A Borden County High School sentor has been named. as s. semifinalist in the Coca-cola Scholars Foundation competition. The nation's largerst business-supported
scholarship program selected 1,700 semifinalists nationwide, from a group of more than 53,000 applicants. Semifinalists in the \$1.5 million program will compete for 150 college scholarships.
Eighteen - year - old Cody Stone, son of Mr. \& Mrs. Jerry Stone of Gail, will now submit an original essay, recommendations, and an official school transcript. If selected as one of the 150 finalists, he will advance to the National Competition in Atlanta, Georgia, April 19-21, 1990, with all expenses paid by the Foundation.

At the National Competition, each of the finalists will compete for designation as a National Scholar or a Regional Scholar. The 50 National Scholars will receive renewable awards of $\$ 5,000$ per year, totaling $\$ 20,000$ over the course of a four-year undergraduate program. The remaining 100 finalists will be designated Regional Scholars, receiving
four-year, renewable awards of $\$ 1,000$. Students may use their award to attend any accredited,
college or university.
"Southwest Coca-Cola Bottling Company, Inc. is very pleased to support this program and the educational aspirations of our young people. We see it as an investment in the future of our area and our country," said Charles F. Stephens, Executive Vice President and General Manager. Odessa division manager Chris Mullen adds, "Every employee of this company will keep cheering for these outstanding students from our area--right on through the selection process.

In recognition of their achievements, the centers of Southwest Coca-Cola Bottling Company, Inc. presented each of the semifinallists with a $\$ 100$ U.S. Savings Bond on Thurs. February 22. The presentation was held at the odessa division offices.

Southwest Coca-Cola Bottling Company, Inc. was established in 1987 and services approximately 142,000 square miles in four states. The company serves communities in


Cody Stone, Coca-Cola scholarship semifinalist, receiving a $\$ 100$ U.S. Savings Bond ; from Mr. Chris Mullen, division manager of the local Coca-Cola bottler in Odessa (Southwest Coca-Cola Bottling Company, Inc.)

Texas, New Mexico, Oklahoma, and southern Colorado, and contributes approximately $\$ 60,000$ annually to the Scholars Foundation. Bottler contributions are based on the number of gallons produced each year.

The Coca-ColaScholars Foundation seeks to reward individuals on the basis of personal, as well as, scholastic merit. Consideration
is given to a student's leadership potential, character, and intellectual ability. Recipients will include some students who have overcome unusual adversities, who are often not identified for merit-based scholarships, but who demonstrate potential leadership abilities.
By selecting individuals on the basis of leadership, motivation,
commitment and service to others, the CocaCola Scholars Foundation anticipates achieving its goal of recognizing and helping develop those who will lead our country in the years ahead.

The Coca-Cola Foundation is governed by a Board of Directors composed of four Coca-Cola bottlers and
cont. to pg. 8

## LISHA STERNADEL MAKES ALL-STATE

Lisha Sternadel added to her already growing lists of achievements as she was selected to the Texas Girls' Coaches Association All-State team. Ove half of the 15 players selected came from the strong Region I area where 13 of the last 14 state champions have emerged. Lisha was eighth leading vote getter, placing ;her on the Class A second team unity. Below is a list of this year's TGCA All-State team.

|  | Name | School |
| :---: | :---: | :---: |
| 1st Team | Darla Levitt | Nazareth |
|  | Noel Johnson | Nazareth |
|  | Janale Stockett | Happy |
|  | Kristi Hargrove | Sudan |
|  | Melinda Hausenfluke | Jarrell |
| 2nd Team | Kristi Simper | Moulton |
|  | Mindy Myers | Munday |
|  | Lisha Sternadel | Borden Co |
|  | Peggy Hartman | Happy |
|  | Jennifer Oliver | Zavalla |
| 3rd Team | Danette Boulton | Novice |
|  | Cassie Blaut | Channing |
|  | Nicole Maxfield | Sudan |
|  | Misty Barker | Meridian |
|  | Elizabeth Smith | Whitewright |

## BORDEN TENNIS NEWS <br> BORDEN TENNIS NEWS

The Borden Star Publication two. 895520
(CSPS 895-520)
co-motions
Verne Adcock
Published weekly, except for Christans and Een Years, on Wednesday at Gail. Borden County, zexas 79738, Boz 137 Kincaid Streat Second Class postaga paid at Gail, rexas.

