevard, Suite 400N, Austin, Texas 78757, ó llamar a la Consumer Affairs Division (División de Asuntos de Consumidores) de la Public Utility Commission al (512) 458-0223, ó 458-0227, ó (512) 458-0221 TTY para aquellos que padecen de la sordera.



Southwestern Bell

ASCS News

by Jerry Stone

COTTON AND SORGHUM CERTIFICATION

July 15 is the final date to report planted acreages of cotton, grain sorghum, corn and other spring seeded crops. Also, this is the final date to report CUA acreages. The report will be a field by field report and acreages must be accurately certified, so be sure and measure the acreages before certifying.

MEASUREMENT SERVICE

Again, measurement service is available for producers if you are in doubt of crop acreages or CUA acres. The measurement service is guaranteed acreage measurement for the crop year.

CONSERVING USE ACREAGE (CUA)

Producers participating in the PIK and Acreage Reduction Program are reminded that the CUA must be maintained, small grain cover (wheat) must have been destroyed, no crops can be harvested, weeds must be controlled, and no grazing during March 1 through August 31, (except persons grazing wheat out). Cover crops of sudans and sweet sorghums can be seeded on CUA and grazed beginning September 1 1983. (Hegari can not be used as a cover). Failure to maintain the CUA requirements can cause loss of program benefits and

possible liquidation charges.

USDA EXERCISES PIK OPTION

Farmers who do not have enough upland cotton under government loan to cover the amount they will receive under the payment-in-kind program will be required to obtain loans on their 1983 production.

1983 WHEAT LOANS

Wheat loans are available on 1983 wheat produced on participating farms. The loan rate is \$3.64 per bushel for no. 1 wheat and loans mature 9 months following the month the loan is disbursed.

FAILED CROP ACRES

Crops that fail due to natural disaster need to be certified and an ASCS-574 filed. There is no low yield or disaster payment program, however, the reports are necessary for history credit and deficiency payments.

PROVEN WHEAT YIELDS

Producers that wish to prove their wheat yield for 1984 will have to furnish production evidence for the 5-year base period (1979-1983) and:

(1) Production from each farm must be kept separate and supported by warehouse receipts, settlement sheets or scale tickets. These must show

the farm number, the year, name of buyer and disposition of the wheat.

(2) Farm stored wheat kept for seed or other use must be stored separate by farm and must be measured by the County Office at the producer's expense.

(3) Production records for all farms the producer has and interest must be filed.

LAST CALL!!!!!!

FRIDAY JULY 15, 1983

FINAL CERTIFICATION DATE

THINK

RAIN!!

!!!

CONTRACTORS' NOTICE

Sealed proposals for construction .215 miles of Modify Dr. Str.

At 0.8 Mi. W. of IH 20 &

At Coon Hollow Creek, 3.5 Mi. S. of US 180 on Highway No. FM 87 & FM 1054, covered by RS 1060(2) & BRS 3231 (5) in Howard & Borden County, will be received at the State Department of Highways and Public Transportation, Austin, until 9:00 a.m., July 19, 1983, and then publicly opened and read.

The State Department of Highways and Public Transportation, in accordance with the provisions of Title VI of the Civil Rights Act of 1964 (78 Stat. 252) and the Regulations of the U.S. Department of Transportation (15 C.F.R., Part 8), issued pursuant to such Act, hereby notifies all bidders that it will be awarded to the lowest responsible bidder without discrimination on the grounds of race, color or national origin, and further that it will affirmatively insure that in any contract entered into pursuant to this advertisement, minority business enterprises will be afforded full opportunity to submit bids in response to this invitation and will not be discriminated against on the grounds of race, color or national origin in consideration for an award. Plans and specifications including minimum wage rates as provided by Law are available for inspection at the office of Joe Smoot, Resident Engineer, Big Spring, Texas, and at the State Department of Highways and Public Transportation, Austin, Texas. Bidding proposals are to be requested from the Construction Division, D.C. Greer State Highway Building, 11th and Brazos Streets, Austin, Texas, 78701. Plans are available through commercial printers in Austin, Texas, at the expense of the bidder.

Usual rights reserved.

AGEISM IS MAIN PROBLEM FOR ELDERLY

The most serious problem facing elderly Americans today is "ageism," the prejudice society holds against older people, according to an article in the journal *Texas Medicine*.

