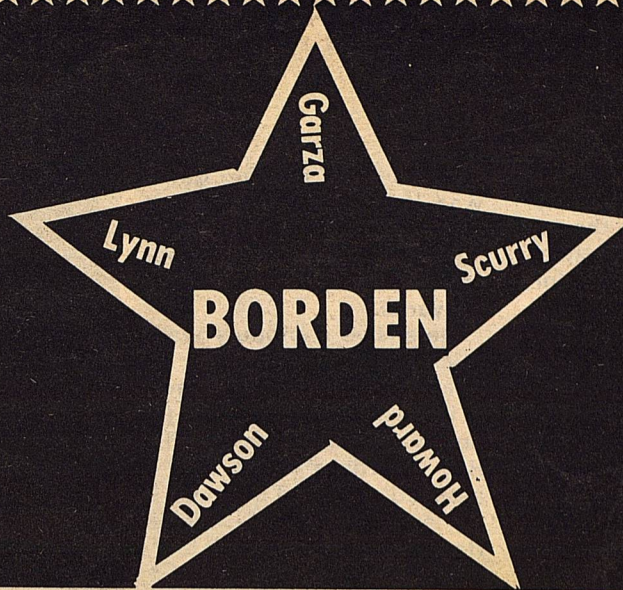


# THE

Volume XLII.



# STAR

September 10, 1986

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



**RICH ANDERSON**  
Candidate for State  
Representative

## Ice Cream Supper Supporting Rich Anderson

There will be an Ice Cream Supper for Rich Anderson Friday, September 12 at 6:00 P. M. in the school cafeteria.

Rich has been out knocking on doors all over the district trying to win this election. He is the best man for the job and it is our time to help ourselves by helping put him in office.

Co-Chairmen of Rich's campaign informed us that there has been an excellent turnout of enthusiastic supporters for Rich, reflecting his active campaign.

The staff of the Borden Star and, I am sure, every Borden County Citizen is proud to have a candidate of

Rich's calibre running for a state office.

He needs our help. The committee is at the present looking for locations to place road signs, friends to mail letters to the editors, funds for advertising, bumper stickers placed on automobiles and most of all, a promise to vote for our candidate--friend and neighbor---Rich Anderson.

Be there at 6:00 p.m. Friday before the football game in the school cafeteria.

-s-  
Borden County Friends of Rich Anderson

## Tiny West Texas Town Comes To End

Ed. Note)

In reading a back issue of the Lubbock Avalanche Journal I came across this article and thought it might interest our Star readers--

Dermott- The last store was closed and the last letter delivered as this tiny West Texas railroad town quietly sank out of existence.

Dermott, once a bustling community now whittled down to two residents, officially came to an end

## First Baptist Launch Music Program

First Baptist Church, Gail is ready to launch its children's music program for 1986-87. The first rehearsal will be Wednesday, September 10 from 6:00 to 7:00 p.m. All children from age 3 through 5th grade are welcome to participate.

There will be two choir groups: (1) three year olds through kindergarten under the direction of Mary Brown, and (2) first grade through fifth grade under the direction of Karen Bouton. Also assisting with the choirs will be Ylia Rowe and Glynda Bond. The choirs will meet every Wednesday night at 6:00.

We are looking forward to a great year. The children will perform at least once a month in the church's worship service. They will also participate in a Christmas program and other programs throughout the year.

Parents, we hope you will bring your children to our very first rehearsal Wednesday night, because without them the choirs will not be a success.

Thursday when postmaster LaVerne Herring retired. No replacement will be appointed because the rural post office in the community 15 miles northeast of Snyder serves so few customers.

The town boasted as many as 75 residents in the 1920s when it was part of the cattle and cotton transport system, serving the Santa Fe railroad as a water and coal supply point.

But once the railway closed, the fortunes of Dermott declined with it, said Scurry County Commissioner Earl Sneed.

"It's been that way with small towns since the railway quit--that and the passing of time," he said.

When the railroad left, the hotel, which served as a dance hall during World War II, eventually closed as did two service stations, the bank and several grocery stores.

Mrs. Herring, one of the two residents of Dermott, said she hopes to sell the building, which has been in her family for 76 years. Her uncle, Luther Edmonson, became the second postmaster in 1910. He then passed the title to Mrs. Herring's father, Aubry Edmonson, in 1926, who passed it to Mrs. Herring when he retired in 1963.

"We're gonna miss it, we really will," she told the San Angelo Standard-Times. "It's been slow because of the oil price, but it's a wonderful spot for a business. I'm not leaving because business is slower, I've just been at this for 34 years and it's tiring."

The town was named after its first postmaster, S.T. McDermott, who ran a

crossroads store and post office at the turn of the century. The town formed near the Roscoe, Snyder and Pacific Railroad, which was built in 1909.

The town later acquired a hotel and a bank when the Santa Fe Railroad began laying track. In 1923, the township built a school whose two teachers served until its consolidation with Snyder Independent School District in 1947.

"I've lived in Dermott all my life and moving to Snyder isn't far, but I still have mixed emotions," Mrs. Herring said. "Really, we aren't leaving Dermott -- Dermott left us."

Dermott's last businesses were the post office and a small store operated by Mrs. Herring's sister, Velma Lee Edmonson. Mrs. Edmonson closed her store Monday.

Some of the mail customers said they will miss the old post office.

W.T. Steel, who lives 1½ miles from the Dermott station on U.S. Highway 84, said he has been getting mail there all his life.

"I'll miss it," he said. "I moved here when I was 3 months old and I'm 67 years old now. I've gone there ever since I was a kid and now its gone down plumb to nothing."

