

SIX CANDIDATES FILE FOR PLACE ON SCHOOL BOARD

Guy Zant

Guy Zant has announced his intention to run for a place on the Borden County School Board. This brings the total of candidates to six., as of Tuesday morning.

Guy graduated from Borden High in May of 1969. He then entered Texas A & M for two years. He has lived and worked in Borden County since returning from A & M.

Presently Patricia, his wife, and he have a son that attends Borden Elementary They operate some farms in the county.

Guy said, "I think that we have one of the better school systems in the state and I would like to see that it continues to be so."

The regular terms of Ralph Miller, Kenny Hensley, and Doyle Newton will expire on April 5, 1986. Incumbents Ralph Miller and Kenny Hensley will seek re-election and Joel Dennis has also filed for a place on the ballot, along with Tom Ed Vestal, Steve Hess and Guy Zant.

Tom Ed Vestal

Tom Ed Vestal was born in Tulia, Texas. He moved to O'Donnell at age 2. In 1966 he graduated from O'Donnell High School. Following graduation he attended South Plains Junior College. After SPSC, he served four years in the U.S. Air Force. One of these years being in Viet Nam. Tom Ed also attended Midwestern University while stationed at Shephard Air Force Base in Wichita Falls.

He married Barbara Lee in 1972. They have two sons attending Borden County School. Cole is in the seventh grade and Seth is in the fourth grade.

Tom Ed is a member of O'Donnell First Baptist Church. He is also the Post Master of the O'Donnell Masonic Lodge Number 1187. In 1980-82 he served as the President of the O'Donnell Little League. He is also very active in the Borden 4-H Shooting Sports program and the Borden County Stock Show. Tom Ed is currently Vice-President of the Plains Community Center.

Tom Ed said, "I would appreciate your support and vote for a place on the Borden County School Board."

Steve Hess

Steve Hess is a 1968 graduate of Texas Tech receiving his B.S. degree in Agriculture Science. He served in the army from 1969-71. Following his discharge, he was employed by Ezell-Key Feed of Snyder.

He married the former Pam Stephens and they have two children, Shayne and Kurt. They have farmed in the Plains Community since 1973.

Joel Dennis

Joel Dennis graduated from Borden County in 1962 as Valedictorian. He married Betty LaBounty of Lampasas in 1969. They have one son, Jeffrey Alan, who is 4 years old.

He attended San Angelo Junior College and Texas Tech, graduating with a BS degree in Range Management. He received teaching certificates in Biology and Physical Education from Dallas Baptist College in 1972, his Master of Education degree from Stephen F. Austin State University in 1976 and also his school administrator's certificate in 1976.

He was a teacher and coach from 19067-1978. He came back home in 1978 "to get involved in the family ranch and work with the citizens of Borden County."



GUY ZANT



TOM ED VESTAL

SEND US YOUR STORY

The Borden Star welcomes stories your family treasures.

Anecdotes, family history, any interesting things you would like to share about your family, especially pertaining to the older generation. Send or bring them to the Borden Star anytime up through June. Be sure to include your phone number.

Borden Star, Box 137, Gail, Texas 79738

ESTATE PLANNING SEMINAR TO BE HELD IN LUBBOCK

Lubbock--Steps for passing on to heirs an operating farm or ranch business and at the same time lowering the estate tax burden will be detailed at a special estate planning seminar here March 11-12.

The seminar has been especially designed by economists with the Texas Agri. Extension Service to help people in agriculture who want to pass on their farm operation to the next generation, said Dr. Wayne A. Hayenga, Extension management economist and attorney. He will conduct the program.

"Proper estate planning is probably more critical now than ever before" in light of the current agricultural economic situation, Hayenga said. The seminar will include explanation of new estate tax rules.

The two-day program at the Holiday Inn Civic Center, 801 Avenue Q, will be limited to the first 50 persons to register. This will provide participants maximum opportunity to discuss specific problems and opportunities with the instructor, Hayenga said. Each day will begin at 9 a.m. and conclude at 4:30 p.m.

Registration forms may be obtained from county Extension offices or by writing to Dr. Wayne jA. Hayenga, Agricultural Economics Dept., Texas A&M University, College Station, Tex., 77843. The registration fee of \$60 includes seminar materials which will help participants set up their own estate plans, lunches both days and refreshments. Checks should be made payable to Extension Tax and Management Programs.

The seminar will include a discussion on estate taxes, including tax rates, deductions and expenses.

"Estate taxes are from 34 to 60 percent for estates of

the first of the f

\$500-thousand and up. They will range from 37 percent at \$600 -thousand to 50 percent at \$2 million in 1988," Hayenga

Another segment of the seminar will provide detailed information of estate planning for agriculture. This will deal with corporations, partnerships, selling part of the business to heirs, and oil and gas interests.

Basic estate planning devices will be explained. These include wills, by-pass trusts, estate tax deferral, gifts, disclaimers, and property titles. A special segment will help farmers and ranchers provide fair treatment for heirs who want the business and others who don't.

Special estate tax rules for agriculture will be explained. These include farm land valuation, rules for deferred estate tax payment, life insurance, "flower bonds,;; and other property.

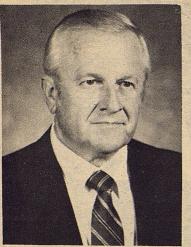
In the past five yeears, Hayenga has spoken to more than 300 groups. This will be the third time in that period he has presented the estate tax seminar in Lubbock; both previous seminars filled quickly. It also has been presented in Amarillo, Wichita Falls and other communities.

One past participant said of the seminar, "I learned more in two days from the seminar than I did in four years while paying \$22,000 to settle an estate."

West Texas Farm Family Weekend

Lamesa, Texas--In an effort to offer help and hope to farm families in the midst of the national farm crisis, First Baptist Church, Lamesa, is sponsoring a "West Texas Farm Family Weekend," March 14-16.

con't to 6



Mr. James McLeroy

McLeroy Chosen District Chairman for Basketball Dist. 13-A

The District 13-A Basketball meeting was held Wednesday, February 19, 1986, in Brownfield, Texas.

Members present were: James Blake, Sands; James Logan, Klondike; James McLeroy, Borden County; Gary Harrell, Grady; and Dale Read, O'Donnell.

Motion was made by James Logan and seconded by James Blake to elect James McLeroy District Chairman. The Mtion carried.

A motion was made by James Logan and seconded by James Blake for each school to send other schools in the district a list of officials they will not use. This list must be in by April 1, 1986. The motion carried.

A motion was made by James Logan and seconded by Gary

The Borden Star Publication No. 895520 (USPS 895-520) Publication No. 895520

Editor Barbara Anderson

Published weekly, except for Christmas and New Years, on Wednesday at Gail, Borden County, Texas 79738, Box 137, Kincaid Street, Second Class postage paid at Gail, Texas.

