

PIONEER SPIRIT--Represented at the dedication of the Barton House and Founders' Day events at the Ranching Heritage Center Saturday were, from left. Dr. Grover E. Murray, president of Texas Tech University when the center was established; Dr. sam Barton of Denton, son of the builder of the house; and in the background, Berry Barton Albers of Abernathy, granddaughter of the builder, who has worked almost a decade on the restoration, and Jerry Rogers, associate director of National Register Programs, who came from Washington, D.C. for the event. Rogers formerly directed activities at the center, a 14-acre outdoor exhibit of the Tech museum. (Tech Photo)

#### Ranch Center Marks Founders' Day

The turn-of-the-century Barton House was dedicated at the Ranching Heritage Center May 14 in conjunction with a Founders' Day, honoring the founders and past leaders of the center.

Activities began with a 9:30 a.m. coffee in the McKanna Parlor of the De Vitt Mallett Ranch Building, followed by a flag-raising ceremony at the Claude S. Denham Memorial Flagpoles.

Maxine Blankenship of Lubbock, longtime volunteer researcher of historical furnishings whose primary project has been the seven-year restoration of the Barton House, gave the dedicatory address at the 6666 barn at 10:30 a.m. She charted the history of the Barton family from the time Thomas Barton arrived in America in 1678, through

11 generations and the family's westward movement from Virginia, North Carolina, Alabama, Mississippi and Texas.

The south parlor of the Barton House has been named "The Blankenship Parlor" in recognition of her years of dedicated service. Other members of the Barton House committee are Kay Howard and Betty Albers, a Barton family member.

Arno Struve of Abernathy, a pioneer historian, provided bits of history concerning the house, the community of Bartonsite and its nearby neighbor Abernathy.

Barton family members were introduced as special guests by Albers, a member of the restoration committee and family consultant, and Jack Barton

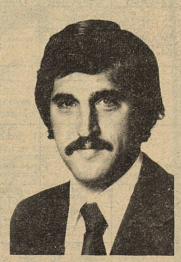
Con't on Pg. 5

#### '73 GRAD TO SPEAK

Steve McMeans, a 1973 graduate of Borden High School will give the Baccalaureate Sermon for Services held Sunday, May 22, 1983 at 11:00 a.m. in the Borden High School auditorium.

Steve received his Master of Divinity from Southwestern Baptist Theological Semenary in Fort Worth in May of 1981. He did his graduate work in Theology at Dallas Theological Seminary from September of 1977 through May of 1980. Steve received his Bachelor of Arts from Texas Tech University in May of 1977 with a major in Histroy and minor in

Steve is the associate pastor and youth minister at the First Baptist Church of Post, Texas. His pastoral internship was at Casa View Baptist Church in Dallas. He was a Bible teacher at Pleasant Valley Baptist Church in Valley, Texas where he also directed Wednesday night services. He was involved in student Discipleship and College Ministry. at First Baptist Church in Lubbock from



Steve McMeans



Mickey Burkett Valedictorian



Kelli Williams Salutatorian

## BURKETT AND WILLIAMS TOP CLASS IN JUNIOR HIGH

Honor students at Borden
Junior High School this year
are Mickey Burkett,
Valedictorian and Kelli
Williams, Salutatorian.
Mickey is the son of Mr. and
Mrs. Jim Burkett of Route 1,

#### JUNIOR HIGH GRADUATION

Commencement Exercises for the Junior High Class of 1987 will be held May 27, 1983 at 8:00 p.m. in the Borden High School Auditorium. Candidates for graduation Shelly Buchanan, Mickey Burkett, Dana Douglass, Rockie Harbor, Brice Key, Betty Kropp, Anita Martinez, Matthew Massingill, Michael Murphy, Julie Ridenour, Gerry Smith, Thommy Soto, John Stenhens Dawn Sternadel, Linda Sternadel, Kristi Stone, Donna Sturdivant, Sherry Telchik, Sherry Vaughn, and Kelli Williams.

Mickey Burkett, son of Mr. and Mrs. Jim Burkett, will give the Valedictorian Address. Kelli Williams, daughter of Mr. and Mrs. Kenneth Williams, will give the Salutatorian Address.

Honor students at Borden O'Donnell. He maintained a grade point average of 98.

Kelli is the daughter of Mr. and Mrs. Kenneth Williams, also of Route 1, O'Donnell. She maintained a grade point average of 97.60.



Rev. Pat Ray

#### REV. RAY ORDAINED

Ordination Services were held for Reverend Pat Ray on Sunday, May 15 at 2:30 p.m. Special music was by Kenny Scott and pianist was Pepper Sullivan.

The welcome was given by James McLeroy after which Mr. Tom McGuire led the singing of the hymn "Trust and bey." Kenny Platte read the scripture II Timothy 1: 6-12. Mr.

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# **Borden County School News**

HIGH SCHOOL CHEERLEADERS-Back-Roxie Wolf, Tammy Miller, Kim Wills, all seniors. Front-Shana Bradshaw, Junior; Cindy Balaque. Sophomore and Kelli Williams, Freshman.