Any errors that we nake reflecting on the of any Fira, Corporation of any Fina, Corporation
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Eddie Simer,
Loreen Jones, Martin Parks, Dan Turner, Lela Porter, and Marge Toombs.


Lisha Sternadel

Nazareth Nazareth Happy Sudan

Moulton Munday Borden Co Happy

Novice Channin Meridian Whitewright

Borden opened up
its tennis season Tuesday and what a big opening it was. The Coyotes opponent, Lamesa, was to be playing Friday in the State Team Tennis Taournament in New Braunfels after qualiflying its team for the TTCA tournament. Borden surprised the Golden Tournadoes as they captured 10 matches to Lamesa's 9 matches.

Shayne Hess and Shara Dee Woodward were the big winners of the day capturing three matches 8-4, 8-0, and 8-2. They were followed closely behind by Rachel Romero and Amy Lewis with two wins 8-1, and 8-4. In girls singles. Leslie Fryar won two
matches 8-1, and 8-4. Amanda Anderson rounded out the girls victories with an 8-1 win.

Cole Vestal and Patrick Herridge won a boys doubles match in a tie-breaker 9-8 and Shane Kemper and Klint Kemper won their doubles match 8-5. Also playing singles for Borden in the boys were Shawn Lewis, Guy Will Zant, and Kirk Jones.

Borden will be playing in the Stanton Tournament this weekend at the Stanton High School tennis courts. Play will begin Friday at about 4:00 and continue on through Saturday. Borden then will play in the Levelland Tournament the following Friday and Saturday.

## COYOTES PLACE TWO ON

 ALL-DISTRICT TEAMThe Borden County
seniors in the district. Cole led the
Coyotes in both scoring players on the 1989-90 all district team. The top eleven players were chosen by the coaches of the district. The voting was very close, and the team was dominated by seniors. The Coyote's representatives were juniors, Cole Vestal, and Jimmy Rios were chosen above several and rebounding. He averaged 17.9 points per game along with 8.6 rebounds per game average. Jimmy was the second leading scorer with 12 points per game. He also averaged 6.2 rebounds and 4.1 steals per game.

Congratulations
these boys.

## JUNIOR HIGH TRACK COMPETES AT KLONDIKE

Both boys and girls ran extremely well at Klondike last Thursday in a five team meet. Joe Acosta won the triple jump with a leap of $33^{\prime \prime} 1 \frac{1}{4} "$, Brandon Adcock placed second with a 32'11" jump and Brandon Trussel jumped $25^{\prime \frac{1}{2} / 1}$ to place fifth. In the 100 meters Brandon Adcock was third with a time of 13:09, Acosta was fourth with 13:22 and Trussel wàs sixth with $\begin{array}{lcc}\text { a time of } & \text { 14:66. } \\ \text { Adcock placed } & \text { second }\end{array}$

ONE-ACT PLAY TO PRESENT "THE PEARL"

The One-Act Play cast will be presenting "The Pearl", Thursday night at 7:00 p.m. in the High School Auditorium.
This is the play Borden County will present in this years U.I.L. competition.

The cast members include: Cody Stone, David Buchanan, Rachel ${ }_{\text {i }}$ Romero, Kristin Kilmer, Clint Bennett, Jason Sharp, Jacquelyn McPhaul, Amy Lewis, and Julie Harris. Crew members include Angela Evans, and Betsy Breeden.

Everyone is invited to come out and watch the performance.
in the 200 meters with a 26:6 time. Seth Vestal ran a good 400 meters and got second with a 61:8, Jim Evans placed third with a 63:11 while Richard Buchanan placed sixth with a 72:1. Richard also placed second in the discus toss with a throw of 95'11" Brandon Adcock placed third with a 71' $10 \frac{1}{2}$ " toss. The mile relay team consisting of Jim Evans, Joe Acosta, Brandon Adcock, and Seth Vestal placed second in a excellent time of $4: 18$ flat. Cody Cox won the 800 meters in a time of $2: 46.1$. In the long jump Joe Acosta jumped 16'6" for fourth place while Brandon Trussel got seventh place with a 13 '9⿱ㄴㄴ" leap. The 400 meter relay team ran
second to the Sands team with a good time of 51:8, members of the relay are seth Vestal, Brandon Trussel Joe Acosta and Cody Cox.

