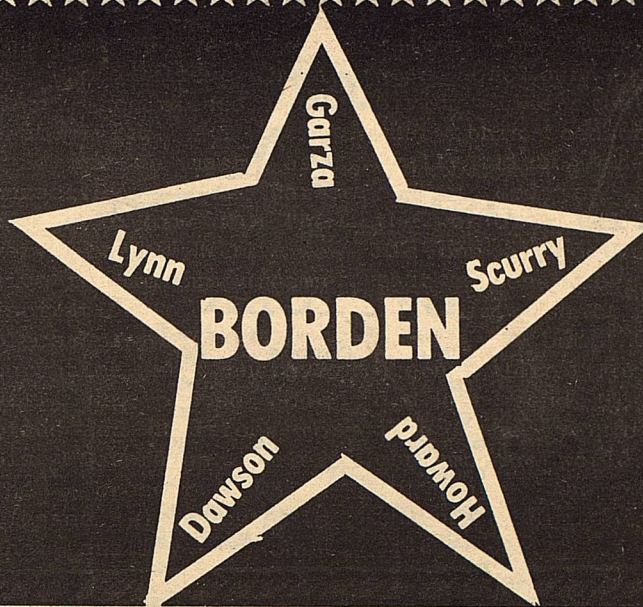


THE

VOLUMN XIV



STAR

DECEMBER 2, 1987

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

LOCAL RESIDENT AWARDED OYMA

The Board of Advisors for the Outstanding Young Men of America awards program announced today Don Martin Parks, of Fluvanna; has been selected for inclusion in the 1987 edition of OUTSTANDING YOUNG MEN OF AMERICA.

Now in its 25th year, the OYMA program is designed to honor and encourage exceptional young men between the ages of 21 and 36 who have distinguished themselves in many fields of endeavor, such as service to community, professional leadership, academic achievement, business advancement, cultural accomplishments, and civic and political participation. Achievements in these areas are the result of dedication, responsibility, and a drive for excellence - qualities which deserve to be recognized and remembered.

D.M., along with fellow Outstanding Young Men throughout North America, was selected after 150,000 nominations were received from political leaders, University and College officials, clergymen, business leaders, as well as from various civic groups and community organizations. Each young man will be represented by his

biographical entry in this prestigious annual awards publication.



D.M. PARKS

Our Board of Advisors and Editors salute all those honored as Outstanding Young Men of America. We take great pride in bringing their accomplishments to the attention of the American public.

TEXAS TAXES SUBSIDIZING OTHER STATES' PROGRAMS

Washington, D.C.---Texas Congressman Mickey Leland is leading an effort to get Texans their "fair share" of federal dollars for

health and human services. "The health and human services area is the largest category of federal aid," said Leland, "and according to the Tax Foundation, Texans pay more taxes and get fewer federal benefits per capita than any other state."

As an example, Leland cites a recent report by the Sunbelt Institute that shows that Texans pay \$1.59 in taxes for every \$1.00 that returns to the state in federal aid. This is in sharp contrast to the New England and mid-Atlantic states. For example, New York contributes only seventy-five cents to the federal coffers for every dollar of federal aid it receives. Among those supporting the passage of HR 3187 is Congressman Ron Coleman of El Paso who stated that "Texas tax dollars have been subsidizing the programs of other states long enough." HR 3187, would extend the authorization of appropriations for services currently funded under the Alcohol, Drug Abuse and Mental Health Block Grant and the Emergency Substance Abuse Treatment Services Act, both of which expired September 30, 1987.

HS 3187 also includes the "Fairness Formula," which would allocate funds according to population, need, and ability to pay. This reallocation would

significantly increase Texas' portion of federal funds and would reflect more closely Texas' population relative to other states.

Bob Dickson, Executive Director of the Texas Commission on Alcohol and Drug Abuse, reports that the proposed reallocation under HR 3187 would result in more substance abuse programs for Texans. "Our allocation would increase substantially,"

AAL LAUNCHES ANTI-DRUG ABUSE PROGRAM

WASHINGTON, D.C.

A new million-dollar drug and alcohol abuse education program developed by the nation's leading fraternal benefit organization, AAL, was unveiled today before members of Congress, other governmental officials, representatives of corporate and volunteer America, and stars of stage and screen.

The program, "Get Involved Before Your Kids Do," was launched at a kickoff luncheon held in the House Caucus Room on Capitol Hill. Several hundred people who have a vested interest in alcohol and drug abuse prevention efforts were on hand to preview the educational program targeted at parents.

The luncheon featured Congressman Charles

said Dickson, "allowing us to fund much-needed services throughout the state."

Leland notes that the need for a revised allocation formula has been recognized not only by Congress, but by the U.S. Department of Health and Human Services and the General Accounting Office. He feels that HR 3187 is the answer to that need, and that now is the time to take action to address it.

Rangel, chairman of the House Select Committee on Narcotics Abuse and Control; Ken Howard, workshops; the Honorable George Romney, former governor of Michigan and chairman of VOLUNTEER--The National Center; Richard Gunderson, AAL president and chief executive officer; Henry Scheig, AAL Chairman of the board; and Art Linkletter, longtime television host and author of the book, "Kids Say the Darndest Things."

