

WHO'S WHO IN MUSIC: Bottom row (L. to R.) Randi Woodward, Amy Lewis, Elvira Balaque and Cody Stone. Middle row (L. to R.) Sandy Buchanan, D'Lyn Lloyd, Lisha Sternadel, Rachel Romero and Julie Harris. Top row (L. to R.) Kristi Adcock, Chris Kilmer and Kate Porter.

## WHO'S WHO IN MUSIC

The 1989 edition of WHO'S WHO IN MUSIC will carry the names of 12 students from Borden High School, who have been selected as being among the country's most outstanding high school musicians.

Campus nominating committees and editors of the annual directory have included the names of these students based on their academic achievement service to

## TWIRTER FOR <br> OUALIFIES STATE

Shayne .Hess, daughter of Steve and Pam Hess and a freshman at Borden County High School, received a Division I (Superior) Rating at the UIL Contest in Lubbock on Tuesday October 18, and qualified for state competition.
the community, leadership in extracurricular activities and potential for continued success.

They join an elite group of students selected from more than 1,300 institutions of higher learning in all 50. states, the District of Columbia and several foreign nations.

Outstanding students have been honored in Who's who annual direc-

Shayne will go on to the State Contest at the University of Austin the lst week in June.

A former student of Stephanie Stephens, she currently studies with Lori Vogler
tories since the first publication in 1934.


Shayne Hess

## HERITAGE <br> 

## A Frontiersman's Inauguration

Early next year, we will inaugurate a new president of the United States at the Capitol in Washington, D.C. Whether it is a Democrat or Republican, the inauguration is certain to be an event marked by a serious speech, a parade down Pennsylvania Avenue and extremely high security. Some recent presidents have tried to break this mold - Jimmy Carter walked the inaugural parade route in 1977 - but no matter how hard the new president tries to bring his inauguration to the people, nothing will ever match Andrew Jackson's presidential inauguration of 1829

Jackson, a national hero for leading the American forces to victory in the Battle of New Orleans in the War of 1812, ran for president in 1828 as the people's candidate. Born in a log cabin in what is now North Carolina, he was a true frontiersman and appealed to the common man. Affectionately known as "Old Hickory," he was the first president of the United States who was not from either Virginia or Massachusetts.

On March 4, 1829, a huge crowd of the common people who helped make Jackson president came to Washington, D.C., for his inauguration. What happened was very different from any of the inaugurations that had come before - or since.

When the speech was over and the president made his parting bow. the barrier that had separated the people from him was broken down, and they rushed up the steps all eager to shake hands with him," a contemporary of Jackson's recalled years later. "It was with difficulty that he made his way through the Capitol and down the hill to the gateway that opens on the avenue.
Jackson mounted his horse for his inaugural ride down Pennsylvania Avenue to the White House, the throng trailing behind him. When the mob reached the White House, where Jackson was to give a reception for government officials, it did not stop. Frontiersmen, backwoodsmen, laborers and war veterans forced their way into the White House to celebrate the inauguration of their hero. Some stood on fancy chairs in their muddy boots to see Jackson while others pushed aside members of Congress and their wives to get to tables of food, smashing White House china.
The new president was pushed up against the wall by the tide of wellwishers and had to be protected by a ring of friends who linked arms to create a barrier around him. He eventually was forced to escape the White House through a back door. The partying crowd, however, did not leave until their square-dancing was done several hours later. Iil One of a series of columns on the history and heritage of America.

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## THE BORPEN STAR, WED. ${ }^{\text {N NOV }} 9$, $1988 \ldots 2$

## Lady Coyotes Skin Wolves

The freshmen girls set the pace for what was to be an eventual three game blowout for the Borden County Lady Coyotes as they traveled to Colorado City for the year's first scrimmage. The freshmen girls won by a 55-14 score, the J.v. girls won 56-27, and the Varsity girls won 78-29.