JUNIOR HIGH CHEERLEADERS-Seated-Eighth Grade-Kim Turner and Ralynn Key; Seventh Grade-Elvira Balague and Kate Phinizy. Standing-Sixth Grade-Kristi Adcock and Christy Holmes.



On Venus, the sun rises in the west, sets in the east.

today, with its spatulate

the 18th century.

dates only from

The Borden Staf Publication No. 895520 (USPS 895-520) Publication No. 895520

\*

Editor: Barbara Anderson

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Lela Porter, and Marge

## COMMENCEMENT EXERCISES TO BE MAY 26

Mark to the following the same and the state of the same will also the

Commencement

Exercises for the Class of 1983 will be held May 26, 1983 at 8:00 p.m. in the Borden High School Auditorium. Candidates for graduation are: Roscoe Massingill, Keith Williams, Doug Love, Kevin Telchik, Mark Rice, Stephanie Herring, Kelley Lankford, Cody Newton, Shellie Peterson, Julie Redding, Stephanie Stephens, and Jennifer Wilson.

Keith Williams, son of Mr. and Mrs. Kenneth Williams will give the Valedictorian Address. Jennifer Wilson,

daughter of W.C. Wilson and Margaret Wilson, will give the Salutatorian Address.

Mrs. Nita Tarbet, an unforgettable deaf teacher and speaker will give the Commencement Address. Special Music will be by Mrs. Cindy Hataway. The Class History, Prophecy, and Will will be given by Kevin Telchik, Doug Love and Stephanie Stephens, respectively.

Ushers will be Sammy Williams, Kim Wills, Dawn Holmes, Phillip Benevidez and Roxie Wolf.

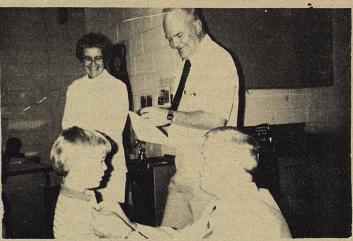
#### BACCALAUREATE SERVICES

Baccalaureate Services will be held Sunday, May 22, 1983 at 11:00 a.m. in the Borden High School Auditorium, honoring the Class of 1983.

Rev. Steve McMeans, pastor of Post Baptist Church will give the Baccalaureate Sermon.
Steve is a graduate of

Borden High School. Mrs. Kay Hopper will present special music and Mrs. Sallie Wilson will play the processional.

Ushers for Baccalaureate will be Keith Martin, Tammy Miller, Kelli McPhaul, ICharles LaRue and Kelly Williams.



Roy Clayton, one of the 11 children attending Pre-School Day, receives his award from Supt. James McLeroy. Watching is Mrs. Copeland, Kindergarten Teacher and Mr. Jarrett, Elementary Principal.

#### MAY 1983

WAT 1903						
Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6	7
ent Tild Discount	4-H Meeting 12:37-1:07	8:00 p.m. Spring Band Concert		Seniors leave on trip	Pre-School Day	244
8	9	10	11	12	13	14
15		17 2:30 p.m. Grandparents Tea	18	7:00 p.m. Piano Recital	20 8:00 p.m. Awards Banquet	21
22	23	24	25	26	27	28
11:00 a.m. Baccalaureate			Semester Ends	8:00 p.m. High School Graduation	8:00 p.m. Junior High Graduation	
29	30	31			APRIL S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 26 29 30	JUNE S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30

#### KIDS FOR AMERICA PROGRAM

Kindergarten through fourth grade gave a musical program before a full auditorium on Monday, May 16

The musical, "Kids for America" was under the direction of Mr. Thomas McGuire with assistance from Mrs. Salley Wilson.

The choir consisted of the second, third, and fourth grade. Classroom students were Shayne Hess, Shane Kemper, Rowdy Fulfer, Amanda Anderson, Angela Evans, Allen Pearson, Charla Lewis, Monty Garrett, Pat Underwood, Jason Sharp, Bruce Harris, Michael Maxwell, Jenny Newkirk, Tammy Voss, Chad Vaughn, Kelly Ogden, Maria Ortiz, D'Arcy Ann Lemons and Wacey Parks. The teacher was Coach Bill May; King George-Valerio Hernandez; Courier-Jason Sharp. Quotes were by Mr. Ben Jarrett, Elementary Principal; Mr. James McLeroy, Superintendent; Mrs. Shirley McMeans, third grade teacher; Mr. Van York, County Judge; and Miss Doris Steadman, first grade teacher.

The young students displayed a strong feeling for their Country in their singing and acting. Songs included This Land is Your Land, America, Yankee Doodle, Star Spangled Banner and many more.

#### SBA GRANTS

LUBBOCK...Texas has been allocated \$2,409,900 as part of a new \$50 million nation—wide park and recreational development program, the U S Small Business Administration announced.

Phillip O'Jibway, district director of Lubbock's SBA office, said the program is part of the overall Jobs Bill signed into law by President Reagan on March 24. The \$50 million was voted "for the specific purpose of involving small business in providing jobs during a time of high unemployment to accomplish benefits of lasting value," O'Jibway explained.