Development of "Get Involved" evolved in response to a personal Presidential request that AAL help in the war against substance abuse. The resulting AAL program will be available to parents nationwide free of charge through members

cont. to pg. 8

Basketball News

LADY COYOTES BOMB BULLDOGS

Once again a balanced scoring attack led the Lady Coyotes to a win this year as four players scored in double figures in Borden's 79-35 win over Loraine. A 23-12 first quarter lead quickly jumped to a 42-14 half-time lead. All eight people got into the scoring column led by Elana Himes with 21, Kate Phinizy and Kristi Adcock each had 18, Lisha Sternadel made 13, Shelly Lewis hit 3, and Ralynn Key, Elvira Balaque, and Felicia Romero each made 2. Kate led in field goal percentage making 8 of 12 for 67% including one three point shot. Lisha, Ralynn, and Shelly each hit 50%. From the line, Elvira led with 100% making 2 of 2, followed by Elana with 83% making 5 of 6. Kate led in steals with 7 followed by Lisha with 6. Kristi led in rebounds with

12 followed by Elana with 10. Lisha led in assists with 5. As a team, Borden hit a respectable 47% from the field and 63% from the free throw line. They came up with 23 steals and had only 10 turnovers.

The J.V. girls games proved to be a blowout also as Borden won their third game of the year 52-7. Leading 11-2 the first quarter, Borden extended to a 25-2 half-time lead and 39-5 after three quarters. All six players scored with Amy Lewis leading the way with 18 followed by Rachel Romero with 11, Julie Harris had 9, Mary Ann Garcia made 8, Randi Woodward hit 4, and Elizabeth Garcia made 2. J.V. girls' next game will be December 15 at Ira starting at 5:00.

COYOTE BAND ELECTS OFFICERS

The Coyote Band voted this past week for the 1987-88 Band officers. The new officers are:

PRESIDENT: Lisa Powell
VICE PRES.: Felicia Romero
SECRETARY: Julie Harris
TREASURER: Sandy Buchanan
REPORTER: Shelly Lewis
LIBRARIANS: Head - Kate Porter, Randi Woodward, Traci Ball

moisturizing cream and mild cleansing agents. This type of cleansing is the best way to prevent winter dryness and its side-effects: flaking, cracking, and scaling.

- In the workplace, wear oil-based makeup—it helps retain moisture. Remember to drink lots of water to supply the moisture your skin needs.

- Before heading out for winter skiing, skating, or hiking, protect skin from harsh sun—intensified by reflecting off of snowy surfaces—by using a sunscreen and moisturizer. Protect lips with lip balm. Avoid chafing by tight or rough sports gear by applying a lubricating body lotion to legs, arms and torso before going out. Wear protective underclothing that will not irritate your skin and allows it to breathe.

- For free skin care and make-up tips send a self-addressed, stamped envelope to: Dove Beauty Maneuvers, 40 West 57th St., Suite 1900, Dept. N., New York, NY 10019.

COYOTES CRUSH LORAIN

The Borden County Coyotes started out slowly but, when they started clicking, they blew the Loraine Bulldogs off the court. In the opening quarter, the Coyotes only scored 12 points, but they doubled that amount for the second quarter to give them a 36-17 half-time lead.

Beginning about midway through the third quarter, the Coyote reserves began to see playing action. Once again, the Coyotes outscored Loraine 14-7 in that quarter. The starters played only the first two minutes of the fourth quarter, but the Coyotes outscored Loraine 23-6 in that quarter. The final score was Borden County 73 to Loraine's 30 points.

The shooting percentage is still at a high range for this early in the season. The Coyotes made 29 out of

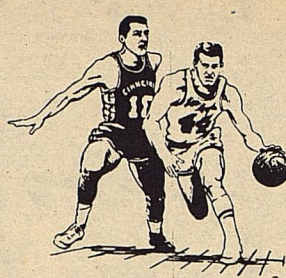
58 attempts. The free throw percentage was 63% - - 15 made out of 24 attempts.

Shannon Bond led all scores with 20 points. Kerry Fryar contributed another 17. Other scorers included Chris Kilmer 9, Brian Bond 8, Wayne Wilson 6, Will Phinizy 4, Jimmy Rios 4, Shane Kemper 2, and Randell Hollis with 1 point.

Kerry Fryar led in rebounding with 9. Shannon Bond grabbed 8 rebounds. Other rebounders included Wayne Wilson 6, Brian Bond 5, Will Phinizy 4, Chris Kilmer 3, Jimmy Rios 2, Randell Hollis 1, Patrick Herridge 1, Cole Vestal 1, Shane Kemper 1, and Eric Lusk 1.

The Coyotes greatly improved in the area of recovered balls. Jimmy Rios chased down 8, Chris had 6, Shannon 4, Kerry 3, Eric 3, Will 2, Brian 2, Wayne 1, Patrick 1, and Shane 1.

Will Phinizy led in the assist category with 4. Shannon, Jimmy, and Chris had 2 apiece. Wayne and Patrick had 1 each.



Cold Weather Skin Care Tips



Caution: Winter weather can be hazardous to your skin.

Dry air and heat indoors, along with cold, blustery winds, and the sun's ultraviolet rays outdoors, can damage the healthiest skin, say skin care experts. Fortunately, there are several things you can do to keep your skin moist and supple throughout the cold weather months. Some tips from the experts who make Dove Beauty Bar:

- Around the house, use a humidifier if the air is really dry.

- Avoid hot baths. Warm is best. Use a moisturizer lotion after you bathe.

- The skin around your eyes is most sensitive and prone to wrinkles. Use a cream-type moisturizing lotion. Apply gently with fingertips, in a circular motion.