Any errors that we make reflecting on the reputation or standing of any Firm, Corporation, or individual that may appear in the columns of the Borden Star will be gladly corrected when called to the attention of the staff.

Subscription Rates: \$8.00 per year

Borden Star Owners
James McLeroy, Barbara
Anderson, Doris Rudd, Pat
Porter, Bob Dyess, Edna
Miller, Ruth Weathers, Mrs.
Nathan Zant, Sonny Tucker,
Eddie Simer, Loreen Jones,
Martin Parks, Dan Turner,
Lela Porter, and Marge
Toombs.

Harrell to start the district schedule for boys and girls basketball on January 9, 1987. The motion carried.

The Girls Certification Date is February 14, 1987 The Boys Certification Date is February 21, 1987

A motion was made by James Logan and seconded by Dale Read to play a double round robin schedule in two halves. Four for: James Logan, James McLeroy, Dale Read, and Gary Harrell; one against: James Blake. Motion carried.

The 1986-87 bylaws were accepted.

There being no further business, the meeting was adjourned.

Basketball By-Laws

1. The 1986-87 basketball schedule will be devised by playing a double round robin schedule in two halves.

2. All-District basketball players and the procedures will be determined by the coaches.

3. Concerning both Varsity and Jr. Varsity games, the first game will begin at 5:00 p.m. when three games are played and 6:30 when only two games are played. When four games are played, the Jr. Varsity boys will play first. The Jr. Varsity games must be completed by 6:15 p.m. 4. Admission for varsity games will be: Adults: \$2.00 Students:

\$1.00 Admission for Jr. High games will be: Adults: \$1.00 Students: \$.50.

5. District champions will purchase their own trophy. District runner-up champions will purchase their own trophy.
6. Passes will be secured by the district chairman. Thirty (30) passes will be issued by each school. Passes are to admit one

7. There will not be a Jr. High district competition or tournament.

person per pass.

8. The official game ball for district competition will be the Wilson Jet. Home teams will furnish warm-up balls.

9. There will be no bands, noise makers or "ghetto blasters" allowed in the gym.

10. All baskeyball timekeepers and scorekeepers must be adults.

11. Officials must be S.V.A.O. officials for the district varsity games. Officials must be approved by both schools. If an agreement cannot be reached between the two schools, the district chairman will make the decision. By April 1, each school will send a list of officials they will not use to the other schools in the district.

12. Cheerleaders must be in the stands during ballgame play. 13. District 10-A basketball will follow the U.I.L. Constitution

and Contest Rule Book.

14. Videotape will be allowed for use in filming basketball games. Tapes are not to be monitored until after the game.

No tape or film will be exchanged with any school outside District 13-A until the district representative has been eliminated in competition.

15. All schools will send schedules by SNovember 1, 1986 to each school in the district.

16. Games postponed due to bad weather shall be played at the next available date within a seven (7) day period.

17. District champions will be determined by splitting the district schedule into single round robin championships. The method to be used in case two single round robins result in two or more teams being tied is as follows:

A. In the event two or more teams are tied at the end of the first round the winner of this round will not be determined until the regular play in the second round has been completed. If there is a tie in the second round, the winner will be determined after the first round winner has been determined.

B. If more than two teams are involved in the playoffs or ties, then the playoff must be played as a tournament, and brakets drawn as in any other tournament. Otherwise, three teams in a playoff would not be considered as a tournament; and hence, could not play more than two games in one week.

C. The proper means should be followed to determine a district representative.

HIGH SCHOOL TENNIS SEASON BEGINS

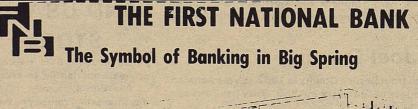
Borden began its high school tennis season Monday in Lamesa as four schools met for a quadrangular meet with Borden, Lamesa, Grady, and Dawson. Borden played eleven matches and won seven. jWinning matches for the Coyotes were David Holmes who defeated Grady 8-2, Kelli Williams defeated Lamesa 8-3, John Stephens defeated Grady 5-3,

Tammy Johnson and B.G. Kropp beat Grady 8-3 and then defeated Dawson 8-5, and Brice Key and Michael Murphy defeated Grady 9-8 (7-5) and then beat Lamesa 8-5. Also playing on this years high school tennis team are Monty Floyd, Will Phinizy, Mindy Williams, Kate Phinizy, and Spring Flint, but were unable to attend.

MENU				
	March 10-14, 1986			
Monday	Teacher Inservice Day			
Tuesday	Green Enchilada Casserole Mexican Bean Salad Fruit Hot Bread Milk	Salad Bar		
Hednesday	Oven Cooked Chicken Mashed Potatoes English Peas Jello Hot Rolls Milk	Salad Bar		
Thursday	Chili with Beans Buttered Corn Vegetable Salad Fruit Cornmeal Twists Milk	Salad Bar		
Friday	Hamburgers French Fries Lettuce & Pickles Cookies Milk	Salad Bar		

MARCH 1986

C 1 M 1 M 1 M 1 M 1 M 1 M 1 M 1 M 1 M 1						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
FEBRUARY 1986 S M T W T F S 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	APRIL 1986 S M T W T F 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					U.I.L. Practice Meet
2	3	4	5	6	7	8
	4:00 p.m. Tennis Lamesa			4:30 p.m. U.I.L. Practice Meet Post	4:00 p.m. Tennis with Loop Lamesa	Wellman Track Meet Boys & Girls
9	10	Tennis 11 Meet	12	13	14 Tennis Reagan	Tourney 15
	TEACHER IN-SERVICE DAY	4:30 p.m. Jr Hi Track Meet Boys & Girls O'Donnell			4:30 p.m. Jr Hi Track Meet Boys & Girls Loop	Sands Track Meet Boys & Girls Judging - ACU
16	17	18	19	20	21 Tennis Garden	Tourney22
	SI. PATRICUS DAY		- SPRING BREAK -		See See See See See	
23	24	25	26	27	28	29
30	31	4:00 p.m. U.I.L. Debate O'Donnell		4:30 p.m. U.I.L. Science Journalism Ready Writing Meadow	6:30 p.m. Rehearsal One Act Play O'Donnell	Zone One Act Play O'Donnel1





FULL SERVICE BANKING

INC

Member F.D.I.C.