The legislation authorizes SBA to make grants to the states for rehabilitation and improvements to public parks and other publicly controlled or owned lands. Landscaping of public lands, such as the planting of trees and shrubs, is intended to be accomplished in large measure by hiring unskilled workers.

### **BORDEN COUNTY SCHOOL NEWS**



The Kindergarten are enjoying their end of the year party given by the Parent's Club. The class had the most Mothers present at the Parent's Club Meetings during the year.



KING-VALERIO HERNANDEZE DURING THE MUSICAL "Kids For America".

# STATEMENT OF NONDISCRIMINATION

POKA LAMBRO RURAL COOPERATIVE, INC. has filed with the Federal Government a Compliance Assurance in which it assures the Rural Electrification Administration that it will comply fully with all requirements of Title VI of the Civil Rights Act of 1964 and the Rules and Regulations of the Department of Agriculture issued thereunder, to the end that no person in the United States shall, on the ground of race, color, or national origin, be excluded from participation in, be denied the benefits of, or be otherwise subjected to discrimination in the conduct of its program and the operation of its facilities. Under this Assurance, this organization is committed not to discriminate against any person on the ground of race, color or national origin in its policies and practices relating to applications for service or any other policies and practices relating to treatment of beneficiaries and participants including rates, conditions and extension of service, use of any of its facilities, attendance at and participation in any meetings of beneficiaries and participants or the exercise of any rights of such beneficiaries and participants in the conduct of the operations of this organization.

"Any person who believes himself, or any specific class of individuals, to be subjected by this organization to discrimination prohibited by Title VI of the Act and the Rules and Regulations issued thereunder may, by himself or a representative, file with the Secretary of Agriculture, Washington, D. C. 20250, or the Rural Electrification Administration, Washington, D. C. 20250, or this organization, or all, a written complaint. Such complaint must be filed not later than 90 days after the alleged discrimination, or by such later date to which the Sectetary of Agriculture or the Rural Electrification Administration extends the time for filing. Identity of the complainants will be kept confidential except to the extent necessary to carry out the purposes of the Rules and Regulations."

#### GRADUATION

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Special Music will be by Lisa and Gena McLeroy. The Class History, Prophecy, and Will will be given by John Stephens, Kristi Stone, and Gerry Smith, respectively.

Ushers will be Kim Turner, Mindy Williams, Monty Floyd, and Will Phinizy.

## **STEVE MCMEANS**

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September, 1974-May of 1977. He also participated in three mission trips to the West Indies. He has worked in pulpit supply, interim preaching, revival work, youth retreats and mission work in various churches from 1975 to the present.

## COURT

The Borden County Commissioners' Court met on May 9, 1983 at 9:00 A.M. for their regular session, with all members present.

The minutes of the previous meeting were read and approved. The current accounts were received and approved for payment.

It was brought to the attention of the court that there is a problem with the heaters and gas lines in the 4-H Exhibit building. The court agreed to have the problem fixed as soon as possible.

The court reveiwed and updated the inventory of the county-owned equipment and the liability insurance on this equipment.

A report was given on the rodeo arena improvements, this work being 95 percent completed.

The court agreed to meet on Friday, May 20,1983 instead of Monday, May 23, 1983.

There being no other business, the court adjourned at 12:00 P.M.



The first American actor known to appear abroad was James Henry Hackett, who made his debut in April, 1827, at Covent Garden in London.



The longest national anthem is that of Greece, which contains 158 verses.

#### School Board Meets

The Board of Trustees of the Borden Independent School District met in regular session on May 16, 1983 at 8:00 p.m.

Board members present were Ralph Miller, Doyle Newton, Kenny Hensley, Bob Dyess, Bill Phinizy, Jon Monger, and Jack McPhaul.

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

The meeting was called to order by Board President, Ralph Miller

Minutes of the regular meeting of April 11, 1983 were read and approved.

All bills were reviewed and approved for payment.

The Superintendent reviewed the Film Co-op program that District has had with the Education Service Center since he Service Center came into being. The film co-op agreement was approved for the 1983-1984 school year.

The Board appointed James McLeroy to serve on the Joint Committee of the Education Service Center.

The Texas Assessment of Basic Skills tests were reviewed by the Board. The Superintendent related that he was pleased with the test results. The Board approved the report on T.A.B.S. and also approved the publication of the results in the local newspaper.

The Board was given a year-to-date financial report by the Superintendent. It was reported that the district was in excellent financial condition and also that the budget was sufficient to end the year. The attendance was given at 172 in elementary school and 55 in high school for a total of 227.

The Superintendent presented an incentive salary schedule for teachers who work with academic University Interscholastic League events. The Board approved the salary schedule unanimously.

There being no further business, the meeting was adjourned.



I would like to say thank you to all the friends who sent lowers, cards, phone calls and visits, while I was in the aospital.





#### CHEESE GIVEAWAY Scheduled HURTS SALES

COLLEGE

STATION --- The U.S. Department of Agriculture will be giving away less cheese due to a drop in commercial sales.

In ordering a 52 percent cutback in the cheese giveaway program that was started about a year ago Secretary of Agriculture John Block cited two reasons--needy people who qualify for free cheese normally buy their own, and some people who are not so needy receive free cheese rather than buy it.