- At home and at work, use a non-soap such as Dove Beauty Bar, with one-quarter

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Editor
 Barbara Anderson

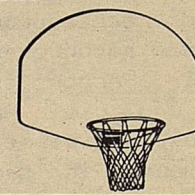
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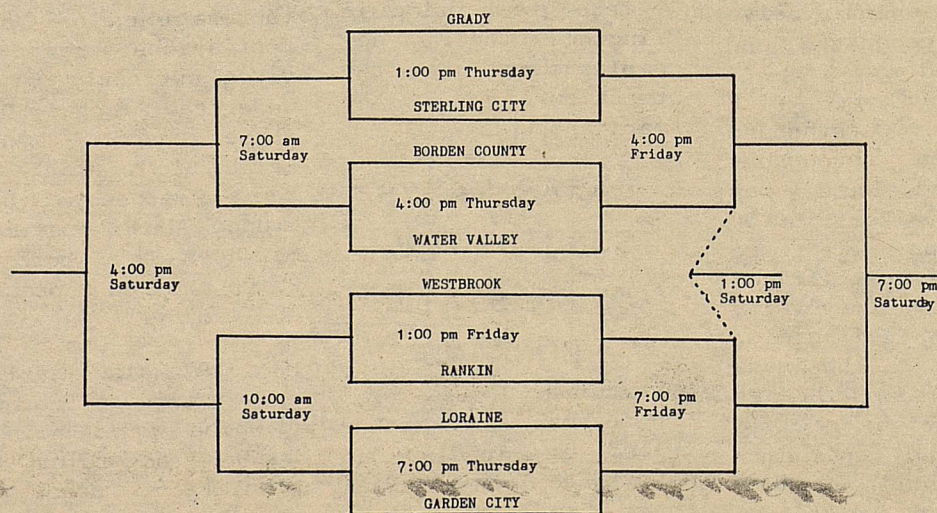
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PARENT'S CLUB
 MEETING
 THURSDAY,
 DEC. 3
 AT 2:30,
 CONFERENCE ROOM



GIRLS BRACKET

GARDEN CITY TOURNAMENT DEC. 3, 4, & 5



JR. HIGH COYOTES WIN TWO

The Borden County Jr. High Coyotes won two games against Klondike. In the "B" game, the Coyotes outscored the Cougars 30-6. In the "A" game, the Coyotes won 26-13. Both games showed a lot of hustle and aggressive play by the Coyotes as they caused the Cougars to commit many turnovers.

In the "B" game, Kirk Jones led all scorers with 16 points to the total. Brandon Adcock and Allen Pearson scored 4 points apiece. Richard Buchancn scored 1 point. Ross Hataway, Clay Miller, and Seth Vestal also played, but they did not score.

In the "A" game, the

Coyotes had a good defensive effort, but they had more trouble getting the ball to drop through the goal. David Buchanan led all scorers with 10 points. Juve Balaque followed closely with 8 points. Klint Kemper added another 4 points. Klint cut

another 4 points with John Paul Harris and Clint Bray scoring 2 points each. Rich Holzman, Shawn Lewis, Clint Anderson, and Heith Gammons also played but they did not score.

The Coyotes showed very aggressive defense and some very good passes to open players for easy baskets.

GIFT GIVING IDEAS

For Your Football Fan

Running out of gift ideas? You can score some points with the football fan in your life by getting him or her some behind-the-scenes NFL action. All football fans can have a ball watching "Coach Talk", a sixty minute video produced by the Hayes Group and distributed by Timeworks Video. Fans get a feel for locker room pep talks as they listen to a rap session with head coaches Mike Ditka, Chicago Bears; Tom Flores, Los Angeles Raiders; Joe Gibbs, Washington Redskins; Dan Reeves, Denver Broncos; and Marty Schottenheimer, Cleveland Browns. The video also features footage from each team's private files and high-impact football action.

The video makes a great Christmas, birthday, anniversary or no-special occasion gift for football fans and others interested in why coaches do the outrageous things they do.

The suggested retail list is \$29.95. It's available at your

JR. HIGH GIRLS UPSET KLONDIKE

In what will probably be one of the more exciting games of the year, the Borden County Jr. High girls pulled off a big upset here Monday night by defeating Klondike 36-29. This was the same team that just two weeks ago handed Borden its only defeat 15-29. But this time it wasn't to be as Borden played patience on offense, aggressive on defense, and hit the clutch free throws when they needed them. Each quarter saw Borden gradually pull away as they opened the first stanza with a 5-4 lead. Then in the second quarter, with a two point lead, Borden had to watch Klondike go to the line and sink two free throws to tie up the game with 5 seconds remaining in the half. But then Klondike committed a costly foul three

seconds later and with 2 seconds remaining on the clock, Shara Dee Woodward calmly sank both shots to give Borden a 15-13 half-time lead. Then in the third quarter, Borden's defense held Klondike's twin 5'10" towers scoreless to jump out to a 24-17 lead entering the final stanza. There, Borden just traded baskets for most of the quarter as each team racked up 12 points.

Leading scorer for Borden was Amanda Anderson with 14 points followed by Shara Dee Woodward with 8. Shayne Hess and Kristin Kilmer each had 6 followed by Kelly Jo Ogden with 2. Also playing for Borden were Kristin Monger and Leslie Fryar. Kristin Kilmer connected on 4 of 6 free throws and Shara hit 4 of 7.

Next ballgame for the Jr. High girls will be Monday, December 7, at O'Donnell. The "B" team girls will begin action at 5:00 followed by the "A" team girls at 6:00. Again congratulations to the Jr. High girls on a GREAT WIN!

