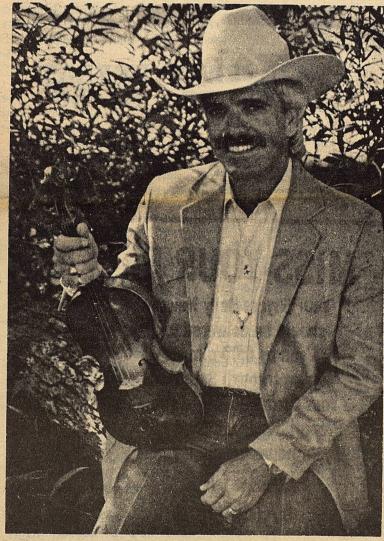


Serving the Counties of Borden, Dawson, Garza, Howard, Lynn & Scurry ****

INAUGURAL FESTIVITIES DUE LOCAL SOUND



JODY NIX

The posh, chandelierhung ballroom of the Washingtoan Hilton is a long way from the rodeo arenas and VFW halls where Jody Nix is used to fiddling.

But that's just fine with him.

Nix and his band, the Texas Cowboys, are heading east to the big time, the Texas State Society Inaugural Ball in Washington where the

dress code calls for tuxedoes with Western boots and the door prized include a pickup truck with gun rack.

Hataway Nix, Cindy wife of Jody, will join her husband's dance band as they entertain at the Ball. She said that the band members and their will be families leaving Thursday, Jan.

19. and will attend Bush's inauguration on Friday. There is a parade floats.

Cindy Hataway Nix, who now commutes from locally with the Snyder-Scurry Health Unit, performs her individual lounge act independent of her husband's band.

This coming Jan. 21, however, she noted "I'll definitely be up there singing."

"We plan to hit 'em with something they'll really dance to and keep the flow going," Nix said of his band's plans for the bash, to be attended by the new president.

The Jan. 21 event is one of the Capital's

hottest tickets among the host of balls, parties and receptions surrounding George Bush's Jan. 20 inaugura-George tion.

The \$50 tickets sold out in less than 12 hours, and almost 2,000 people are on a waiting list, said Lois Auer, a spokesman for U.S. Rep. Stenholm, Charles D-Stamford, president of the society.

Nix won his invitation to Washington after Stenholm heard the band play at the Stamford Texas Cowboy Reunion rodeo.

When the 5,500 quest in Washington take to

the floor and two-step to the sound of the Texas Cowboys, they chance the band will will be hearing the be featured also on legacy of a West Texas one of the inaugural musical tradition that spans four decades.

Nix, 36, is the son of Hoyle Nix, leader of Big Spring for her job the West Texas Cowboys and close associate of renowned fiddler Bob Wills, the man who made the swing tune "San Antonio Rose" famous.

"When my dad was a very young man, Bob Wills was just getting started and was the rage like Randy Travis or George Strait is today," said the younger Nix. "He was a big influence on my father, who copied his fiddle playing and the

Wills, the front for the Texas Playboys, and Hoyle Nix met in the 1950's. Over the next 20 years, until Wills' death, the two bandleaders played together at rodeos and dance halls throughout West Texas.

Spending his early vears traveling with his father's band laid a strong musical foundation for Nix, who began playing the drums at age 2. By the time he was 8, he was a bona fide member of the West Texas Cowboys, backing his father's fiddling on the drums.

Later he learned to play the fiddle and sang for his dad's band.

"Dad would call me up to show me off or when he wanted to rest,"



CINDY HATAWAY NIX

🕅 Basketball News LADY COYOTES' COMEBACK DOWNS O'DONNELL

After scoring a quick throw percentage two baskets, Borden's Lady Coyotes cooled off both from the floor and control and O'Donnell built up as much as an 11 point lead late in the game. But for the second game in a row, Borden put on a giant surge the last quarter and pulled out their second district win 47-40 at O'Donnell last Tuesday. A three point shot by Kate Phinizy with two minutes remaining gave Borden its first lead since the beginning, and key free throws by Lisha Sternadel in the final moments sealed the victory for the Lady Coyotes. This moved the season record to 17-1 and district record to 2-0.

Lisha was the leading scorer for Borden with 22 points followed by Elana Himes had 11. Kate Phinizy connected on 8 followed by Vida Balaque with 4 and Kristi Adcock hit 2. Lisha led in field goal percentage with 50% followed by Kate with 43%. Kristi led in free

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with 100% making 2 of 2. Lisha also led in steals with 6 and Elana had 4. Lisha led rebounds with 11 and Elana had 10, followed by Kristi with 7. Lisha led in a fourth category assists, where she had 4. Turnovers seemed to be the most significant factor in the game where Borden committed an uncharacteristic 36 turnovers which caused the game to remain close throughout. Borden trailed 9-6 at the end of the first quarter and were behind by nine, 25-16, at half-time. Trailing by eleven late in the third quarter, Borden cut the lead to six, 33-27, entering the last stanza. There, the Lady Coyotes put on an excellent comeback outscoring the Lady Eagles 20-7, giving them their first district loss.