400 Main Street

267-5513

BIG SPRING, TEXAS

Spring Arts Exhibition

Entries for the Midland Art Association's Spring Art Exhibition will be received on March 20 from 5 until 8 p.m. and on March 21 from 9 a.m. until 1 p.m. at the Holiday Inn Country Villa Convention Center. All original entries will be hung during the March 22 and 23 exhibition and sale. The show will be judged by Peter Darvas of Lake Tahoe, Calif. A dinner for participating artists and the public will be held at the **Convention Center on March 21** at 7 p.m. Entry fees for the regional exhibit are \$8 per work. Entry information and reservations for the \$8.25 a plate dinner may be obtained by calling Mary Lou King at 694-1078 or Sue Jones at 685-1806. The art exhibit will be open to the public on March 22 from 10 a.m. until 5 p.m. and March 23 from 1 until 5 p.m.

Texas Child Passenger Law Saving Lives

Texas' Child Passenger Safety law is saving lives, and to celebrate that fact and encourage stronger compliance with the law, February 23 -March 1 was Texas Child Passenger Awareness Week.

In less than two years since the law took effect, the number of young kids dying in cars has decxlined dramatically. Between January and October of 1985, the first year the law was enforced, 43 children 4 years old and younger were killed in auto accidents. That was 31 percent fewer than the 63 killed in the same period the year before.

Of the 43 children who died in the first nine months the law was enforced, only five were using safety seats, it was noted.

Traffic accidents are the number one killer of children 4 years old and younger.

Statisctics show that as many as 090 percent of deaths and 85 percent of injuries to kids in auto accidents could be prevented if all between birth and 4 years were properly restrained as the law requires.

Failure to comply with the child safety law carries a fine of \$25 to \$50 for the first offense, which may be refunded if the violater produces proof of having acquired a child safety seat within ten days.



Before King George IV of England ordered a set of boots made to fit each of his feet, shoes were de-signed to be worn on either foot.

LEWIS BOOT AND SADDLE SHOP 1712-25th St.Snyder

All Types Repair full-time shine parlor

Paula & Melvin Lewis 915 573 0448



Visit Our Deli

Party Irays

Pastries

Custom Cakes

710 N. 4th

Lamesa:

TEACHERS SPEAK OUT

We, as teachers in Texas, are tired of being verbally attacked, belittled, and degraded by our present governor and legislature.

In a swift, insensitive move, Texas legislation has destroyed the dignity and credibility that was once afforded the teaching profession.

We believe the public should be 9. This test has become very commercialized. This is evidenced by aware of the following:

- 1. We feel it is wrong that control of our schools has been removed from the local level. School administrators and members of the local school boards, who were elected by members of the community in true American fashion, are now powerless and voiceless, and have become a rubber stamp organization subject to the whims of our present governor and big business.
- We feel it was wrong for the governor to remove members of the State School Board, who were elected in true American fashion, and to replace them with appointed individuals sympathetic to the governor's
- 3. We are now being forced to take a test. We are not being tested over what we are teaching. The "test" cannot possibly evaluate the attributes and qualities of a good teacher! It cannot test how a teacher relates to a child's needs or how he or she can present materials to be

We also know every town in the state of Texas is different. As a result, teachers who are effective in one town may not be effective in another. Who is to say that a blanket policy will work? Only local people know who is effective in local education.

4. Our LIFETIME certificates are invalid, as of this date, until we pass the T.E.C.A.T. We have passed many tests to get our degrees. May of us hold numberous certificates and Master's degrees! Is all of this time and effort to be wasted on one test? If documents such as lifetime state teaching certificates can be ruled invalid as easily as a stroke of the governor's hand, couldn't deeds, ownership titles, or any documents be ''waved'' invalid?

We as teachers would like to know that if we do take the test and pass, what will be the tenure of our certification at this point?

5. At present, FIVE MILLION DOLLARS of the taxpayers' money has

been spent just to manufacture this test. This money was spent out of our state in North Carolina. We know that this sum will be multiplied many times because of administering, scoring, reporting results, and retesting. It is a shame that this money is not being spent on Texas students who could benefit greatly from it!

- 6. It has been pointed out in newspapers that due to a teacher shortage created by the test, teachers who will be leaving the profession, and a hesitancy of young teachers to enter the profession because of low pay, we will be 15,000 teachers short nest year. This void could be filled by a surplus of teachers from West Germany. (Note: Abilene Reporter News and Dallas Morning News, Feb. 9, 1986.)
- 7. We ask the question: "Would other professions put up with this?" This test for them and us could wipe out years of credentials, licenses, and certifications.
- 8. It is because of the deliberate intention to fail 10 to 12% of teachers that after a sample test was given in October, 1985, to 5,000 Texas teachers, and such a small percent failed; the test was revised and made harder so the 10 to 12% failure goal would be reached.
- people from T.E.A. who helped write the test and are, at present, charging \$30 to \$60 for workshops and stress tapes. Someone is getting rich with this little sideline!
- 10. We are NOT AFRAID of this test, but it is an insult to our profession! Why are the teachers the "whipping boys"? Why not test other professionals as well?
- 11. We have been told that we cannot eat, drink, or even go to the bathroom without a monitor when we take the test. We cannot take anything to the test site such as purses, items in pockets, etc. Can you imagine being forced to sit in one place from 4 to 41/2 hours without having something to eat or drink, and having your bathroom privacy violated? We are being treated like criminals!
- 12. This test has been grossly misrepresented as a simple reading and writing test. It is a tricky test where many answers to the complicated questions have at least two answers that appear correct. These answers are being decided by the grader or the test maker. So please, do not be misled by our governor; this is a very complex and complicated test.
- 13. We have also been further insulted by their saying we have to have a drug test! Once again, we are NOT AFRAID of the drug test, but the question is "Why teachers?"
- 14. In closing, all we ask is that before you jump on the bandwagon against your teachers, pick up the phone, call, and ask for some information about the issues from a teacher. You will be surprised to find out how well-informed most of us are about the issues. We ask you to become informed from our side before you condemn us.

This year it is the teaching profession. Next year, what profession will it be? It could be yours.

CONCERNED EDUCATORS

SESQUINCENTENNIAL OBSERVANCE

UNANIMOUS

DECLARATION OF INDEPENDENCE,

MY THE

DELEGAES OF THE PEOPLE OF TEXAS,

IN GENERAL CONVENTION.