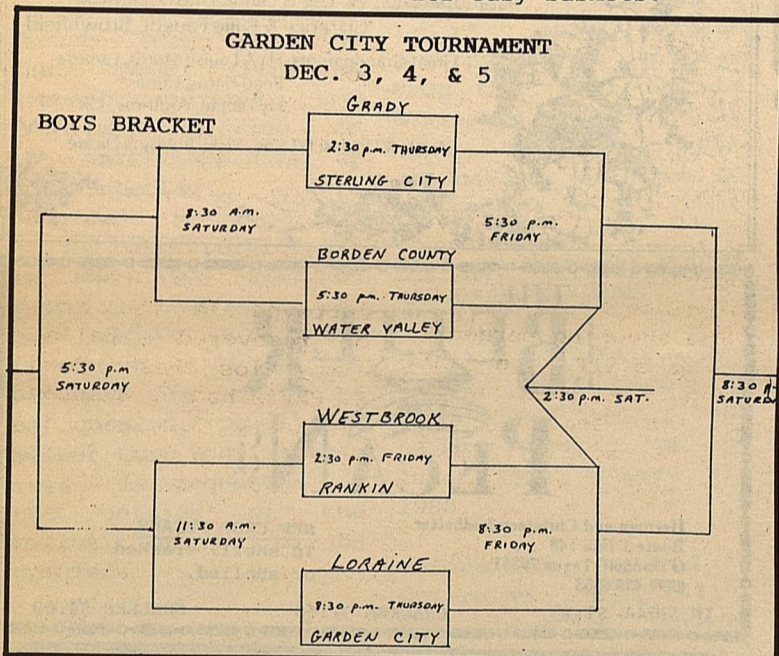
favorite home video store. For the location nearest you, call Timeworks Video, of Deerfield, IL. at 1-800-535-9497, or in Illinoise call 312-948-9202.

For people who get a kick out of football, this video can be a gift for all seasons.



YEA

COYOTES



December 1987

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
NOVEMBER 1987 8 M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30	JANUARY 1988 8 M T W T F S S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	5:00 p.m. 1 H.S. Basketball A Girls, A-Boys Loop - There	2	4:00 p.m. - Girls 5:30 p.m. - Boys Garden City - Garden City Tournament - Dec. 3, 4, 5	4 A Girls - A Boys	5 FFA STATE LEADERSHIP CONTEST
6	7 5:00 p.m. J.H. Basketball A-B Girls, A Boys O'Donnell - There 2:30 p.m. Basketball Picture	8 6:30 p.m. H.S. Basketball A Girls, A Boys Robert Lee-Here	9 District Junior High One-Act Play Here - 1:00 p.m.	10 -Sands Tournament Dec. 10, 11, & 12	11 A-Girls, A-Boys	12
13	14 5:00 p.m. Jr. High Basketball A-Girls, A-B Boys Grady - Here	15 5:00 p.m. H.S. Basketball A-B Girls, A Boys Ira - There	16	17 - BORDEN COUNTY TOURNAMENT - December 17, 18, & 19	18	19
20	21 Christmas Band Concert - 8:00 p.m.	22 Dismiss for Holidays 2:00 p.m.	23 Christmas Holiday	24 Holidays Dec. 23 - Jan. 1 Christmas Holiday	25 Christmas Holiday	26
27	28 Happy Holidays	29 Happy Holidays	30 Happy Holidays	31 Happy Holidays		

LUNCH MENU

December 7 - 11, 1987

Monday	Tuesday	Wednesday	Thursday	Friday
Burritos Pinto Beans Cole Slaw Fruit Milk Salad Bar	Hamburger Steak Mashed Potatoes English Peas Jello Hot Rolls Milk Salad Bar	Tacos & Cheese Shredded Lettuce Ranch Style Beans Fruit Milk Salad Bar	Lasagna Green Beans Potatoes Fruit Hot Bread Milk Salad Bar	Hamburgers Lettuce & Pickles French Fries Brownies Milk Salad Bar

GAIL BAPTIST HAPPENINGS

"STANDING UP TO PEER PRESSURE"

Hey kids! This Saturday night, Dec. 5, there will be a youth group meeting in the Blue Room at the Borden School, at 7:00 p.m. A 60 min. film by Youth evangelist Rich Wilkerson will be shown, entitled "Standing Up to Peer Pressure. Refreshments will be provided by the youth and Jr. High and High School Sunday School classes of the First Baptist Church in Gail. Gym activities will follow.

If you are a kid, or have ever been a kid!, you, no doubt have heard enticings like "Come on, let's party!" "Hey, your folks won't care!" or "Come on, just this once!"

We live in a society that no longer values individuality. Its either fit into the crowd, or suffer alienation from "the group".

Rich Wilkerson, in a candid and humorous way, challenges young people to take a stand in the face of peer pressure, applying Biblical principals to attain a victorious christian life.

Rich is a dynamic youth evangelist with a powerful message communicated in a comical, yet uncompromising presentation.

So, if you are in or between 6th-12th grades, you are invited. Make plans now!

For more information call 856-4363, 856-4424, 399-4511 or 399-4461. This event is sponsored by the Youth Group of The First Baptist Church, Gail.

"I (Jesus) have come into the world as a light, so that no one who believes in Me should stay in darkness."

John 12:46

IT'S A GIRL

NICOLE LEANN BENTON



Ricky and Lana Benton wishes to announce the birth of their daughter, Nicole Leann, born Monday, November 9, 1987 at 10:06 a.m. at Floydada Hospital.

Nicole weighted 7 lbs. and 15 oz. and was 22 inches long at birth.

Maternal grandparents are Weldon and Gloria

Fannon of Floydada.

Paternal grandparents are Lin and Susan Warren of Post.

Paternal great-grandparents are Mrs. Henrietta Warren of Post and Mr. and Mrs. Ray Wagner of Snyder.