The J.V. girls were also victorious in a

JR. HIGH DROPS GAME **TO SANDS**

Borden traveled to Sands Monday night for their first game after the Christmas break. Gail led after one quarter of play, 9-8, but Sands came back to take the win 34-20. Borden trailed by just 4 at half-time, 13-17, but could only manage two points in the third quarter and was outscored 9-5 in the last.

Leslie Fryar led in scoring for Borden with points followed by 9 Melody Harrison with 7. Jacquelyn McPhaul added two points for the total, as did Mendy Hensley. Also playing faor Borden were Jana Kincheloe. Armstrong, Erica Nance, ness. Mandi Herring, and O'Donnell.

different fashion. They never let O'Donnell into the game, winning 50-17. Jumping out to an 18-0 first quarter lead they extended it until midway through the second quarter where O'Donnell scored points. their first Leading 30-7 at halftime, Borden extended lead to their 44-13 before the last stanza. In the 33 point win, Amanda Anderson led in scoring with 22 points followed by Shara Dee Woodward with 12 and Shavne Hess with 10. Kristin Kilmer, Kristin Monger, and M'Lys Lloyd each hit two points for the total. Also playing were Kelly Jo Ogden and A'Lise Llovd.

The Lady Coyotes will be open January 17. Dawson, their scheduled opponent, has cancelled the remainder of their games due to a lack of number of players. They then travel to Klondike January 20 for an all important district game. The following Tuesday, Borden travels to Sands for another District 16 A game. Both games will begin at 6:30. The J.V. has their next game when they travel to Sands on the 24th. Their game will begin at 5:00.

MUSTANGS RUSH PAST COYOTES 48-20

The Borden County Jr. High Coyotes played a aggressive game, very but the Sands Mustangs just did it a lot better. The Coyotes fought an uphill battle as they took on the taller, better shooting The Mustangs Mustangs. controlled the boards on both ends of the court. They also used a full court press to cause several turnovers, until the Coyotes were able to get the ball to Clint Wills who was split able to the Bobbie defense with his guick-

The first quarter Gloria Portales. Borden score was a close 10 to next plays at home, 4, but the second Monday, January 16, quarter was a disaster starting at 6:00 against for the Coyotes with a 19-2 disadvantage.

TARY COVERE RATE

EAGLES SOAR PAST COYOTES 77-63

The O'Donnell Eagles Coyotes handed the their second district loss in as many tries. Coyotes were not The able to keep the Eagles off the boards, especially on the Eagles offensive board as they got shot after shot. The Coyotes were behind 39 to 29 at half-time, they regrouped in but third quarter to the outscore the Eagles 21 to 16 to cut the lead points. only 5 to looked Things still good for the Coyotes until mid-way thru the when fourth quarter fouls began to eleminate Coyote starters. Shane Kemper and Jimmy Rios fouled out and then Brian Bond was lost for the rest of the game.

Lance Latimer had not suited up because of an ankle injury so the Covotes had every available player on the floor. During that time the Eagles pulled ahead by 14 points.

Brian Bond led Coyotes scorers with 20 points. He also had 10 rebounds, 2 steals, and 2 assists Cole Vestal had 18 points with 2 steals, 6 rebounds, and 2 assists. Paul Sturdivant had 8 points, 1 steal, and 7 rebounds. Jimmy Rios also had 8 points, 2 steals, 5 rebounds, and 2 assists. Cody Stone had 6 points, 3 steals, 3 rebounds, and an assist. Lance Telchik had 1 point and 1 steal. Eric Lusk had 1 steal and 1 assist.

WILDCATS DEFEAT 88-58 COYOTES

The Grady Wildcats gave the Borden County Coyotes reception а equal to the one that the weather gave them. The temperature outside was freezing with light falling, but snow nothing was able to off the cool hot shooting Wildcats. The Wildcats scored 30 points in the opening quarter while the Covotes were only able to score 12. During that period the Coyotes were forced into 17 turnovers. In their last two games they only had 18 or 19 for the entire game. As a result of the turnovers, the Coyotes only shot the ball 7 times in the quarter.

Things looked differently in the second

John Paul Harris led the Coyote scorers with 9 points. Clint Wills scored 5 points along with his ball handling chores. Clint Anderson, Jeremy Mize and Joe Acosta rounded out the score with 2 points apiece, Brandon Adcock, Lewis, Ross Shawn Kirk Jones, Hataway, Buchanan and Richard Seth Vestal also played, but they did not score. guarter as the Coyotes had better luck controling the ball. They also shot 19 times from the field. They also had 6 assist as they managed to beat the Wildcats full court press. The Coyotes outscored the Wildcats 19 to 17 in the quarter.

In both the third and fourth quarter, the Covotes had trouble getting the shots to fall thru the hoop. They had 52 attempts with only 11 going in for 21%.