In the freshman game, Borden jumped out to a 10-0 first quarter lead and extended it to 26-6 by half. A 39-8 third quarter edge gave the young Coyotes a comfortable lead entering the last quarter. Amanda Anderson led the attack with 24 points and 12 rebounds. Kristin Monger had 12 points and 2 rebounds. Kelly Jo Ogden hit 9 points. Shayne Hess had 6 points and 3 rebounds. Shara Dee Woodward hit 4 points and had 4 rebounds. M'Lys Lloyd added a rebound to the total. Also playing for the freshmen was A'Lise Lloyd.
The J.V. game saw Borden jump out to a whopping 19-1 first quarter lead and extended it to $38-9$ by half. Leading the way was Randi Woodward, with 22 points and 11 rebounds. Also scoring was Rachel


Romero with 14 points, four baskets coming from the three point line, and 5 rebounds. Julie Harris had 8 points and 5 rebounds. Kristin Kilmer, freshman but playing on the J.V. scrimmage team, hit 6 points and had 5 rebounds. Elizabeth Garcia had 4 points and 4 rebounds. Kandy Belew had 2 points and 3 rebounds. Also playing on the J.V. team was another freshman Heather Armstrong.

The Varsity upped the already landslide pace by jumping out to an 18-6 first quarter lead and extended it to $38-9$ at half. Holding a 57-16 lead entering the last quarter, the Lady Coyotes outscored the Lady Wolves 21-13 for the 49 point difference. Elana Himes led the scoring attack with 30 points followed by Lisha Sternadel with 16. Also in double figures was Elvira Balaque with 12 points. Kate Phinizy hit 9 points, Amy Lewis had 6, Kristi Adcock hit 3, and Mary Ann Garcia made 2 for the total. Elvira had 3 three point goals and Kate had 1. Leading in field goal percentage was

Lisha, making 7 of 10 for an excellent 79\%. Mary Ann was next with 50\%. Lisha also led in free throw percentage with 100\% followed by Elvira and Kristi with $50 \%$. Kate led in steals with 7, Elvira had 6, Lisha had 5. Elana led in rebounds with 10 as Amy was next with 9 and Kristi had 7. Elvira led in assists with 12 followed by Lisha with 7. As a team, Borden hit 41\% from the floor and $57 \%$ from the free throw line. They had 9 turnovers, 26 steals, 38 rebounds and 22 assists.

The latest publication of Texas Basketball has the Borden County Lady Coyotes ranked loth in the state. Defending state champions Nazareth are ranked lst and Sudan, who eliminated Borden in the playoffs last year, is ranked 3rd. Next scrimmage for Borden is Thursday, November 10, at Post. Again, the freshmen will begin action at 4:00 followed by the J.v. and Varsity. First game will be the season home opener on November 15, against Ira. The J.V. will begin action at 5:00 followed by the Varsity girls.



THE ANNUAL FRESHMEN BEAUTY CONTEST CONTESTANTS: Top row (L. to R.) M'Lys Lloyd, A'Lise Lloyd, Shayne Hess, and Amanda Anderson. Bottom row (L. to R.) Billy Howard, Jason Mize, Angela Evans, Heather Armstrong, and David Buchanan.


MORE BEAUTY CONTESTANTS: TOP ROW (L. to R.) Kelly Jo Ogden, Shara Dee Woodward, Kristen Monger, and Juve Balaque. Bottom row (L. to R.) Kristin Kilmer, Mariano Granados, Allen Pearson, and Varerio Hernandez.


AND THE WINNER IS: Kristen Monger and Jason Mize.

## MAGAZINES

 NEEDEDThe Borden County I.S.D. Resource Center is in need of September and October Antarctica is over issues of Newsweek and three miles thick. Time Magazines. If Ranger Rick magazine anyone has these and reports that's the would like to donate equivalent of thirteen them to the Resource Empire State Buildings Center, they will be stacked on top of each greatly appreciated. other.

## MUSTANGS OUTRUN COYOTES

The Borden County Coyotes finished their season last Friday as they lost to Sands 24-8. The Coyotes played hard, but two fumbles and 3 interceptions shut down the offense. The Coyotes made an impressive scoring drive after holding the Mustangs on our 1 yard line. Lance Latimer sparked the drive with a 38 yard run. Lance capped off the 79 yard drive with a 3 yard run. Randell Hollis kicked the PAT to give the Coyotes an early 8-0 lead.
The Mustangs scored just before the first quarter ended to knot the score at 8-8. The second quarter turned into a defensive battle as neither team was able to move the ball into the endzone. With 28 seconds left in the half the Mustangs kicked a field goal to take the lead.

