

(1460)

# FFA AND FHA BANQUET





SPECIAL AWARD: AMY LEWIS, FHA Vice President of Programs and Projects and CODY STONE, FFA President, presented a "Special Thanks" plaque to Mr. James McLeroy. It was a means for both chapters to show appreciation for the time and help James has always had for these school organizations. (Staff Photo)



Honorary Chapter Recognitions were presented to DEBRA POLLARD, CEA-HE, of Borden County and BEN MILLER, rancher and Vice President of the Borden County Junior Livestock Association. (Staff Photo)

A "Mexican Fiesta" was the theme of the FFA-FHA Banquet held in the Borden County School cafeteria April 24th.

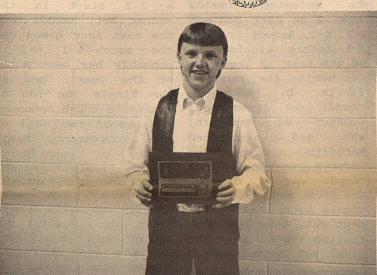
A large crowd of students, advisors. parents and friends enjoyed a tasty meal Green Enchilada Casserole, Rice, Guachamole Beans, Salad, Tostados, Hot and Sherbet Sauce in a gayly served decorated atmosphere. After Shane Kemper gave the invocation, the banquet program got underway with Amy introducing Lewis Angela Reid as the quest speaker.

Her talk on setting goals and obtaining them was an appropriate message for the young people as this is what the advisors try to instill in the chapter members. Angela's motto for the banquet was "have an attitude cont. to pg. 4

Be Sure To

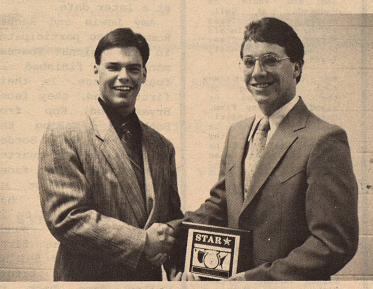
VOTE
MAY 5,

School Board
Trustee
Election



ROSS HATAWAY, son of Cindy and Jody Nix, is holding his STAR GREENHAND plaque. This award is presented to a first year agriculture student who has done outstandding work on his projects.

(Staff Photo)



The STAR CHAPTER FARMER plaque was presented to (L) JAMES SMITH by FFA Secretary PATRICK HERRIDGE. JAMES is the son of Edward and Terry Smith.

(Staff Photo)

### **BORDEN TENNIS NEWS**

# AMANDA ANDERSON EARNS STATE BERTH

Amanda Anderson, a Borden sophomore at High School. County reached the championship finals at the Region I Tournament Tennis Levelland this past weekend. With it, she earned a place in the Tournament in Austin May 11-12. After knocking off the top seed in the regional meet in the semi-finals, she was defeated in the finals giving her the runner-up spot.

In the first round, defeated Imelda Lerma from Fort Hancock 6-3, 6-0. Amanda trailed 2-1 before winning 11 of the next 12 games to put her in the quarter-In the next finals. round, she faced Jodi Johnson of Nazareth. eliminated had Meredith Richards of Paducah in her first Amanda dropped round. the first set 4-6 before coming back to take the next set 6-2. She then trailed 4-2 in the final set before coming

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CO-EDITORS Verna Adcock Clarajane P. Dyess

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Lela Porter and Marge
Toombs.

back to take the next and the four games 6-2. 4-6. 6-4. match The finals had Amanda facing the number one seed of the tournament Sanderson, Holly from Dodd. Dodd had dropped Jennifer Terry of Gruver and Vinita Grace of Anton in her previous rounds while dropping a total of just four Amanda games. jumped out to a quick 5-0 lead surrendering a before game. She then closed out the set 6-1. After 2-2 start in the second set, Amanda took the next four games and the match 6-1, 6-2 in probably her best match of the year. Then in the finals she ran up against a tough opponent, the number two seed of tournament, Misty of Petersburg. Porter In a flawless match, Porter took the Regional Championship 6-0, 6-1. actually held Amanda seven games points, but only capitalize could on only one as Porter always came up with a big shot on game points. Still, with the final Amanda appearance, reaches the final eight players left in this year's state tournament. Brackets for the State will Tournament released by UIL the at a later date. Amy Lewis and Rachel

