

THE BORDEN STAR

VOLUME XXVIII

September 27, 2000

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

Let Me Get My Hat!

By Dennis Poole, Borden Co. CEA-Ag.

Rural Well Water Screening Complete

Sixty-six residents of Scurry and Borden Counties took advantage of the Rural Well Water Screening program conducted the week of September 18th.

One hundred forty-eight water samples were screened for salts, nitrates, and bacteria levels.

Results of the screening were presented to the participant's Thursday evening at the Scurry County Senior Center.

In addition to the water screening, information was provided to help rural

residents assess the risk of ground water pollution and describe Best Management Practices that can help protect ground water. This information was developed by the Texas Agricultural Extension Service as the TEX*A*Syst Program which includes a self-analysis questionnaire to highlight practices you may want to modify in your operation to reduce the risk of contaminating your ground water supply. Information on reducing salt and nitrate levels and how to disinfect a

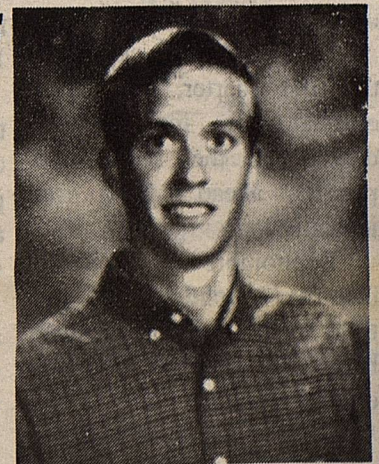
well to eliminate bacteria was presented.

This project was a joint effort of the Natural Resources Conservation Service, Borden and Scurry County Agricultural Extension Services, Upper Colorado Soil and Water Conservation District, Borden and Scurry County Commissioners Court, and the Big Country Resource Conservation and Development (RC&D) Area, and Borden County EMS.

This voluntary confidential, self-assessment program was designed to help rural residents check the quality of their well water and learn how to reduce the pollution risks associated with water wells.

BHS Student recognized as National Merit Semifinalists

The Borden County School administrator have received notification that BHS senior, Trent Pepper, son of Kelly and Lesa Pepper, has been named a National Merit Scholarship Semifinalist. Trent joins about 16,000 students across the country who were named semifinalists and will compete for about 7,900 Merit Scholarship awards next spring that are worth more than \$31 million. About 14,500 of the semifinalists are expected to make finalist. To become Finalists, Semifinalists must have outstanding high school academic records, be endorsed and recommended by their school principal, and submit SAT scores that confirm their earlier qualifying test performance. At the top level, Merit Scholars



will be chosen from the Finalists based on academic skills and achievements, extracurricular accomplishments, and potential for success in rigorous college studies.

As a junior last year, Trent ranked 2nd in State UIL Academic Competition in Calculator Applications and 4th in Persuasive Speaking. In

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Carbohydrates can be Worse than Fat!

The condition of being overweight results in 300,000 death per year. Between Thanksgiving and New Years day Americans gain between five to ten pounds and consume two pounds of fat. Americans are just too fat. Research says 55% of all adults are overweight. If the trend continues, experts say that within a few generations virtually every U.S. adult will be overweight plus one-third of all children. "Overweight and obesity pose a major public health challenge," says

National Heart, Lung and Blood Institute Director Dr. Claude Lenfant. Recently the American Heart Association added obesity to its list of major risk factors for heart disease and heart attacks. Obesity is a reason why so many Americans have elevated cholesterol and blood pressure levels. It is also linked to stroke, diabetes, pre-mature death and asthma.

According to the National Health and Nutrition Examination Survey, the

trend in the prevalence of overweight and obesity is upward. However, studies are showing we are eating less, but we are heavier than ever before. It doesn't make sense. Could it be that everything we believe about weight control may be wrong? After all, if there is one thing Americans know how to do is to diet. It has become a real national pass time.

Ten years ago your local supermarket would have been fortunate to even find one

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COYOTE FOOTBALL

Thurs., Sept. 28th

Pep Rally 12:45 p.m. Old Gym
JH vs. Wellman - Here - 6:00 p.m.

Friday, Sept. 29th

Pep Rally 3:07 p.m. HS Gym
HS vs. Wellman - There - 7:30 p.m.



COYOTE FOOTBALL

Next Up: Wellman

Coyotes unable to overcome slow start; fall to Mustangs

The scoreboard did not indicate it, but the Borden Coyotes rushed for over 100 yards in the first half. The only problem was that the rushes came short of the goal line.

Shut down early, BHS did come back stronger in the second half to score 21 points, but Sands matched their first half total to take the win, 52-21.

Neither team scored in the first quarter, but Sands erupted for four touchdowns in the second to punch ahead 26-0 at intermission.

Sophomore T. J. Sharp had two touchdowns in the third quarter to answer back and get the Coyotes on the board.