The defense again played well in the third quarter. The Mustangs were able to kick a 24 yard field goal.
The fourth quarter looked as it it would go scoreless too, but the Mustangs scored on a 36 yard run with $1: 26$ left in the game. The Coyote defense played a very good game, but
the offense just couldn't keep sustained drives. Turnovers played a big role in the lack of offensive output. Lance Latimer led all Coyote rushers with 70 yards on 9 carries. Patrick Herridge rushed for 27 yards on 4 carries, and Chris Kilmer rushed for 7 yards on 7 carries. Shane Kemper completed 6 out of 18 passes for 64 yards. Lance Latimer was also the leading reciever with 1 catch for 38 yards. Paul Sturdivant caught 1 pass for 11 yards. Cole Vestal caught 3 passes for 9 yards.

The Coyote defense was led by Lance Telchik who was in on 18 assisted tackles and made a fumble recovery. Paul Sturdivant also made several big plays with 13 assisted and 3 unassisted tackles. Shane Kemper contributed greatly to the defensive effort with 10 assisted and 5 unassisted tackles. James Lewis also came into the game and had very good results with 9 assisted and 6 unassisted tackles. Lance Latimer and Patrick Herridge made 13 tackles apiece. Chirs Kilmer and Cole Vestal had 1 tackle apiece.

## SCHOOL LUNCHES

November $14-18,1988$


Even though the last game didn't mean anydthing in the district standings, the Coyotes played as if it was for the Championship.

| Borden County I. S. D. BASKETBALL SCHEDULE 1988-89 |  |  |  |  |  |
| :---: | :---: | :---: | :---: | :---: | :---: |
| DATE | OPPONENT | PLACE |  |  |  |
| Nov. 15Nov. 18 | 1 a | Gail | A\&B | A | 5:00 |
|  | Loop | Loop | A | A | 6:30 |
| Nov. 22 | Forsan | Gail | A\&B | Aas ${ }^{\text {a }}$ | 4:3 |
| Nov. 29 | Loop | Gail | A | A | 6:30 |
| Dec. 1-2-3 | 3 Garden City Tou | urnament | A | A | твA |
| Dec. 6 J | Jayton. | Jayton | A\& ${ }^{\text {B }}$ | A | 5:00 |
| Dec. 3-9-10 | 10 Sands Tourna | ment | A | A | tBA |
| Dec. 13 ir | ira......... | Ira | A | A 8 B | 5:00 |
| Dec. 15-16 | 6-17 Borden Cou | unty Tour. | A | A | tBA |
| Dec. 15 | Jayton | Gail | A | A\& ${ }^{\text {a }}$ | 5:00 |
| Jan. 6 | Sands | Gail | A\&B | A8B | 4:00 |
| Jan. 10 | O'Donnell | O' Donnell | A\&B | А ${ }^{\text {a B }}$ | 4:00 |
| Jan. 13 | Grady | Grady | A | A\&B | 5:00 |
| Jan. 17 | Dawson. | Gail | B | A8B | 5:00 |
| Jan. 20Jan. 24 | Klondike | Klondike | A | A | 6:30 |
|  | Sands. | Sands | A\&B | A\&B | 4:00 |
| Jan. 24. | O'Donnell | Gail | Aab ${ }^{\text {a }}$ | A\&B | 4:00 |
| Jan. $31 \cdot$ | Grady | Gail | A | A\&B | 5:00 |
| Feb. 2-4 For | Forsan J. V. Tour | rnament | B | B | tBA |
| Feb. ${ }^{3}$ | Dawson... | Dawson | A | A\&B | 5:00 |
|  | Klondike | Gail <br> district ca | $A \& B$ | A\&B | 4:00 |
| BORDEN COUNTY JUNIOR HIGH 1988-89 Basketball Schedule |  |  |  |  |  |
|  |  |  |  |  |  |
| Nov. 19 S | Sands \%ourn |  | A | A | 6:00 |
|  | $0 \cdot$ Donnell | 0'0onnell | A |  | 6:00 |
| Nov. 28Dec.5 | Grady | Grady | A | A | 6:00 |
|  | Dawson. |  | A | A | 6:00 |
|  | Klondike | Klondike | A | A | 6:00 |
|  | Sands. | Sands | A | A | 6:00 |
|  | O'Donnell | Gail | A | A | 6:00 |
|  | Grady |  | A | A | 6:00 |
|  | Dawson |  | A |  |  |
| Jan. 30 Feb. 6 | Klondike .... |  | A |  | 6:00 |
| Texas |  |  |  |  |  |
| Teen |  | Pageant |  |  |  |

Applications are now being accepted from girls 13 through 19 for the 1989 Miss Texas U.S. Teen Pageant.