"Evidence that the cheese giveaway program was hurting cheese sales started showing up during the last quarter of 1982," said Dr. Bud Schwart, dairy marketing specialist with the Texas Agricultural Extension Service, Texas A&M University System.

"During that quarter commercial sales were down 8 percent from a year earlier. But the real shocker came last February when commercial sales were down a staggering 29 percent from February of 1982."

The cheese giveaway program was started in early 1982 as a means of reducing government stocks of dairy products purchased under the dairy program. More than 50 million pounds of cheese had been given away each month before the cutback.

"Not having outlets for surplus dairy products complicates the problem of what to do about dairy policy," said Schwart. "The USDA has imposed a 50 cents per hundredweight tax on milk producers to try to discourage increased production which has been hurting the dairy industry in recent years. The assessment will pay part of the cost of the dairy program and will hopefully turn milk production around from its persistent upward trend," he noted.

## Backhoe Rodeo

Want to try your skill in operating a John Deer Backhoe? You can--in the "Backhoe Rodeo" competition among qualified area contractors and equipment operators to be held on Saturday, May 21st according to Mike Kerr, executive vice president of Yellowhouse Machinery Co., Lubbock, Texas, suppliers of John Deere construction and utility equipment.

The Backhoe Rodeo will be held at Yellowhouse Machinery Co., 312 Loop 289 N.E. Lubbock, Texas. Registration will begin at 9:30 a.m. Saturday and the rodeo starts after the Bar-B-Q lunch.

Three backhoe events are planned with prize money paid to winners per event and overall winners. A total of \$1,2000. in prize money will be awarded.

The Backhoe Rodeo is part of a two day event celebrating Yellowhouse Machinery Co.'s 25th Anniversary.

For further information, call Mike Kerr at 806-763-0473. Texas toll free 1-800-692-4251.



Lisa McLeroy **EARNS** DEGREE

Lisa McLeroy, daughter of Mr. and Mrs. James McLeroy of Gail, graduated Cum Laude in her class during graduation exercises at Texas Tech University last Saturday night, May 15.

Lisa, a 1979 graduate of Borden High School, received her Bachelor of Science Degree in Elementary Education.

#### LASER SURGICAL METHOD

Since its introduction only 15 years ago, laser surgery has been used to treat an increasing number of medical problems, says the Texas Medical Association.

The list includes detached retinas, ruptured blood diabetic vessels, retinopathy, tumors and bleeding ulcers.

Lasers used in surgery do their work by destroying tissue, or cells. The heat or energy from the laser is absorbed by the cell's moisture. This turns the moisture into vapor and dissipates it. What remains when all the moisture is gone is ash, which is removed by suction, sponging or brushing away.

To make a cut or incision, the surgeon focuses a narrow laser beam along the path where the cut is desired. Tissue destruction is limited to a specific width and depth with minimal injury to nearby tissue. The beam is projected into the same incision as many times as needed to achieve the desired depth.

Lasers have certain advantages over more common types of surgery:

--Little or no pressure contact is made with the tissues involved. This is important particularly in brain surgery because harm can result from applying pressure against areas next to the surgical site.

-- The use of heat and the minimal contact with tissue provide sterile conditions that reduce the risk of infection.

-- Laser surgery can be carried out in highly localized sites in the body, and the precision of lasers makes them valuable for microsurgery.

--With certain lasers, a surgeon can work in the nose, ears, mouth, throat, vagina and other confined areas. In conventional surgery, extra cutting may be required to open up these areas enough to use a scalpel or other surgical instrument.

improved With technology and wider availability in hospitals, lasers will be used more and more to treat disorders



PERRY SMITH AND KELLY BRYANT

#### ENGAGEMENT ANNOUNCED

Mr. and Mrs. Franklin Bryant of Ira announce the engagement approaching marriage of their daughter Kelly to Perry Smith, son of Mr. and Mrs. Larry Smith of Gail.

The couple plan to be married on June 24, 1983 in the Baptist Church in Ira, Texas.

ine pride-elect is a graduate of Ira High School. The future bridegroom is a graduate of Borden High School and will graduate from Texas Tech University this summer.

"What nobody seeks is rarely Pestalozzi



JOE AND MELISA HANCOCK

#### HANCOCKS RECEIVE **DEGREES**

Joe Hancock received his Masters of Science Degree Saturday at Texas Tech University. He will continue his education at the University of Lincoln, Nebraska in August.

Melisa received her Bachelors Degree in Education commencement excerises held at Texas Tech Saturday morning. She graduated Magna Cum Laude. She plans to teach in Lincoln this

Both are 1974 graduated of Borden High School. Joe is son of Mr. and Mrs. Weldon Hancock. Melisa is the daughter of Mr. and Mrs. Buster Taylor. Both of their parents attended the graduation exercises.



The croco de continually grows new sets of teeth to replace old teeth.





#### RHC Founders Share the Limelight

THE FOUNDING COMMITTEE-RANCHING HERITAGE CENTER: Left to Right: The late D. Burns, the late Howard Hampton, Frank Chappell (on the gate), Mrs. W. C. Holden, Dr. W. C. Holden, and John Lott.