T. J.'s first run came on a one-yard carry while the second was an 11-yard touchdown reception from quarterback Jake Zant. On the point after attempt, Senior Tom Griffin hit James Bond who made the catch and the one-point score.

Closing out the scoring in this game was a 36-yard touchdown reception by T. C. Stipe from Zant as the clock expired. Kyle Pinkerton's extra point kick was good.

Sharp finished the evening with another 100-yard game performance: 26 carries for 121 yards. He also had two catches for 18 yards and was four of ten in the passing category. Sharp returned two kickoffs for a total of seven yards and two punts for an average of 20.5 yards per return.

Zant also performed

three roles, rushing for 34 yards on seven carries, hitting three of eight passes, and catching one pass for six yards. On special teams, he returned three kickoffs for an average of 17.5 yards.

Junior Rowdy Dunlap contributed offensively by rushing twice for ten yards and returning two kickoffs for a total of 30 yards—a 15-yard average per return.

Stipe not only caught the touchdown pass at the end of the game but also pulled in a 23-yard nab for an average of 24.5 per catch.

Junior Cody Nowlain also got in on the receiving game, catching one for a 24-yard gain. Sophomore Talin Pepper had one reception for six yards.

Defensively, Zant, Sharp, and Dunlap led the way for the Coyotes with ten tackles each (combined

assisted and unassisted). Dunlap had one pass rush that resulted in a failed Sands offensive play and also recovered a fumble in the game. Zant had a knockdown as well.

Nowlain was in on six tackles, two of those being sacks. Griffin had three unassisted tackles and broke up a pass in the secondary.

Pepper had two tackles and one hurry, and Stipe, Bond, and Pinkerton were in on two tackles each.

Team totals for the Coyotes are as follows: Three first downs, 260 total yards (157 rushing, 103 passing), 7/19 attempts passing, only one penalty for five yards, and one punt (Stipe) for 27 yards.

The Coyotes continue their non-district schedule with an away game in Wellman Friday night at 7:30.

BJH Earns win number two Victory over Sands 37-12

The BJH Coyote Pups will be searching for win number three this week at their home opener as they take on Wellman Thursday at 6 p.m.

The Pups took care of Sands last week with a convincing 37-12 win on the road.

Scoring began early as Garrett Chapman connected on a bootleg pass to Casey Divin putting the Coyotes up 6-0.

In the second period, Adam Carter took a 40-yard run to the Sands 10-yard line where Derek Rodriguez finished off the drive with a 10-yard touchdown run. The PAT on both touchdowns failed and gave the Coyotes a 12-0 lead.

Sands answered, however, with a 55-yard kickoff return for a touchdown to narrow the margin to 12-6.

Coach Bobby Avery's troops did what good teams will do—come right back on a 35-yard touchdown run by Rodriguez, following key blocks by Tyler Wallace, Billy Roper, and Ben Griffin. The one-point PAT was completed after Carter tossed a short pass to Roper. The score went

to 19-6 at this point. On the next Mustang possession, the Coyotes forced the hosts to punt from their own end zone; Rodriguez picked up the punt attempt on the two-yard line and scooted in for the score, making it 25-6, BJH.

John Wilson then recovered a Mustang fumble after tough hits on the Mustang runner by Rodriguez and Carter. On the next play Divin hit Griffin with a touchdown pass of 25 yards. This made the score at intermission 31-6.

In the second half, the 7th grade members of the junior high team saw a lot of action. Sands did get on the board one more time in this half.

But the seventh graders provided some excitement of their own with two plays in this half. Garrett Thomas intercepted a pass and returned it 45 yards for a would-be touchdown; a flag in the backfield negated the play. However, Caden Nowlain decided to redeem the Pups with a 22-yard touchdown rush. This brought the game to its final score, 37-12.

OFF AND RUNNING
Cross Country News
 By Trent Pepper



New Home CC results: BC Earns Three 3rd Place Team Finishes

The Borden County cross country teams continue to demonstrate that one of the top cross country programs in the region is located right here in Gail. The high school boys and girls, along with the

junior high boys, placed third at the aptly named New Home Cotton Classic.

Trent Pepper and T.C. Stipe led the high school boys with their second and fourth place finishes. Trent

covered the long, sandy course in a time of 18:32, falling to Felix Saldana from Seminole. T.C. earned the fourth place medal with a time of 20:07. Evan Winegarner, Talin Pepper, and Cody Nowlain all finished in the top twenty-five.

Medalists Bobbie and Dalene Kempf and Micah Hensley finished in the top-

ten in the high school girls division. Bobbie placed sixth with a time of 16:58, Dalene finished eighth in 17:12, and Micah came in tenth with a time of 17:21. Bekah Hensley placed twentieth in 18:13, and Shayla Gass and Kyla Culp both finished under twenty minutes.