The Texas winner will receive a cash scholarship, an all expense paid trip to the national pageant including airfare, diamond pendant color portrait, crown, banner, trophy, and a


## Kelli Williams

Kelli Williams of Gail received the smallwood Scholarship award, Sunday, October 23 rd in the official South Plains College's annual Scholar Recognition Luncheon. A total of 201 Scholarship recipients were honored.
host of gifts and tuition scholarship, thousands of dollars in products and gifts, including a 1 week Caribean vacation at Frenchman's Reef Resort in St. Thomas, Virgin Islands, watch, fur, diamond pendant, perfume, complete modeling portfolio, T.V. and be held in Dallas at personal appearances, the airport Hyatt crown, banner, trophy, Regency Hotel. Judging and a year of travel is based on poise, and excitement. personality, and school and community involvement.

Miss U.S. Teen will receive a $\$ 5,000$ cash scholarship, a 4 year

For further information, contact: Carole Clements National Director, Miss U.S. Teen, P.O. Box 1229 Auburn, Aal. 36830 or call (205) 745-6875.
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November 1988


THE BORDEN STAR, WED , NOV . 9, 1988,.. 4
REYE'S SYNDROME ALERT AWARENESS BULLETIN

The flu and most flu-like illnesses are viral infections, and as such, warrant our special attention because a swift anā deadly disease is associated with them. The disease, Reye's Syndrome, usually affects people from infance through late adolescence; however, no age group is immune. It can develop 3 to 5 days after the onset of chicken pox, an upper respiratory infection like flu, or other fever causing illnesses. It affects the liver and brain, is noncontagious and is often misdiagnosed encephalitis, diabetes, poisoning drug overdose, sudden infant death.

After a viral infection has seemingly run its course and the person is beginning to feel better, the following symptoms should be treated as serious and as possibly the first indication of Reye's

Syndrome. Watch for these symptoms usually occurring in this order:

- RELENTLESS OR CONtinuous vomiting
- LISTLESSNESS (LOSS OF PEP AND ENERGY WITH LITTLE INTEREST IN THEIR ENVIRONMENT)
- DROWSINESS (ESCESSIVE SLEEPINESS)
${ }^{\circ}$ personality change (SUCH AS IRRITABILITY, SLURRED SPEECH, SENSITIVITY то тоUCH)


## - DISORIENTATION OR

 CONFUSION ( UNABLE TO IDENTIFY WHERE ABOUTS, FAMILY MEMBERS, OR ANSWER QUESTIONS)- COMBATIVENESS (STRIKING OUT AT THOSE TRYING TO HELP)
- DELIRIUM, CONVULSIONS OR LOSS OF CONSCIOUSNESS

A persons life can depend on early diagnosis. Reye's Syndrome
should be suspected in anyone with flu or chicken pox who vimits repeatedly. Phone your physician immediately if these symptoms develop. Voice your concern about Reye's Syndrome. If your doctor is not available, take the person to an emergency room promptly. Two liver functiaon tests (SGOT, SGPT) can be done to determine the possibility of Reye's Syndrome. There is a 90\% chance of recovery when the syndrome is treated in its earliest stages by physcians and nurses experienced in the treatment of Reye's.
If you have a flu-like illness or chicken pox, you should consult your physician before using any drugs, particularly aspirin or anti-nausea medicines. Recent studies have shown a link between the use of aspirin and the development of Reye's Syndrome. Anti-nausea medicines may mask the symptons of Reye's Syndrome. Epidemiologic research has shown an association between the developoment of Reye's Syndrome and

## BREAST CANCER DETECTION UNIT

 available to area women!