Trisha Gaskins is the only girl running and she was second in the 200 meters in a time of $31: 5$ and third in the 100 meters with a 15:1.

Schools present at the meet were Klondike, Grady, Loop, Sands and the Coyotes.

## LEGAL NOTICE

The Board of Trustees of the Borden County Independent School District hereby gives notice of an election to be held on May 5, 1990, for the purpose of electing two School Board Members to two regular three-year terms, and one member to a oneyear unexpired term. (The unexpired term has one year remaining.) The terms of Jack McPhaul and Jon Monger expire on May 5, 1990. Bill Phinizy's resignation becomes effective on May 5, 1990, leaving one year on an unexpired term.

Anyone interested in having their name placed on the ballot should file an application in the office of the Superintendent. The deadine for placing names on the ballot is March 21, 1990.


Improve Your Odds. Wear Your Safety Belt
Teen Belt Use Up in '89; Spring Break Around Corner

Belt use among teenage drivers reached 54.1\% in June 1989, the highest level ever. recorded in Texas Transportation Institute's 18-city survey.

For the first time since TTI began conducting belt usage surveys in 1985, over half of male drivers aged 15-19 were observed wearing their belts. An even 51\% buckled up in June, compared to 41.8\% in a survey conducted in January of last year.

Teenage females also showed the highest usage rate ever, with $61.9 \%$ buckling up in the driver's seat. The rate for this group in January 1989 was an even $50 \%$. The previous record high, recorded between January and June of 1986, was 51.9\%:

Taken altogether, teen driver belt use showed an increase of over 10 percentage points between January and June of last year. The buckle-up rate among passengers in the same age group increased from 45\% in January 1989 to $49 \%$ in June 1989.
No other age group showed an increase of that magnitude.
The bad news is, however, that teens still lag behind older Texans in belt use. The 18-city average for drivers aged 26-60 was 61.2\%. Senior citizens buckled up at the rate of $65.2 \%$.

Student councils in Texas high schools will try to convince the remaining $46 \%$ to exercise restraint in their "Safe Spring Break" programs, :most of which will take place in February and March...The coalition supplied materials and information to almost

The Gail Chapter of the Future Homemakers of America attended the Region I Conference held in Lubbock, Texas on March 9-10, 1990. This year the theme for the Regional Conference was "FHA/HERO: A NEW DECADE OF OPPORtunities." The delegates attended exciting general seśsions and various teen workshops such as: adoption, people with special needs, leadership, and several other topics. Gail's Chapter had five members competing in STAR Events (Students Taking Action for Recognition), while 4 other members worked with Chairpersons to make the events run smoothly and efficiently. One student went as voting delegate to select the new Region Officers for the 1990-91 year. Delegates from Gail were Kristi Adcock, Tracy Ball, Julie Harris, Kim Doyle, Jo Barnes, Heather Arm-

300 schools last spring. We expect more active participation this year.
strong, Angela Evans, Tina Blacklock and Kaela Van Vleet. Joan Gray, FHA Advisor accompanied the delegates.

The members who competed in the STAR Events were Team 1Heather Armstrong, Betsy Breeden, and Kim Doyle; Team 2-Tina Blacklock and Kaela Van Vleet. Team 1 completed a project on Household Safety and placed fifth. Team 2 completed a project on Obesity In Children, placing 6th. Both teams qualify for the State Competition to be held in Dallas, Texas on April 27-28, 1990.

Future Homemakers of America is a Vocational Student Organization for Home Economics Education students in junior and senior high schools. This youth centered organization is the only vocational organization that has the family as its central focus and an integral part of the Vocational Home Economics curriculum.