Casey Divin continues to show signs of a

Cont. to pg. 3

From the Counselor: by Mary Airhart

Students & Parents invited to attend College Night

Borden County High School students, particularly seniors, and their parents are invited to join other area students at *College Night* at Lamesa High School on Thursday, September 28th, from 7:00 to 8:30 p.m.

College representatives with thirty area colleges, military recruiters, and financial aid officers will be on hand to offer catalogues, scholarship information and other pertinent information to those attending.

4-H News

County and District 4-H Fashion Show Results

On Tuesday, August 29th, eight Borden County 4-H members participated in the Borden County 4-H Fashion Show. These youth demonstrated skills learned through the 4-H Clothing Project, which was held in early August. The 4-H members learned about clothing care, selection, basic design elements (color, line, and texture), basic grooming skills, minding manners, and how to mix and match clothing. In order to compete in the fashion show, 4-H members had to either purchase an outfit-using consumer-buying skills or construct a garment by sewing it. They also had to answer questions about their 4-H clothing project and their garment(s).

The results are as follows: In Junior 1 Buying Casual, Shelby Roberts received first place and Keid Williams received second place; in Junior 1 Buying Dressy, Kate Wallace received first place, Raylea Underwood second place, and Lacey Roberts third place; in Junior 1 Buying Specialty, Baylee Benavidez received first place; in Junior 1 Construction Dressy, Kyann Williams

received first place; and in Junior 2 Buying Dressy, Lacey Newton received first place. All 4-H members receiving first place had an opportunity to advance to district competition, and all 4-H members participating in the county fashion show were eligible to participate in the style show held at the Panhandle South Plains Fair.

The South Plains District Junior 4-H Fashion Follies were held on Saturday, September 23rd in Lubbock. The judging events were held at Texas Tech University and the style show was held at the Outdoor Stage area of the Panhandle-South Plains Fair grounds. Sixty-five youth from across the district participated in the day's events. Borden County 4-H was proud to have Raylea Underwood and Lacey Newton representing them. Raylea received fifth place in the Junior 1 Buying Dressy competition and Lacey received third place and a bronze medal in the Junior 2 Buying Dressy competition.

Congratulations to all these 4-H members on a job well done! For more information about 4-H, please contact the Extension office at 756-4336.

Parents Club News

Cookbooks

We have extended the deadline for our cookbooks! Please send us your delicious recipes by October 1st, 2000. Send recipes to Borden County Parents Club, Box 331, Gail, TX 79738. We really need vegetables, meats, salads, soups, etc. We have lots of sweets but will take more. Don't miss out on making your recipes famous in Borden County!

Homecoming Dance

Thanks to our homecoming

committee we have had drinks and snacks donated. So, we will NOT be charging to get into the dance. YEAH!! We will be setting out cans for your donations to rent a jukebox or get a DJ. Anyone wanting to help with decorations and set up call Joe or Kelly at 915/399-4347.

School Directories

We will have the directories available the end of September. You can purchase your directory at the Coyote Store or Fiddlers for

\$3.00 each.

Fall Festival Update

The Fall Festival is scheduled for October 28th. We will be giving a \$25.00 prize for the "Best Dressed Booth" again this year. We will also be giving ribbons and pictures in the paper for "Best Dressed Costume". Keeping in mind only appropriate costumes will be allowed. We will need EVERYONES help with clean up afterwards. Please help your child or children clean up their booths that way we can all go home early!

Cross Country Results:

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bright running future with his fifth place finish in the junior high boys division. Casey finished the course in 16:16. Ben Griffin, Adam Carter, John Wilson, and Billy Roper all finished in the top-thirty.

Cassidy Rinehart won Borden County's lone gold medal of the day with her 17:35 finish in the junior high girls division. Emily Mayes,

and Cassidy Ogden also medaled, finishing sixth in 18:16 and ninth in 18:29, respectively. Ashley Ellison also competed in this division.

The next meet for the Borden County cross country teams will be in Lubbock at Mae Simmons Park on Saturday.

Cross Country Schedule

September 23 rd	New Home
September 30 th	Lubbock
October 7 th	Sundown
October 14 th	Floydada
October 21 st	Open
October 28 th	District TBA
November 4 th	Regional - Arlington
November 11 th	State - Roundrock

National Merit Semifinalist

Cont. from pg. 1

sports, he was 2nd team all-regional in Basketball; 2nd at State Cross-Country; 1st at State in the 3200m run; and 3rd at State in the 1600m run. He is also ranked first in this class academically. Borden County School administrators

feel that Trent is a strong contender for the Merit Scholarship because he strives for excellence in every challenge he faces and demonstrates a remarkable balance in his spiritual, academic, and physical life.