Romero also participated in the Regional Tournament and finished in fourth place. In their first round, they faced and Epp Bryan Taking the Booker. match 6-2, 6-2, Borden moved on to the quarter finals where they faced Comer Maupin and Valley had Valley. eliminated Dell City in their first round. Borden took the first set 6-1 and led 5-1 in the second set before came back to Valley take the next games to close the gap to 5-4. Borden then captured the next game

and the match 6-1, 6-4. In the semi-finals, Amy and Rachel were hampered by the stiff forty mile that hour winds visited the tennis meet morning. Their that less seemed opponent affected as they took semi-final match 6-1. 7-5. Borden then played for third place and against Sunray after capturing the set in a tiefirst breaker, lost the next two sets and the match 6-3, 7-5, giving them fourth place honors. Fort Hancock went on to the doubles capture championship in a split set victory over Sundown.



COREY COX

#### COMPETES IN MEET

Corey Cox, third grade student at Borden County Elem. School, competed in Andrews, on April 7 in the Division I District Gymnastic Meet.

He won 1st on the trampoline and 1st in tumbling. He was boys all around District Champion and has qualified for the State Gymnastics meet to be held in Snyder on May 12.

Corey is the son of Rex and Teresa Cox of Borden County.

#### Promote World Peace Host a Foreign Exchange Student

Imagine studying French cooking in your own home with an authentic French cook or discussing the everchanging world political situation first-hand with someone from a different country? By opening your heart and your home to a foreign high school student, your family will have the rare opportunity to reach across

\*\*\*\*

Borden Little Dribblers is fairly new,
And that is why we need you.



It's the parents turn to play, On the fourth day in May.

The high school gym is the place. It should be quite a race.

A donation at the door Will get you laughs galore.

Michael Jordan, we're not, But our suits are really hot.

So come one, come all-Watch us run and watch us fall.

It will be a blast
Just to see who can last.

Don't forget-it starts at seven, And should be over before eleven.

\*\*\*



### SENIOR CLASS BAKE SALE

Saturday, May 5th

9 a.m. to 11:30 a.m.
COYOTE COUNTRY
AND

THE TRADING POST

Come on by and support the Sr.
Class of 1990.

Thank you!!!!

AGENDA

SPECIAL SCHOOL BOARD MEETING
May 7, 1990 - 7:00 p.m.
Board Room - Borden County Schools
Gail. Texas

Minutes
 Read and approve minutes of
 previous meeting.

II. Canvass of School Trustee Election
Canvass election returns of May 5
Trustee Election.

III. Oath of Office

Administer Oath of Office - a sworn statement that the Board Member has not offered a bribe in order to be effected.

IV. Adjournment

cultural barriers and gain a new understanding of the world.

American Intercultural Student Exchange (AISE) is offering families the opportunity to host teenagers from Scandanavia, Europe, South America and Australia for the upcoming school year, 1990/91. All AISE Exchange Students are between the ages of 15 and 18 years old. They are carefully screened and have studied English for many years. The

students have medical insurance and provide their own spending money. The host family supplies room; board, and a supportive family atmosphere.

Make your personal contribution to the ultimate goal of world peace by making friends with the world through hosting, one friendship at a time.

You can receive further information about AISE by calling, toll free: 1-800-SIBLING.

# FIFTH SIX-WEEKS

**High School** 

#### **BETA ACHIEVEMENT**

**HONOR ROLL** 



HIGH SCHOOL BETA CLUB: Standing L. to R.- CODY STONE 12th; JULIE HARRIS 12th and DAVID BUCHANAN 10th. Seated L. to R. - AMY LEWIS 12th; RACHEL ROMERO 12th; KRISTIN KILMER 10th and KRISTI ADCOCK 12th. The above students achieved an academic evaluation of 90 or above in each subject (SHARA DEE WOODWARD 10th, not available for picture. (Star Photo)



HIGH SCHOOL HONOR ROLL: Standing L. to AMANDA ANDERSON 10th; CLINT BENNETT 9th and JAMES SMITH 12th. Front row: LESLIE FRYAR 9th and KRISTIN MONGER 10th. The above students achieved an academic average of 90, with no evaluation less than 85 in a subject. (Not available for picture PATSY UNDERWOOD 10th.) (Star Photo)