Steel will now receive mail through the Snyder post office -

I put up a mail box today, but when you've done something for so long you wonder, but I guess you get used to it. I'd go down and get my mail --me and her (Mrs. Herring) We were raised together, We'd talk.

Saturday, July 5,  
1986-Avalanche Journal

# Borden Coyotes Win Season Opener

The Borden County Coyotes traveled to Mc Caulley to open their 1986 football season. The game was played on a very wet field, but it did not cause too many problems for either team. The game was hard played with the Coyotes winning 27-13.

The Coyotes won the coin toss and elected to receive. After a short kick-off return the Coyotes used a balanced running and passing attack to go in for the first of four touchdowns. The drive was capped off by a five yard pass from Shannon Bond to Mickey Burkett. The try for extra point failed and the score was 6-0.

The aggressive Coyote defense took over and caused the Eagles drive to stall near midfield.

After turning the ball over on downs, the Coyote offense once again started to work. After some very tough running by Brice Key and Rockie Harber, Brice scored on a twenty-one yard run making the score 12-0. Shannon Bond made a successful kick for two more points bringing the score to 14-0 in the first quarter.

During the second quarter, the Coyotes had some problems and did not score while giving up seven points to the Eagles. The half-time score was 14-7.

In the third quarter, the defense took over again and forced the Eagles to punt from their own 13 yard line. Pressure from the outside caused a blocking back to back up, and he was blocked into the punt. Mickey

Burkett chased the ball down and fell on it in the endzone for a touchdown. On the try for extra point, Michael Murphy passed to Burkett for one more point to bring the score to 21-7.

In the fourth quarter, the defense once again scored. When the Eagle quarterback dropped by to pass, Rockie Harber stepped in front of the receiver to intercept the pass.

Rockie weaved his way twenty yards into the end zone. The Eagles were finally successful on a drive and scored on a short pass.

The offensive line was led by Mickey Burkett, Gerry Smith, John Stephens, Michael Murphy and Lance

Telchik. The running game was led by Brice Key who carried the ball 11 times for 110 yards. Rockie Harber carried the ball 12 times for 66 yards.

Defensive standouts were Mickie Burkett (with 12 unassisted and 10 assisted), Michael Murphy (4 unassisted and 5 assisted), Ray Martinez (2 un. and 4 assisted), Harold Barnes (2 un. and 3 assisted), Rockie Harber (4 un. and 1 assisted), Shannon Bond (2 un. and 1 assisted), PaTRICK Herridge (1 unassisted tackle).

Those also seeing action were Brian Bond, Randel Hollis, James Smith, and Kerry Fryar and Bob Squires



THE BORDEN COUNTY KINDERGARTEN CLASS during Reading Sessions with teacher, Mrs. Coleland.



Glynda Bond helps with a Reading Class.

**GO BIG BLUE!  
Beat Sands**

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

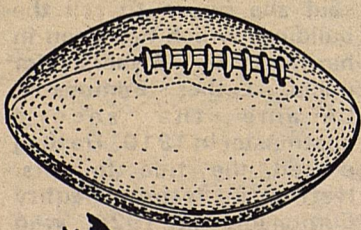
Editor  
Barbara Anderson

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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.

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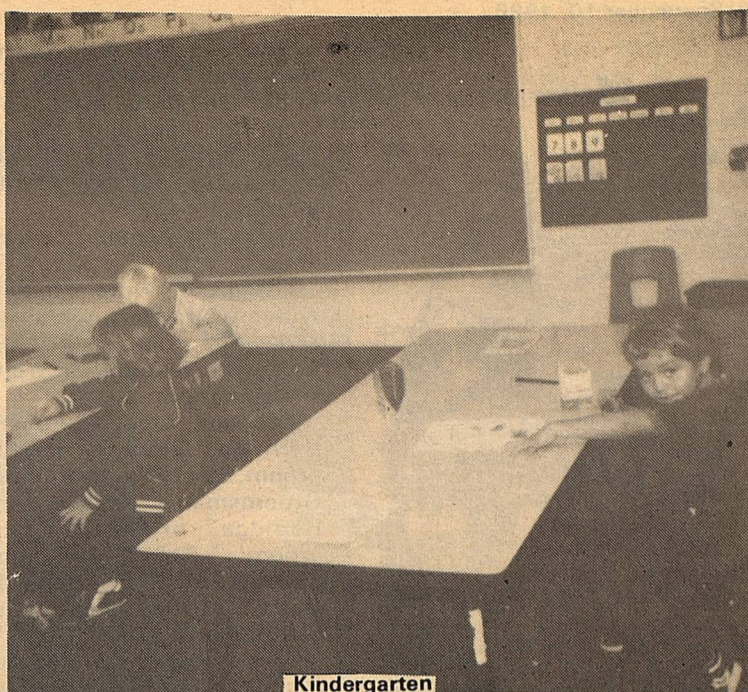


## SEPTEMBER 1986

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 HOLIDAY	2 First Day of School	3	4	5 7:30 p.m. H.S. Football McCaulley - There	6
7	8	9	10	11	12 7:30 p.m. H.S. Football Sands - Here	13
14	15	16	17	18 6:00 p.m. J.H. Football Wellman - Here	19	20
21	22	23	24	25 6:00 p.m. J.H. Football Klondike - There	26 7:30 p.m. H.S. Football *Klondike - Here	27
28	29	30			AUGUST 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 31	OCTOBER 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 31



While students wait for their reading session, they work by themselves.