## BORDEN COUNTY INDEPENDENT SCHOOL DISTRICT

SCHOOL CALENDAR 1990-1991



Standing (L to R) Julie Harris, Kristi Adcock, Tracy Ball, Kim Doyle, Betsy Breeden, Heather Armstrong, Jo Barnes. Seated (L to R) Kaela Van Vleet, Tina Blacklock and Angela Evans, traveled to Lubbock to the District FHA Conference.
Top ( $L$ to R) Kim Doyle, Betsy Breeden and Heather Armstrong, Team 1 HOUSEHOLD SAFETY. Bottom (L to R) Kaela Van Vleet and Tina Blacklock, Team 2 OBESITY IN CHILDREN. (Star Photo)



In= $\sec \underline{\underline{v i c s}}$ Horkdays August 23, 24 нау 25

Holidays


Jan ${ }^{18}$ R
Stock
sho
March 220, 21, 22
Spring Break
Semesters
$\begin{array}{llll}\text { Aus. } & 27 \\ \text { Jan. Jan } \\ \text { 15 }\end{array}$


Six Heeks

$\begin{array}{lll}\text { Feb. } 25 \text { - Apr } & 12 \\ \text { Apr. } 15-\mathrm{May} & 24\end{array}$
gey


SUSAN BRAY \＆NEAL WEEKS

## 肚れは

Mr．and Mrs．Bill Bray，Route 1，O＇Donnell， announces the engagement and approaching marriage of their daughter，Susan，to Neal Weeks，son of Mrs．Pat Bell，Ennis，Texas，and Mr．Jim Weeks， Welch．

The wedding will be May 12， 1990 in the first Baptist Church，O＇Donnell．


| BEN MURPHY |
| :---: |
| Certifiei Public Accountant |
| 3902 College Avenue－：－Snyder，Texas 79549 |
| $915 / 573-8992$ |

## Branon Funeral Home

Service in this area since 1922.
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Snacking Can Be

## Good For You

It＇s so easy to grab a candy bar or munch on some potato chips when between meal hunger pangs strike， but why load your body with empty cal－ ories？There are plenty of nutritious and satisfying snacks that are easy to prepare and many others that require no preparation at all．

Next time it＇s snack time，just say＂no＂ to a candy bar and＂yes＂to the following appetizing ideas：
－Any kind of fresh frui
－Unbuttered popcorn
－Dried fruits such as prunes，raisins， or apricots
－Small handful of nuts
－Whole grain bread or apple wedges
spread with peanut butter
－Cottage cheese on toasted bread or crackers
Fruit－flavored yogurt
Or，try Oats and Apple Trail Bars，an easy to prepare snack that starts with a convenient Apple－Cinnamon Muffin Mix．

Oats and Apple Trail Bars 1 package（ 7 ounces）Martha White Apple－Cinnamon Muffin Mix $1 / 3$ cup quick cooking oats
$1 / 4$ cup（ $1 / 2$ stick）butter or margarine， melted
4 cup chopped nuts
2 tablespoons brown sugar
2 tablespoons honey
Heat oven to $350^{\circ} \mathrm{F}$ ．Combine all ingredients and stir to blend．Press mixture into an ungreased 9 －inch square cake pan．Bake 20 to 25 minutes or until golden brown．Cool 5 minutes and cut into bars or squares while warm．Makes 162 －inch squares．
For more great recipes made with con－ venient mixes，write for＂Easy Baking，＂ Martha White Kitchen，P．O．Box 58， Dept．290－D，Nashville，TN 37202.


Mar． 22 －Apr． 1 － 1990 Houston International Festival，＂A Salute to the United Kingdom．＂It＇s the 150th anni－ versary of official relations between

Texas and the UK．Visitors are treated tu shows and skits performed by British to classical，folkloric and popular music，Theater groups．The Houston Ballet will dance and theater as well as a variety of also honor the UK with productions by visual art exhibitions．More than 2，500 British playwrights．Other festival artists will perform on nine outdoor programs include writing contests for stages．City Hall Plaza will be trans－children，a film festival showcasing films formed into British Isle Park，featuring from the UK，a tour and travel program， pubs，international foods，and impromp－and citywide visual art exhibits．

## 

## Come To Your Census！

For every Texan not counted， the state loses $\$ 150$ in Federal Funds． In 1980，an estimated 300,000 Texans were missing． That cost Texas $\$ 45$ million a year and a congressional seat． Now that you know the facts，come to your census！