"Think how often we remark on a 'cute' old woman or man and are amazed that they look, move, or get along as well as they do. Barring some debilitating illness, why

should they not?" Dr. Deborah V. Gross writes in the June issue of the *Texas Medical Association's* monthly journal.

She quotes author Alex Comfort in defining ageism as "the notion that people cease to be people, cease to be the same people, or become people of a distinct and inferior kind, by virtue of having lived a specified number of years."

"Like other prejudices," Gross writes, "ageism is founded on ignorance and maintained by stereotype. Such stereotypes are self-perpetuating since they are held by many elderly people themselves. The big difference between ageism and other forms of prejudice is that we all hope that we will become old."

Gross encourages physicians to examine their own feelings about aging since their views may be a primary factor in the "success or failure of the doctor-patient relationship.... If we wish to help out patients achieve a good old age, we need to ensure that we do not unconsciously perpetuate the cruel practices of ageism."

Gross, a recent graduate from The University of Texas Medical School at San Antonio, notes that the elderly are less often affected by acute illness than are younger people. When it does occur, however, acute illness causes more days of inactivity in older people. And chronic diseases, including relatively mild and non-disabling diseases, increases tenfold between ages 15 and 65.

"Still, less than 1 percent of people over 65 were limited in their ability to bathe, dress, feed

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PUBLIC NOTICE

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AGEISM

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themselves, or perform toilet functions," she continues in citing studies. "Although 86 percent of the elderly have one or more chronic health problems, 95 percent live in the community, and 81 percent get along without outside help."

Concerning a typical stereotype, she says, "Senile" is a word which has been abused and overused and probably should be struck from the language. When an old man forgets his hat, he is called 'senile.' When a young man does the same thing, he is called 'forgetful.'"

Another stereotype is that once retired, older persons are finally able to enjoy life fully without the pressures of day-to-day living. "This may be true for some people," Gross writes, "but many would prefer to continue what for them is productive, fulfilling work. Ageism denies them the right to choose."

She cites isolation, loss of freedom, decreased sense of personal worth, fear of the unknown, and specific biological and psychological changes as reasons for depression, anxiety, and frustration in the elderly.



The average 100 watt light bulb uses one kilowatt hour for every ten hours it's on.

The Confident Cook

Plan A Summer Picnic

Chilled bean salads are easy to prepare, delicious side dishes that are perfect for summer picnics. Start with Campbell's Pork & Beans and add fresh vegetables such as green pepper, onion and carrot.



Summer Bean Salad can be prepared hours ahead and chilled until ready to serve.

SUMMER BEAN SALAD

- 2 cans (16 ounces each) Campbell's Pork & Beans in Tomato Sauce
- 1 cup green pepper strips
- 1/2 cup sliced onion
- 1/2 cup sliced carrots
- 1/4 cup sliced radishes
- 1 tablespoon prepared Italian salad dressing

1. At least 2 hours before serving: In medium bowl, combine all ingredients except salad greens. Cover; refrigerate 2 to 4 hours.
2. To serve: Arrange on salad greens. Makes 5 cups or 8 servings.

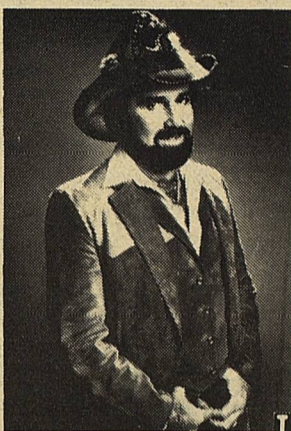
Amateur Songwriters: It's Time To Tune Up For Country Contest

If you've got a song in your heart just waiting to be heard, you can enter the 1983 Kentucky Fried Chicken National Country Music Songwriting Contest and try for your chance at fame and fortune.

Two national winners will get the opportunity of a lifetime—the recording of their songs by country great, Johnny Lee, on a special "45," which will be distributed to country music radio stations nationwide.

To enter, all you have to do is record your original country song on a cassette, no more than 3½ minutes long, and accompany it with a written version of the lyrics and a statement attesting to the song's originality and the composer's amateur status. Mail the cassette to Kentucky Fried Chicken National Country Music Songwriting Contest, P.O. Box 1014, Tinley Park, IL 60477. Entries must be postmarked by September 2 and will not be returned.

Songs will be judged on composition and uniqueness of expression by country



Johnny Lee

music professionals. The top ten winners will be notified by October 31.