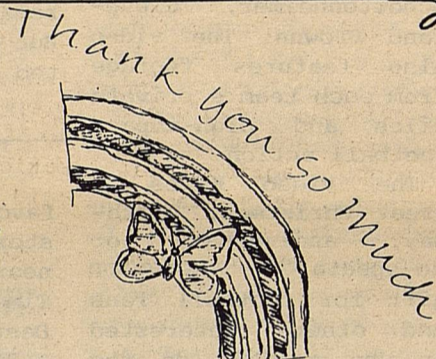
Maternal great-grandparents are Ralph and Waldine Martin of Plains Community.

Thank You

The family of Patsy Telchik Wishes to express our sincere THANKS for all the Love, Support and Prayers during Patsy's recent operation. The unswerving support of our neighbors and friends helped to make a difficult road a little easier to walk.

THANK YOU SO VERY MUCH!

Buddy, Patsy, Tammy, Lance and Twila Pittman



Being remembered is such a blessing!

YOU'RE THE NICEST KIND OF PEOPLE -
AND WE SIMPLY WANT TO SAY -
THAT YOU SHOW YOUR LOVE FOR OTHERS -
IN THE NICEST KIND OF WAY ! !

We appreciate all the Cards, Letters, Phone Calls, Visits and most of all your Prayers!!

MAY GOD BLESS EACH OF YOU.

Gaylon, Janine, Chad & Bucky Williams

"I ALWAYS THANK GOD FOR YOU...
1 Corth. 1:4



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At Perryton, Gary George and Deputy Agriculture Commissioner Mike Moeller look over a truckload of pinto beans from George's recent 2,000 lb. harvest. 60% of the pinto beans raised in the U.S. are eaten here in Texas, so we decided to try and supply our own market.

Bailee McNeil

Born Friday, November 13th, 9:44 p.m. at Medical Arts Hospital
Weight: 8 lbs. 2 ozs., Length: 19 inches

Parents: E. Lee & Gena Harris

Grandparents: W. Lee & Elaine Harris, Lamesa
Clarence & Billie Faight, Brownfield

Great-Grandparents: Ela & Louise Morris, Lamesa
Pearl Harris, Lamesa
Ivy Faight, Ardmore, OK

Aunts & Uncles: D'Laine, Vicki, Bobby & Dickie

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ASCS NEWS

By Jerry Stone

TSCRA TO HOST FREE SEMINARS

COUNTY COMMITTEE ELECTIONS!!!!

Ballots were mailed to all known eligible voters on Friday Nov. 27, 1987. PLEASE VOTE and return the ballot to the County office by Monday, December 7th. If you did not receive a ballot and have a question on your eligibility to vote, please call or stop by the office.

The ballots will be tabulated at the Borden County ASCS office on Friday, December 11, 1987 at 8:00 a.m. The public is invited.

Please keep in mind that ASCS Committee Members provide and important service to the farm community by administering farm programs. We hope all of you will participate in the ASCS Election Process. Remember you must return the ballot to this office by December 7th for it to be counted. Also remember that your signature is requested on the outside of the ballot for it to be counted.

COTTON AND GRAIN SORGHUM LOANS

Cotton and Grain Sorghum loans are available through the County Office. If you wish to use the loan program for either of the crops all you need to do is bring the warehouse receipts to the County office.

As in the past we are required to make a lien search both in the County Courthouse and the Secretary's office in Austin. A lien waiver must be executed for all existing liens.

If you need operating money or some income before the end of the year you might want to consider the loan program. Loan applications received by

December 21, will be processed before the end of the year.

BAGGING AND TIES

All gins operating in Borden County and those servicing Borden County producers in neighboring counties have signed agreements to use bagging and bale ties that meet CCC specifications, which means the cotton could be eligible for the Price Support Loan Program.

FAILED ACREAGE

No change from the past, you still need to report any acreage planted to a program crop that will not be harvested, and file form ASCS-574 before you destroy evidence of the crop.

SALE OF WOOL OR MOHAIR AND UNSHORN LAMBS

Wool and Mohair producers are reminded to turn in their 1987 sales receipts by no later than January 31, 1988.

Information required to determine eligibility for incentive payment under the Wool and Mohair program include:

- The original sales receipts with certification signed by the purchaser
- The number of head shorn
- The year and month shorn
- Any purchases of unshorn lambs
- And receipts for any freight paid for hauling

office and make an application during the sign-up period.

If you have a question concerning any of the practices or whether you are eligible please come by and check with us.

ACP SIGNUP

The first ACP signup period for Borden County will begin on Monday, December 7th and continue through Monday, December 21, 1987. If you plan to carry out any of the approved conservation practices you should come to the county

FORT WORTH - - Texas and Southwestern Cattle Raisers Association will host four free seminars for cattlemen and other interested in learning more about the H-2A temporary foreign agricultural worker program in Midland, Abilene, Wichita Falls and Weatherford on Dec. 7-8, respectively, says Don C. King, secretary-general manager. All area cattlemen are welcome and no reservations are necessary, TSCRA held similar seminars in Uvalde, Alpine, Alice and Llano on No. 9-12, he said.

TSCRA, a 110-year-old livestock trade association with almost 14,000 members primarily in Texas and Oklahoma, has been actively involved in the legislation and regulations that created the new H-2A program for agricultural employers to gain admission of foreign agricultural workers when domestic workers are not available and the terms and conditions of employment will not "adversely affect" domestic workers similarly employed, King said.

TSCRA officers, staff, and TSCRA labor consultant Harris Miller of Washington, D.C., will present the seminars which will last one to two hours

depending on the numbers in attendance and the amount of questions, he said. TSCRA is exploring the possibility of setting up a separate labor association to assist employers in applying for foreign workers in cattle occupations as well as other agriculture-related occupations. This proposal will be discussed in detail during the free seminars. Participants do not have to be a TSCRA member nor must they join the proposed labor association in order to attend the seminar.