The Covotes leading scorer was Brian Bond with 18 points. He also had 5 steals, 7 rebounds and 4 assists. Cole Vestal scored 11 points and had a season high 14 rebounds, and 2 assists. Paul Sturdivant scored 8 points and had 4 steals, 5 rebounds, and 3 assists. Lance Telchik scored 6 points and had 2 steals and 5 rebounds. Shane Kemper had 3 points, 7 rebounds and 1 assists. Cody Stone scored 2 points, 1 steal, 4 rebounds, and 1 assists. Eric Lusk also scored 2 points and had 1 steal. Lance Latimer had 3 rebounds and an assist.

LADY COYOTES BATTLE PAST GRADY

District games have turned into hard fought battles for the Borden County Lady Covotes here lately. Friday night was no exception as the girls from Gail overcame many obstacles finally down a to stubborn Grady bunch 45-43. It was the second two point win of the year for the Lady Coyotes over Grady as they defeated the Wildcats in the finals of the Garden City Torunament 55-53. Field goal shooting was the biggest problem of the night for Borden as they could only connect on 17 of 64 from the field for 27%, the lowest shooting percentage of the year for the Lady Coyotes. Borden trailed at the end of the first quarter 14-12 after jumping out to a 10-0 lead early in the game. Grady trailed by three with seconds left in the first half, when a lenght-of-the-court pass and a shot at the buzzer brought them back to within one, 28-27. Excitement began in the third guarter where Lisha Sternadel, who had 13 of Borden's 30 points, was ejected from the game along with a Grady player. later, Then Elana Phinizy, Himes, Kate and Kristi Adcock all fouled out of the game leaving Vida Balaque as the lone starter. The bench came on great and

hit some key baskets and held the Lady Coyotes together for the big district win. Amanda Anderson and Julie Harris hit clutch baskets late in the game and Rachel Romero and Amy Lewis came up with big steals to secure the victory. Once again, the Lady Coyotes missed opportunities to put the game away at the free throw line, but came up short on five onecame and-one situations in the last minute and a half. Still, it was a great win on the road and lifted the Lady Coyotes to 3-0 in district play and 18-1 on the season. Due to Tuesday night's forfeit win Dawson, over Borden's record expands and 4-0 in district District 16 A, district halves, but overall combined total.

for scoring honors with which Vida and Amanda with 5 Julie with 2 each. Amy importance of Julie led in field goal for your children and percentage with 100%, to be respectful at hitting her attempt. She was fol- lessen the chances of a lowed by Amanda with game such as Friday's 67%. Lisha led in free being repeated. As a throw percentage with coach in Borden County Lisha led in steals proud of

with 7 followed by Kate with 6 and Vida with 4. Amanda led in rebounds with 7 followed by Elana with 6 and Kate with 5. Kate, Kristi, and Lisha all had 2 assists.

Next game for the Lady Coyotes will be Friday, January 20, at Klondike. Game time will be 6:30. Borden then travels to Sands Tuesday, January 24, to face the Lady Mustangs at 6:30. The remainder of the District games for the girls will be at home.

COACHES' CORNER Bill May

Anyone attending Friday night's game at Grady were probably shocked at the hostility and ugly scene that sometimes occurs during competitive athletics. to 19-1 for the season Under the circumstances, I felt like the Borden play. This year in players and fans kept their composure as best will not be played in as possible. Actions in rather the crowd sometimes far exceed the aggressive-Elana and Lisha tied ness on the floor, sometimes only 13 each followed by tends to excite players and coaches even more. each. Kristi had 4 Still, this should be a followed by Kate and good example of the parents added 1 to the total. to set a good example only home games or away to 71% hitting 5 of 7 . Schools, I am always our kids'

3	THE BOR	DEN ST	AR. W	ED., .	JAN.	18.	1989

REGULAR SCHOOL BOARD MEETING January 16, 1989

The Board of Trustees of the Borden County Independent School District met in regular session on January 16, 1989 at 8:00 p.m.

Board members present were Jack McPhaul, Jon Monger, Steve Hess, Bill Phinizy, Joel Dennis, Scott Clayton.

Administrators present were James McLeroy, Superintendent; Mickey McMeans, High School Principal; and Ben Jarrett, Elementary Principal.

Jack McPhaul, Board President, called the meeting to order.

Minutes The Minutes of the previous meeting of December 15, 1988 were read. A motion was made by Jon Monger and seconded by Joel Dennis to approve the minutes as read. Motion carried unanimously.

<u>isitors</u> No visitors were present.

 Bills

 The Board reviewed the bills as presented in the meeting. A motion was made by Jon Monger and seconded by Steve Hess to approve the bills.

 Motion carried unanimously.

Superintendent's Contract A motion was made by Joel Dennis and seconded by Bill Phinizy to extend the present 3 year contract of Superintendent James McLeroy through the 1991-1992 school year. Motion carried unanimously.