WEDNESDAY, NOVEMBER IL $\because 38$<br>BORDEN COUNTY COURTM YSE<br>GAIL, TEXAS

Call 856-4386 for appoiniment According to the American Cancer Society, one out of ten women will develop breast cancer sometime in her lifetime. It is currently estimated
that over 37,000 women die each year as a result of breast cancer
Ninety percent of breast cancers are diagnosed by women or their physicians finding a lump in the breast. Women who are diagnosed with a lump large enough to feel have a 50 percent five year survival rate. A woman who is diagnosed as having breast cancer by mammography, before a lump can be felt, has a $97 \%$ five year survival rate and a $90 \% 10$ year survival rate. (The cost is only $\$ 50,00$ )

A mammogram can detect a cancer this small, even before it can be felt.

## '

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the use of aspirin for treating the symptons of influenza-like illnesses, chicken pox, and colds. The National Reye's Syndrome Foundation, the U.S. Surgeon General, the Food and Drug Administration, and the Center for Disease Control recommend that aspirin and combination products containing aspirin not be taken by anyone under 19 years of age during fever causing illnesses. Aspirin is another name for acetylsalicylate; some drug labels may use the word acetylsalicylate, acetylsalicylic acid, salicylic acid, or salicylate instead of the word aspirin. There is no data as to whether other forms of salicylate than aspirin may be associated with the development of Reye's Syndrome. Until further research has answeredd this question, the NRSF recommends that products listing any of these substances should not be taken by people of this age group during episodes of these illnesses.
The NRSF is a nonprofit, tax exempt organization with chapters and representatives in 45 states. The NRSF has pioneered the movement to disseminate knowledge about the disease in an effort to
aid in early diagnosis and also provide funds for research into the cause, cure, care, treatment, and prevention of Reye's Syndrome. For a free brochure write:

NATIONAL REYE'S SYNDROME FOUNDATION
P.O. BOX 829

BRYAN, OHIO 45306
or call toll-free
800-233-7393

## GREAT AMERICAN SMOKEOUT

## ANNOUNCED

The American Cancer Society and Methodist Hospital are once again preparing for the Great American Smokeout slated for Thursday, November 17, 1988. The theme for this year's event is "Be A Friend," and the goal of the event is for non-smokers to assist a friend in kicking the habit.

The ACS event, now 12 years old, is an upbeat effort to encourage smokers to give up cigarettes for 24 hours. Coordinators of the event also hope that one in every five smokers will give up cigarettes from midnight to midnight on that day. On November 17, with the help of nonsmokers and ex-smokers,
$\rightarrow-\square$ NON DEDUCTABLE HOME INSURANCE $\rightarrow 0$ IF YOUR DEDUCTABLE IS EATING YOU UP AND YOU THINK YOU ARE PAYING TOO MUCH FOR YOUR HOME INSURANCE CALL ME FOR A RATE QUOTE, I THINK I CAN HELP YOU.

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710 N. 4th


Fall Fruit Tree Spraying

## Controls Diseases

Fall is often the cause the spray to time when fruit tree care is forgotten or neglected, but it's a critical time for controlling many peach and plum tree diseases to insure a good crop next year.

With the arrival of fall, there's often a tendency to forget our peach and plum trees that served us so well last summer.

Applying a copper fungicide now can stop or reduce theree of the diseases that attack peach and plum trees in Texas. These are peach leaf curl, bacterial leaf spot and bacterial canker.

Puckered and distorted peach tree leaves that were either bright red or light green in diseased areas last spring were due to peach leaf curl fungus. The only time to effectively control this disease is in the fall with a copper-containing fungicide.

Timing of the fall spray is critical for effective control and for avoiding tree damage. Copper is a metal and may cause severe defoliation unless applied correctly

We advise spraying when 70\% of the leaves fall off the tree. Spraying too early will cause leaf shed or


TRICK OR TREAT!

## closely.

Fall spraying is important to the health and production of fruit trees, because there's no other time when peach leaf curl of peach and plum trees can be controlled.

## 4-H - FFA NEWS

Borden County 4-H FFA Lamb Validation was held Tuesday, November lst for all lambs to be exhibited at the 1989 Borden County Jr. Livestock Show.

A total of 82 lambs were validated to include medium wool, finewool, finewool cross, and southdown lambs.