Ranching Heritage Center founders were honored in Lubbock May 14.

A 6:30 p.m. reception followed by a 7:30 banquet at the Holiday Inn Civic Center recognized former Texas Tech President, Dr. Grover E. Murray, and the original Ranching Heritage Committee, which he appointed.

The committee, co-chaired by Dr. and Mrs. W.C. Holden, included John H. Lott, Frank H. Chappell Jr., the late Howard Hampton, and the late D. Burns. Each were presented with an oak panel handsomely inscribed in walnut commemorating their dedication and service to the Center. Mrs. Val Hampton represented her husband, and D. Burns was represented by his grandson, Burns Hamilton.

Banquet speaker was Jerry Rogers, associate director, National Register Programs, National Park Service, Washington, D.C. Rogers was director of the Ranching Heritage Center, associate director of The Museum of Texas Tech, and executive secretary of the Ranching Heritage Association from 1969-1972.

Rogers recalled the start of the center and called attention to its future direction.

Neither the pioneers nor the center's founders were perfect, Rogers told his audience, but of the heritage center's founders, he said, "They were awfully good." They gave vision, energy and example, he said, "and if they can do it, you can do it."

"We should be careful not to serve myths instead of truths," he said, warning that future generations should not come to the Ranching Heritage Center believing that "giants walked the earth a hundred years ago, because they really didn't.

"They were ordinary people. And the last thing in the world you want to do is have the message a child gets when he comes to this place is that 'those people

were greater than I'll ever be.' What you want this place to do is to inspire children, not let them think people were better back then than they are now."

The pioneer spirit can survive, Rogers said.

''Those people were self-reliant. They took opportunity when they found it and made opportunity when the couldn't find it. They invested in this nation with money when they had it and with life and labor when they didn't have it.

"We want people to learn from rather than venerate the people this project represents."

Bob Nash, executive vice president of KAMC-TVand a Board of Oversees member was master of ceremonies. Special presentations were made be RHA Chairman Harold P. "Bo" Brown, Jr., and RHA President Sam Middleton.

## RANCH

CON'T FROM PG 1

of Lubbock. Both are children of Josephine Waddell Barton who willed the house to the center in 1975. She had moved to the Barton House in 1917 as the bride of John Sneed Barton.

Betty Barton Albers commented that it was good to have the home sitting now next to a railroad, reminding the audience that it was her grandfather's dream to have it the centerpiece of a town he chose to name "Bartonsite." He built the house and several town structures in the expectation of a railroad coming through. Instead, the railroad was built through Hale Center and what now is Abernathy.

The elegant Barton House represents the crowning era of early ranching prosperity. Its builder, Joseph Barton, wanted to tangibly prove that South Plains settlers, through hard work and initiative, could make the richness of the land their own.

The restoration project restored the house as it was from 1909-1917, with furniture dated to 1875. The Victorian look, with its mixture of Eastlake and Queen Anne architectural designs, was revived. Wallpaper has been reproduced to match the original paper for some of the house by Scalamandre of New York. Old paper and modern reproductions of period papers have been used for other rooms. Furniture represents the Barton, Keith and Halsell ranch families.

Joseph James Barton, the first of the family born in



RICH ANDERSON was recognized for his outstanding service as past Chairman of the Board of Overseers of the Ranching Heritage Center in Lubbock Saturday May 14. Presenting the award, acting Chairman Bo Brown, commended Anderson for his successful campaign to raise \$2,000,000 for the Center during his two year tenure. Anderson still holds a seat on the Executive Board as a member of the Endownment Committee.

Texas, became the operator of the T.L. Ranch.

The family had moved to Hale County in 1891, and when land development boomed, Joseph Barton became a real estate broker and sold off much of his ranch, reserving 3,840 acres of farm land.

Joseph Barton's three living children, Cassie Barton Rosser of Arlington and Mary Barton Barum and Dr. Sam B.Barton, both of Denton, participated in the dedication along with about 30 other members of the Barton family and at least as many Hale County friends and neighbors.

Dr. Lauro F.Cavazos, president of Texas Tech, and Dr. Clyde Jones, museum director, accepted the historic structure.

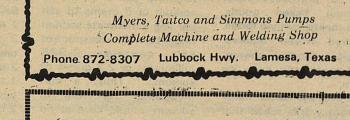
Harold P. "Bo" Brown Jr. was master of ceremonies

for the dedication and ribbon-cutting. After the dedication, the house was open to the public for the afternoon. Fiddle music on the balcony will be provided by Rick Sudduth of Crosbyton.

#### REV. RAY

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Mickey McMeans introduced the candidate and he was examined by Mr. McLeroy. Ordination was then requested and motion was made and seconded. Charge to the Candidate was by Mr. Jim Wilkerson, Jr.; Ordination prayer by Mr. Ben Jarrett; Presentation of Certificate by James McLeroy and Benediction by Mr. Mickey McMeans.