"Workers who are currently working in the United States in undocumented status or who have worked previously without legal documentation may want to come to the United States legally under an H-2A visa. If so, there are certain steps they must take to obtain a valid Mexican passport," King said. "TSCRA has a set of instructions for workers and employers in English and Spanish which can be obtained at the seminars.

Also, Mr. Miller will be available to answer questions about other

facets of the new immigration law."

The TSCRA H-2A Seminars are scheduled as follows: 10:00 a.m., Monday, Dec. 7, Holidome--Contry Villa Motel, 4300 West Highway 80, Midland, 915/697-3181; 3:30 p.m., Monday, Dec. 7, Abilene Acution Inc., north of I20, between FM 600 and Highway 351, 915/673-7865; 10:00 a.m., Tuesday, Dec., 8, Arrowhead Livestock Sales Co., six miles south on Highway 281, Wichita Falls, 817/541-2222; 2:30 p.m., Tuesday, Dec. 8, Sheriffs' Posse Building, Highway 180, 2 miles west of courthouse, Weatherford 817/599-9076.

King said additional information can be obtained by calling the TSCRA's Forth Worth headquaraters at 817/332-7064. "We think these meetings could be very important to area cattlemen and we encourage you to bring your friends and neighbors," he said.

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TEXAS 4-H PROGRAMS RECEIVES GRANT

Texas received one of 24 grants awarded by the Kellogg Foundation through the National 4-H Council to further enhance projects designed to strengthen 4-H volunteer development.

There are currently 600,000 volunteers in the U.S. serving nearly 4.5 million youth in the 4-H program.

The grants are part of a five-year program, "Volunteers for the Future," designed to strengthen 4-H volunteer participation in three areas: service on boards, councils and committees; involvement of teenagers as volunteers; and expansion of volunteers in middle management roles. The grant received by Texas relates to service on boards, councils and committees.

NUTRIENT SUPPLEMENT NECESSARY FOR CATTLE IN WINTER

Cattle graze pastures all year long, but the nutrient composition changes with the seasons, and fall and winter diets are generally low in protein and usually inadequate for beef cattle.

Once the grass has stopped growing and loses its green lush appearance it becomes coarse and fibrous.

The crude protein content of the grass falls, and the forage becomes harder for cattle to digest.

Animals consuming diets low in protein lose their appetite, develop a rough appearance, become weak, pos-

This project is based on a program conducted in West Virginia which created new cooperative relationships among 4-H volunteer organizations and recruited new associates and volunteers.

Texas will concentrate on staff training processes using county, district and state level organizations that support the 4-H program. Dr. Martha Couch, Extension 4-H specialist, will serve as project leader to coordinate this program.

The states receiving grants were selected to participate based on applications to an advisory committee of the National 4-H Council.

The National 4-H Council is a non-profit organization that uses private resources to help strengthen and expand the 4-H program.

Some people think cattle can simply eat more to make up the needed nutrients. Since the grass is slowly digested, consumption is lowered and the animal receives even less nutrients.

If protein is added to this type of diet, digestion will increase, and eventually the animal will eat more.

Protein supplements are available in many types and forms, such as cubes, cakes and liq-

uids. Each will vary in nutrient composition and the producer should be aware of the protein amount.

Since protein is required for growth and milk production, the protein requirements for heifers and lactating cows are higher than for dry, pregnant cows.

The amount of dry matter (energy), vitamins and protein are all to be considered when a deficiency occurs.

When energy is low, some grain may be fed along with protein to make up the difference.

STRAIGHT TALK FROM TDA



MIKE MOELLER

DEPUTY COMMISSIONER TEXAS DEPARTMENT OF AGRICULTURE

Lots of people get excited when a food shows promise of reducing heart disease, America's number-one killer. Fish oil--technically, omega-3 fatty acid--is the latest candidate. Though many key questions remain unanswered, most experts think the average person would benefit from eating more fish.

Fish oil got famous in 1977 after two Danish scientists noticed that few Greenland Eskimos had heart attacks despite their high-fat diet. Research showed that the fish Eskimos eat contains an unusual type of fatty acid that slows blood clotting and reduces cholesterol buildup inside blood vessels. The scientists' conclusion: Fish oil protects Eskimos from heart attacks.

Promising New Developments. Here's how it works. Fish oil contains two beneficial "omega-3" fatty acids, called EPA and DHA for short. Both are polyunsaturated, like most of the fats in safflower, corn and other liquid vegetable oils. By and large, polyunsaturates are better for you than saturated fats like butter, lard, or palm and coconut oils.

But omega-3 fatty acids do things in your body that other polyunsaturates can't do. For instance, blood platelets with omega-3 in their cell membranes form clots much more slowly than those without it. Omega-3 also intervenes in the artery-blocking process, by causing fewer white blood cells to rush to tiny wounds inside arteries and reducing inflammation.

Snake-Oil Claims? Faced with all this new knowledge, many people jump

to the conclusion that what's good for Greenland Eskimos must be good for everybody. Fish-oil advertising encourages this view, as do unproved claims that fish oil prevents arthritis, high blood pressure, migraine--even allergies and cancer.