These lambs will be eligible for competition at the 1989 Borden Co. Jr. Livestock Show to be held in January.
Barrow projects are presently being put on feed by $4-\mathrm{H}$ and FFA members throughout the county for the county show as well as major shows in Texas. Barrow validation will be held as close to December lst as possible - so be sure to watch for future information. Barrows will be eartattooed much like the lambs.

So if you are interested in feeding barrows as a $4-\mathrm{H}$ or FFA project don't let time slip away from you. The deadline date of Dec.


## 5. . THE BORDEN STAR, WED., NOV. 9, 1988

1st is fast approaching. GREAT AMERICAN A meeting to enter. SMOKEOUT major stockshows will Cont. from pg. 4 be held Wednesday, Nov. smokers can prove to 9th at the District themselves that they Courtroom, Courthouse in Gail.
At this time each family will pay entry fees for the animals in which they intend to show at Ft. Worth, El Paso, San Antonio, Houston or San Angelo.

If you plan to attend these major stock shows you should attend and enter your animals at this time. Borden County entries for major stock shows will be mailed as quickly after the meeting as possible.

## A SECOND CROP

Arozona farmers are finding that raising fish in irrigation water is a profitable way to get the most out of a valuable resource. Not only does aquaculture produce a second cash crop from the water used, but fish wastes also provide a natural source of fertilizer. Inter-
can have 24 hours of abstinence.

To assist smokers in their battle, Methodist Hospital's Heart At Work Committee will sponsor several events. An information booth will be set up in the hospital lobby with survival kits, adoption papers and quit tips on hand. "I'm A Born Non-Smoker" T-shirts will also be issued to all newborns in the hospital nursery. Complimentary survival kits and other smoking cessation materials will be available in the Health Fair Store, located in the South Plains Mall.
national Wildlife magazine reports that catfish and trout are popular amaong fish farmers, but tilapia is also becoming a favorite This hearty fish tolerates extremely warm temperatures, which makes it ideally suited to Arizona's geothermal waters.

J.J. COCHRAN.

叉゙ On OUR SWEATERS CAN'T BE BEAT.



## ASCS NEWS BY Jerry Stone

USDA ANNOUNCES 1989 UPLAND COTTOAN PROGRAM PROVISIONS

On October 31 the Secretary of Agriculture announced a 25 percent acreage reduction and other provisions of the 1989 upland cotton program.

The established target price will be 73:5 cents per pound. The loan level will be 50.0 cents per pound for the base quality of upland cotton (Strict Low Middling (SLM) 1-1/16 inch, micronaire 3.5 through 4.9, at average U.S. location.)

Plan $B$ of the marketing loan program will be implemented. Under Plan B, 1989 crop cotton pledged as collateral for a price support loan may be repaid at the lower of the adjusted world price (AWP) or the loan level.

The AWP is determined for the base qualitya. It will be adjusted on the basis of quality and location using the 1989 crop price support program schedules of premiums and discounts for grade and staple, discounts for micronaire location differentials, and any coarse count adjustment in effect for the week in which the loan repayment occurs. The AWP for any quality will not be established at less than 5 cent per pound.

When loan collateral is redeemed with cash and the AWP is below the loan rate ( 50.0 cents per pound) for the base quality, the Commodity Credit Corporation will not require payment of any interest and will pay all of the warehouse charges. When the AWP is above the base loan rate, CCC will not require the payment of that portion of the accured interest and will pay that portion of the accrued warehouse charges that are determined to be neccessary collateral to be redeemed with cash at the AWP.

A paid land diversion program WILL NOT be implemented.

Loan deficiency cash payments will be made to eligible producers who agree to forego loan eligibility if the loan repayment rate is less than the announced loan level. The payment
rate will equal the difference between the loan level and the loan repayment rate.

Producers may elect to forego loan eligibility and receive loan deficiency payments on a bale-by-bale basis.

A recoures loan program will not be implemented.

The Secretary reserves the right to initiate cost reduction options as provided in Section 1009 of the Food Security Act of 1985.

## CLASSIFIED

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Union, NJ 07083

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| Delinting | Terra 383, SR-10, SR-482 | lanting Seed |
| Hay Grazer | Grain Sorghum | Wheat |



HOLIDAY
This office will be closed Friday November 11, in observance of Veterans Day and Thurs. November 24 in observance of Thanksgiving.