Dennis receives honor

Jeff Dennis, a 1999 graduate of Borden County High School has been notified by Texas Christian University of an honor

received for his spring 2000 semester work. His certificate reads "In recognition of scholastic excellence as evidenced by achieving a 4.0

School Lunch Menu

Week of:

October 2nd - 6th

MONDAY: Tamales, salad, corn, tortilla chips, fruit & milk. **Breakfast:** Cinnamon toast, fruit, juice & milk

TUESDAY: Meat & gravy, potatoes, broccoli & cauliflower, hot rolls, juice bar & milk. **Breakfast:** Eggs & Ham, toast, juice & milk.

WEDNESDAY: Chicken, green peas, potatoes, hot rolls, fruit & milk. **Breakfast:** French toast sticks, fruit, juice & milk.

THURSDAY: Lasagna, baby carrots, green beans, garlic toast, fruit & milk. **Breakfast:** Pancakes, ham, juice & milk.

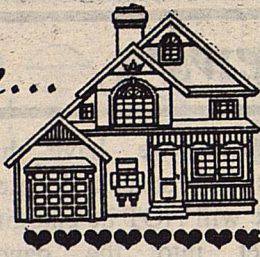
FRIDAY: Steak sandwich, tater tots, salad cup, brownies & milk. **Breakfast:** Hot pocket, hash browns, juice & milk

grade point average. JEFFERY DENNIS is hereby designated a TEXAS CHRISTIAN UNIVERSITY SCHOLAR for the spring semester of 2000." The certificate was issued by the dean of the Addran College of Arts and sciences of TCU.

Jeff is the son of Joel and Betty Dennis and is now attending Austin College in Sherman.

Heart and home...

By Julie D. Mumme
Borden County Extension Agent -
Family and Consumer Sciences



Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin. the Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Microwave Cooking for Today's Families

The on-the-go lifestyle of today's families is becoming more and more of a challenge for mealtime food preparation. Meals are prepared and served to family members quickly, between the time they arrive home and then dash out again for a variety of activities. Because of this tight time frame, meal preparers are forced to seek additional help, from buying take-out foods and ready-prepared meals to relying more on their microwave oven.

Microwaves can play an important role at mealtime, but special care needs to be taken when preparing or reheating meat, poultry, fish, and eggs to ensure they are served safely.

Make sure it's microwave-safe.

1. Only use cookware that has been specially manufactured for use in the microwave. Glass, glass ceramic containers, and all plastic should be labeled for microwave use.
2. Storage containers such as margarine tubs, whipped topping bowls, and cheese containers should not be used in microwave ovens. These containers can warp or melt, possibly causing harmful chemicals to migrate into the food.
3. Microwave plastic wraps, wax paper, oven cooking bags, parchment paper, and white microwave paper towels should be safe to use. However, avoid letting the plastic wrap touch goods during microwaving.

4. Never use thin plastic storage bags, brown paper or plastic grocery bags, newspapers, or aluminum foil in the microwave.

Microwaving Tips

1. Arrange food items evenly in a covered dish and add some liquid if needed. Cover the dish with a lid or plastic wrap; loosen or vent the lid or wrap to let steam escape. The moist heat that is created will help destroy bacteria and ensure uniform cooking. Oven cooking bags also promote safe, even cooking.
2. Do not cook large cuts of meat on high power (100%). Large cuts of meat should be cooked on medium power (50%) for longer periods. This allows heat to conduct deeper into meat without overcooking outer areas.
3. Stir or rotate food once or twice during microwaving to eliminate cold spots where bacterial can survive, and for even cooking.
4. When partially cooking food in the microwave to finish cooking on the grill or in a conventional oven, it's important to transfer the microwaved food to the other heat source immediately. Never partially cook food and store for later use.
5. Use a food thermometer or the oven's temperature probe to verify the food has reached a safe temperature. Place the thermometer in the thickest area of the meat or poultry - not near fat or bone - and in the thigh

of whole poultry. Cooking times may vary because ovens vary in power and efficiency. Check in several places to be sure red meat is 160 F, whole poultry is 180 F, and egg casseroles are 160 F. Fish should flake with a fork. Observe standing times given so the cooking can complete.

Microwave Defrosting

1. Remove food from packaging before defrosting. Foam, trays, and plastic wraps are not heat stable at high temperatures. Melting or warping may cause harmful chemicals to migrate into food.
2. Cook meat, poultry, egg casseroles, and fish immediately after defrosting in the microwave. Some areas of the frozen food may begin to cook during the defrosting time. Do not hold partially-cooked food to use later.

Reheating in the Microwave

1. Heat ready-to-eat, take-out, and precooked food and leftovers to steaming hot.
2. Cover foods with a lid or a microwave safe plastic wrap to hold in moisture and provide safe, even heating.
3. After removing reheated foods from the microwave oven, use a clean food thermometer to check that food has reached 165 F.