## CENSUS＇90

All personal information remains completely confidential．Federal Law prohibits the Census
Bureau from giving any personal information from the census to any other government agency Sponsored by the Texas Department of Commerce

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## LET ME GET MY HAT

## BY DENNIS POOLE

## San Antonio Stock Show Results

Borden County 4-H members exhibited steers, barrows and lambs during the 1990 San Antonio Livestock Show held February 7-17, 1990.
Steer exhibitors were Carrie Hart, Kurt Hess, Shayne Hess, Grant Key, Amanda Anderson and Cody Stone. Placings were as follows: Kurt Hess, lst place Lightweight Chianina Cross; Amanda Anderson, 3rd place Heavy weight Hereford; Shayne Hess, 4th place Heave weight Chianina Cross.

Lamb exhibitors were Carrie Hart, Kurt Shelby Isaacs, Kandy Belew and Cody Stone. Placings were as follows: Shayne Hess, 2nd place LHW Medium Wool; Shayne Hess, l6th place, MHW Medium Wool.

Barrow exhibitors were Carrie Cox, Sara Lusk, Eric Lusk, Colton Miller, Clint Miller, Carrie Hart, Kurt Hess, Shayne Hess, Kristin Kilmer, Preston Sharp, Grant Key, Shelby Isaacs, Thad Isaacs, Laura Hensley, Mendy Hensley, Meg Parks, Roy Clayton, Reagan Smith, Clint O'Brien, Rendee Herring, Mandi Herring, Cody

## Shane, Klint Kemper,

 Shane Kemper. Placings were as follows: Laura Hensley, 3rd place Middle weight Spot; Grant Key, 4th Middle weight Hamp; Thad Isaacs, 5th place Light weight Spot; Reagan Smith, llth Light weight Crossbred.All exhibitors did a real good job and everyone's help in transporting animals and children is greatly appreciated.

Parents and leaders attending were Max and Jane Jones, Joe Lusk, Ben \& Paula Miller, Steve \& Pam Hess, Toby Nan \& T.J. Sharp, Roland \& Karen Key, Doug, Debbie and Shelby Isaacs, Joe \& Nanette Belew, Kenny \& Carla Hensley, Aubrey Lankford, Dolores Stone, D.M., Debbie, Deann \& Dayna Parks, Scott \& Inez Clayton, Monte, Deidre \& Lindsey Smith, Barry, Susan \& Stacie O'Brien, Mike, Beverly \& Mikanna Herring, Carolyn Stone, Bruce \& Brenda Kemper and Dennis \& Tanner Poole.

We appreciate each of your attendance and assistance in coordinating and planning this trip for the Borden county 4-H'ers.

## Houston Stock Show Results

Borden County 4-H'ers attended and participated at the 1990 Houston Livestock Show March 2-10, 1990.

Barrow exhibitors were Carrie Hart, Shayne Hess, Kurt Hess, Justin Cox, Cory Cox, Kandy Belew, Meg Parks, Roy Clayton, and Cody Stone.

Placings were: Kandy Belew, 2nd Heavy weight Spot; Roy Clayton, 4 th Middle weight Berk; Carrie Hart, 19th Light weight Berk; Meg

## Parks, 23rd

 weight Chester.Lamb exhibitors were Brian Bond, Shayne Hess, Kurt Hess, Sandy Brummett, John Brummett Kandy Belew, Meg Parks, Deann Parks, Dayna Parks, Roy Clayton, \& Cody Stone. Placings were: Kurt Hess, 16 Medium weight, Medium Wool; Kandy Belew, 20th Medium weight, Medium Woos.

Steer exhibitoars were Shayne Hess, Kurt Hess, Justin

Transformation of global culture just only a fax machine away

COLLEGE STATION - Fax machines are steadily transforming global culture in areas ranging from hot food to cold fusion, says a Texas A\&M University historian specializing in the study of technology.
The world is at the dawn of the fax revolution as societal values and legal laws are being shifted, says Dr. Jenathan Coopersmith, a former U.S Department of Energy consultant. A key issue for the future is who is going to control the knowledge from fax machines, he added
"Fax machines promise to strike a blow for decentralization by allowing decisions to be made at the local level," Coopersmith said. "The negative side would be centralization with that knowledge and power in the hands of know Tedge and power in the hands of few. The heart of democracy lies in free
public debate, and faxes can contribute greatly to that.'
Fax machines combine speed, reliability, sophistication and permanence that telephones and mail cannot match. Kurt Hess, 4th Heavy weight Brahman; Guy Will Zant, 5th Light weight Hereford; Justin Cox, 7th Medium weight Charolais.