Superintendent's Report The Superintendent gave a year-to-date financial report. Also included in the financial report were recommendations to amend the budget.

Attendance was reported at 153 in elementary and 65 in high school for a total of 218 students in K-12.

No changes in personnel were reported.

A motion was made by Bill Phinizy and seconded by Joel Dennis to approve the Superintendent's Report with budget amendments. Motion carried unanimously.

Title II Funds

The Superintendent explained the Title II funding and purpose of the Ine Superintendent explained the little II funding and purpose of the expenditures made from these federal funds. It was recommended that Title II funds be used to co-op with the Education Service Center-Region XVII to be used in Education Service Center programs. A motion was made by Bill Phinizy and seconded by Steve Hess to approve the Title II Fund expenditure. Motion carried unanimously.

Annual Performance Report The Superintendent led the Board in a review of the Annual Performance Report. A motion was made by Jon Monger and seconded by Scott Clayton to approve the Annual Performance Report.

Motion carried unanimously.

Adjournment A motion was made by Steve Hess and seconded by Scott Clayton to adjourn. Motion carried unanimously.

sportsmanship and attitude, and the great support we receive from the community in their actions and behaviors. Let's keep it that way!

Wednesday

Thursday

Friday



Salad Bar

Salad Bar

Salad Bar

Salad Bar

biner de	January 1989										
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday					
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. 8	9	10	11	12	13	14					
	J.H. Basketball Sands-T-6:00	H.S. Basketball O'Donnell-T-5:00	Aligner - hu		H.S. Basketball Grady-T-6:30	AL BANK					
and the second	Simon and Sta	main 280	No and the	7540° BI	· · · · ·	IT AT and					
15	16 Semester Exams Periods 2 & 5	17 Semester Exams Period 6	18 Semester Exams Periods 4 & 7	19 Semester Exams Periods 1 & 3	20 H.S. Basketball Klondike-T-6:30	21					
	J.H. Basketball O'Donnell-H-6:00	H.S. Basketball Dawson-H-6:30	N	End 3rd Six Weeks End First Quarter	Teacher Workday 8:00 a.m3:30 p.m	A REAL PROPERTY AND INC.					
22	23	24	25	26	27 H.S. Basketball	28					
	J.H. Basketball Grady-H-6:00	H.S. Basketball Sands-T-5:00	Cherry Mar	And the	O'Donnell-H-5:00 Borden County Stoc Hollday	k Show 27 - 28					
	Dawson-T-6:00	31 H.S. Basketball Grady-H-6:30	t diov	DECEMBER 1988 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 24 27 28 29 30 31	FEBRUARY 1989 S M T W T F S 1 2 3 4 S 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28	No. 300 Stries Copyright 1987 Southworth Company Wree Springfield, MA 01090					

LUNCH MENU January 23 - 27, 1989 Monday Barbecued Weiners Pinto Beans Tater Tots Fruit Hot Rolls Milk Tuesday Chicken Nuggets Green Beans Mashed Potatoes

Jello Hot Rolls Milk Vegetable, Beef Soup Pimento Cheese Fruit Cornbread Milk

Hamburgers French Fries Lettuce - Pickles Brownies Milk

No. School Holiday

INAUGURAL FESTIVITIES DUE LOCAL SOUND

cont. from pg. 1 said Nix, who although sings, are Ricky Boen left-handed plays a of right-handed fiddle.

and on some but never played it full time until my dad passed of Blackwell on bass. away, and then I had to come to the front and start running things," Nix said. Hoyle Nix died in 1985, and since then his son has carried on with his own six-member band, based in Big Spring.

Nix. Backing who

after my accident.

Odessa on the fiddle and mandolin, "I played fiddle off Rick Johnson on steel guitar, Neal Goates on drums and Tommy Harvell

Nix says the traditional element of his work helps keep him going, and the ties to Wills and his father remain strong. Nix played on Wills' last album in 1973 and returns each year to the fiddler's hometown of Turkey to play with plays the fiddle and the remaining members

of the Texas Playboys at the annual Bob Wills' Day celebration.

And the Texas Cowboys sing a song written by Johnson, about Nix's musical legacy, called "Carrying on the Show." "I was born in Texas,

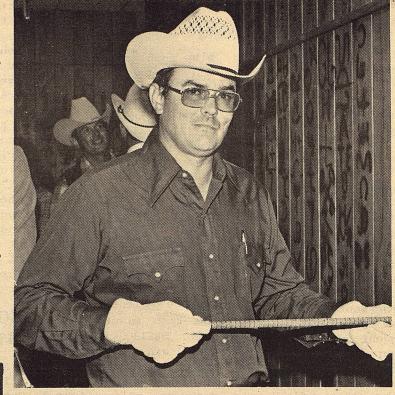
raised out on a farm; I grew up on Western

swing Learned to dance out in the barn

Hoyle Nix and Bob Wills put the music in

my soul, Now they're gone, but the fiddle plays on

I'm carrying on the show."