### **BETA ACHIEVEMENT**

### Jr. High

### **HONOR ROLL**



JUNIOR HIGH BETA CLUB: BRANDON ADCOCK 8th and MELODY HARRISON 8th. The above students achieved an acadecim evaluatiaon of 90 or above in each subject. (Star Photo)



JUNIOR HIGH HONOR ROLL: - RICHARD BUCHANAN 8th and KURT HESS 7th. BOBBIE ARMSTRONG 7th and MANDI HERRING 7th. The above students achieved an academic average of 90, with no evaluation less than 85 in a subject. (Star Photo)

### STUDENT LUNCHES

May 7-11 MONDAY Sloppy Joes Sweet Relish Ranch Style Beans Fruit Buns Milk Salad Bar TUESDAY Turkey-Gravy Mashed Potatoes Green Beans Jello Hot Rolls Milk Salad Bar WEDNESDAY Beans/Meat Potato Salad Fruit Milk Hot Rolls Salad Bar THURSDAY Chicken Nuggets Creamed Potatoes Vegetable Salad Fruit Hot Rolls Milk Salad Bar FRIDAY Hamburgers French Fries Lettuce/Tomatoes Dessert Milk Salad Bar LUNCH PRICE

K-7th. \$1.00 per day or \$23.00 a month.

8th-12th. \$1.25 per day or \$28.75 a month.

Teachers: \$1.50 per day. Guest: \$2.50 per day.

Meet Your Future With A Straight Face

Buckle Up



### PRE-SCHOOL DAY

Pre-Kindergarten day will be Friday, May 11. All pre-school children who will be five years of age on or before September 1, 1990, are invited to attend school on this date. The kindergarten class will be the will be the

hosts. Meals will be school provided by the school. later in the summer. Please contact the bus driver in your area if you would like for your child to ride the bus or the parent may bring the child to school. If your child rides the bus, please send a note with the name of the child and school on this date, parents, address, and please return the phone number. This is registration card, very important in birth certificate and order to contact you immunization records if necessary, and to when your child reports send you beginning to school in September.

information

Registration cards will be provided for each child. If you bring your child you may wish to bring immunization records and birth certificate. If the parent elects not to visit the

he care opportunity to reach across

ANNUAL SALES

ANNUALS FOR THE 1990 - 1991

SCHOOL YEAR

WILL BE ON SALE IN THE OFFICE OF

THE SUPERINTENDENT

MAY 7 - 18, 1990

# FFH AND FHA BANQUET



Guest Speaker Angela Reid of Coahoma with FHA members Shara Dee Woodward and Elizabeth Garcia. (Star Photo)



Guest enjoying the entertainment during the Banquet. (Star Photo)



FHA BEAU, CODY COOLEY AND FFA SWEETHEART SHAYNE HESS



The Step One Recognition award was presented to these four freshmen girls during the Banquet. Standing L. to R. Jennifer Trussel and Jacquelyn McPhaul. Seated L. to R. Tina Blacklock and Kaela Van Vleet. (Star Photo)

cont. from pg. 1

of gratitude".

The recognition of awards was next on the program. Jeff Lewis and Shane Kemper presented the FFA Proficiency awards to: James Smith, SWINE PROduction;

DUCTION:

Amanda Anderson, BEEF PRODUCTION:

Kristin Kilmer, SHEEP PRODUCTION:

Kelly Jo Ogden, HORSE PRODUCTION:

Shayne Hess, DIVERSI-FIED LIVESTOCK AWARD: Jimmy Rios, AG MECHA-NICS AWARD:

Other awards for both chapters were then presented.



Receiving the
BOBBIE BRIGGS
MEMORIAL AWARD
WERE TINA BLACKLOCK
& HEATHER ARMSTRONG

The guests were entertained by Mr. Buddy Wallace, FFA Advisor and a member of the famous local band "Prairie Fire".

Shara Dee Woodward closed the banquet program with the benediction.

Salute To Teachers...

Buddy Wallace



Through hail, high waters, fire, and tornados, Mr. Wallace is prepared to protect his future farmers. This last weekend, Mr. Wallace and eight FFA members braved the elements to judge at the State FFA Judging Contest at Texas A&M University. Although there were many obstacles

in his way, Mr. Wallace managed to take a judging team to the State Contest for the fifth straight year.