Parents and leaders attending were Steve \& Pam Hess, Rex \& Teressa Cox, Roland \& Karen Key, Audry \& Debbie Brummett, Joe \& Nanette Belew, Aubrey Lankford, Dolores Stone, D.M. \& Debbie Parks, Scott \& Inez Clayton, Guy \& Patricia Zant, Carolyn Stone, Ray Don \& Jana Underwood, and Dennis Poole.

All exhibitors did a real good job and we appreciate everyone's attendance and assistance in hauling, preparing animals, and pitching in to help make all our trips successful as well as enjoyable.

## Brummett, Amanda Anderson, Guy Will Zant and Cody Stone. Placings were: Grant Key, 2nd Light weight Polled Hereford; Amanda Anderson, 3rd Heavy weight Maine; <br> NOW! HELP FICHT HEART ATTACK \& STROKE IN 3 MINUTES-A-DAY!

5...THE BORDEN STAR, WED., MARCH 14, 1990


## All-Natural ESSCOLLOID® Drops Dangerous Blood Cholesterol Without Drugs

Cholesterol is the thick, artery-clogging fat that brings heart attacks and strokes to millions of Americans every year.
The higher your cholesterol level, doctors say, the higher your danger.
And doctors recommend adding extra fiber to the American diet . . . to trap dangerous cholesterol and flush it harmlessly away.
That's the reason for new ESSCOLLOID® all-natural fiber supplement powder.
Recent medical studies prove the natural fiber found in ESSCOLLOID (plus exercise and reduced smoking) can reduce high cholesterol by up to $17 \%$ !

When cholesterol drops,
so does the danger of stroke and heart attack. ESSCOLLOID requires no prescription. It's easy to use as directed. Just dissolve 1 teaspoon in water and drink 3 times a day.

As an added health benefit, all-natural ESSCOLLOID fiber produces natural, healthy regularity.

TO ORDER: Send name, address, zip code and only $\$ 8.95$ for 12 oz . bottle (plus $\$ 1.75$ for postage and handling) or to save money, order three 12 oz . bottles for only $\$ 24.95$ plus $\$ 2.75$ postage and handling. Money Back Guarantee. Mail to American Melody, 123 South Street, Oyster Bay, NY 11771. NY residents add sales tax.

THE BORDEN STAR, WED., MARCH 14, 1990... 6

## LIVESTOCK MEETING

The Officers and Directors of the Borden County Jr. Livestock Assn., Inc. met January 20,1990 in the Borden County Show Barn.

Those present were: Kenny Hensley, Mike Herring, D.M. Parks, Danny Stone, Buddy Wallace, Dennis Poole, Scott Clayton, Monte Smith, John Anderson, and Ben Miller.

MINUTES: The minutes of the December 6, 1989 meeting were read. Dennis Poole moved to accept the minutes. D.M. Parks seconded the motion. Motion carried.

TREASURER'S REPORT: Jerry Stone reported that the bank balance was $\$ 2653.00$. Outstanding bills to be paid are the meat for the barbeque lunch, belt badges, trophies and supplies for the concession stand. Monte Smith moved to accept the Treasurer's Report. D.M. Parks seconded the motion. Motion carried.