For More Information:

Contact the County Extension Office at 806/756-4336 or USDA Meat and Poultry Hotline: 1(800)535-4555. FDA Food Information Line: 1-(888)SAFE FOOD

PRICE REDUCED

3-2 Home on 2 Lots
in Gail
Fenced Yard,
Storage Building
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nights & weekends
915/573-1705 week days

Bluegrass Festival to be held at Wagon Wheel Guest Ranch

The first Bluegrass festival will be held at the all new Wagon Wheel Music Park, Friday, September 29th and 30th, show time TBA. A sunrise Sunday Service October 1st, plus a Chuck Wagon Breakfast.

Headlining this great Bluegrass show will be the New King of Bluegrass, Jimmy Martin and Band. The show will feature "The Lost and Found", one of the top groups in Bluegrass today.

There will be lots of local talent used and they should contact, Tommy Allsup at the Wagon Wheel Ranch (915/573-2348). All bands must sent Bio's and a CD or Tape.

The New park will be one

of the great outside showplaces in the southwest.

Ticket prices will be one day advance \$25.00, 2 day advance \$40.00 and tickets at the gate will be \$30.00

Parking is free, so order your tickets early and bring a chair.

The park will have food, drinks and lots of space for camping.

Blue Grass Festival
Featuring Jimmy Martin
Sept. 29th & 30th
Wagon Wheel Music Park
Snyder, TX.
915-573-2348

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Sue Howard - Owner & Manager

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BOOSTING THE COYOTES TOWARD A WINNING FOOTBALL SEASON!

GO COYOTES!

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Texas Stories
A showcase of the Texas Spirit



Tumbleweed Smith
Part owner of Texas

You can travel the world in Texas

Texas has a number of towns with foreign names. Like Tokio. "We've all been taught that it's an Indian name," says Ila Trout, postmaster. Although the Tokio post office is in Yoakum county, the town is in Terry county, two miles east. "There's nothing in Tokio now," says Ila. "They even sold the Baptist church, the last main building there. A long time ago there were families on every 160 acres and the town had two churches and a school."

During World War II some people tried to change the name of the town, but those wanting to leave the name alone won out because of the Indian spelling.

McLennan county has a Tokio, too. It was changed to Wiggins in the 40's, then in the 80's went back to being called Tokio

Texas has some towns with Italian names. Roma is down on the Mexico border. It had two previous names; Buena Vista and Garcia Ranch. During the civil war, Roma was the westernmost port on the Rio Grande. Flatboats and steamers carried cotton downstream. The movie, Viva Zapata, starring Marlon Brando, was filmed in Roma.

Milano is near Cameron. Although some people say the name is of Italian origin. Garland Bullock of Milano says when the people of the community filed for a name, they chose Milam. It was written out in script and the Post office department read it as Milano. Another story says some people were passing through the area and the man asked his wife if she wanted

to settle down there and she replied, "My land, No!"

Italy, Texas is in Ellis county, south of Dallas. It's the birthplace of Dale Evans, the singing cowgirl.

Wharton county has a town named Egypt, named during a drought in the early days of Texas when some colonists found fertile farmland there and called their good fortune "going down into Egypt." Kaufman county has an Egypt and Dallas used to have an area called Little Egypt, named by former slaves who were delivered from bondage.

Nueces county has a London, named for Sam and Fanny London. Rusk county has a London and a New London, named by English settlers. Kimble county has a town named London with a famous dance hall that attracts well-known musicians every Saturday night. Billy Ivy, who owns the hall, says male patrons used to relieve themselves out back on a tree that finally died. When she installed a men's bathroom she painted a tree over the urinal.

Several towns in Texas are named for countries: China, Cuba, Hollan, India, Ireland, Isreal, Mexico, Puerto Rico, Scotland and Turkey.

These towns in Texas are named for cities: Amsterdam, Antioch, Athens, Belgrade, Berlin, Bethlehem, Bogata, Cadiz, Carthage, Chihuahua, Corinth, Delhi, Dublin, Florence, Gethsemane, Havana, Hebron, Heidelberg, Hereford, Jericho, Kent

Kingston, Mannheim, Moscow, Nazareth, Palestine, Saltillo, Trinidad, Victoria, and Westminister.

The largest city in Texas with a foreign name is Odessa.

IMPORTANT ELECTION DATES General Election November 7th

September 8 th	First Day to apply for a ballot By mail
October 10 th	Last Day to register in person to vote in the Nov. General Election
October 23 rd	First Day to vote early in person
October 31 st	Last Day for early voting clerk to Receive an application to vote by mail
November 3 rd	Last Day to vote early in person
November 7 th	ELECTION DAY



Y2VOTE
If you don't do it, who will?

Favorite information source: TALK RADIO
Turn-offs: PEOPLE WITH INFERIOR INTELLECTS
Ideal mate: GOOD COOK SOMEONE COOL

■ This person votes. Shouldn't you?