A THE TOWN OF WASHINGTON,

C. B. Soverage			BARR ELLIS, A	Y6696490.			
Tours Hexages.	Autia.	Man Cathern,	Granden '	J. W. Brierrie, Tros. J. Garrige,	Miss.	W.C. C. Proposition	Shilly.
LINE COLLEGE WORLD,	5	Worst Mercer,	Dollar.	R. M. Conegan,	•	James Powers, Nam. Housenes.	
Ase finones. J. S. H. Syron.	Bratteria.	Latzeres, Stra. H. Eventre,	Harridays.	Booker Porras, Tropas J. Ross,		Dayro Tennese,	Religio
Francisco Mers.		Gausse W. Smire,	James,	Co. S. Tavina, Jose S. Roscara,	Nongiales	Eswage Consac, J	5 10 10 10
ANTONIO NAVARO, James B. Madortto.	Better.	Elem Starp,	Zachere.	ROSSOT HANGEON	1000 L	B. Bancon Gordanie C.	Sas Farino
WHATER B. Lacy. 1	The state of the s	CLIMBAN WEST, WASHAR H. SCATTS.	Softman.	Contro McKinske, And H. Larrison.	Red River.	G. W. Baseson,	Wakington.
William Manyrica	Colorado.	M. S Moreco.	Library	NARTH PARKET.		Janes G. Smixings, Janes Gorgeo.	
Jagra Cance, W. Chase, Jan	Sabium	A. E BARDIO,	Michaela	E. O. Linguista,	San Augustia		

INDEPENDENCE DECLARATION OF DECLARATION INDEPENDENCE SIGNED WASHINGTON-ON-

March 2, 1936--The time has come. If Texas is ever to control its destiny, now is the moment to start. That is the feeling of the 51 delegates who assembled yesterday at Washington, a small, new settlement on the banks of the Brazos River, to declare Texas' independence and draft a constitution for the republic.

BRAZOS

In a frame house with cotton cloth over the windows and across the doors to keep out the cold winds, shivering delegates took the first step toward controlling destiny by approving the first draft of the Texas Declaration of Independence in a businesslike manner. Aside from Sam Houston's speech praising the document and

calling for its unanimous approval, there was no argument or debate over the

Today, the delegates will start signing the declaration. It is expected that the late delegates will also sign the document upon arrival.

This is the fourth such meeting of Texans since 1832. As recently as last year, these conventions held out hope of some agreement with the Mecican government. Just last fall, in San Felipe, the delegates declared their faithfulness to the Mexican government in return for the establishment of Texas as a separate state within Mexico and the repeal of sing the document and Bustamante provision

But that was several months In the meantime, the likelihood of conflict has increased. In fact, while the delegates work on a declaration of independence, Santa Anna and his army have crossed the Rio Grande and are laying siege to the Alamo and Bexar, only 140 miles to the southwest.

It is in this atmosphere that the delegates worked today, knowing that from here, most would return to their homes and enter the conflict for Texas' independence.

Sources in the convention, including E.M. Pease, assistant secretary of the convention, suggest that the declaration may have been written long before this meeting. George Childress, chairman of the declaration committee and a lawyer recently arrived in Texas, actually may have written and brought the document with him. Childress wouldn't comment on that rumor, but he and his committee of James Gaines, Edward Conrad. Colin McKinney and Bailey Hardeman made short work of their task and returned overnight with the large document.

The document cites many differences between the Texans and their Mexican rulers, but the entire argument can be boiled down to the preamble. There, the Texans state that the Mexican government "....has ceased to protect the lives, liberty and property of the people from where its legislative powers are derived....

Six copies of the document will be prepared, with the original being sent to Washington, D.C. and the five copies going to Bexar, Goliad, Brazoria, Nacogdoches and San Felipe. Some 1,000 handbills of the Declaration will be distributed across Texas.

This "Journey Through Texas" is a Sesquicentennial project of the University of Houston-University Park Office of Media Relations. This piece is based on material housed in the **Special Collections Department** the university's M.D. Anderson Library. For more information on this or any of the Texian documents write: Special Collections, M.D. Anderson Library, University of Houston - University Park, Houston TX 77004.

prohibiting U.S. immigration to OCCUPATIONAL TAXES IN 1892

The first Borden County Courthouse business was in a one room building which also served as schoolhouse shortly after the county was organized in 1891. Sometime later a two-story building was the site of all legal proceedings for an indefinite time period until the current Courthouse was built in 1939 as a WPA (Works Project Administration) project during Franklin Delano Roosevelt's administration.

The following list of Occupational Taxes set by the first Board of Commissioners gives us an indication of the economic picture and the weighty decisions that body had to make in 1892.

Selling Malt Liquors by quart	\$25.00
Running billiard table	\$10.00
Hacks Dr. Wagons	.25
Concerts or theaters, ea. perf	1.00
Lightening Rod Canvassors	12.50
Fortune JTeller	1.25
Menageries, ea. day	5.00
Foot Peddlersd	.62
1 Horse Peddler	1.87
w Horse Peddler	3.75
Shooting Gallery.,	3.12
Peddlers of cook stoves & ranges	31.25
Wewing machine dealers	1.87
Wagon Yard	6.20
Clairvoyants	6.25
Circus	25.00
Livery Stable & Vehicles, ea	.25

POPULATION OF BORDEN COUNTY

Number	Year
222	1890
776	1900
1,336	1910
1,396	1940
1,100	1950
1,076	1860
870	1980

Records were not available for the missing years.



-Pottery and imported Goods--



Big Spring, Texas 79720 (915) 263-0977 - Phone (915) 399-4572

Rosaleen S. Hector - Owners - Terry C. Smith

Security State Bank

1411 Gregg

Big Spring, Texas

Member F.D.I.C.

HOME PLATE

802 N. 4th Lamesa

872-3221

Hickory Smoked Brisket Char Broiled Burgers Tacos Steak Fingers Salad Bar

8 delicious Flavors Dipped Ice Cream **GO COYOTES** Open 10 a.m. - 10 p.m.

American Airlines

Something special in the air.

HOU ABOUT A

TRIP FOR TWO TO HEW ORLEANS!

THIS TRIP INCLUDES: ROUND TRIP AIRFARE COURTESY OF AMERICAN AIRLINES FROM LUBBOCK...THREE DAYS AND TWO NIGHTS STAYING IN THE CLASSIC BIENVILLE HOUSE HOTEL. PREDICTAST AT PREDICT'S .. YOUR CHOICE OF A THREE HOUR CITY TOUR OR A THO FOUR MISSISSIPPI RIVER CRUISE. THIS \$784.00 SPECIAL PACKAGE FROM AZTEC TRAVEL TH LUBBOCK IS GOING TO BE AUCTIONED OFF ON KPET AM 690 BEGILDING MARCH (OTH. TURE IN TO LAMESA'S RADIO STATION FOR YOUR CHANCE TO GET A PEAL PARGAIN ON THIS SUPER TPIP AND OTHER GREAT



Free Ticket Delivery . Boarding Passes . Credit Cards Honored (806) 793-0606

Lubbock, Texas 79414

POLITICAL CALENDAR

GOVERNOR Kent Hance (R)

STATE LEGISLATURE (69th Dist.) Rich Anderson (R)

COUNTY JUDGE Van York (D)

COMMISSIONER Precinct 1 Larry Smith (D) Dan Shortes (D)

Precinct 2 Ed Rinehart (D) **Buck Lemons (D)**

COUNTY CLERK Dorothy Browne (D)

COUNTY TREASURER Lisa Ludecke (D)

JUSTICE OF THE PEACE Carolyn Stone (D)

Cattlemen to Celebrate Sesquicentennial

Fort Worth, ... Texas cattlemen celebrate the Texas Sesquicentennial in a special More than 2,000 cattlemen from Texas ans surrounding states will commemorate the occasion with the 109th annual convention of Texas and Southwestern Cattle Raisers Association March 16-19 in San Antonio.