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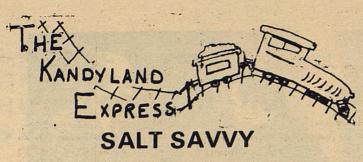
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Salt Savvy: Cutting Back Without Feeling the Pinch

Our doctors have told us. Time magazine has told us. Consumer groups and government experts have told us: Our bodies don't need as much salt as we use. Salt, or more accurately the sodium in salt, seems to contribute to high blood pressure (HBP) in some people. Scientists believe that some people can cut their chances of getting HBP by cutting down on the sodium they consume. With their doctor's advice, some people who already have high blood pressure can reduce the amount of medicine they need or lower pressures to healthy levels without using drugs at all.

According to a national survey, 40 percent of the U.S. population is trying to cut back. How? The first step is to take the salt shaker off the table. Next, eat fewer foods that taste salty: bacon, sausage, hot dogs, potato chips, pickles, sauerkraut, etc. These changes will help, but as a salt-wise shopper and cook, you can do more.

The shopper with salt savvy knows that nearly all processed foods are much higher in sodium than fresh foods. For example, a raw tomato has 14 mg of sodium but one cup of canned tomato soup, prepared with an equal amount of water, has 932 mg, and a cup of commercial tomato sauce has 1,498 mg. Sodium is included in almost every kind of processed food, including baked goods, lunch meats, canned foods, prepared frozen dinners, cereals, candy, cheese, condiments, and even ice

On package labels, many different words mean that the product contains sodium: salt, monosodium glutamate, sodium benzoate, and di-sodium phosphate are some common sources of sodium in processing. Many companies are starting to specify the amount of each kind of sodium on the label. If a label does not give the exact amounts, remember that ingredients are listed in order of quantity; those cutting down on sodium might avoid buying products when a sodium word is among the first-three ingredients listed.

Shoppers today who want to reduce the sodium in their diet have more choice than ever before in the low

sodium prepared Some large available. companies like Campbell and Jewel Soup supermarkets offer low sodium products from soup to nuts, cheese, and condiments. Some grocery stores post shelf markers telling shoppers about low sodium foods. programs: insert local information about stores with shelf markers here.) Inhealth food and prepared food. (Programs: insert information on local stores where low salt foods are available, with price guidelines here.)

In cooking, think about what the salt in a recipe will contribute before you add it automatically. Take desserts. Do you really taste the salt in a chocolate cake? Do you want the taste of salt in a fruit pie? Yet almost any conventional recipe for cakes and pies contains salt. Contrary to what somecooks believe, reducing or elimination the salt from home baked goods, including breads, will not affect rising or texture. Using low sodium baking powder is another easy way to reduce sodium in desserts.

The same is true for that "pinch of salt" you are told to add to beaten egg whites and to cooking water for vegetables or pasta. It won't contribute much to taste or texture, yet a generous pinch may contain more sodium that a whole day's recommended intake. (Doctors call 2 grams of sodium or 5 grams of salt per day a moderate sodium restriction. One teaspoon of salt contains 2,325 milligrams or 2.3 grams of Thus, a diet sodium. moderately restricted in sodium should contain no added salt, because naturally occurring sodium is already present in many foods.)

Another place where taste won't suffer without salt is in highly seasoned foods like curries and chili dishes. Very fresh foods cooked briefly have more natural flavor and often can tastefully stand alone. Sometimes salt actually

takes away from taste appeal. Many people find, for example, that salting dishes already flavored with herbs and spices overpowers the subtle individual flavors and dulls the finished taste.

Although there are many painless ways like these to cut salt from recipes, some dishes, such as eggs and potatoes, may seem to cry out for salt. But there are other good tasting options. If you are restricting sodium as part of high blood pressure treatment, try being creative with salt-free seasonings. A combination of lemon juice, pepper, and tarragon or parsley is a good alternative to salt, as is the homemade "salt substitute" in the recipe below. (But ask your doctor before using a commercial salt substitute.)

Those in good health who are trying to use less salt as part of sensible eating might season with a small amount of salted whipped butter or margarine to get a hint of salt taste at a relatively low sodium count. (One tablespoon of whipped salted butter or margarine has only 74 mg of sodium, 6,901 mg fewer than one tablespoon of salt. Whipped versions are also lower in fat and calories than regular butter and margarine.)

And take heart. Most people find that the less salt they use, the less they want. Nutritionists say it can take as few as seven salt-free days for a "salt craving" to begin to lessen.

Although cutting down on so dium can make a difference to your health, don't forget that other eating habits like controlling calorie and fat intake are just as important. Most of the time, however, eating foods that are low in calorie will also help you cut down on sodium.

SALT SUBSTITUTE RECIPE

1 teaspoon chili powder

2 teaspoons ground oregano

2 teaspoons black pepper 1 tablespoon garlic powder (not garlic salt) 2 tablespoons dry mustard

6 tablespoons onion powder (not onion salt)

3 tablespoons paprika
3 tablespoons poultry
seasoning

Mix all seasonings together and put in your salt shaker.

(Courtesy of the South Carolina Department of Health and Environmental Services.)

The first American advertising agency was opened by Volney B. Palmer in Philadelphia in 1841.