Don't let someone else's opinion count more than yours. Vote.

For voting registration info, see www.y2vote.org

Ad Council Federal Voting Assistance Program

SPC to Launch Branson-style Musical Variety Show

The South Plains College Creative Arts Department, an innovator in commercial music education and entertainment, will launch this fall its most ambitious project to date – a weekly Branson-style musical variety show called Saturday Night Special.

"This kind of show is popular all across the country, not only in Branson, and we want Levelland to be known as one of the hot spots for quality entertainment throughout the state," explained John Hartin, chairperson of the Creative Arts Department who helped pioneer SPC's first efforts in

country music education more than 25 years ago.

The show will feature a traditional country music format, with some comedy and Southern gospel, similar to the kind of shows being performed in Branson, MO., noted Rusty Hudelson, associate professor of music and show director. "We are developing an entertainment vehicle that the whole family can enjoy."

Shows are set for 7:30 p.m. Saturdays, with the debut concert Saturday, Oct. 7th in the Tom t. Hall Performance Center in the Creative Arts Building on the Levelland campus. Special guest for the

first show will be vocalist Tania Moody. Admission is \$5 for senior citizens and \$6 general admission. Proceeds will be used for student scholarships.

The 90-minute show will feature performances by a core student ensemble and special guests drawn from throughout the South Plains region.

Ensemble members are vocalists, Jamie Baum from Akron, Ohio, Ami Gregg from Sweetwater and Crystal Stanley from Odessa; Kurt Buckner from Clayton, N.M., drums; Chris Dorman from

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SENIOR CLASS SCHOLASTIC BOOK FAIR



The senior class will be sponsoring a book fair to be held Monday, October 9, 2000 in room 73 of the new Distance Learning Center. Brochures will be distributed to the students before the fair. Be sure to pick out some good books, and keep those students reading!!!

You must save October 10, 2000

It's the only day you can purchase Youngblood Hereford bulls in 2000.

ATBs with EINs

All Terrain Bulls

Elite Industry Number

Raised in big, rough, rocky pastures under extremely unfavorable range conditions, these bulls have clobbered the competition for balanced EPDs in the 2000 National Sire Summary.

Eight bulls were included in the top 200 bull calves! Their pasture mates have very similar numbers, as our cow herd is uniform.

To help you evaluate their potential for improving your operation, all bulls have been sonogrammed for ribeye area, fat thickness and marbling estimation.

Whether you need one herd bull or a dozen, you can't afford to miss this sale if you are seriously looking to add EPDs without sacrificing soundness, fertility, eye appeal, muscling, and longevity.

	BW	WW	YW	MILK	M+G
250 Cows	3.6	40	63	17	37
8 Herd Sires	4.1	44	71	19	41
55 Sale Bulls	4.2	41	67	17	38



YOUNGBLOOD RANCH

"Registered Herefords Since 1937"

Arlan
2500 E. Hwy. 180
Lamesa, Texas 79331
806/497-6412
Mobile: 806/759-8102



Ranch is located 15 miles east of Lamesa or 17 miles west of Gail on U.S. Hwy. 180

To arrange a sneak preview of this phenomenal set of bulls, call Arlan

SPC to Launch Musical

Cont. from pg.6

Turpin, OK., bass; Merna Heersink from Monte Visa, Colo., fiddle and vocals; Matt Owne from Hemphill, guitar; Jeff Hyde from Marshall, guitar and banjo; and Amanda Shires from Lubbeck,

fiddle.

Faculty members are John Hartin, pedal steel; Rusty Hudelson, keyboards, and Joe Carr, associate professor of music and the show's

assistant director, who plays guitar and fiddle.

Additional performances are scheduled Oct. 14th, Oct. 21st, Oct. 28th, Nov. 4th, Nov. 11th, Nov. 18th, Dec. 2nd, and Dec. 9th.

BORDEN COUNTY ISD BID REQUEST

The Superintendent's Office, on behalf of the Board of Trustees of the Borden County Independent School District will receive bids on the district's employee health insurance program for the 2000-2001 school year.

Proposals shall be addressed to Jimmy Thomas; Borden County Independent School District; Box 95; Gail, Texas 79738, and shall be delivered in a sealed envelope marked "Employee Health Insurance Bid". Proposals will be received up to but no later than 12:00 noon on Friday, September 29, 2000. Bids will be opened and read as they are received. Proposals will be tabulated, researched, and presented to the Board of Trustees for their consideration at the next scheduled meeting. Bids received after the specified date will not be considered.

The Borden County I.S.D. Board of Trustees reserves the right to accept or reject any or all proposed bids, to waive any and all technicalities, and to accept the proposals that will best serve the needs of the District.