Kindergarten

## The World Wants to Hear "YES"

"Yes" is the most positive of words....and YES can be a most positive experience for you and your family! YES is the Youth Exchange Service, a non-profit organization dedicated to furthering world peace through intercultural experience. And you can say "yes" to a 15-to-18-year-old student from another land by opening your heart and home this school year. You provide room, meals, and understanding. The students bring their own spending money, medical insurance, and first-hand knowledge of another culture. You can also get a 1 tax deduction for each month you host. Learn more about the world....without leaving your home! Say "yes" today by writing to: YOUTH EXCHANGE SERVICE, World Trade Center Building, 350 South Figueroa Street, Suite 257-P, Los Angeles, California 90071, or phone: 1-800-848-2121.



## "ATTENTION" BOOSTER CLUB MEETING

To all persons;

A meeting of the Borden County Booster Club is Tuesday, Sept. 16, at 7:30 p.m., in the conference room at the school. Main order of business is to elect new officers. We need the support of each and everyone in the county. Our young people need our support, so everyone please come.

-s-Booster Club President  
Joe Cooley



## BORDEN COUNTY HIGH SCHOOL 1986-87 Football Schedule

DATE	OPPONENT	PLACE	TIME
Sept. 5	McCaulley .....	T	7:30
Sept. 12	Sands .....	H	7:30
Sept. 19	Open		
Sept. 26	*Klondike .....	H	7:30
Oct. 3	*Sands .....	T	7:30
Oct. 10	*Loop .....	H	7:30
Oct. 17	*Grady .....	T	7:30
Oct. 24	**Dawson .....	H	7:30
Oct. 31	McCaulley .....	H	7:30
Nov. 7	*Wellman .....	T	7:30

\* DISTRICT GAMES      \*\* HOMECOMING

Head Coach: Joe Bond      Assistant Coaches: Duke Frisbie & Mike Brown  
 Superintendent: James McLeroy      Principal: Mickey McMeans  
 Band Director: Richard Bouton      Sponsor: Sue Jane Mayes  
 Cheerleaders: Kelli Williams, Ralynn Key, Kate Phinizy  
 Rachel Romero, Elvira Balague, Felicia Romero  
 Twirlers: Kristi Stone & Rene Telchik

MASCOT: COYOTE      COLORS: RED, WHITE, AND COLUMBIA BLUE

## BORDEN COUNTY JUNIOR HIGH 1986 Football Schedule

DATE	OPPONENT	PLACE	TIME
Sept. 18	Wellman .....	H	6:00
Sept. 25	Klondike .....	T	6:00
Oct. 2	Sands .....	H	6:00
Oct. 9	Loop .....	T	6:00
Oct. 16	Grady .....	H	6:00
Oct. 23	Dawson .....	T	6:00

Principal: Ben Jarrett      Sponsor: Peggy Westbrook      Coach: Joe Bond  
 MASCOT: COYOTE      COLORS: RED, WHITE, AND COLUMBIA BLUE

## School Menu

September 15-19, 1986

Monday	Sloppy Joes Ranch Style Beans Vegetable Salad Fruit Milk	Salad Bar
Tuesday	Hobo Stew Vegetable Salad Fruit Cookie Hot Rolls Milk	Salad Bar
Wednesday	Spaghetti with Meat & Tomato Sauce Pinto Beans Potato Salad Jello Cornbread Milk	Salad Bar
Thursday	Turkey with Gravy Mashed Potatoes Vegetable Salad Cranberry Sauce Hot Rolls Milk	Salad Bar
Friday	Hamburgers French Fries Lettuce & Pickles Cookies Milk	Salad Bar

## Water Development Board Sponsors Logo for Students

Austin, Texas, --The Texas Water Development Board has invited students in public elementary, junior high, and senior high schools across the state to participate in its "Water Conservation Logo Contest." The contest winner will provide the Board with a design or symbol to be used for all of its water conservation program activities.

Students who submit the top nine entries (three in each grade category) will receive special certificates of recognition signed by the governor. Their winning designs will be displayed in the rotunda of the state capitol.

All entries should clearly convey the concept of efficient, non-wasteful use of water in daily activities.

The contest rules allow only one entry per student. Each entry must be done with black ink on plain 8 1/2 x 11

inch white paper and be suitable for reproduction. Each must be the student's own original work and be representative of the student's age and grade. On the back side of the upper left corner of each entry must be the student's name, school district, school name, school address, grade, and teacher name.

All entries must be received by Oct. 10, 1986.

For more information or an instruction sheet, write Lenora R. Givens at the Texas Water Development Board, Conservation Unit-LOGO, P. O. Box 13231, Austin, Texas, 78711, or call her at 512-463-7926. Information about the contest has been sent to all public school superintendents in the state.

This contest is part of the Board's effort to promote water conservation to help meet future water demands in Texas.