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#### LOCAL NEWS

Mr. Aubrey Rogers attended the funeral of his cousin, Miss Beulag Gray who was buried in Odessa May 12, 1983.

Mrs. Doris Beaver fell last Wednesday and broke her ankle. She was transferred from Snyder to the gospital in Abilene.

Mrs. Billy Price has been busy this last week. Her father, who is in his 80's, had surgery at Lubbock and she and Billy have been moving into their new mobile home. The new home is located in the Southwest part of Gail, close to Kandy McWhorters home.

Claude Hodnett, a former resident of Borden County

# died Friday. He was buried Saturday. Among his survivors are his wife and daughter Jerri Beth Whittaker.

Mr. and Mrs. Larry Smith and Perry Smith attended High School Graduation at Iralast Friday night. Among the graduates was Kelly Bryant who was Saluatorian of her class.

Jodie and Dan Huskerson of Vealmoor were interviewed by the Lubbock Avalanche Journal last Thursday, May 12th for National Speech and Hearing Month. Their interviews will appear in this Tuesday's paper. (May 17 in the Lubbock Avalanche Journal).

Twelve-year-old neice of Alan Day, Stacey Nance of Brownwood, Texas, attended the Texas Federation of Music Clubs state piano competition in Dallas this past week-end. She achieved an outstanding, superior plus rating which qualified her for a place on the state honor roll, one of 33 people chosen for this honor.

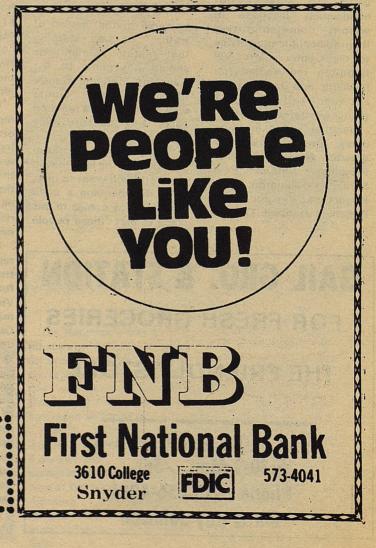
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ASCS

News

by Jerry Stone

ACQUIRING COTTON LOAN COLLATERAL FOR PIK

Heavier than expected signup in the payment-In-Kind (PIK) Program Makes it necessary for Commodity Credit Corporation (CCC) to either acquire additional cotton to satisfy PIK needs or exercise the previously announced option to require some PIK participants to obtain loans on their 1983 cotton to satisfy their PIK.

CCC is offering a PIK Program to encourage the redemption and sale to CCC of outstanding cotton loans. The offer is limited to the loan quantity exceeding the quantity that producers must use to satisfy their PIK needs or the quantity that has been designated to satisfy other producer's PIK needs.

Delivery of the purchased commodity will be handled the same as loan forfeitures. except you may retain a portion of the offered quantity for compensation in PIK. The quantity you may retain will be determined by the number of bales you bid on the offer form. However, CCC will not accept offers which specify a bid of more than 1 bale of PIK compensation for a 15 bale offer or a bid offer combination which would result in the offeror receiving compensation in excess of 7 percent of the total quantity offered.

CCC reserves the right to reject any bids, except bids which are zero. All offers bidding a "O" will be accepted. In that case, the full offered quantity must be delivered to CCC.

Offers cannot be withdrawn or amended after they have been filed.

Offers must be submitted to the county ASCS office where the loan was obtained.

Contact this office for other information or details on the offer to purchase. Remember Thursday, May 26, 1983, is the final day to submit an offer to sell.

CONSERVATION ACRES
MAY BE GRAZED IN
NONGROWING SEASON

To assure that the 1983 Acreage Reduction, Land Diversion and Payment-In-Kind Programs achieve an actual reduction in crop production, the U.S.

Department of Agriculture has established certain eligibility requirements for land taken out of production -- or conservation use acres.

The basic requirement is that land must have been cropped in two of the past three years.

Generally, harvesting on conservation use acreage is prohibited. However, grazing is permitted only during the six principal nongrowning months. Farmers who participate in the programs are not authorized to graze conservation use acres between March 1, thru August 31, 1983. The acres may not be grazed during this period.

Because winter wheat was planted before the January 11th payment-in-kind program announcement, farmers participating in the program this year for any crop may designate previously planted winter wheat as conservation use acreage. They cannot harvest the grain, but they will be allowed to graze this acreage without regard to the six month nongrazing period. However, the land must not be over-grazed and subjected to erosion.

#### PROTECT CROP ACREAGE BASES

All farmers are advised to file an acreage report, whether they participate in farm programs or not. The acreage reports are used to determine compliance with farm programs and to document the crop acreage for establishing future crop acreage bases.

To be eligible for price support loans, target prices and other program benefits, farmers are required to report the actual planted acreage on a field-by-field basis.

Farmers who did not sign up for the programs also could benefit by certifying their planted acres because the reported 1983 acreage may be used in establishing the 1984 base acres.