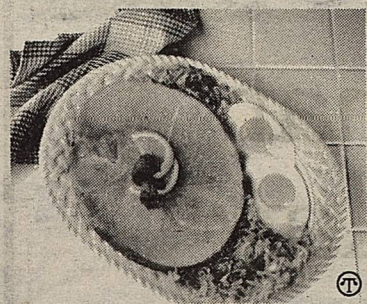
Questions regarding bid specifications and additional information shall be directed to Jimmy Thomas by writing the above address; by e-mail to jthomas@esc17.net; or by calling 806/756-4313. Transmissions by fax may be sent to 806/756-4310.

By Order of the Board of Trustees
Borden County Independent School District
Joel Dennis, Secretary

Mother Knows Best...

(NAPS)—Breakfast is the most important meal of the day! A well-balanced breakfast starts you off on the right foot by providing vital nutrients and energy.

"Cook's ham steaks are a healthy alternative to bacon and sausage," said Jon Lewallen, Cook Family Foods director of marketing. "Taken from the center of the



ham (the leanest and most premium part of the ham), they are 94 percent fat free, which translates into 10 times less fat than bacon."

Combining Cook's ham steaks with family favorites such as pancakes, eggs and hashbrowns, puts a new spin on a traditional breakfast. The recipe below provides 13.8 grams of protein, 143 grams of calcium and 7.1 grams of Vitamin A per serving. What a delicious way to start the day!

CORNMEAL PANCAKES WITH HAM STEAK ROUNDS

1 Cook's Ham Steak

¾ cup each yellow cornmeal and all-purpose flour
1½ teaspoons baking powder
½ teaspoon salt
2 large eggs
1½ cups buttermilk
1½ tablespoons butter, melted

1. Mix cornmeal, flour, baking powder and salt. Beat eggs, buttermilk and butter; add to cornmeal mixture. Whisk until blended.

2. Heat griddle over medium heat. Spray surface with cooking oil. For each pancake, ladle 2 tablespoons batter into pan. Cook until bubbles appear on surface then flip cakes over, cook 2 to 3 minutes each side.

3. Using 3-inch round cookie cutter, punch out 6 rounds from ham steak. Pan fry ham rounds over medium heat, 2 minutes each side.

Serves 6.

For school news and information

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Sale of Surplus Equipment

Borden County will be selling the following surplus equipment at auction. The auction will be held at the Towle Park Barn in Snyder, Texas on October 14, 2000, at 9:00 a.m.

Equipment can be inspected the day before the auction at the Towle Park Barn, Snyder, Texas

Equipment is as follows:

One 1979 gasoline Ford Truck with dump body
One 1974 gasoline International Truck
One 1962 gasoline International Truck
One 1972 diesel 290 Cummins International Truck Tractor

For further information contact Doug Isaacs, Commissioner, Precinct 1, phone 806/439-6619; Larry Smith, Commissioner, Precinct 2, phone 806/756-4346; Vernon Wolf, Commissioner, Precinct 3, phone 915/965-3393; Huston Lemons, Jr., Commissioner, Precinct 4, phone 915/573-1459 or Van York, County Judge, phone 806/756-4391.

BY ORDER OF THE BORDEN COUNTY
COMMISSIONERS' COURT

Van L. York
County Judge
Borden County

BORDEN COUNTY ISD BID REQUEST

The Superintendent's Office, on behalf of the Board of Trustees of the Borden County Independent School District will receive bids for stadium and tennis court lighting.

Proposals shall be addressed to Jimmy Thomas; Borden County Independent School District; Box 95; Gail, Texas 79738, and shall be delivered in a sealed envelope marked "Stadium and Tennis Court Lighting Bid". Proposals will be received up to but no later than 12:00 noon on Friday, October 13, 2000. Bids will be opened and read as they are received. Proposals will be tabulated, researched, and presented to the Board of Trustees for their consideration at the next scheduled meeting. Bids received after the specified date will not be considered.

The Borden County I.S.D. Board of Trustees reserves the right to accept or reject any or all proposed bids, to waive any and all technicalities, and to accept the proposals that will best serve the needs of the District.

Questions regarding bid specifications and additional information shall be directed to Jimmy Thomas by writing the above address; by e-mail to jthomas@esc17.net; or by calling 806/756-4313. Transmissions by fax may be sent to 806/756-4310.

By Order of the Board of Trustees
Borden County Independent School District
Joel Dennis, Secretary

BORDEN COUNTY ISD BID REQUEST

The Superintendent's Office, on behalf of the Board of Trustees of the Borden County Independent School District will receive bids for repair and replacement of two "post-tension" tennis courts.

Proposals shall be addressed to Jimmy Thomas; Borden County Independent School District; Box 95; Gail, Texas 79738, and shall be delivered in a sealed envelope marked "Tennis Court Bid". Proposals will be received up to but no later than 12:00 noon on Friday, October 13, 2000. Bids will be opened and read as they are received. Proposals will be tabulated, researched, and presented to the Board of Trustees for their consideration at the next scheduled meeting. Bids received after the specified date will not be considered.