## Bar H Bar

3205 College Ave. Snyder, TX.

Ladies' Summer Fashion Wear

**75% Off**

Group Ladies' Denim Jeans

**1/2 Price**



Rack Men's Long Sleeve Western Shirts

**\$9.95**

Reg. \$30 to \$40



Men's & Boys' Knit Pullovers Izod & Campus

**1/2 Price**



Boys' Boot Cut Wranglers

Size 7-14

Reg. \$14.95

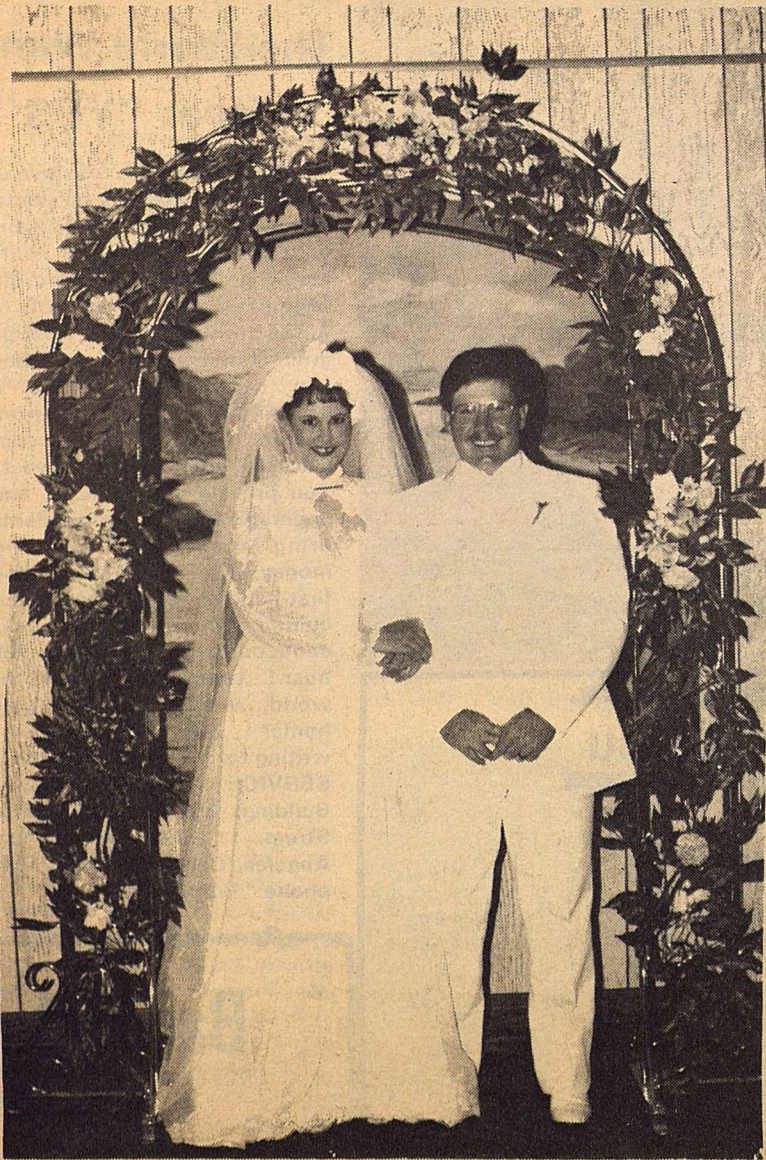
**\$9.45 Pr.**

Buy 2 Pair

Final Price

**\$6.95 Pr.**

*A legend in jeans.*  
**Wrangler**



LYNN AND MAURICE HERRIDGE

## Herridge & Sternadel Exchange Vows at Gail

Dawn Lynn Sternadel and Frank Maurice Herridge were united in matrimony at the First Baptist Church of Gail at 7:00 p.m. on May 31, 1986. Bro. Pat Ray officiated at the ceremony.

The bride is the daughter of Mr. and Mrs. Ed Sternadel, Jr. of Lake J. B. Thomas. The groom is the son of Mr. and Mrs. Frank Herridge. Grandparents of the couple are Ed and Taletha Sternadel, Sr. of Scotland, Texas; Kathryn Geis of Poteau, Okla.; and Sarah Hampton of Ballinger, Texas.

Vows were exchanged under an archway decorated with spring flowers where the couple lit the unity candle. The candleabrams on each side were decorated in spring flowers.

The candle lighter was Clint Wills, brother of the bride.

Preuptial and wedding songs were played by Rhonda Harding. Selections were sang by Bro. and Mrs. Greg DJenson.

Given in marriage by her father, the bride wore a gown of white organza, decorated sequins and pearls.

A wreath of silk white flowers held her fingertip veil. To complete her ensemble, the bride carried a bouquet of white carnations sprinkled with baby's breath.

In keeping with tradition, the bride's dress served as something new, something blue was a blue garter; borrowed was a necklace and earrings from Kathy Billington of Lake Thomas; for something old the bride wore the groom's great-great-grandmother's pin at the neckline.

Serving as maid of honor was Linda Sternadel, and

bride's maid, Lisha Sternadel, sisters of the bride. The bridal attendants wore floor length dresses of purple and pink with matching nosgais and matching flower-ornamented straw hats.

The groom wore a tuxedo with a white shirt, white tie, and white cummerbund. His boutineer featured a white silk carnation.

Norman Joe "Jibber" Herridge, brother of the groom, served as best man. Groomsman was Patrick Herridge, brother of the groom. They wore gray tuxedos with pink and purple shirts, ties, boutineers, and cummerbunds.

The flower girl was Rachael Ray, daughter of Bro. and Mrs. Pat Ray, was dressed in a yellow floor length dress. The ringbearer was John Harding, son of Mr. and Mrs. Joe Harding. Ushers were Charles Blanton and Dusty Fikes.

Immediately following the ceremony, a reception was held in the Exhibit Building.

Miss Sandy Buchanan, registered guests at the wedding and reception.

The bride's table was covered with a white lace cloth, centering the table was a two-tiered cake decorated in spring colors.

The groom's table was centered with a chocolate, double horseshoed cake.

Serving the bride's table were DKate Porter and D'Lyn Lloyd. Serving the groom's table was M'Lys and A'Lise Lloyd.

The bride is attending Borden County High School. The groom is a graduate of Borden County High School and is employed with William's Systems O.F.D.

The couple will reside in Gail.

Out of town guests were: Mr. and Mrs. Sarah Hampton, Mr. and Mrs. Weldon Hampton and Mr. and Mrs. Bobby Smith from Ballinger; Mr. and Mrs. Henry Green and child from Garland; Mr. and Mrs. Gary Smith from Arlington and Mr. and Mrs. W. D. Fikes and Dusty from Imperial.