Judging is only one aspect of the job of being an agricultaural science teacher. For the past seven years, Mr. Wallace had juggled duties of training leadership teams, being an advisor, and teaching. Mr. Wallace also has a busy home life. He has been blessed with one child, Tyler and his wife, Kip, is expecting another child soon.

This past year has been extremely good for Mr. Wallace. He had three district officers and palced two teams in the top ten at the state level.

Cody Stone

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MR. AND MRS. VERNON MILLER

# 50th wedding anniversary reception to honor Millers

The Borden County School cafeteria will be the site of a 50th anniversary reception honoring Mr. and Mrs. Vernon Miller on May 6 from 2 until 4 p.m. Hosts for the event will be John and Judy Deatherage and Shorty and Barbara Farmer.

The former Ruby Pruitt and Miller were married on May 4, 1940. They have been engaged in ranching in the Borden County area for many years. The couple's son, Terry Miller, is deceased. They have two grandsons, John and William Miller of

Friends and relatives are cordially invited to help celebrate the occasion.

### Former Student Makes Honor Roll

Kate Phinizy, a 1989 graduate of Borden county and majoring in dietetics was one of more than 2,000 Texas Tech University stuwho qualified the academic honors lists at the end of the 1989 fall semester.

Students

President's Honor List earned a perfect 4.0 (A) grade-point-average while enrolled in 12 or more semester hours of class work. Students finishing 12 or more hours with a gradepoint-average of 3.5 to 3.9 qualified for the Dean's Honor List.

Kate is the daughter

of Bill and Mary John Phinizy of Borden County.

### Inducted Into Honor Society

Dana Gray, a former Borden County graduate was among the selected Texas Tech University scholars inducted into Phi Kappa Phi honor during society April 4 banquet Texas Tech President Robert W. Lawless as the featured speaker.

Membership in the national honor society is open to students in any of the university's academic disciplines. Recipients must be senior, law or graduate students who rank in the top 10 percent of their class or juniors who rank in the top 2 of percent their class.

Dana is also involved in the Beta Alpha Psi, Beta Gamma Sigma and Golden Key. She was named Academic All-American during freshman year.

Dana is the daughter of Borden and Dorothy Gray of Borden County and grand-daughter of Gussie Gray of Snyder.

#### Wilder than Life Parks

International Wildlife Park, Grand Prairie. - Nearly 2,000 exotic animals roam free in this 360-acre area near Dallas-Ft. Worth that's listed as the largest drive-through animal park in the state. See gazelles, rhinos, elephants, zebras, hippos and dozens of other species on six-and-a-half miles of winding, paved roads. Many of the animals can be fed from your car. The entertainment village offers a miniature train ride, elephant and camel rides, a bear and bird show, petting zoo, paddle and bumper boats and other attractions for children. Don't miss the "Best Little Circus in Texas" that performs several time a day. For more information, contact the International Wildlife Park, 601 Wildlife Parkway, Grand Prairie 75050 (214/ 263-2203).



L-R: JADE HARRIS and KY MAY proudly showing their soccer trophies.

### Two Kindergarten Soccer Players Wins Trophies

Ky May son of Bill and Tana May and Jade Harris, son of John and Jackie Harris won 4th place trophies and medals on Saturday April 28th in the Snyder Soccer Tournament.

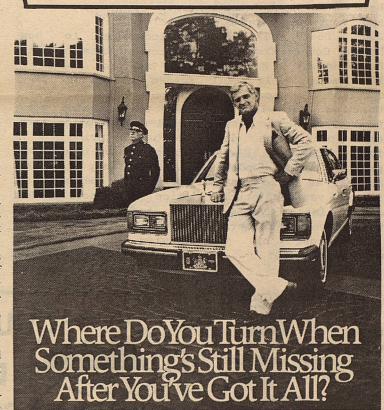
There were 12 team, 6 and under competing in

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Revival Ser May 7th -11thVINCENT BAPTIST CHURCH 7:00 PM Nightly

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### LET ME GET MY HAT

BY DENNIS POOLE

A Workshop for **Cotton Producers** on Using Futures and Options Markets

to Manage Price Risk

but he can control how to attend. The \$20 fee and when he prices. Market information and price prediction tools can provide valuable asistance to timing pricing decisions and in marketing and production planning.

To help farmers make the most of their crops at the market place, the Texas Agricultural Extension Service will hold an in-depth futures and options workshop June 26-27 at the Dawson County Community Building(8th & Houston) in Lamesa. It will conclude 12 hours of training and will run from 9:00 a.m. until 4:00 p.m. each day. workshop The will provide market updates as well as basic training in various pricing alternatives available to area cotton farmers.