VAN L. YORK **ELECTED CHAIRPERSON**

The Permian Basin Regional Planning commission held its semi-annual general membership meeting and legislative luncheon in Midland January 4th, 1989. Approximately 170 officials and quests were in atrepresenting tendance the seventeen counties in the Permian Basin Region. Attending from County Borden was County Clerk Dorothy Browne and County Judge Van L. York.

Lesislative agendas were given for the of Texas Association

counties. the Texas Municipal League and the Texas Associatiaon of Regional Councils.

An overview of the 71st Legislative Session was presented by Bill Sims, Texas State Senator, 25th District and Tom Craddick, Representative, 76th District.

The election officers for the year of 1989 was held and Borden County Judge, Van L. York, was elected Chairperson of The Permian Basin Regional Planning Commission.

Congratulations, Van!

Thank You

Thank You

I wish to express my appreciation and

Thanks to my friends and neighbors for

cards, visits, flowers, phone calls,

food and prayers, during my stay in

the hospital and convalescing at home

Bess Smith

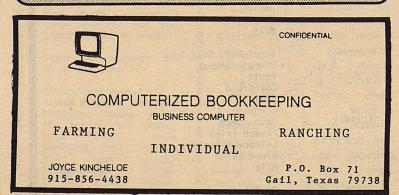
I want to say Thanks. We enjoy the Borden Star; the ads and wants and all. I also want to Thank those who have helped me with materials and scrap's to make lap robes for the Nursing Homes in Bis Spring and in Stanton, also at the V.A. Hospital.

I am still making quilts for the Children's Homes.

A special thank's to Mrs. Larry Smith and to Opal Lee Smith.

In Christian Love

Mrs. M.L. Knowlton



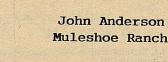
TANYA HOLLIS

Tanya Hollis, daughter of Mr. and Mrs. Eston Hollis of Luther graduated from Angelo State University December 16, 1988. She received a B.B.A. in accounting, and is presently employed at Evins Personnel in San Angelo, Texas.

She is a 1985 graduate of Big Spring High School.



says, "Whoever believes in him [Jesus Christ] will not be disappointed.'" Romans 10-11 (NAS)



Thank You

Thank you so much to all of the

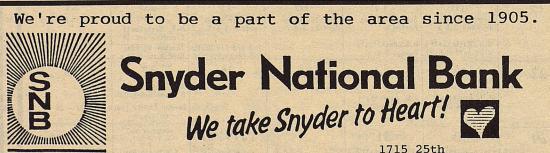
people who helped put out our grass

fire on Christmas Day. Your kindness and generosity is greatly appreciated.

Again-Thank You

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Member FDIC

(DEN STAR, WED., JAN. 18. 1989...4 5...THE BORDEN STAR, WED., JAN. 18, 1989



TEXAS TECH RECEIVES SEED MONEY

Every farmer knows that a bountiful harvest begins with the planting good seed. of The \$15,000 Texas Agriculture Diversification grant being Program made to Texas Tech University College of Agriculture is seed money that will produce a bountiful harvest of new jobs and businesses throughout the South Plains.

will This grant assist Texas Tech in the establishment of an economically viable demonstration pig feedlot on the University's livestock farm. Texans consume millions of pounds of pork every year, but roughly 80 percent of the pork is produced outside our borders. The absence of a large pork processindustry in Texas is one reason pork production in Texas has been the decline on in recent years.

The \$15,000 TAD Grant will be used by Texas University Tech to establish what may be Texas' only experimental pig feedlot. The grant will be coupled with \$36,000 local from sources. Construction on the pig could begin as early as the summer of 1989.

used as an educational tool by university students as well as area farmers interested in swine production.

The facility will be

Texas pork producers currently have about \$95 million worth of pigs in their inventory. Pork production would need to increase five just fold to meet demand pork for in Texas. This is an income source which could eventually become a \$500 million-a-year industry for Texas. The expansion of the pork industry can give West Texans an additional source of jobs and businesses.

This grant was one of 14 awards approved by Agriculture the Texas Diversification Board and announced by Texas Agriculture Commissioner Jim Hightower.

These small matching grants will provide the cash incentive necessary to develop feasibility studies, training programs or actual projects demonatration in such areas as blueberries, pistachios, aquaculture, exotic game, Asian vegetables and greenhouse production. The grants will also be used to develop business enterprises.

one

4 - H1988 FOOD SHOW RECIPE

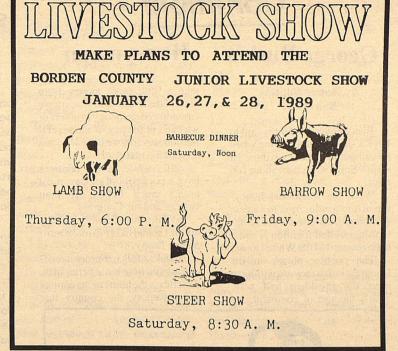
BLUEBERRY MUFFINS Daniel Hunt

1 3/4 C. Sifted Flour 1/4 Cup Sugar 2¹/₂ Tsp. Baking Powder 3/4 Tsp. Salt 1 Egg (beaten well) 3/4 Cup Milk 1/3 Cup Salad Oil 1 Cup Blueberries (drained)

Sift dry ingredients into bowl; make well in combine egg, center, milk, and oil. Add all at once to dry ingredience until moistened. Fill greased muffin pans 1/3 full. Bake at 400° for 20 to 25 minutes. Makes 10.