Unfortunately, nobody knows

whether any of that is true. Nobody knows whether omega-3 supplements can lower the average American's risk of heart disease or other illnesses. Nor does anybody know the side effects, the best dosage or the best length of

cont. to pg. 8

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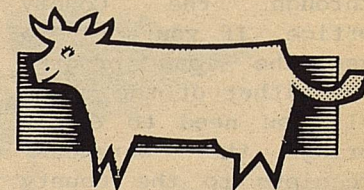
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LET ME GET MY APRON

Home Economics News

BY DENNIS POOLE, COUNTY AGENT

NEW DEVELOPMENTS IN LAUNDRY DETERGENTS

Who's doing the laundry? It isn't always "mom." With the rise of two income families, more spouses and older children are sharing the laundry chores. Increasing numbers of single person households means people of all ages are doing their own laundry. As a result, the detergent industry is introducing new products to make the task faster and easier.

According to the Soap and Detergent Association, two new laundry products are currently in test markets. One new form is the unit dose product. A detergent gel or paste is in a dissolving pouch. The pouch is dropped in the washer, the film dissolves and the contents do the work. There is also a double pouch configuration for normal loads. The pouches can be separat-

ed to adjust for heavily soiled or extra large loads with three pouches, or a single pouch for a small or light load.

Another product takes the form of a sheet that starts in the wash cycle, goes through the rinse and is transferred to the dryer with the laundry load. The sheet has six compartments. The four middle sections contain detergent and the two end compartments contain peroxygen whitener. On the opposite side of the sheet, little dots of fabric softener are printed. These melt and disperse in the dryer for softening and static control. Like the dissolving pouches, the sheet is perforated to accommodate extra heavy or large loads with a sheet and a half, and a half a sheet for small or light loads.

By Janis O'Connor
Copley News Service

This fall, urban adventurers are heading to the great outdoors for a rough-and-tumble style that takes on the elements and comes back looking terrific.

Ideas are rolling in from across the country:

- The layered classics of New England hikers.
- Bulky fisherman knits and cables from the northern lakes and coastlines.
- Range-riding flannels, long-john shirts and shearlings.
- Mountain-climbing plaids.
- Fliers' leathers.
- And everywhere, denim, coming on as if it were already broken in by hard living.

"Rugged outdoor clothes are a great way of shedding the office image and relaxing, particularly if relaxing means a chance to move and breathe some fresh air," says Ed Razek, executive vice president for The Limited stores. "If the clothes look lived in, all the better. Whatever your game, it shows you're not a newcomer."

The lived-in look is particularly strong this fall in overdyed or bleached denims, variously called "volcanic," "ice," "snow," "whitened," "frosted" or "golden."

Because heavier weight denims are needed to withstand the punishment of rough bleaching and sometimes deliberate fraying, ravaged denims often are at their most comfortable and effective use in jackets, dusters and oversized shirts as jackets.

News is found in colored stitching and color overdyes, quilting

Denims, flannels, knits for urban adventure

and the dramatic use of linings such as shearling (or sherpa, its look-alike), leather, corduroy, faded flannel or crinkled nylon.

What's at the bottom? Jeans, of course, and short, skinny skirts that are winterized with dark stockings or leggings. Hunting, fishing and camping looks are well established throughout.

From the sporting world of New England hikers and from bluegrass horse country comes this year's keen interest in hearty herringbone tweeds, plaids, corduroys, flannels and cable knits. On the luxury end of this look, designers such as Ralph Lauren and shops such as Cashmere-Cashmere of New York have interpreted these classics in pure cashmere and colors that range beyond the usual neutrals.

Adrian Mnuchin, founder of Cashmere-Cashmere, notes: "We always have men and women wanting at least a few classic tweeds and cable knits in their fall wardrobes because they're comfortable, easy to mix and good looking — unbeatable, really."

"But this year, we're definitely seeing a bigger demand for 'country gentry' looks, particularly put together in outdoor layers. Cashmere capes, for instance, in earthy tones, layered over blazer-topped sweaters over a blouse or shirt."

Herringbones and sporty tailoring in pleated skirts and trousers, and in hiking pants and shorts is being shown in the Outback Red collection for The Limited. Along with hats and long, lean scarfs, a backpack is one of the essential accessories for the outdoor look.

New designers on the scene — such as Christian de Castelneau, a Frenchman transplanted to California — have picked up on the outdoor theme and added their own ideas on mix and proportion.

For urban separates with exurban ease, Castelneau's favorite medium is knit. To accompany his creations, he mixes in wide wale corduroys and a new line of dark blue denims called "Bleus," as a breath of the country on the low-riding lines of his city sport knits.

Other knits worth noting are the big, bulky fisherman sweaters continuing their popularity in full strength, from bold graphics such as the "growly lion" pullover in Moods by Krizia, to tweedy textures and the look of hand-loomed knits from collections such as Forenza, Carol Horn Knitwear and Liz Claiborne.

Weighty, warm and woolly shearlings are strong this year as coats or as rancher linings for denim or leather jackets. Leathers, refined in the European collections of Valentino, Leonard, Montana and Versace, tend to be tougher on the home front. Many urbanites want their bomber jackets to look as distressed as their denims, and the rugged treatment extends to the leather coat in three-quarter length — the new hot proportion in big toppers.

Lumberjack plaids, mountaineering long-john shirts with their many mini-buttoned plackets, comfortably thick knits and wools, dashingy bashed clothes and redefined classics all are part of the durable, wearable great American outdoors making street smart sense to urbanites this fall.

FINDING SHOES THAT FIT

Smart shoppers take the time to make sure a pair of shoes fits properly before they buy. Shoes that fit improperly are not only annoying, and possibly painful, they may cause a trip to the podiatrist as well.

Like any other article of clothing, try shoes on to ensure the fit. Different styles and different manufacturers may cause your shoe sizes to vary. Just because you're wearing an eight when you walk in the store doesn't necessarily mean you'll wear an eight in the shoe you'd like

to buy.