The cost of workshop is \$20.

#### General Information

Preregistration of at least 15 people is required by June 15.

A notebook and materon futures and



Buckle Up for Love!

A farmer may not be options will be provided. (806)872-3444 able to control price, Spouses are encouraged David Kight-Ga Spouses are encouraged covers both.

#### Instructors

CARL ANDERSON- Extension Economist-Cotton Marketing, College Station RICHARD PATTERSON-Extension Economist-Management, Ft. Stockton JACKIE SMITH-Extension Economist-Management, Lubbock

#### **Topics**

\*Introduction to how futures markets operate and how to hedge a future price of your cotton \*How to determine your local market price from the futures price \*Introduction to commodity options. How options can be used as price insurance. How to hedge deficiency payments. \*Review the current supply/demand estimates for cotton break-even \*Estimating setting and price marketing objectives \*Discuss pricing strategies and their advantages and disadvantages \*Examples using futures options markets will be practived by the group to gain a working understanding mechanics of of the forward pricing

REGISTRATION AND FOR CALL: INFORMATION Dennis Poole-Borden Co. (915)856-4336 John Farris-Dawson Co. David Kight-Gaines Co. (915)758-2241 Marvin Ensor-Scurry Co. (915)573-5423

### May Day!

The first day of May has been observed since ancient times as a springtime fertility festival and can be traced back to the "Great Mother" festivals of the Greeks and Romans.

However, the May Day celebration most familiar to many today originated in 1890 in Europe in support of labor demands and in the United States in support of an 8-hour workday. Although it still is celebrated as a festival for the working class in Socialist and Communist countries, it also is a holiday in most European countries, celebrated with parades and other festivities.

Despite the political overtones May Day took on in the 1890s, some still celebrate it as a festival of spring marked by that most traditional of rites the dance around the maypole.

### Aging Symptoms May Indicate Drug Abuse

Every year about a fourth of people over the age of 70 take a and fall, although falls in older adults can be attributed to other illness or impairments, physical abuse and substance alcoholism can sometimes be the catalyst.

prevalence of The alcoholism and substance abuse among older adults is an important concern because it's often a hidden problem.

It's difficult detect elderly abusers because most of them live alone, so there's a lact of visibility. Also, alcohol problems in older persons are misdiagnosed, because symptoms are seen as part of the natural aging process.

Researchers are just beginning to discover the prevalence of cont. to p

substance abuse among the elderly. It is believed that men are four times more likely to have a drinking problem than women. Yet most prescription drug abuse is women.

Older adults comprise 11 percent of our population, but they account for 25% of the people on prescription drugs. An elderly abuser may show signs and symptoms of recurring falls, dehydration, malnutrition, increased forgetfulness and neglect of physical appearance.

The development of an alcohol problem in later life can be triggered by significant life events, such as the loss of a job or the death of spouse.

Three type of drink-cont. to pg. 7

### CLASSIFIED

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# NOTES FROM HOME BY DEBRA POLLARD

Home Demonstration/CEA

### 1015 Onion Makes Season's Debut

Its season is short and sweet, but for lots of onion munchers, it's about the closest thing to onion heaven.

The Texas SuperSweet 1015 (ten-fifteen) onion is making its 1990 debut late this month in grocery stores, restaurants and markets around the country.

The Texas 1015 onion will be marketed only as long as the harvest lasts, probably through mid-May, and onion lovers are grabbing up sacks of them while they last.

Yields are down this year because of lack of rainfall and December's killing freeze in the Rio Grande Valley, where most of the state's 1015 onions are grown.

Over 15 years and \$1 million went into researching and perfecting this sweet, almost tearless onion. The research effort was funded in part by the South Texas Onion Committee, a group of producers who believed the Valley's onion industry had not yet reached its full potential.

The producers wanted an onion that would store longer and would have better yields, greater disease resistance and more consistency in size and flavor.

What they got was a a sweet, almost grape-fruit-sized vegetable that has been increasing in popularity every year. Reachers originally found the chemical pyruvate to be the cause of onion-induced tears, bad breath and indigestion, and successfully reduced the acid levels in the 1015.