Ĭ

STATE OF TEXAS



"Americans can eat garbage, provided you sprinkle it liberally with ketchup, mustard, chili sauce, tabasco sauce, cayenne pepper, or any other condiment which destroys the original flavor of the dish."—Henry Miller

LEGAL NOTICE

Notice is given herewith that proposals will be considered from Banks and Banking Corporations desiring to serve as depository for public funds and county public school funds of Borden County, Texas. Such proposals will be considered Monday, February 13, 1989 at 10:00 A. M., and the Commissioners' Court of Borden County may at its discretion reject any and all bids or proposals submitted. Applications submitted should be in accordance with Article 116.023, Local Government Code, Vernon's Civil Statutes, and it is desired that same stipulate percent interest to be paid on time deposits and rate of interest Borden County would pay on borrowed funds for ordinary operating expenses and borrowed funds for equipment purchases. Depository Bank would be expected to furnish printed checks and deposit slips for all accounts.

> County Judge Borden County



feedlot minority Service in this area since 1922. 403 N. Austin - Lamesa Phone: 872-8335

NON DEDUCTABLE HOME INSURANCE 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. FARMERS MUTUAL PROTECTIVE ASSOCIATION OF TEXAS RAY AGENCY 612 No. 2nd. 806-872-3869 Lamesa, Texas Ronnie Ray or Dawn Ray

Comment

George Bush's

By Dennis Williams News USA

Every new president is said to have a short period of time when he can get just about anything he wants. Some say it lasts about 100 days.

days. Well, the traditional honeymoon runs a little closer to a week, and comments around Washington suggest that tradition is about to be restored to the White House.

The popular phrase in the Congress is that they are willing to meet the President half way. That's the sort of comment one

Honeymoon

take a little more money from each of the relatives in taxes or we can stop giving money to others or we can cut the pay of the several million servants we have working around the place. Still, while some relatives have a pocketful of money, most

aren't much better off than George and his Congress. So all this friendly advice

So all this friendly advice doesn't sound likely to make most people happy. Shucks, folks. Surely some-

one around here has a better idea. America is the home of inventions and inventors, the country that

Touchdown

Do potato chips with onion dip, honey roasted peanuts, pepperoni pizza and various beverages sound like what you'll be serving at your big Super Bowl party for friends and family?

If this is what you planned to serve, had consider this advice LuAnn Latham. from R.D., L.D., a registered dietician at Methodist Hospital. According to Latham, most traditional Super Bowl snack foods score a big nutritional "0" should and be avoided.

Latham advises that hosts should not fear substituting with nutritious snacks will take the fun out of the party. because good taste and nutrition can team up quiet successfully. Try the following low-fat, low-cholesterol tips and score a victory for good nutrition.

Regardless of which team wins, these tasty snacks are quaranteed to please even the most finicky fan. And you'll have the satisfaction of knowing that each item you serve is contributing to the health of your family and friends.

Today's supermarket is well-stocked with tasty snack alternates which are low in salt and saturated fat: two

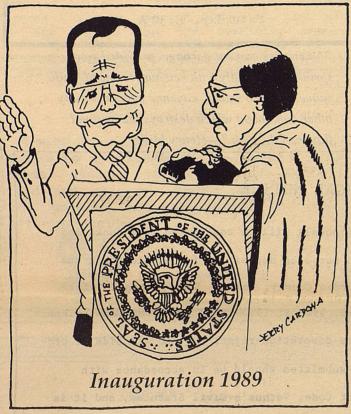


of the biggest nutrition vallains. When selecting crackers and nuts, read the labels to determine the best selections. You should also consider the saltless variety of pretzels and popcorn.

Super Bowl Snacks Score Nutritional

Latham recommends, instead of high-caloric/ fat/salt laden dips, try stocking up on low-fat yogurt which makes the base for a dip. Mix the tasty yogurt in a blender or food processor with fresh herbs or vegetables (e.g., basil and broccoli), add a little lemon juice and/or skim milk, and you have a delicious dip. (For a spicier version, try a little horseradish, freshly-pressed garlic or hot sauce.)

То complete the line-up, stock up on lots of fresh vegetables which can be served raw with your dips. Try cauliflower, green and radishes, red pepper, mushrooms, zucchini and scallions for a colorful and flavorful platter.



expects to hear after a trial separation rather than a blissful marriage ceremony.

We shouldn't expect too much from this honeymoon.