Ed and Taletha Sternadel, Jr. - Scotland, Texas and Roris and Rubeye McGuffey of Mesquite, Texas.

## Rummage Sale In Gail

It's time to clean out closets again! Come join us on the Borden County courthouse parking lot, Saturday, September 13. Booths will open at 9:00 a.m. and remain open until sold out.

In case of bad weather we will move to County Barn.

Call Connie Voss at 915-856-4361 for more information.

## COMMUNITY CALENDER

- September 11-13  
Dawson County Fair-Lamesa
- September 13  
Community Rummage Sale-Downtown Gail, 9:00 a.m.
- September 15  
Plains 4-H club meeting 7:30- Tom Ed Vestals House
- September 18  
Parent's Club Meeting-2:00 p.m.
- September 15-20  
Howard County Fair-Big Spring
- September 26  
4-H after game party-Exhibit Bldg.
- September 20-27  
South Plains Fair-Lubbock
- September 27  
Texas Tech Homecoming
- October 4  
Team Roping (Re-scheduled Labor Day roping) Gail arena 9:00 a.m.
- October 6  
4-H Achievement Banquet-Borden County School Cafeteria
- October 6-11  
National 4-H Week
- October 21-25  
State Fair of Texas-Dallas Livestock Exhibits for 4-H
- October 24  
4-H aftergame party, Homecoming-Exhibit Bldg.
- October 25  
Parent's Club Fall Festival Carnival-County Show Barn
- October 31  
Halloween  
4-H aftergame party-Exhibit Bldg.

## Emergency Medical Service News

### Memorials

In Memory of Floyd Buchanan:  
Mr. and Mrs. John Dennis Kent, Ollie and Dawn Holmes

In Memory of Fay Everett:  
Mr. and Mrs. John Dennis

In Memory of Harvey Fryar:  
Kent, Ollie and Dawn Holmes

In Memory of Beno Hendricks:  
Mr. and Mrs. John Dennis  
Mr. and Mrs. Paul Hendricks  
J. L. Christensen Family  
Kent, Ollie and Dawn Holmes  
Lou Dove Christensen

In Memory of Bill Stephens:  
Mr. and Mrs. John Dennis  
Kent, Ollie and Dawn Holmes

In Memory of Edgar Taylor:  
Kent, Ollie and Dawn Holmes

In Memory of Jack Wolf:  
Kent, Ollie and Dawn Holmes

## Borden County Farm Tour

The 1986 Borden County Farm Tour was held September 4, 1986. The tour left the Courthouse in Gail and traveled to the Ken Holmes and Larry Smith Farms. The group then traveled to the Plains Community Center and was joined by plains community farmers and toured the plains area cotton. Tour stops on the plains were the Buddy Telchik and Randy Hensley farms. Dr. James Supak joined the tour and was the guest speaker at the noon meal.

## Rinehart Baby Girl

Jym and Shelly Rinehart are the proud parents of a baby girl, Cassidy Sage, born 9-6-86. She weighed 6 lb. 13 oz. and was 21 inches long.

Grandparents are Ed and Melba Rinehart and Riley and Sandy Harris of Lubbock.

Briggs Welding  
&  
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Auction Barn

## WHITE FUNERAL HOME

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Owners-Billie & Donnie Everett, Gail, Tx

# Jana Garrett, Sisson exchange vows

The South Plains Christian Fellowship Church in Lubbock was the scene for the marriage of Jana Renee Garrett and Michael Aaron Sisson on the afternoon of Sept. 6. The double-ring ceremony was officiated by Hugh Harris, minister, of Lubbock.

Parents of the bride are Mr. and Mrs. Terry Marsh of Lubbock and Mr. and Mrs. Jimmy Garrett of O'Donnell. Grandparents are Mr. and Mrs. Wintford Ham and Mr. and Mrs. Vernon Garrett, all of Lamesa.

Parents of the groom are Mr. and Mrs. Edwin Sisson of Wolfforth, and grandmothers are Nellie Sisson of Lubbock and Marie Clark of Cisco.

Lola Dean Harris, pianist, accompanied Sheryl Starkey and Betty Williams as they presented, "There is Love", "God A Man and A Woman", and "The Lord's Prayer."

Escorted to the altar by her father, and given in marriage by her parents, the bride chose a formal, white gown of silk organza and Nottingham lace. The sweetheart neckline was outlined in silk Venise lace and seed pearls. Fitted sleeves of lace came to a point over the hand with accents of silk Venise lace motifs, covered buttons and loops. The fitted bodice of Nottingham lace was embellished with Venise lace motifs and pearls, and featured a satin bow to the back at the natural waistline. Her full, gathered skirt held seven rows of lace and organza ruffles, and flowed into a chapel-length train of organza and lace ruffles.

For her headpiece, the bride wore a caplet of Venise lace flowers, English net, and pearls with an attached double-tiered illusion veil that was scattered with lace flowers and seed pearls. She carried a bouquet of sweetheart roses, mini carnations, and assorted wild flowers tied with rose, wine, and white lace ribbons.

Following tradition, she wore a six-pence in her shoe, borrowed from Nancy Langdon; something old was the pearled necklace and earrings she wore belonging to her maternal aunt, Ruby Edmonson; something new was her wedding attire; and



**MRS. MICHAEL AARON SISSON**  
...nee Jana Renee Garrett

something blue was her garter, made for the bride by her maternal grandmother, Freddie Ham.