> GENERAL BUSINESS:

Extra Pens - The 1990 Borden County Jr. Livestock Show will be the biggest ever. Because of this, there will be 20 more pens needed for animals. D.M. Parks moved to

## The problem <br> NAIL FUNGUS

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Try this safe, simple, effective remedy for the pain and embarrassment of nail fungus. Used for years uses two recognized antifungal agents to fight infection at the toenail and fingernail site. It provides relief from the pain and acts to eliminate the actual fungus. Easy to apply as nail polish. Jusı use supplied brush. No prescription needed.
Available at your pharmacy or have them contact Kramer Laboratories. 8778 S.W. 8 St., Miami, FL 33174.
buy panels and other materials needed to build 20 more pens. Monte Smith seconded the motion. Motion carried.
Report from Sales Committee - The sales committees report on donations collected to date are as follows: Big Spring-\$4000 Lamesa-\$8500 Snyder-\$4000 Post-Unknown

Other New Business Work list

1) Buddy Wallace reported that the ladies who help serve and clean up after the meal were requesting more help, or a pay raise of $\$ 5$ a day for existing help. Monte Smith moved to pay the kitchen helpers an extra $\$ 5$ a day. Jerry Stone seconded the motion. Motion carried.
2) Photographer - D.M. Parks volunteered to take pictures during the 1990 stock show if the film were furnished. Dennis Poole moved to let D.M. be the official stock show photographer. Buddy Wallace seconded the motion. Motion carried. Meeting Adjourned.


Do not forget to move your clock
FOR $\begin{aligned} & \text { ARD } 1 \text { hour on Sunday, April 1, } 1990\end{aligned}$

Meet Your Future With A Straight Face

## Buckle Up

## Can the Elfects of Aging Be Reversed?

For women aged 45 to 64 , the onset of menopause and the loss of estrogen-an important female hormone-may cause unpleasant effects. Without treatment, estrogen loss may cause changes in hair texture, skin tone, and a loss of sexual desire.

The effects of the aging process cannot be reversed, but some of the effects of menopause can be treated. Call your physician or call one of us. Get the facts about menopause and how you may avoid some of the annoying aspects of aging.

| Somchai Chong, MD | Dan Kahn, MD |
| :---: | :---: |
| General Practice | Family Practice |
| 1005 North 16th Street | L607 North Bryan |
| Lamesa, TX 79331 | [8mesa, TX 79331 |
| [806-872-6773] | Patrick Hanford, DO |
| Evelyn Smiley, MD | Family Practice |
| General Practice | 1012 North 15th Street |
| 1510 North Bryan | Lamesa, TX 79331 |
| Lamesa, TX 79331 | [806-872-2113] |
| [806-872-5441] |  |

## Security State Bank

Big Spring, Texas
Member F.D.I.C.

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## Name.

Street.
City
State
Zip


## Medication Tips For Children

Studies Say Parents Often Ignore Instructions.

Taking medicines correctly has typically been a concern of older patients who often have multiple prescriptions. But according to the Department of Health and Human Services, nearly half (46\%) of children who take prescribed medicine are taking it improperly.

Researchers have found that, while adolescents are most likely to take medicine incorrectly, the problem is prevalent at all ages. In fact, almost five percent of all pediatric hospital admissions were related to the misuse of medicine. Nearly half of those cases were serious or fatal.

## ADVICE FOR PARENTS

Here are some ways that parents incorrectly administer medications to their children.

Discontinuing the medication too soon. As soon as the child feels better, the parent stops giving the medication. This can be particularly serious not only because the child may become re-infected, but also because the organism that survived the first dose of antibiotics will have
built up a resistance to the medication, making the next infection harder to kill.

Taking the medication erratically. Some medicines must remain at specific levels in the blood in order to work. Therefore, these medications must be taken at regular times around the clock. Parents were found to be particularly careless about giving the medicine during the night, when a sick child may finally be getting some rest.

Refusing to take the medication. Unpleasant taste and side effects are the most common cause for refusal.

Taking too much or too little medication. Parents are careless about giving a little extra medicine for good measure, particularly when using Over-the-counter medications.

- Not enough medication is given when liquid medicine is not sufficiently shaken and the active ingredient does not get on the spoon. Also with liquid medicine, the measurement is often inexact.
- Giving adult medication to children. Parents are casual about giving children small portions of medications that have been prepared for adults.

Children may react

## (6and <br> BIG SPRING

915/267-5881
915/267-3664
915/267-3665
P.O. BOX 102 Big Spring, Texas 79720
to certain medicines differently than adults do. Aspirin and its link to Reyes Syndrome is a good example of a medicine that is safe for adults but potentially deadly for children. Other adult medicines, particularly cough and cold formulas, are prepared with alcohol.