In addition to the first-place award, Kentucky Fried Chicken will provide other prizes for local and national winners, including radios, portable TV sets, tape recorders and more.

Now in its seventh year, the contest has been instrumental in starting successful songwriting careers for many of its winners. The next one just might be you!

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WHY EXERCISE TO LOSE WEIGHT?

We seem to be a nation preoccupied with dieting and weight loss, yet so few people are able to lose pounds and keep them off. Exercise has been proven to be a primary factor in successful long-term weight loss. By decreasing daily calorie intake and increasing physical activity, many have been able to shed unwanted pounds and maintain ideal body weight.

If you diet and don't exercise, you'll lose fat and lean body mass—muscle and other essential tissues. But if you lose weight by a combination of diet and exercise, your weight loss will be fat only, and you'll have an increase in lean body mass.

Your increased metabolism caused by your exercise will continue for hours after you have stopped exercising and, therefore, you'll continue to burn fat above the amount which is predicted. For example, if you jog one mile, you'd probably burn about 125 calories, but you may actually burn an additional 25 calories in the hour following the run.

Burn Up Those Calories

Aerobic activities not only condition the heart and lungs, but also burn calories—the key to weight control. Consider the number of calories burned by a 150-pound person, when the following activities are performed for one hour. Also keep in mind that to lose one pound of fat, you must burn 3,500 calories!

Low Intensity Activity	calories burned	Moderate Intensity Activity	calories burned
eating	90	sex	300
sitting	90	tennis—	
sleeping	65	singles	425
typing-electric	105		
watching TV	80		
Mild Intensity Activity	calories burned	Moderate-High Intensity Activity	calories burned
bicycling (5½ mph)	245	handball	600
dancing—		downhill skiing	595
contemporary	250	touch football	600
preparing dinner	135		
lawn mowing—			
power mower	270		
shopping	165		
walking 2 mph	185		

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Borden County

cont. from pg. 4

highest motor-vehicle theft rate. In an average year, 1 in about every 45 automobiles changes hands illegally in the Bay State.

Not surprisingly, then, Boston has the highest auto-theft rate of any American city: roughly 1,350 thefts annually per 100,000 persons. The Massachusetts cities of Worcester, Fall River, and Brockton also rank high in automotive larceny.

Where is the safest place to park a car with its windows open? Bryan-College Station, Texas, suffers only 65 auto thefts per 100,000 persons. **BEST PLACE FOR AN "I LOVE CANADA" BUMPER STICKER:**

In 1846 the United States and Great Britain agreed on the 49th parallel of latitude as the boundary between

Canada and what would become the American Northwest. Unfortunately, this parallel cuts through a small peninsula extending into the Strait of Georgia, near Blaine, Washington. Point Roberts, a town on the southern part of the peninsula, is an American enclave connected to no other part of the United States. All roads and utility lines reach Point Roberts through Canadian territory.

Another piece of America joined only to our northern neighbor can be found in Lake of the Woods, Minnesota.

BEST PLACE FOR A HAM SANDWICH:

Iowa can claim the largest number of hogs and pigs of any American state: more than 14 million, about one-fourth of the national total. In fact, the Hawkeye

State isn't a bad place for a meal of any kind. Though only the 25th-largest state, Iowa is second in cattle population, ranks among the top three in corn, oats, and soybean production, and accounts for an estimated 10 percent of America's food supply.

The best place for a Thanksgiving dinner is Minnesota, which has a turkey population of more than 24 million. Chicken salad should be most plentiful in California and Georgia.

BEST PLACE FOR A MOONSHINER:

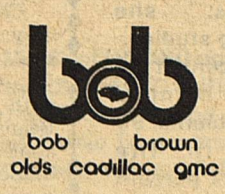
The most practical location for a purveyor of moonshine whiskey world seem to be Kentucky, where about 40 percent of the population lives in dry districts.

But Kentuckians either disdain homemade spirits or are extremely clever in concealing them. In a recent year, only 39 gallons of illegal whiskey were seized in the state by federal agents. That same year, 7,684 gallons were seized in Georgia.

Agents seized moonshine in 17 other states, including California, where the total haul was one gallon.

WORST PLACE FOR A LOCKED REST ROOM:

Nevada leads the land in per-capita beer consumption. The average Nevadan Drinks about 45 gallons of beer a year, 2½ times as much as the average Alabamian.



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