America's voters have given us another shotgun wedding, with no dowry. The couple starts out deeply in debt and with several million dependents crying for food, housing, medical care, and safety from the evils of the world and the neighborhood.

Still, barring a disaster, this forced marriage will last at least four years. Most folks are predicting a stormy relationship with lots of problems and few solutions.

So what else is new? Despite some rich older relatives, lots of old folks are struggling to get by, their health is going down hill and the bills for repairs keep going up.

The house isn't big enough for all the relatives, some of whom are sleeping in the garage while others are out on the street. The kids are skipping school, and those who stay in school aren't learning much anyway.

We owe everyone we know, and we have to keep borrowing \$500 million a day just to make ends meet.

Our rich uncles say we can

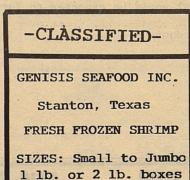
breaks new ground and finds better ways of doing things. We're sitting around jawing about tough times while even the

Russians are trying to figure out a new way of doing things. They're flying space stations for months on end and we're just talking about space stations. I don't think most of us like

seeing poor folks lying around in the street, especially in the winter. We don't see much sense in people being hungry in a land filled with food. We want our babies to be lively and healthy and we want our children to learn everything they need to know to do well in the world.

Both the President and the Congress may be new to this marriage, but this isn't their first time living with someone else. If they want it to work, they should make it easy for each other. They should see each other's good points and make the best of it.

Gosh, America is an awfully nice place to honeymoon, and now the match has been made, why not get some fun out of it.



* HELP WANTED *

Call: Tana May

856-4419

GET PAID for reading books! \$100.00 per title. Write: PASE-J6095, 161 S, Lincolnway N. Aurora, Il 60542



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7...THE BORDEN STAR., WED., JAN. 18, 1989

extra-mile

tremendous

National

will

three

GOAT SHOW"

3 year old and under

Children in these age groupes are

invited to compete for ribbons and

trophies. Each child entered will

receive a ribbon and trophy, we don't

have any "losers". There will also be a

grand champion and reserve champion

is encouraged, but optional. For more

Rube or Sue Smith - 806/439-6645

Costumes for the children and goats

4 to 5 year old

Kindergarten

1st grade

2nd grade

banner given.

information, call:

efforts were one of the

primary reasons for the

1989

Cook-Off

feature

separate entry catego-

ries----traditional in-

door, outdoor barbecue

and microwave. Contes-

tants may enter recipes

(utilizing any cut of

beef) in any category

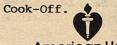
as often as they wish.

To enter, send a

Sterling City, TX. 76951

The Texas Beef Cook-Off is sponsored by Texas CattleWomen, the National Beef Cook-Off is sponsored by the American National CattleWomen in cooperation with the Beef Industry Council of the Meat Board.

Winners of each category at the national level will receive \$5,000 in cash plus appliances from Tappan and premium charcoal from Kingsford, official sponsors of the 1989



American Heart

NOTES FROM HOME By Debra Pollard Home Demonstration/CEA

................ HEALTHY - HEART CHOICES FOR A **BUSY LUNCH**

When you eat out for lunch every day, making heart healthy food choices can help you feel better, keep your weight down and do your heart a favor!

Here are some suggesfor lunches, tions whether you eat at a fine restaurant or a fast food store:

Visit the salad bar and load up with garbanzo beans or kidney beans. They are rich in the same type of soluble fiber oat bran contains. potato salad, Avoid salad, bean pasta salad, or slaw, all of which are loaded with oil or mayonnaise.

Fill your plate with veggies; put a tablespoon of oil/vinegar based dressing on the side. Add an oat bran muffin and a serving of fresh fruit.

A good sandwich choice is turkey or whole-wheat bread with lettuce, tomato, and spicy mustard.

At a fast-food restaurant, the best choice may be a plain hamburger with lettuce, tomato, pickles and mustard.

Eating broiled fish twice a week may reduce saturated fat intake while adding variety to noontime meals. But fried fish and fish sandwiches will just add fat to your diet.

Other good entree choices are bean burritos; soft chicken or beef tacos al carbon with a lettuce and tomato topping; spaghetti with a tomato or mushroom sauce; Chinese dinners with bean curd as the main ingredient; and chicken breast baked without the skin.

copy of your typed cattle industry. This (specifying recipe(s) huge volunteer contigent consistently puts the appropriate category) on one of the best organto: ized--yet most friendly Mrs. Elizabeth Horwood and congenial--annual P.O. Box 724 Association series of state and national contests in the entire food industry. This year's Texas Beef Cook-Off will be

TEXAS BEEF COOK-OFF

in

and

the Women's

Cook-Off's

success.

The

again

Beef

is

CattleWomen

Hospitality

• prizes--\$3,000

affair.

Texas

prime ingredient

each year's Texas and

• National Beef Cook-Offs.