ASK YOUR PHARMACIST
Manufacturers
over-the-counter medicines, particularly for colds, fever, rashes, and stomach disorders, are working with FDA to clarify directions for proper usage and exact measurements.
The most accessible source of information on proper medication use is your local independent pharmacy, where two out of every three retail prescrip-

## CLASSIFIED

INCOME TAX PREPARATION

1040 EZ-1040 A-1040 CALL TERRI WILSON 856-4384 OR COME BY TEACHERAGE \#2

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1989 BUICK CENTURY
LIMITED 4 door,
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HUGE GARAGE SALE!
Too many items to list! Something for everyone! Thursday \& Friday March 15th \& 16th, 8:00 a.m. til 5:00 p.m. and Saturday March 17th, 8:00 a.m. til ? 1407. N. 7 th Street in Lamesa. DON'T MISS THIS ONE!!!
tions are dispensed. If you have any questions about the medication your child is taking or how to administer it, ask
your your independent pharmacist.

P.O. Box 281 Lamesa Airport

Lamesa, Texas

# THE BORDEN STAR, WED., MARCH 14, 1990... 8 

# P/R Postal Pointers 

Armchair Shopping The Safe Way

## By Ann McK. Robinson Consumer Advocate

 United States Postal ServiceShopping by mail is often preferred by many as an alternative to shopping in busy shopping malls and depart ment stores. Mail order shopping can be
done in the quiet and comfort of your own home at a relaxed pace. The variety of Robinson products available to you through mail order is endless. There are an infinite number of catalogs currently in circulation which literally bring products from all over the United States, and some foreign countries, right to your doorstep.

Here are a few basic guidelines to follow when getting ready to order products through the mail.

* Examine catalogs and adver tisements carefully. Beware of exaggerated claims, unusually low prices, and prizes you have to pay for to claim.
* Enclose a complete description of the item you order. Include color, size, weight, item number and price. If a substitute is acceptable, specify the exact item on the order.
* During the holiday season, order holiday gifts well in advance to avoid heavy seasonal mail volume Clearly indicate the recipient's nam and address and how the gift card should be signed.
* Look for a company policy on returns. If the policy is not stated, ask for it before you buy
* Keep copies of the order and advertisement. Make sure you have the name and address of the com pany, as well as the date you mailed your order. Keep your canceled check
as proof the company received your order. Your check will also serve as a receipt for your payment.

If you have any doubts about the offer or the company, check BEFORE placing an order by contact ing the Better Business Bureau, the Chamber of Commerce, or the Consumer Protection Office in or near your city.

And remember, an ad in a re ponsible newspaper or magazine does not guarantee the publisher

Two booklets available from the Direct Marketing Association are: Make Knowledge Your Partner in Mail Order Shopping and Shop ping at Home, A Consumer Infor mation Guide. You can order thes publications by writing to the Consumer Services Department, Di rect Marketing Association at 11 W. 42nd Street, P.O. Box 3861 , New York, NY 10163-3861
The Federal Trade Commission offers a booklet entitled Shopping By Mail. You can order this publication by writing to Federal Trade Commission, Public Reference Pennsylvania Avenue at 6th Stree NW, Washington, DC 20580-0001.
has verified the advertiser's claims. Likewise, just because a product is offered by mail does not mean the Postal Service has verified the advertiser's claim.
The Postal Inspection Service offers Publication 300, A Consumer's Guide to Postal Crime Prevention, to assist customers with mail order problems. This publication is available at your local post office.

Additionally, there are several free publications available from various agencies that provide additional tips on: shopping by mail.

## SCHOLAR SHIP SEMIFINALIST

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two representatives of The Coca-Cola Company. The Foundation was conceived by a group of Coca-Cola
bottlers and established in 1986 in commemoration of the Centennial Celebration of CocaCola.

dians planted stringbeans along with the corn crops. Corn, wheat and cotton deplete the land of its natural nitrogen. Bean plants replace this loss naturally. Only lately have non-Indian farmers learned to do this.
 DON'T SI'I' OU'I IN THE DESERT ALONE!