Carry an open-ended eyeglass case in your purse to store pens, pencils, finger nail files, small scissors.


## Save a Piece of Texas History

The Battleship Texas, pride of our state and the flagship of the Texas Navy, needs your help. The only surviving battleship to have fought in two world wars is springing leaks and her hull is rapidly deteriorating. The ship needs a major dockyard overhaul to be made shipshape for the enjoyment and education of the millions who will visit the ship at San Jacinto State Park.

Now all proud Texans have the opportunity to Save Our Ship.

Just donate your used aluminum cans at any official Save Our Ship Recycling Center from October through December. Money earned from recycling these cans will be donated to the Texas Parks and Wildlife Department to help pay for the restoration costs.

For your nearest Save Our Ship Recycling Center Call Toll-Free 1-800-64 TEXAS 8:00 a.m. to 7:00 p.m. - Monday through Friday, 8:00 a.m. to noon - Saturday

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## TEENS EAT POORLY, <br> \section*{BUT KNOW BETTER}

 Most teenagers know what constitutes healthy diet, but still tend to make food choices that may lead to a lifetime of poor eating habits.According to a recent Gallup poll of 375,12 to 17 year olds, $87 \%$ of teens surveyed said they put "a lot" or "some" effort into a healthy diet.

However, the teenagers listed potaot chips, corn chips, cookies, candies and ice cream among their top snack food choices. Hamburgers cheeseburgers, pizza and luncheon meats ranked among their top lunch choices.

About 63\% of the teenagers said they learned about cholesterol in school, but less than a third were able to identify choles-terol-rich foods, such as butter and eggs.

Skipping

## meals,

 snacking, eating away from home, eating fast foods and going on, fad diets are common teenage eating apatterns.In spite of their eating patterns, the nutritional status of teenagers as a group is good, except for a few problem nutrients. For example, adolescents have higher requirements for iron and calcium, but many teens, especially girls, don't get enough.

Teenage girls tend to drink soft drinks instead of milk, which may contribute to low calcium status. Yet they need the calcium to build bone mass
are at about 300 milli-
grams per day.

Teenagers can n. start gradually reducing cholesterol intake by choosing low-fat or skim milk and other reduced-fat dairy products eating plain hamburger instead of a bacon bouble cheeseburger or cutting back on chocolate bars.

All teenagers, and especially those from families with a history of heart disease, high blood pressure or obesity, can reduce their future health risks by working on a healthier diet today.


A little boy closed his morning prayer, saying, "Heavenly Father, I thank you for this beautiful day."
"But," said his mother, "a storm's approaching. This isn't a beautiful day.'
"I know," replied the boy, "but never judge a day by the weather.'
Good advice, isn't it!
Never judge a day by obstacles, but by opportunities; not by roaring storms, but by service rendered; not by lightning flashing, but by love flowing; not by thunder clapping, but by tasks completed.

Count that day bad in which you've done nothing good for God or man.

## Thanksgiving 1988

## Former Resident in Nursing Home

Mrs. Carl Gray, age 94, a former resident of Borden County, suffered a stroke Her mailing address October 12, leaving her left side paralized. She is now a resident of Snyder Oaks Nursing

Home, Room 409. She would be happy to hear from friends and relatives.

is:

4505 Garwood
Snyder, Texas
79549

## Notice to Texas customers of Southwestern Bell Telephone Company.

Southwestern Bell Telephone Company filed tariff revisions October 3, 1988, with the Federal Communications Commission (FCC) that would increase the FCC Approved Customer Line Charge 60 cents per month for residence and single line business customers.
In addition, Centrex customers with lines installed or ordered before July 28,1983 , will incur a $\$ 1.00$ increase bringing their monthly charge to $\$ 5.00$. New rates would be effec tive December 1, 1988.
This charge is part of a plan authorized by the FCC in 1984 and designed so that business and residence customers would more directly contribute toward the cost of providing local telephone service.
In the past, these increases have resulted in a decrease in interstate long distance charges. Some additional proposed decreases in interstate long distance charges also have been announced.
If you have any questions, contact your local business office at the number listed in the front of your White Pages directory.