Convention meetings will be held in the Henry B. Gonzalez Convention Center and San Antonio Hyatt Regency. The Texas CowBelles, a TSCRA auxiliary active in beef promotion and legislative affairs, the Livestock Marketing Association of Texas and the **Texas Purebred Cattle Alliance** will conduct meetings in conjunction with TSCRA's convention, trade show and Heritage Sale.

3-WAY CARPET CLEANING

O'Donnell, Texas

Living Room & Hall \$19.95 Each Additional Room \$14.95

We move all furniture and replace it. **Available for Emergency Water** Extraction

Call 806 428-3759 after 6 p.m. for estimate

Ben Hill, Box 496, O'Donnell 79351

LEGAL NOTICE

The Board of Trustees of the Borden County Independent School District hereby gives notice of an election to be held on April 5, 1986 for the purpose of electing three School Board Members. The terms of Ralph Miller, Kenny Hensley, and Doyle Newton expire on April 5,

Anyone interested in having their names placed on the ballot should file an application in the office of the Superintendent. The deadline for placing names on the ballot is March 5, 1986.

BID NOTICE

STATE OF TEXAS **COUNTY OF BORDEN**

County Borden Commissioners' Court will accept bids on two (2) new dump trucks for use in Precinct No. 1 and Precinct No. 2.

Bids will be opened March 10, 1986 at 10:00 A.M.

Minimum specifications and other information may be obtained by contacting the County Judge's office, 915-856-4391 or Frank Currey, Commissioner, Precinct No. 1, 806-439-6664 or Larry Smith, Commissioner, Precinct No. 2, 915-856-4346

Borden County reserves the right to reject any or all bids.

BY DIRECTION OF THE COUNTY BORDEN COMMISSIONERS' COURT

Van L. York **County Judge Borden County**

Fire Ants

Fire ants now infest 113 of Texas' 254 counties, according to the TDA. There are five fire ant species in the U.S., three native and two imported. The imported are the most agressive and dangerous. Of the more than 40 chemicals available for destroying the ants, the ones involving drench methods are the fastest.



A FRIENDLY Supermarket serving West Texans with Quality Foods at Competitive Prices.

We give S&H Green Stamps Double on Tues-day after 1 p.m. All Day Wednesday.

35th and College Ave. Snyder, Texas

SHERIFF'S

The Borden Star, Wed. March 5, 1986...5 NOTICE OF LAND SALE

Pursuant to the Orders of the District Court of Borden County. Texas, in a Judgment dated November 20, 1985, in Cause No. 834, styled "WELLTECH, INC. VS. RKP, INC., ET AL", I will sell, at Public Auction, to the highest bidder for cash, the following described real and personal property, to-wit:

The Leasehold Estate covering the Southeast One-fourth (SE-4) of Section Eighteen (18), Block Thirty-two (32), Township - 3 North, T. & P. Railway Company Survey, Borden County, Texas, created by that Salt Water Disposal Agreement dated July 1, 1982, between J. Pat Porter and iRobert W. Dyess, Lessors, and RKP, Inc., Lessee, recorded in Vol. 179, Page 861, of the Deed Records of Borden County, Texas, together with the Porter A SWD No. 1 Well, personal property and equipment situated thereon.

This Leasehold Estate,

together with the personal property situated thereon, is located approximately 13 miles South and 11 miles West of Gail. Texas. The premises is known generally as the Porter A SWD No. 1 Well and Lease and the sale will include the Leasehold Estate, the well, and all other personal property situated thereon. The land covered by the above described Agreement contains approximately 180 acres.

Said sale will be conducted by me, at the door of the Courthouse of Borden County, Texas in Gail, Texas, at 10:30 o'clock A.M., on Tuesday, April 1, 1986, same being the first

Tuesday of said month.
TO ALL OF WHICH WITNESS MY HAND AND SEAL OF OFFICE this 3rd day of March,

NORMAN SNEED, SHERIFF£ **BORDEN COUNTY, TEXAS** -s- Norman Sneed

NOTICE FOR APPLICATION FOR FLUID WELL PERMIT

Citation Oil & Gas Corp., 16800 Greenspoint Pk. Dr. No. 300 South, Houston, TX 77060 has applied to the Railroad Commission of Texas for a permit to inject fluid into a formation which is productive of oil or gas.

The applicant proposes to inject fluid into the Glorieta-Clearfork, Muleshoe Ranch, Well Number 2. The proposed injection well is located 16 miles S'ly from Gail, Texas in the Escondido (Strawn) Field, in Borden County. Fluid will be injected into strata in the subsurface depth interval from 3120 to 3510 feet.

LEGAL AUTHORITY: Chapter

27 of the Texas Water Code, as amended, Title 3 of the Natural Resources Code, as amended. Statewide Rules of the on and Gas Division of the Railroad Commission of Texas.

Requests for a public hearing from persons who can show they are adversely affected, or requests for further information concerning any aspect of the application should be submitted in writing, within fifteen days of publication, to the Underground Injection Control Section, Oil and Gas Division, Railroad Commission of Texas, Drawer 12967, Capitol Station, Austin, Texas 78711 (Telephone (512) 463-6791).

March March March **SCOTTS AUTOMOTIVE** For All of Your Automotive Needs Transmission

Phone 872 5782 Brakes-Tune Ups 805 N Lynn, Lamesa Night 872-5001 Air Contiotioning



202 SOUTH THIRD LAMESA, TEXAS 79331 (806) 872-2144

ASCS NEWS BY JERRY STONE

CONSERVATION RESERVE PROGRAM

Remember the Conservation Reserve Program (CRP) sign-up is from March 3 through March 14. The purpose of this program is to take erodible land out of cultivation. Interested producers must submit a bid at the time of application. Land must have been used to produce an annual crop any two of the last five years. Any interested producers need to come to the ASCS office during the sign-up time and visit, the SCS representative will be there to help you with any questions. Remember your land will be out of production for 10 years, but it must be maintained and yearly spot checks will be made.