Upon entering the sanctuary, the bride presented a red rose to her mother and step-mother. Upon departing, she presented a red rose to the groom's mother.

Serving as maid of honor was Nancy Langdon and bridesmaid was Sharla Duncan, both of Lubbock. The bridal attendants wore identically designed dresses of dusty-rose chiffon over taffeta. The princess-styled dresses featured off-the-shoulder ruffles and a bustle to the back.

The groom was attired in a white tuxedo with tailed-coat and accented with dusty-rose tie and cummerbund. The best man, Steve Booth and the groomsman Dennis Gallion, both of Lubbock, wore white tuxedos with dusty-rose cummerbunds and ties.

The flower girl was Michelle Lamprecht, niece of the groom. She wore a white lace and silk organza dress of formal-length. The neckline and yoke of the dress featured wide, lace ruffles and the organza sleeves were puffed and trimmed with wide, lace ruffles. The fitted waistline was sashed with white satin ribbon and held a large bow at the center front. Her full organza skirt featured wide, ruffles of lace at the hem and was accented with white satin bows.

The ring bearer was Kevin Marsh, brother of the bride. He was attired in a white tuxedo with dusty-rose tie and cummerbund and carried a white satin, heart-shaped pillow, used by the bride's mother for her wedding.

Candlelighters were Kelly Garrett, brother of the bride, and Roger Sisson, brother of the groom. They were identically attired to the other male

attendants. Ushers were Stanley Sisson and Timmy Davis, cousins of the groom.

The couple took Communion upon a brass prie-dieu prior to the ceremony. They exchanged vows before an altar decorated with a massive arrangement of brass candelabra.

#### RECEPTION

A reception honoring the newlyweds was held at the Bellaire Baptist Church in Lubbock.

The serving table was draped with a Chantilly lace cloth and held a three-tiered confection with two side-cakes featuring stairways leading to the middle tier of the central cake. A silk floral arrangement and crystal appointments completed the decorations.

Registering guests was Renee Booth, and serving at the reception were Danna Little and Brenda Turner.

Following a wedding trip to South Texas, the couple will reside in Lubbock where the groom is employed by D and L Masonry and the bride is employed with Frank Brown Pontiac.

#### COURTESIES

A lingerie shower was given for Jana Garrett, bride-elect of Michael Sisson, in the home of Mrs. Coy Little. Hostesses were Nancy Langdon and Sharla Duncan.

The American Bank of Commerce was the setting for a shower honoring Jana Garrett. Hostesses were Debra Sisson, J'Anna Sisson and Nancy Langdon.

An old-fashioned "pounding" and shower were given for the couple at the South Plains Christian Fellowship. Members brought gifts and provisions for the couple's new home.

A rehearsal dinner was hosted by the groom's family at the El Sombrero Restaurant in Lubbock on Sept. 5.

## Local Rancher

### Judges

### Sheep Show

Donnie Everett, Borden County sheep rancher recently returned from judging and classifying the sheep division of the Farmington, New Mexico county fair.

Everett raises fine wools, suffolks, hampshires and crossbred club lambs in Borden County. He has lambs for sale at the ranch at all times and invites visitors to come by and visit.

## Marigold's Arts & Crafts Festival

The Marigold's, the Women's Division of the Levelland Chamber of Commerce, will host the Annual Art & Crafts Festival Saturday and Sunday, November 8 and 9. The show will be held in the Women's Building located Southwest of Levelland on FM Road No. 300.

Rental fee for the 9 x 12 booth space will be \$25 for the first exhibitor; for each additional exhibitor in the same booth there will be a \$10 fee. There will be no commission on sales.

The festival will open to the public on Saturday from 9 to 6 and on Sunday from 12 to 5. Set up time will be on Friday, November 7 from 2 to 5 or on Sat. morning from 7:30 to 9.

Anyone interested in participating may send their check payable to the Marigold's, 318 Ellis, Levelland, TX 79336, or contact the Chamber office at (806) 894-3157 for additional information.

## Thanks

The Plains Community Center extends thanks to the following who made donations in memory of Hattie Ruth Lewis - Seagraves, Texas. Mrs. Lewis is the Mother of Marie Ragan, Plains Community.

Bannie and Juanda Hancock  
Bill and Sadie Ludecke

## Branon Funeral Home

Service in this area since 1922.

Phone: 872-8335

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## HOME PLATE

"HOME STYLE COOK'IN"

- SUPER SALAD BAR
- HICKORY SMOKED BRISKET
- CHAZ BROILED HAMBURGER
- GIANT STEAK FINGER DINNERS
- CHICKEN FRIED STEAK

ALL HOME MADE

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708 NORTH 1ST

LAMESA



## COYOTE COUNTRY STORE Downtown Gail

Open 6:00 a.m.-8:00 p.m. Monday-Saturday  
Closed Sunday

**Y'all Come in**

**—Deli Fried Chicken—**

By the piece or by the bucket

Call in orders welcome till 4:00 p.m.

# Extension Home Economics Report

By: Kandy K. McWhorter

## RAPID WEIGHT LOSS

Following a diet that promises to help you to lose up to a pound a day can lead to a hazardous loss of nutrients.

Health professionals have a good reason for recommending that dieters try losing only one to two pounds in a week. Dropping food intake to lose seven pounds a week threatens to disturb the dieter's nutritive balance.

To lose a pound in one week, dieters must reduce their caloric intake by 500 calories each day which adds up to 3,500 calories for the week.

Losing seven pounds in a week on a rapid weight loss diet requires eliminating 24,500 calories from your weekly food intake.

The body needs a certain number of calories just for basic metabolism and more

## DIETS HAVE HAZARDS

for work. Women usually need 1,800 to 2,000 calories a day and men about 2,700 depending upon build and activity level.