Southwestern Bell Telephone

## REQUEST FOR BIDS ON TEXAS HIGHWAY CONSTRUCTION

Sealed proposals for constructing 201.628 miles of seal coat on various limits of IH 20 , US 84 , US 87 , SH 70, US 180 , SH 208, FM 670, FM 1308, SH 350, FM 818, FM 1224, FM 461, FM 1808, \& FM 670 in Howard, Mitchell, Scurry, Martin, Fisher, Borden, \& Kent Counties covered by CPM 5-5-73, CPM 5-7-40, CPM 5-8-74, CPM 6-1-70, CPM 53-10-32, CPM 53-11-21, CPM 68-6-13, CPM 68-7-19, CPM 68-8-35, CPM 263-3-27, CPM 263-5-15, CPM 295-2-19, CPM 298-2-18, CPM 298-3-10, CPM 454-3-28, CPM 518-1-12, CPM 518-1-13, CPM 693-3-29, CPM 1134-1-10, CPM 1358-1-9, CPM 1653-3-3, CPM 2111-1-8, \& CPM 2471-1-6.
will be received at the State Department of Highways and Public Transportation, Austin, until 1:00 P.M., November 15, 1988, and then pubicly opened and read.

Plans and specifications including minimum wage rates as provided by Law are available for inspection at the office of Billy E. Vernon, Resident Engineer, Snyder, Texas, and at the State Bidding porposals are to be requested from the Construction Division, D.C. Greer State Highway Building, 11th and Brazos Streets, Austin, Texas 78701. Plans are available through commercial printers in Austin, Texas, at the expense of the bidder.

## UPPER COLORADO SOIL AND WATER CONSERVATION DISTRICT <br> 1988 ANNUAL REPORT



CONSERVATION AWARDS-Connie Tutt of Hobbs and Bennie W. Edwards of O'Donnell received the annual Conservation Rancher and Conservation Farmer awards, respectively, at the 1988 Upper Colorado Conservation Awards Banquet Thursday night at the Willow Park Inn.

## CONSERVATION PRACTICES APPLIED IN THE

 UPPER COLORADO SWCD IN 1988378 new district cooperators covering 72,186 acres 6 Great Plains contracts current
9 LTA contracts current
46 Conservation Reserve contracts on 6,130 acres
552,752 feet of terraces constructed
155 acres of range seeding
2,560 acres of brush control
7 ponds constructed
8,933 acres of upland habitat wildlife management
17,867 acres of highly erodible cropland planted to permanent grass


BREAKFAST-The fire was popping, the coffee was steaming and the vittles were ready as a large crowd went through the line at 7 a.m. Wednesday on the Jess Everett Ranch south of Snyder for a Ranch Breakfast co-sponsored by the Upper Colorado Soil and Water Conservation District and Ezell-Key Grain Co. Programs related to cattle raising and hunting leases were offered as well.

## Report Sponsored by the <br> Directors of the

Upper Colorado SWCD


## BORDEN COUNTY

SCURRY COUNTY
Regular monthly meetings are held on the third Thursday at 7:30 p.m. in the Soil Conservation Office at 3423 Ave. T. Phone: 573-1268.

The Upper Colorado Soil and Water Conservation District is a legal sub-division of the State of Texas, governed by five elected directors. Our self-governed District has a working agreement with the Soil Conservation Service to provide technical assistance for planning, application, and management of conservation activities.

The Upper Colorado Soil and Water Conservation District wishes everyone a happy and prosperous year in 1989. Our sincere thanks go out to each person, business, organization, and unit of government who helped us in our effort to make the District a more satisfying place in which to live and work. We especially thank the Snyder Field Office staff of the Soil Conservation Service for providing the technical assistance necessary for us to carry out our objectives. District Conservationist Terry Hefner, Range Conservationist Ricky Linex, Range Conservationist Mike Squires, Range Conservationist Lynn Wauer, and SCS Technicial Mark McDaniel have helped to make our accomplishments in conservation possible.

The Board of Directors


17,867 acres have been seeded to permanent grass in the Conservation Program in Borden and Scurry counties. Billie Bob McMullan and G.A. Parks, Jr., are shown checking the grass on their CRP acreage.


[^0]:    - 1988. PM Editorial Service