In a properly fitting shoe, your big toe shouldn't reach the tip of the shoe when you're standing. Your little toe should lie flat in the shoe, the heel should fit snugly, and the sides shouldn't yawn.

Since feet swell 5% with exercise, shop for shoes later in the day. Taking this swelling into account may alleviate problems with shoes becoming too tight as the day wears on.

Well made shoes also tend to fit better. Look for smooth, soft linings and smooth inside seams. Make

sure the stitching isn't too close to the edge of the sole of the shoe. Shoes with flexible uppers tend to be more comfortable and look better if the edges are neatly trimmed.

Try shoes on before you buy them. To lessen any doubts about good fit and durability, buy shoes that are made of good materials and are a reputable brand from a reputable retailer.

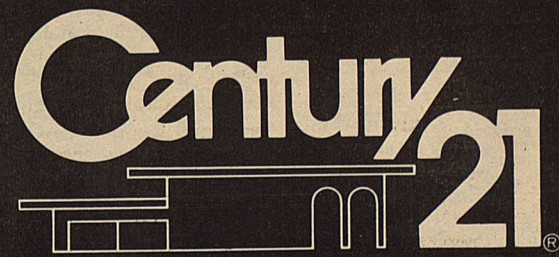


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ANTI-DRUG ABUSE

PROGRAM ON CAPITOL HILL cont. from pg. 1 of AAL's 6,700 branches across the country.

According to John Dutton, AAL vice president of public affairs, "Get Involved is a special program in that it focuses on parents. Current research has shown that parents are the first and best protection against the early use of gateway drugs."

Dutton added that "millions of parents are afraid that their kids will become involved with drugs. But being scared doesn't help unless you know what to do about it. We're going to show parents exactly what to do and how to do it. What they do may surprise their kids...and save their lives."

AAL, based in Appleton, Wisconsin, is the nation's largest fraternal benefit society in terms of assets and ordinary life insurance in force. AAL provides its 1.4 million members nationwide with fraternal benefits and volunteer opportunities to help others in their own communities. Last year alone, AAL branch members raised more than \$10.7 million and performed over 94,000 public service activities.

DROP IN VALUE OF MEXICAN PESO

AUSTIN, -- State Comptroller Bob Bullock Monday said the drop in value of the Mexican peso last week poses a potential loss in state and local tax revenues.

"The immediate impact of the peso devaluation will be a decline in retail sales along the border because of the reduced purchasing power of Mexican consumers,"

Bullock said.

Bullock said economists in his office cannot put a final price tag on a possible loss until the exchange rate of the peso settles down.

"We know that retail trade along the border fell significantly in 1982 when the peso dropped and it's not out of the question to think we'll see a similar drop," he said.

Bullock said that 7.3 percent of all Texas retail sales occur along the Texas-Mexico border.

"There is no way we can pinpoint the exact dollar amount of state tax revenue loss because of lower sales at this moment, but the peso devaluation will have a negative effect," Bullock said.

As long as there are wide swings in the value of the peso, Texas will be adversely affected, he said.

FISH OIL

cont. from pg. 6 treatment (if any) for people of various ages and states of health.

Capsules Cause Concern. Some scientists fear commercially available fish-oil capsules may contain excessive amounts of environmental poisons like PCBs (polychlorinated biphenyls) and mercury, as well as large amounts of the fat-soluble vitamins A and E and cholesterol. That's why, despite the promise of omega-3, many nutritionists won't recommend taking fish-oil supplements until more facts are known.

Another concern is that fish-oil capsules may contain less omega-3 than they say they do, because of the fragile nature of these compounds. According to the National Marine Fisheries Service, which supplies pure omega-3 to U.S. researchers, omega-3 fatty acids break down fast when exposed to light or oxygen. NMFS says few commercial labs have the expensive equipment needed to prevent exposure during the lengthy distilling and purifying process. Omega-3 holds up longer in fish tissues, NMFS says, because other natural oils help screen out light and air.

Eat These Fish. For now, most experts say, the general public can benefit by simply eating more fish. Two or three fish meals a week provide a natural source of omega-3 that is low in fat and calories and high in vitamins and protein.

The fish with the most omega-3 are herring, sardines, Atlantic halibut, salmon (coho, Atlantic, pink and king), lake trout, bluefish, albacore tuna and Atlantic mackerel.

Moderate amounts of omega-3 are found in carp, Pacific halibut, red snapper, striped bass, swordfish and rainbow trout. Fairly low amounts occur in sole, Pacific and Atlantic cod, haddock, sturgeon, brook trout, Atlantic pollock and ocean perch.

Fish oil's health potential is an intriguing issue that health-conscious consumers should follow closely.

SCRIPTURE CORNER

THE VERY BEST

by Mark Norman

Several years ago, the Hallmark Card Company initiated an ad campaign using one of the most powerful slogans ever written: "When you care enough to send the very best." That summarizes perfectly what Christmas is all about. God cared, more than enough, and He sent

the Best the Very Best. We who believe have been recipients of that giving.

So now we must ask ourselves if we care enough to give HIM the very best? Will we give to Him our dreams aspirations? Will we place at His disposal our time and energy? Will we expose our plans and decisions to His Sovereign Rule? The present which pleases Him most is the totality of our-

selves, the completeness of our lives. Giving like that is what this season is really all about.

"For God so loved the world that He gave His one and only Son, that whoever believes in Him shall not perish, but have eternal life. For God did not send His Son into the world to condemn the world, but to save the world through Him." John 3:16,17.

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