The Borden County I.S.D. Board of Trustees reserves the right to accept or reject any or all proposed bids, to waive any and all technicalities, and to accept the proposals that will best serve the needs of the District.

Questions regarding bid specifications and additional information shall be directed to Jimmy Thomas by writing the above address; by e-mail to jthomas@esc17.net; or by calling 806/756-4313. Transmissions by fax may be sent to 806/756-4310.

By Order of the Board of Trustees
Borden County Independent School District
Joel Dennis, Secretary

Branon Funeral Home

Serving this area since 1922

Phone: 806/872-8335

Lamesa Texas

Carbohydrates

Cont. from pg. 1

tiny section with lowcal foods and liquid meals that had no flavor. Why? Because fats help to bring out the flavor in food. Today's supermarket is a dieter's paradise. There are non-fat yogurts, fat-free cookies, pastas, muffins, and desserts and even cholesterol free eggs and cheeses. A lot of these foods taste more delicious than their heavy weight originals. If we are all eating light, why are we getting heavier? You see, today your foods in the supermarket are created by engineers, not by chefs. They have developed all kinds of new fat substitutes. So what is the problem? "It is the fat substitutes themselves. Many of them are made from sugar and other ultra-refined carbohydrates," states Rick Handel, a leading nutritional scientific researcher and a member of the Institute of food Technologists, and the Herb Research Association.

So the high tech brownie you're eating may have no fat, but in fact delivers twice the sugar calories of Mom's homemade. "Too many empty carbohydrates calories in the diet can be as bad as or worse than too much fat," says Handel. A study published in the New England Journal of Medicine tells us clearly that eating too much sugar, bread or pasta steps up production of metabolic enzymes that make us store more fat. There is a place for carbohydrates, proteins and even fat. "IN moderation, fat in the diet helps slow down the

absorption of calories. It also stimulate the hormone CCK which signals the brain that you are full," says Handel.

How about those fad diets, low calorie diets, very low calorie diets, and ultra low calorie diets, or cabbage soup diets. At first you will lose some weight, although the pounds lost are mostly water and lean muscle. As your body senses that it is starving, your metabolism slows down to a crawl and protects itself by converting everything you eat into reserved fuel, fat. When your body goes into fat storage mode, you quickly go back to your original weight, but a greater percentage is fat and a lesser percentage is lean muscle tissue. And since only lean muscle tissue can burn calories, any future diet will become more difficult. This leads to the yo-yo syndrome. Every cycle of weight loss is followed by even more weight gain.

The National Institute of Health reporting in the Annals of Internal Medicine tells us not only caloric restrictions are not a good long-term strategy for weight loss, but for some people cutting back on calories can lead to health risk. Also, the safe way to lose weight doesn't come from a drub. Drugs have uncomfortable side effects including diarrhea and drowsiness. Regarding the hype for the herbal pills promising miraculous results without dieting or exercising, most of these are loaded with stimulants or harsh laxatives.

So what is the solution? "It

is not simply a nutrition problem", states Dr. Earl Mindell, Ph.D., R.P.H., the number one Nutritionist in America and the world's leading expert on vitamins, dietary supplements, nutrition and the author of the international best seller, the *Vitamin Bible*. Dr. Mindell is convinced that for permanent weight loss, individuals need

to see programs that require a multidimensional approach that includes a healthy but simply eating plan, exercises, behavioral strategies and goal setting. A successful program should include athermogenics aspect that does not stress the adrenal system. Thermogenics is the metabolic process by which we maintain our body

temperature by burning our stored body fat as fuel.

Weight loss is not an all-or-nothing proposition," said Dr. C. Everett Koop, the former U.S. Surgeon General. "Losing a few pounds and keeping them off is very significant." For educational information on healthy weight control call 1-800-525-7710



Wave this hat
goodbye! Play
Ten Gallon Tripler
before it's gone!



On November 30th, 2000, a Texas Lottery instant game will close – Ten Gallon Tripler (#172). You have until May 29th, 2001, to redeem any winning tickets for this game. You can win up to \$9,000 claim prizes of up to \$599 at any \$600 or more are redeemable at centers or by mail. Questions? Service Line at 1-800-37-LOTTO



playing Ten Gallon Tripler. You can Texas Lottery retailer. Prizes of one of the 23 Texas Lottery claim Call the Texas Lottery Customer (1-800-375-6886).

More prizes.
More winners.
More fun!

Overall odds of winning Ten Gallon Tripler, 1 in 4.78. Must be 18 years or older to purchase a ticket. © 2000 Texas Lottery. NOTICE: A Scratch Off game may continue to be sold even when all the top prizes have been claimed. For current information on prizes remaining in a Scratch Off game, call 1-800-37-LOTTO.

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