The onion is not only high-yielding but also has inbread resistance to seed stem development,

resistance to pink root, and is about the sweetest onion we have.

Overall, it's the best onion on the market. It's mild and sweet, important for the fresh market. you can cut a nice, big slice for your hamburger without all the tears.

The 1015 also is single-centered, good news for the Frenchfried onion ring industry. Onion ring companies ask for it by name.

Additionally, the onion has become a popular gift pack item. It's actually created a new market in that respect. It's just hard to understand why people still get so excited about it after all these years.

Making up about 25 percent of the onion harvest in Texas, the 1015 should bring in almost \$100 million to the states economy.

The price of the onion to the farmer is the highest in about three or four years, but that has not been uniformly reflected in grocery stores and supermarkets.

Actually we're finding that the price has gone down in some grocery stores. They're using it as a price leader and a promotion in their ads; the onions were selling for about 39 cents a pound in some stores last week.

Even though some consumers consider the 1015 the perfect onion, researchers are still looking for ways to make it better.

The researchers are studying ways to store the onion for four to five months so it will have a longer marketing season. The 1015, under normal storage conditions, can be stored only six

weeks to two months.

The scientists have been able to keep the onions in storage until about October but have found that they decline in quality very quickly once taken out of storage.

There is an advantage to the short season. It keeps interest in the onion real high. If we had it 12 months a year, people might not get as excited about it. As it is, it's gourmet item now.

A large volume of onions is being exported to Canada, but with longer storage times, Texas would be able to export the onion to Japan and other countries, increasing the onion's AGING SYMPTOMS MAY INDICATE DRUG ABUSE

cont. from pg. 6
ers exist. The chronic
heavy drinker who
starts drinking early
in life; the reactive
drinker who starts
because of a major
life change; and the
intermittent drinker
whose drinking is
unpredictable.

Most elderly people are ashamed to admit they have a drinking problem because alcoholism is considered a moral issue.

In fact, alcoholism and substance abuse is a progressive, treatable condition and not a sign of moral weakness or lack of will power.

The C-A-G-E questionnaire is one method being used to detect an alcohol problem. The person is asked four questions:

°Has anyone ever told you to Cut down on your drinking?

° Has anyone ever Annoyed you by saying you drink too much?

°Have you ever felt Guilty because of your drinking?

°Have you ever needed a drink as an Eye opener or to get you going in the morning?

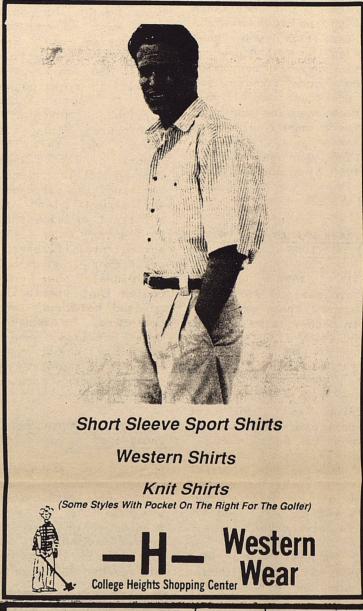
An answer of yes to any of these questions is reason to suspect an alcohol problem. 7...THE BORDEN STAR, WED., MAY 2, 1990
value. mesh bag shipping bags

The goal is to try to keep it until about Thanksgiving.

Producers of the 1015 in the Valley have improved the packaging of the onion by discarding the old

mesh bag shipping bags and using cardboard boxes for shipping, storing and promoting the onion.

The box is more expensive, but it protects the product better.





### ASCS NEWS BY Jerry Stone

#### CONSERVATION PLANS

A11 farms must be farmed in compliance Conservation Plan you have that with the Soil Conservation Service for 1990. that understand what your plan requires and that these requirements are taken into consideration when making your 1990 planting decisions

### GRAMM-REDMAN-HOLLINGS REDUCTIONS

All 1990 Program payments and 1990 Crop Loans that are paid in cash will be reduced by 1.4%.

#### FAILED CROPS

In order to fail a crop in 1990, the following requirements must be met:

Crop must be affected by a condition beyond your control that makes it not feasible to harvest the crop.

ASCS-574 and total acreage certification must be filed BEFORE physical evidence of the crop is destroyed.

A field visit may be necessary to collect information for the County Committee to make a determination.