PAYMENT LIMITATIONS

Payment limitations are still in effect for the 1986 Programs. March 1, 1986 is the date of determination of a person such as Corporations, birthdates for minors, and Trusts. We will need to make a person determination on all new producers and entities. If you are forming a new farming entity, please check with the County office.

NON-GRAZING PERIOD

The non-grazing period for Borden County for 1986 is April 1 through August 31, 1986. This means you can't graze or hay your set-aside during this period.

FARM PROGRAM SIGN-UP

The date for the farm program sign-up has been changed until Thursday March 6, 1986 through April 11, 1986.

An acreage reduction of 25 percent for cotton and wheat and a 20 percent reduction for feed grains is required. Included on this reduction is a 21/2 percent paid diversion.

Wheat farms may reduce their planting to 65 percent of their base and receive diversion payments on the additional 10 percent. Advance payments will be made to those filing requests during sign-up and will be made as soon as time allows. The advance payments will be computed on the following rates:

For feed grains and wheat 75 percent of advance payment to be paid in cash, the remaining 25 percent will be paid in commodities.

In order to encourage additional reduction without penalizing producers by reducing payments for fewer acres planted, an interesting provision called the 50-92 provision has been announced. It states as long as you plant at least 50 percent of your permitted acres and devote the remaining permitted acreage to a non-program crop or conserving use, you will receive payments based on 92 percent of the permitted. Program crops are defined as cotton, wheat, feed grains and soy beans.

This first week of sign-up may be hectic, but if you would please bear with us. There may be a lot of things we will be clearing up so we can answer everyone's questions as well as possible

5th Marine Div. Reunion

Following 36 successful years of 5th Marine Division Reunions from coast to coast, but never before in Texas, this organization will make San Antonio its headquarters from Wednesday 18 June 1986 until Noon on Sunday 22 June 1986. Noted for its historical flag raising on Iwo Jima in February 1945, the Division was deactivated following WWII, and then became a part of The Marine Corps Reserve Forces. During the Vietnam conflict many Marines served with activated elements of the 5th Marine Division. Any veteran who served attached to or with the 5th Marine Division at any time, is eligible for membership with the Association Membership applications will be available at the Reunion Headquarters in The El Tropicano Hotel in downtown San Antonio, or by contacting Mr. Roland Chaisson, Box 225, Larose, La. 70373 s- our recruiter. For reum. ... , write Mike Sekerak GySGT USMCRet., Rt. 1 Box 170AA Buchanan Dam, Texas 78609



************* MENS STUDENT AND WRANGLERS AND WESTERN SHIRTS \$14.99

BOYS

KIDS

IO REED TERN WEAR 118 Austin AMESA, TEXAS 806-872-8435

Farm Families

con't from 1

"The agriculture industry is doing all it can to help save the farm. Our goal is to help save the farm family," said C. H. Murphy, Jr., pastor at First Baptist Church. At least 800 are expected to attend the interdenominational weekend program, which is open to the public.

The program will begin at 7 p.m. Friday, March 14, at First Baptist Church, S. 1st St., Lamesa, with a general rally featuring John Johnson, a motivational speaker from Minneapolis, Minn. Another rally is scheduled for 7 p.m. Saturday featuring Stanley White, a Christian humorist from Stephenville.

Beginning at 9 a.m. Saturday and continuing in 50-minute intervals throughout the day, a variety of seminars will be offered on subjects ranging, from financial planning strenghthening the family.

Topics and speakers include: "Coping with Chancge," Bob Pender, professor of home and family development, Texas Tech pankruptcy and Foreclosure," Byrnie Bass., attorney; "Bankruptcy and jChristian Ethics," Clyde Cain, pastor, Calvary Baptist Church, "Self-Esteem" and Lubbock: 'Money Management and Financial Planning," Lewis and jRose Canley; "Stress and Grief Management," Lane Powell, Crossroads Samaritan Counseling Center, Lubbock; and "Strenghthing the Family," Neal Beaumwart, pastoral counselor, Crossroads Samaritan Counseling Center.

Murphy will lead a seminar on The Biblical Basis of Turning Tragdedy into Triumph," and he will lead a Bible study for farm families during the Sunday morning service, March 16.

To our knowledge, this is the first response of this type to the farm crisis by any church in Texas," said Ken Coffee,

\$11.99

\$ 8.99

TENNIS SCHEDULE 1986

The state of	WAR AND		
HIGH SCHOOL	医自身 医自然二类者 地狱对外	是 百分解色 5 至年	
DATE	OPPONENT	PLACE	TIME
Mar. 3	Dawson, Grady, Lamesa	Lamesa	4:00
Mar. 7	Loop	Lamesa	4:00
Mar. 11	Klondike	Lamesa	4:00
Mar. 14 & 15	Reagan County Tournament	Big Lake	TBA
Mar. 21 & 22	Garden City Tournament	Garden City	TBA
Apr. 2	Forsan	Forsan	4:00
Apr. 8	O'Donnell -	Lamesa	3:30
Apr. 11	Zone Tournament	Lamesa	9:00
Apr. 14	District Tournament	Brownfield	4:00
DESCRIPTION APPLICATION	the property of the party of the	THOUSE PLY IN	
JR. HIGH	or to the system of the same of		
DATE	OPPONENT	PLACE	TIME
THE REAL PROPERTY.	The state of the s		4:00
Mar. 4	Dawson	Lamesa	
Mar. 13	O'Donnell	Lamesa	4:00
Apr. 1	Klondike	Lamesa	4:30
Apr. 19	District Tournament	Lamesa	9:00

USED AGRICULTURAL EQUIPMENT

and the same of th	£22 £00 00
1978 JD 8630 4 whl dr w/cab, air, 3 remotes, duals	10 500 00
1979 Case 2470 4 whl dr	0.500.00
1975 IHC 4166 4 whl dr w/cab, air	9,500.00
1984 Case 1594 w/cab, air, powershift, 500 hrs	19,000.00
1981 Case 2590 canopy tractor, 20.8 x 38 rear tires,	
1380 hrs	18,000.00
1980 Case 2090 w/cab, air, 8 spd, 806 hrs	17,500.00
1979 Case 990, 850 hrs	6,750.00
1979 Case 2090 w/cab, air, powershift	16,500.00
1977 Case 1370 w/cab, air	
1977 Case 1570 w/cab, air	
1976 IHC 1586 w/cab, air	12,500.00
1979 IHC 1086 w/cab, air	12,800.00
1979 AC 7060 w/cab, air, powershift	11,500.00
IHC 1066 w/cab, air	5,500.00
1970 Case 1070 w/cab, air, powershift	6,450.00
1977 JD 4430 hyd front drive	11,000.00
1969 JD 4020 diesel	5,600.00
1971 IHC 826 diesel	
1970 Case 1170 diesel w/cab	
JD 3020 LPG tractor	
1962 Case 930 diesel	
Case 16hp lawn & garden tractor w/mower	
Mitsubushi 250D 4 whl dr	
Versatile 1000 gal. sprayer w/70' boom	
M & M 7 btm rev plow	
M & M 8 btm rev plow	
IHC 32' tandem disc	
Case 13 shank chisel	
Module builder (built in Lamesa)	
Bush Hog 21' hyd wing offset	4,500.00
Miller 14' offset	2,500.00
M & W round baler	6,500.00
New Holland round baler	
Byram 12' scraper w/cyl & hoses	
New Amco disc terracer	
12 row hyd fold. skip row shredder w/3 72' Bush Hog	
shredders, tail wheels & 2 pr gauge wheels	
Several diesel tanks w/stands & pumps	