• Of course, there're

also two top cash

\$15,000--that add some

spice to the whole

host the Texas Beef

Cook-Off, the nation's

only national cooking

event run by a volunteer

network of 10,000 women

associated with the

held April 27-28 at Prude Ranch in Fort Texas. Davis, Ten finalists will be selected to receive VIP treatment in the true Western style and will compete for the \$3,000 top prize. Second and third prizes will be \$2,000 and \$1,000, respectively.

The Texas winner will join 62 other contestants at the 16th National Beef Cook-Off. to be held Sept.17-19 in Portland, Oregon. Approximately 300 CattleWomen will host outdoor barbecues, banquets, and working ranch tours, provide gifts and designated assistants to aid contestants throughout the contest, and generally make contestants like feel pampered quests.

And if that's not enough, the CattleWomen are offering a top prize of \$15,000 for the year's best beef recipe, one of the highest cash awards on

Previous two-time Cook-Off judge Julia Child has commended the CattleWomen not only for their professionalism, but their ability to maintain such a relaxed and friendly atmosphere for such a large event. The late James Beard. also а two-time Cook-Off judge, said the Cattle-

Saturday morning January 28, 1989, following the steer show, the third annual goat show will get under way. Classes will be set up as follows:

GUARDING YOUR GLITTER AND TRIMS

procedures.

The adhesive used to adhere trims such as sequins, beads, and glitter to fabrics will often determine the serviceability of the article.

In many cases, trims that are sewn on will have greater resistance to damage in cleaning procedures than trims that are adhered to the surface. Adhesive that lacks resistance to dry cleaning solvents will alter decorative trims when cleaned. In addition to this, solvents may affect the surface colors applied to the trims.

Check decorative trims on garments carefully prior to cleaning and discuss any damage or loss of with the dry trim cleaner when dry cleaned Many times the profesdry cleaner sional cannot accurately predetermine the resistance of all trims through the cleaning

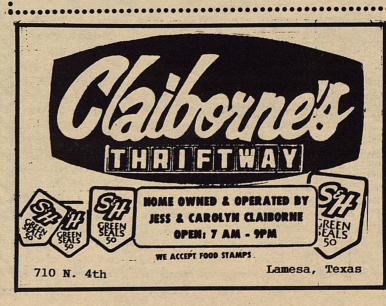
are covered under the Federal Trade Commis-Care Labeling sion's which clearly Rule, states decorative trim must be compatable with the care instructions the label. Trim on lacking the necessary resistance to a care procedure should be returned to the retailer for an adjustment.

Garments of this type

SKIN CARE ALERT

Good News! One company recently introduced a new product made to clean skin better than soap. Researchers at Chesebrough-Ponds created Pond's Cold Cream Water Rinsable Cleanser for normal and sensitive skin in response to requests for a product with the benefits of cold cream that rinses away clean and leaves the skin soft and smooth.

Thanks to new products such as the cleanser, basic skin care is now easier for millions of women.



the contest circuit.

THIRD ANNUAL "LITTLE INTERNATIONAL

TAX ASSISTANCE SEMINAR SET

State Comptroller Bob Bullock said that a representative from his agency will be in Gail, January 25, 1989, to answer questions about Texas taxes and assist taxpayers with paperwork and problems.

"I don't want to see state taxes turn into a burden for folks who can't get to a field office. Our visits are a service we're happy to provide to Texas "Bullock taxpayers, said.

Lloyd Allred, Enforcement officer, from the Field Office Lubbock will be at the Borden County Courthouse, from to 12:00 10:00 a.m. p.m. The public is welcome and there is no

charge.

The

serves

"I'm sending my employees out to help people with questions, filling out forms, and working out problems on a local, one-to-one basis. There's some things you just can't do as well over the phone or through the mail, "Bullock said.

Gail area taxpayers who can't attend the courthouse seminar can still get individual tax assistance by calling the Comptroller's telephone toll-free 1-800-252-5555 number, from anywhere in Texas.

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345678901234567890/234567 FACTS **r** Figures

Is it possible to solve complex scientific problems by popular vote? The answer might be clearer after you study these facts and figures. In 1986, some 418,494,000 paying passengers traveled on U.S. airlines. There was one fatal accident, in which one person was killed. Should airlines be required to paint

signs on aircraft to warn the public that flying is unsafe?

In 1986, California voters passed a law-Proposition 65-that requires warning signs on anything that might carry a risk of cancer or birth defects. In effect, that means a "detectable" amount of any carcinogen or toxin and science can now detect a part per trillion. One part per trillion can be compared to one second in 32 years. As the National Center for Policy Analysis points out, if Proposition 65 were applied to air travel and there had been only one

death per trillion passengers, then the airplane would have to carry "a clear and reasonable warning" sign painted on it. While that wouldn't remove all risk, it probably would remove a lot of business from the airline.

If the other 49 states came up with their own laws-and several already are thinking of following California's leadthen an airplane might have to have 50 such warnings painted on it or the airline would have to go out of business.



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