In general, this means that rapid weight loss diets short-change women on important nutrients, especially calcium, iron, some of the B-vitamins and vitamin A. Men are less vulnerable to nutrient deficiencies on these diets since they are allowed more food.

But, both men and women lose muscle as well as fat on these diets. Then when weight is regained, it is gained first as fat.

Quick weight loss rarely has any permanent effect and often sends dieters into a cycle of quick weight loss and rebound weight gain when normal eating is resumed.

## NO NEED TO OVERCOOK PORK

Overcooking pork as a safety measure is no longer necessary. The Food Safety and Inspection Service (FSIS) of the U. S. Department of Agriculture recommends cooking pork to an internal temperature of 160 degrees F.

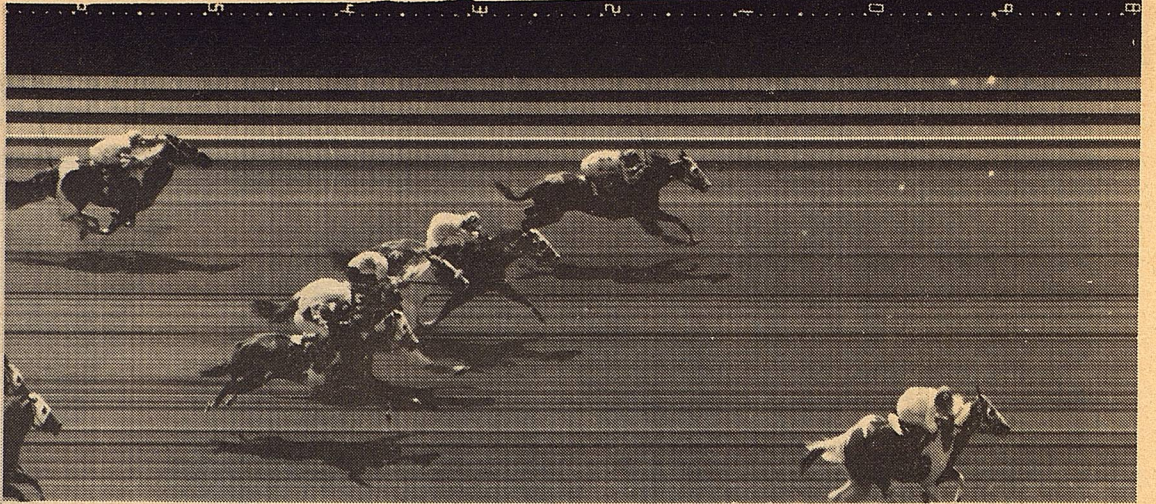
The FSIS says that today's pork is safe when cooked to "medium doneness." Its previous recommendation was for the meat to be cooked until "well done" at 170 degrees.

FSIS officials consider 137 degrees F as the temperature at which *Trichinella Spiralis*, a parasite that may be present in one-tenth of 1

percent of the pork supply, is destroyed instantly.

The new recommendation should encourage consumers to enjoy today's tender, flavorful pork without overcooking. Since pork today is much leaner than it used to be, it also cooks quicker.

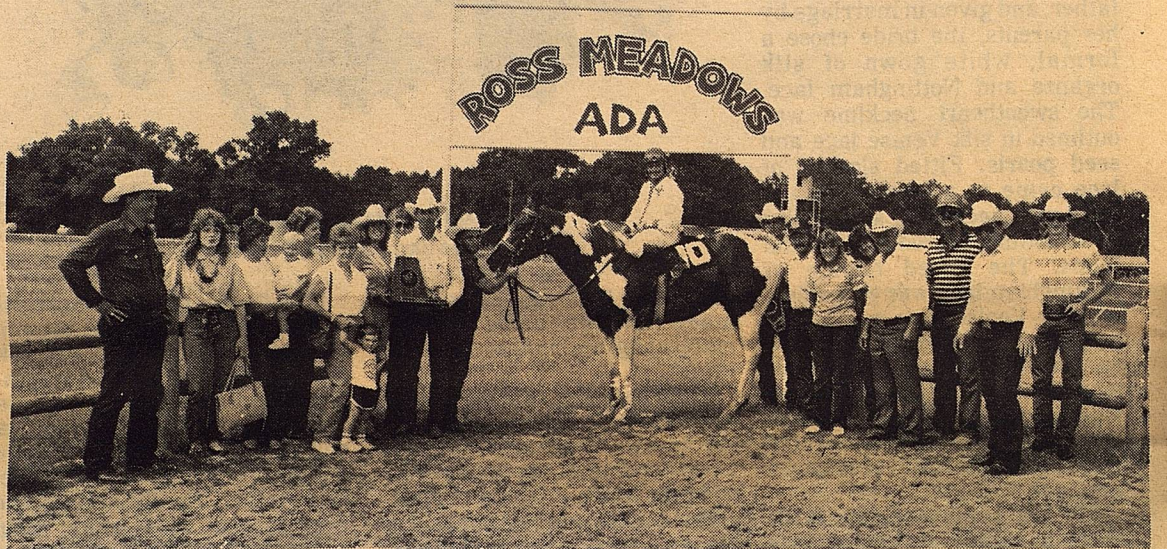
Cutlets and thin pork chops should cook in 10-15 minutes. One inch thick chops will cook in 15-20 minutes and a pork roast should be taken from the oven or grill when the internal temperature reaches 155 degrees F, as it will continue to cook before slicing.