#### HAYING AND GRAZING

Approval has been received to hay and/or graze ACR and CU for payment acreage, EXCEPT during the 5-month non-grazing period which is April 1 through August 31.

#### FOREIGN INVESTORS

Foreign persons or sold have bought land must report the transaction the to County ASCS office within 90 days. The report is required by the Agricultural Foreign Investment Disclosure Act, and those who fail to report or report late face possible fines. For reporting purposes, agricultural land is any tract of more than acres now agricultural, forestry, or timber production, Individuals or companies that specialize in land holdings, land transfers, or management services should contact the ASCS office for additional details of the Foreign Disclosure Act.

#### SODBUSTER/SWAMPBUSTER PROVISIONS

It is the producers responsibility to notify the ASCS before any new land will be planted to an agricultural commodity. We will prepare an AD-1026 and request HEL (highly

land) erodible wetland determinations from SCS. Producers need to contact SCS to obtain an updated conservation plan when they intend to plant agricultural commodities on cropland that is in permanent cover or that has not been used to produce agricultural commodities.

#### PRICE SUPPORT

The final date for obtaining Price Support Loans for 1989 Cotton and Grain Sorghyum is May 31, 1990.

#### 1989 COTTON LOANS

Beginning with 1989 crop, if a extended for 8 is months, the producer person filing CCC-813 shall pay all storage cost associated with the cotton beginning with the first month of the extension, and pay a handling fee of \$1.00 per bale to CCC for loan collateral. cash For repayments you must pay interest warehouse storage charges on each bale of cotton during the extended period regardless of the level of the adjusted world market price.

# At Any Age, Keep the Quality in Your Life

For many women, entering menopause means a steady decline in the quality of their day to day life: hot flashes, night sweats, changes in hair texture, dry skin that has lost its firmness, loss of sexual desire, and the start of a long process of potentially crippling bone loss.

Today, the quality of life for many women may be maintained and the symptoms and risks of menopause controlled. Call your physician or call one of us. Get the facts about menopause and how you can help keep the quality of your life at its peak.

Dan Kahn, MD Family Practice 1607 North Bryan Lamesa, TX 79331 [806-872-8329]

Patrick Hanford, DO Family Practice 1012 North 15th Street Lamesa, TX 79331 [806-872-2113] Somchai Chong, MD General Practice 1005 North 16th Street Lamesa, TX 79331 [806-872-6773]

Evelyn Smiley, MD General Practice 1510 North Bryan Lamesa, TX 79331 [806-872-5441]

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The ballpoint pen was invented by two Hungarian brothers—George and Ladislao—who agreed on the advantage of quick-drying ink for use in pens. They constructed the prototype and in 1938 applied for a patent.

# Medical Advances Aid Women Facing the 'Change of Life'

For many women, entering menopause means a steady decline in the quality of day-to-day life. But studies have found that the changes associated with menopause can be controlled.

Physical changes at menopause include hot flashes, night sweats, changes in hair texture, and dry and sagging skin. Psychological changes may include depression, irritability, and a loss of sexual desire. The loss of the important female hormone, estrogen, that occurs with menopause can even cause silent changes, such as increased cholesterol and the long process of potentially crippling bone loss.

"Different types of tissue throughout a woman's body respond to estrogen," said Dan Kahn, MD, a family practitioner. "So when production of the hormone stops during menopause—the so-called 'change of life'—a multitude of symptoms may accur."

multitude of symptoms may occur."

According to Patrick Hanford, DO, a family practitioner, signs such as brittle bones, "dowager's hump," hardening of the arteries, and shriveling skin were once thought to be "normal, albeit unpleasant, parts of the aging process for women."

But as noted by Somchai Chong, MD, a general practitioner, "Today we realize that many of these symptoms are related to estrogen deficiency, and thus they frequently respond to estrogen replacement."

"At least one of every 10 women," said Evelyn Smiley, MD, a general practitioner, "may be expected to develop serious complications directly related to estrogen deficiency if not treated in time." Almost 1,500 menopausal women live in the Dawson County area. "Today, estrogen replacement therapy may make it possible to maintain the quality of life for many women by controlling the symptoms and risks of menopause," she said.

Drs. Kahn, Hanford, Chong, and Smiley, of Dawson County, are among the 400 physicians in Illinois, Texas and Florida participating in a national program designed to increase women's awareness of menopause. Treatments are available that may enhance the quality of life for women entering the menopause.