USED CONSTRUCTION EQUIPMENT

Case 580SE loader backhoe, 100 hrs	\$32,500.00
Case 580SD loader backhoe w/canopy, 1700 hrs	24,250.00
Case 580D loader backhoe w/canopy, 1400 hrs	22,500.00
Case 580C loader backhoe w/cab	14,500.00
Case 580C loader backhoe w/canopy	14,500.00
JD 300 loader backhoe, 1974 model	6,250.00
Case 530 diesel loader backhoe	5,500.00
Case 584C forklift w/21' mast	14,500.00
Case W14 loader w/cab, air, 300 hrs	38,500.00
Case 450B crawler w/6 way dozer	18,000.00
Case 450B crawler w/6 way dozer	24,500.00
Vermeer M470 trencher	14,500.00
IHC TD 15 crawler dozer	9,500.00
AC M100 maintainer w/cab, hyd side shift	12,000.00
1971 Ford truck w/flat bed	3,250.00
1967 IHC dump truck w/drag axle	3,500.00

FEAGINS IMPLEMENT

A fresh team for today's farmer







COUNTY AG-AGENT REPORT

DENNIS POOLE

Re-Implanting Cattle on Wheat **Pasture**

Weight gains are generally the greatest during the last part of the wheat pasture grazing period due to regrowth of the pasture and favorable weather conditions. Producers should maximize that weight gain through cost-effective management techniques. Cattle that were implanted when they were placed on pasture last fall should be re-implanted since most implants (Ralgro, Synovex-S and Synovex-H) last for only 60-90 days.

Cattle that are re-implanted which is especially significant on graze-out wheat. Re-implanting might mean some extra time. labor and expense, but the extra weight gain should more than offset the costs of getting it

Check Soil Temperature Before Planting

In many cases the early bird does get the worm. But when it comes to spring planting, farmers may want to use a little restraint and take a look at soil temperatures before crankinng up their planters.

One of the keys to getting spring crops off to a good start is to heed soil temperatures.

Soil temperatures have been shown to have an important effect on how well seeds germinate. Planting in cool soils often leads to poor seed germination and poor crop stands. jPlants that do come up often lack vigor for early growth. And this opens the door to early season disease and insect

Begin planting only after the danger of a late frost is past and soil has warmed to temperatures favorable to the intended crop.

Farmers also need to keep atuned to weather forecasts prior to planting . A sudeen change in weather conditions following planting can be detrimental to the crop, particularly a cool, wet spell that can lower soil temperatures drastically

Just when is it safe to plant what crop?

Average minimum temperatures (at the four-inch depth) for planting are ad follows: corn, 50 degrees; sorghum, 55 degrees; cotton, 654 degrees: and sovbeans, 70 "Minimum" rather degrees. than "average" temperatures should be used for rice and peanuts, with rice being 60 degrees and peanuts, 70 degrees.

Hardy vegetables such as onions, cabbage and potatoes can be planted once woil temperatures range between 45 and 50 degrees while warm-season vegetables such as tomatoes, melons, beans and peppers need soil that has warmed into the 60s.

With early season planting, particularly when woil temperatures are still marginal, farmers need to pay particular attention to using high quality

seed, fungicides and other seed protectants, and adjusting seeding rates.

How do farmers keep abreast of changing soil temperatures?

Daily readings are taken at various locations throughout Texas in cooperation with the Extension Service, the Texas Agricultural Experiment Station, the National Weather Service and individual cooperators. For example, the regional temperature reading for North Texas is based on temperatures at Lavon Dam northeast of Dallas, while readings at Lufkin and Longview make up the East Texas average. Regional readings are also made for the High Plains, Trans-Pecos area, Coastal Plains, South Texas and the Lower Rio Grande Valley

As temperatures are collected, they are included in daily agricultural weather advisories issued for each of the regions by the National Weather Service's **Southwest Agricultural Weather** Service Center at Texas A & M University. The advisories issued for each of the regions by the National Weather Service's **Southwest Agricultural Weather** Serivice Center at Texasd A&M University. The advisories are fed into the NOAA (National Oceanic and Atmospheric Administration) weather wire teletype system to be received commercial radio and television stations. advisories are also carried over the NOAA Weather Radio Network.

Specific temperature readinsgs for about 50 locations also are distributed daily through regular weather service dissemination channels.

Keeping tabs on the seather and soil conditions can help farmers get off to a good start with spring planting. With the high cost of farm inputs, it's invormation that should be put to good use.

more opportunities than he finds." Francis Bacon

Extension Home Economics Report By: Kandy K. McWhorter

Protect Credit Card Numbers

Most people would not think of leaving their money out where anyone could pick it up. Yet casual use of credit cards can have the same effect.

Practically any cashless transaction can leave consumers open to fraud. Since fraudulent schemes change as fast as we become aware of them, the general rule for consumers is to quard their credit card numbers as they would cash.

One of the most recent scams is to request a credit card account number over the phone so that a free gift can be sent.

Of course, no prize or free gift comes, and the caller has your credit or charge card number to use for ordering merchandise by phone or even applying for a lost card using your number.

It is not a good idea to give your credit card number over the phone. If you do, make sure it is to a reliable company that you have had dealings with before, rather than an unknown firm.

When you buy something with your credit card, ask for the carbons that separate the receipt copies. Otherwise your account number, its expiration date and your signature will be available to anyone who has access to the carbons.

Even when ordering by mail, do not write your credit card number on an open postcard form. Put the order card in an envelope instead and pay the extra postage to assure that your number will be safely protected.

To detect any misuse of your credit cards, it is important to keep your charge receipts.

When your monthly credit card statements come, use your receipts to reconcile your If something statement. appears on the statement that

you did not buy, notify the credit card company immediately.