Creighton Ranch, Owner  
Cliff Durham, Trainer  
Billy Wainscott, Up

PSBA DERBY  
"BIT O OLYMPIA"  
Ross Meadows, Ada, Oklahoma  
August 9, 1986

Gross Purse: \$16,159.51  
Swift Muther, 2nd  
Miss Danger Six, 3rd  
400 Yds, :20.89



Bit O Olympia stands in the winners circle again. The P.S.B.A. (Paint Stallion Breeders Association) Derby is the largest paint race of the Horse Association with about 100 entries in the race.

The P.S.B.A. Derby was won by Olympia Joe, the sire of Bit O Olympia, in 1980. Olympia Joe sired three of the top ten of the P.S.B.A. Futurity, had three foals in the P.S.B.A. Derby & Finals and three foals in the consolation.

Bit O Olympia and Olympia Joe are owned by Creighton Ranch of Paris, Texas. Bo, Whiz, Cristy, Quint and Tana are very active members of the American Paint Horse Association.

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## Register To Vote

Anyone wishing to vote in the November election needs to register before October 4. All changes of names, addresses, or precincts must be re-registered with the tax assessor-collector.

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## FARMERS MUST INSURE SMALL GRAINS BY SEPT. 30

Texas farmers have until the last day of September to buy multi-peril crop insurance for small grains.

Crop insurance is basically a risk management strategy in which a farmer pays a premium to protect against large, unpredictable yield losses.

Crop insurance can assure a farmer of a minimal cash flow in case of a major loss so that he will have a chance to farm the next year.

Producers who insured their small grain crops last year will have their contracts renewed automatically unless they cancel them. However, any changes in the level of coverage or price election must be made by Sept. 30.

Multi-peril crop insurance for 1986-87 wheat, oats and barley will be available only under the Actual Production History (APH) program. Under APH, yield guarantees are based on actual production records of the insured or grower rather than

on county average yields as was the case previously under the area coverage plan.

This means that a farmer must provide evidence of previous years' production and acreages.

Selecting crop insurance requires choosing a price election and a yield guarantee of either 50, 65, or 75 percent of the insurable yield which reflects the past production history, explains the economist. Price elections are \$1.00, \$1.25 or \$1.50 a bushel for barley; 60 cents, 80 cents or \$1.05 for oats; and \$1.50, \$2.00 or \$2.60 a bushel for wheat. The combination of yield guarantee and price election determines the level of insurance coverage and cost for this insurance reflects the federal subsidy of the premium.

Interested producers can obtain additional information by contacting a local firm that offers multi-peril crop insurance.

## Bike-A-Thon

The 6th Annual Golden Cross Bike-A-Thon will be held Saturday, September 13 in Abilene, Lubbock and Midland. Plans for this year's ride should result in the largest number of participants yet.

This year's Bike-A-Thon is expected to be the major financial source for the Golden Cross Fund, which is a ministry of the United Methodist Church. Methodist Hospital, Lubbock is the designated Golden Cross center for the Northwest Texas Conference of the UMC with Hendrick Hospital, Abilene and High Plains Baptist Hospital, Amarillo also approved to receive funds.

Golden Cross provides financial assistance for patients who are unable to pay for necessary hospitalization. The fund is dependent on donations and monies from special events like the Bike-A-Thon for resources.

"We are very excited about the response we are getting from people who want to help. We have received valuable assistance from members of local bike clubs," said Chaplain Lee Roark, coordinator.

"Businesses and civic organizations have also offered support."

The Bike-A-Thon is a fun way for people to help a worthy cause. "We have a great time on the rides. But the fun is secondary. We all know that our primary motivation is to raise money," said Chaplain Roark. "It's very simple: we have to have the dollars in order to help the patients. The more money we raise, the more people we can help."

It takes a lot of hands and time to make a successful Bike-A-Thon. Getting whole communities involved is important. Local businesses can help with supplies and equipment along the routes, breakfast the morning of the ride, or sponsoring riders.

## BEWARE OF RABID ANIMALS IN TEXAS

Rabies remain a threat to both humans and domestic animals in Texas due to the large number of confirmed cases in wild animals.

Since the outbreak of about 1,200 confirmed cases of rabies in 1979, some 700 cases are now reported annually, and most of these are in wild animals. For instance, rabies have declined in dogs and cats but have increased in skunks and bats.

As the incidence of wild animal rabies increases in a given area, the risk of exposure for domestic animals increases, points out Dr. Buddy Faries, veterinarian with the Texas Agricultural Extension Service, The Texas A&M University System. Most cases of rabies in domestic animals result from bites by rabid wild animals. Skunks cause most of the rabies in cattle, horses, dogs and cats. Almost all human cases since the early 1960s have resulted from exposures to rabid skunks, bats and foxes—not from exposures to rabid dogs.

Domestic animal rabies could best be reduced by controlling or eliminating rabies in wildlife. While this is impossible today, the combined effect of potent vaccines and organized control programs have greatly reduced rabies in dogs, Faries points out.

To reduce the rabies danger between rabid wild animals and

humans, Faries suggests the following: have dogs and cats vaccinated annually; avoid contact with abnormally acting wild animals; and do not own pet wild animals, especially skunks and raccoons.

Wildlife which have bitten humans should always be examined promptly, emphasizes the veterinarian.

Rodents are essentially free of rabies, so routine examination is not required.

A dog or cat that has bitten a person should be examined

immediately or should be confined and observed for signs of rabies for 10 days, says Faries. When unvaccinated dogs and cats are bitten by a rabid animal, they should be destroyed immediately or isolated for six months. If vaccinated, they should be isolated for three months.

For examination of suspect animals, contact the Texas Department of Health in Austin, any Public Health regional office or a local veterinarian, advises Faries.

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