To verify that acreage reports are accurate, ASCS will randomly check farms and also provide aerial photographs for farmers to identify their fields. Farmers may request producer services to be sure reports are accurate and avoid unnecessary worry over the loss of program benefits. The service is provided for a nominal fee and the measurements are guaranteed for the crop

Borden county farmers have until July 15, 1983 to report all spring seeded crops. Acreage reports may be filed weekdays between 8 am and 5 pm, at the county ASCS office.



Sunlight reflected from the far planet Pluto takes five hours and 40 minutes to reach earth.



A mole can dig a tunnel 300 feet long in one night.

"Most people judge men only by success or by fortune." La Rochefoucauld

## SCREWWORM BATTLE MOVES TO MEXICO

Due to the successful screwworm eradication program in the continental United States, a large joint program has been implemented in Mexico to overwhelm the insect pest, emphasizes Dr. Clifford E. Hoelscher, entomologist based at Texas A&M University.

Hoelscher, who is with the Texas Agricultural Extension Service, Texas A&M University System, says the success of the U.S. program was achieved by a cooperative effort of individual livestock producers, various livestock organizations and agencies and the dedicated work of program scientists and personnel.

The Mexican program, headquartered in Mexico City, involves a work force of approximately 1,800 Mexican and 50 American scientists.

"The technology and expertise developed in the U.S. eradication effort was helpful in Mexico," Hoelscher reports.

Eradication procedures involved several management strategies. Sterile flies were air dropped in large numbers to mate with native fertile fly populations. These matings resulted in the development of eggs which did not hatch.

Wound treatment, improved animal health

conditions and the use of an insecticide impregnated bait ystem were also used to eliminate the target pest from infested areas.

"The combination of eradication procedures all applied simultaneously to an area accomplished the desired results," Hoelscher says.

A barrier zone eventually will be established at the Isthmus of Tehuantepec to prevent re-entry of the fly into areas to the north where the insect pest has been eliminated.

The tropical areas of central and southern Mexico provide a year round habitat for fly development--special problem for program operations.

The sporadic infestations of screwworms in south Texas and northern Mexico in the past few years have been quickly eradicated once they were indentified.

"Watchful" is the key word for Texas livestock producers to enhance surveillance for the screwworm," Hoelscher says. Continued checking of all animals by owners to send a sample of at least 10 larvae found deep within wounds of pets or livestock to the Southwest Screwworm Eradication Laboratory for identification. The complete address is P.O. Box 969, Mission, Texas



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#### Obituary



E.C. BROWNING

Funeral services for E.C. Browning, 75, of Snyder were held Friday at Bell-Seale Chapel with the Rev. Ken Branam, pastor of First Baptist Church, and Rev. Ray Cunningham, of the Fluvanna Baptist Church, officiating. Burial was in Hillside Memorial Gardens under direction of Bell-Seale.

Mr. Browning died at 4:15 a.m. Thursday at Cogdell Memorial Hospital. He was born July 7, 1907 in Fluvanna. He was a retired stock farmer and had lived most of his life in Scurry and Borden counties.

He was married to Della May Shirtley Aug. 5, 1931

in Hobbs, N. M. They had celebrated their 50th wedding anniversary on Oct. 5, 1981.

He was a member of Fluvanna Baptist Church for 15 years before moving to Honey Grove, Texas in 1965. After retiring and moving back to Snyder he moved his church membership to the First Baptist Church.

He is survived by his wife; two sons, Bobby Joe Browning of Texline and Vernon E. Browning of Snyder: five grandchildren, Angela Browning of Amarillo, Robert and Brenda Browning of Texline, **Doyle and Donna Browning** of Snyder; two nieces, Eula Bell McDonnell of Abilene and Cornell King of Winters; one nephew, Billy Joe Browning of Greenville; one brother, Alford Browning of Abilene and several cousins, great-nieces and nephews.



brows-it was the fashion in Renaissance Florence to shave them off.



The word bride, experts say, is derived from an ancient Teutonic word meaning "to

"Time is precious, but truth is more precious than time.' Benjamin Disraeli

#### Your County Agent Says by Alan Day

4-H HORSE NIGHTS SCHEDULED

Again this year, we will have 4-H Horse Nights starting Tuesday, May 31st at 7:00 p.m. in the Borden County rodeo Arena. This activity is open to all youth regardless of age. Horse nights will be each Tuesday night throughout the summer concluding August 16th with the county 4-H Horse Show.



The crocodile does not chew its food, but swallows it whole.

The purpose of Horse Night is to teach youth better horsemanship and to also have fun. We will be teaching Western Pleasure, horsemanship,

showmanship at halter, trail and other.

If you are interested in attending 4-H Horse Nights or have any questions, call Alan Day at 856-4336.



A whale's heart beats only nine times a minute.

AGES

SHELLY'S EXERCISE CLASS MONDAYS ANDTHURDAYS 5:15-6:15

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- REE ANNIVERSARY KEY AINGS AND CAPS

Register for The Backhoe Rodeo To Be Held On Saturday, May 21st.

Registration begins at 9:30 a.m. Saturday with a bar-b-que lunch at 11:30 a.m. THREE backhoe events will begin after lunch and PRIZE money will be paid to winners per event and over-all winners

\$1200.00 IN TOTAL PRIZE MONEY no entru fee

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