Some people are not too concerned about fraudulent use of their credit cards now that consumer legislation limits their liability to \$50 for each card.

But what they may not realize is that straightening out their account after a fraudulent purchase or even a simple error can be frustrating, time consuming and may involve extra costs for long-distance calls and interest paid on the purchase in question.

Also, all consumers wind up paying higher prices and credit card fees as this fraud adds to the cost of doing business for both merchants and credit card

> "A dance is a measured pace, as a verse is a measured speech."
> Francis Bacon



MYTHS ABOUT BEEF

A Dozen of the Most Popular Misconceptions About America's Most Popular Meat



Beef Industry Council in Texas

12741 Research, Suite 404 Austin, Texas 78759 512-258-5875

NTRODUCTION

n recent years America's "King of Meats" has been taking a beating. For reasons not understood by cattlemen, beef has become the whipping boy for food faddists, diet book authors - and even some scientists and nutritionists.

Is there a reason to be alarmed about beef? Are we putting our lives at stake when we sit down to a succulent T-bone? Do we risk cancer or heart attack when we sink our teeth into a juicy hamburger? Can a food taste that goodand still be bad for you?

It seems that the MYTHS about beef have no trouble at all being picked up in print, or in being aired on TV or radio. But what are the FACTS about beef?

To show that FACTS often are as interesting as MYTHS, the following pages present documented truths about beef — how it reaches your table and what it does and doesn't do to your body.

Мутн: Beef is high in cholesterol.

Three ounces of cooked lean beef contain 73 milligrams of cholesterol. By comparison, the same amount of roast chicken contains 76 mg; fried chicken, 74 mg; pork, 77 mg; shrimp, 130 mg; cheddar cheese, 90 mg. Of course, the human body NEEDS cholesterol—some 1,000 milligrams a day—and the body normally will muligrams a day — and the body normally will manufacture the difference between the amount consumed and the amount it requires. The standard three-ounce serving of beef provides only about eight percent of the cholesterol the body needs.

MYTH: Beef is high in calories.

FACT:

Three ounces of lean roast beef contain 169 calories; three ounces of top loin (strip) steak contain 195 calories. Three ounces of baked chicken, without skin, contain 174 calories while three ounces of fried chicken, with skin, contain 209 calories. Actually, beef is ideal for modern, low-calorie diets because today's leaner cattle provide beef that is, on the average, ten percent lower in calories than it was in years past.

MYTH: Beef is hard to digest.

Beef is highly digestible — more digestible, in fact, than vegetables. Beef singredients are 96 percent digested, and its abundant nutrients are almost completely absorbed and used by the

MYTH:

Beef is high in saturated fat

Beef actually contains considerably less fat Beef actually contains considerably less fat than is generally assumed. Three ounces of cooked lean beef contain about nine grams of fat — and less than half of that is saturated. Of all the fat in the U.S. food supply, 36 percent comes from meat and fish. The increase in fat intake in this country has been caused primarily by an increase in use of vegetable fats. Fats and oils now account for 43 percent of the fat in the food supply.

MYTH:

Beef contributes to cancer.

FACT:

To date, reported links between diet and cancer have been mostly hypothetical. A group of scientists convened by the American Cancer Society concluded that no single dietary factor, Society concluded that no single dietary factor, including fat or meat, could possibly account for more than a small fraction of cancer in the U.S. In any event, the issue is fat, of all types, and not meat per se. If a person accepts the theory that a low-fat diet will help prevent cancer, beef should probably be in that person's diet, because modern beef is lower in fat and calories and high in protein, vitamins and minerals

MYTH:

Beef is frequently processed under unsanitary conditions.

FACT:

The meat industry is the most regulated of all food industries. It has been described as the most regulated industry in the nation, with the exception of the nuclear energy industry. Physical inspections of meat are made in packing plants by certified inspectors from the state or the U.S. Department of Agriculture. When a violation is uncovered, it results in substantial news coverage — because it is a rare and truly unusual event.

MYTH:

Beef's nutritional makeup is no better or worse than that of other meats.

FACT:
Beef actually contains substantially larger amounts of certain vital nutrients. Beef contains nine times as much Vitamin B-12 ounce for ounce as chicken, about two and a half ounce for ounce as chicken, about two and a half times as much iron and four times as much zinc. (Iron and zinc are the two most common nutritional deficiencies in America today.) Beef is what nutritionists call a "nutrient-dense" food. It supplies a large share of essential nutrients and a relatively small share of calories. For example, a three ounce serving of lean beef supplies only eight percent of an adult's daily calorie requirements — but 45 percent of the daily protein requirements.

Diets recommended by health organizations should not include beef.

New research on the nutritional composition of beef and on amounts of meat actually consumed by Americans show that beef can be used regularly by almost any consumer who is concerned about diet and health. It is now known that red meat supplies calories, fat, saturated fat and cholesterol in amounts far below the limits recommended by many scientific and health organizations. Consumer who want to cut down on calories and fat and cholesterol can do so without cutting down on the amount of beef they consume.

Beef provides iron with the same nutritional value as the iron in vegetables.

A three-ounce serving of beef supplies 26 percent of the recommended daily allowance of iron for an adult male. And the iron provided by beef is "heme iron," a type that is three to five times more easily absorbed by the body than the iron found in other foods. It also has a booster effect on iron in other foods consumed at the same time. Much of the iron in spinach, for increase is not made available to the body. for instance, is not made available to the body unless it is eaten in combination with another food. Beef provides iron — and also serves as a catalyst to help you get the most iron out of other foods.

MYTH:

Beef cattle production uses grain that could be used to feed the world's hungry.

FACT:

The grain fed to livestock is mostly "feed" grain, for which there is little or no demand as human food. Grain — either food grain or feed grain — will not be produced unless there is a market for it. The livestock industry provides that market. Actually, the grain fed to beef cattle represents only 15 percent of the total feed for cattle.

Beef cattle graze on valuable land that could be used for the production of crops for humans.

About one billion acres of the nation's 2.2 billion acres of land are used for pasture and grazing. The vast majority of this land is too rugged, too arid, too wet or too high to cultivate crops of any kind. If it were not for grazing ruminant (four stomach) animals like cattle, this one billion acres of land would have no productive use. Cattle are able to convert otherwise unusable cellulose in grass and shrubs into nutritious beef. nutritious beef.

MYTH:

Americans eat too much beef.

FACT:

Americans consume an average of two ounces of cooked beef per day—considerably less than the recommended daily intake of foods from the meat group. When you consider the superior nutritional value of beef and its genuine good taste, is it any wonder that it continues to be an American favorite both at home and when dining out?

Palatin temperature and account

BORDEN COUNTY BEEF PRODUCERS