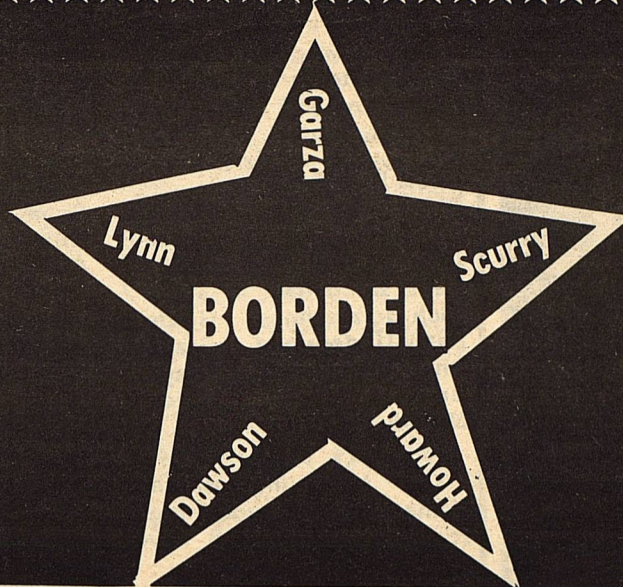


THE

Volume XLII



STAR

Wed. January 27 1987

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



WALKING TO VIRGINIA — The Huff family of Ventura, Calif. paused on U.S. Hwy. 180 west of Snyder this week on a planned 9½ month walk from the Pacific ocean near their home to the

Atlantic at Yorktown, Va. They are (from left) Susan, Richard, Aaron and Allen. (SDN Staff Photo by Noble B. Young)

CALIFORNIA FAMILY VISITS GAIL ON TRIP ACROSS AMERICA

Cold winter snow in Borden County greeted the Huff Family from Ventura, California last Friday. They were forced to end their walk across America, briefly.

They resumed the walk Wednesday and arrived in Snyder Thursday.

By Friday afternoon, one family's journey of self-discovery had headed out of Scurry County and on toward Roby, the next small leg in their ultimate plans to see America on foot from the Pacific to the Atlantic Ocean.

The four members of the Huff family - Richard, Susan and their sons Allen, 14, and Aaron, 11 waded out of the Pacific Ocean near their

home in Ventura, Calif. on September 22.

Their avowed goal is to walk into the Atlantic at Yorktown, Va. on the first of July - in all an odyssey of some 9½ months.

Their 3,100 mile - plus route across the southern half of the country brought them to Gail along U.S. 180 - over 1,200 miles from home - and will carry them across Texas, through Arkansas and Tennessee and then northeastward to Virginia.

Unlike many individuals and groups seen walking, running or bicycling across the country, the Huffs undertook their journey for "purely personal" reasons.

In line with this, they said they seek no personal fame or contributions for any charity.

Stock Show

The 1987 Borden County Livestock Show will be held January 29, 30 and 31. This year, the show will be dedicated to four individuals who have recently passed away. They were all close friends of the Borden County 4-H and FFA Programs.

These four individuals are Corkey Ogden, Ed Rinehart, Borden Gray, senior and David Holmes.

Animals will began weighing in Thursday.

DIVERSIFIED CROPS PROGRAM

Diversification of crops as an alternative to assist in today's competitive market place is an option we may want to consider.

The leading institutions of Big Spring are sponsoring a "sandwich and coffee" program on Friday, February 20, 1987, 7:00 p.m. in the Cactus Room of Howard College, Big Spring, Texas.

The primary purpose of this program will be to introduce

the possibilities of producing alternative crops such as edible beans, peas, peanuts, sunflowers, alfalfa seed --just to name a few. These alternatives would be in lieu of or in addition to our traditional crops.

The Aldus Marketing Association from Amarillo will have 3 representatives on hand along with an Extension Agronomist to present this program.

Next CRP Sing-Up is Feb. 9-27

Farmers interested in putting cropland in the government's Conservation Reserve Program will get another opportunity to do so during the Feb. 9-27 sign-up period.

Three sign-up periods were held during 1986, and almost nine million acres of highly erodible cropland across the nation were committed to the program, points out Dr. Bill Harris, soil specialist with the Texas Agricultural Extension Service, The Texas A&M University System.

"Last year Texas farmers put more than a million acres in the program, which is aimed at curbing soil erosion while at the same time improving water quality and wildlife habitats," Harris explains.

Land accepted into the CRP must be kept out of production for 10 years and prescribed conservation practices must be followed, he points out. This includes planting the land to grass or trees to prevent wind and water erosion, with costs shared by the government.

Landowners must submit a bid on eligible land to their local Agricultural Stabilization and Conservation Service office

during the signup period. Land eligibility is determined by the Soil Conservation Service. If the bid is accepted, landowners will be paid that price annually over the 10-year period provided they follow the prescribed conservation plan. The average acceptable bid in Texas was just under \$30 an acre during the last signup period.

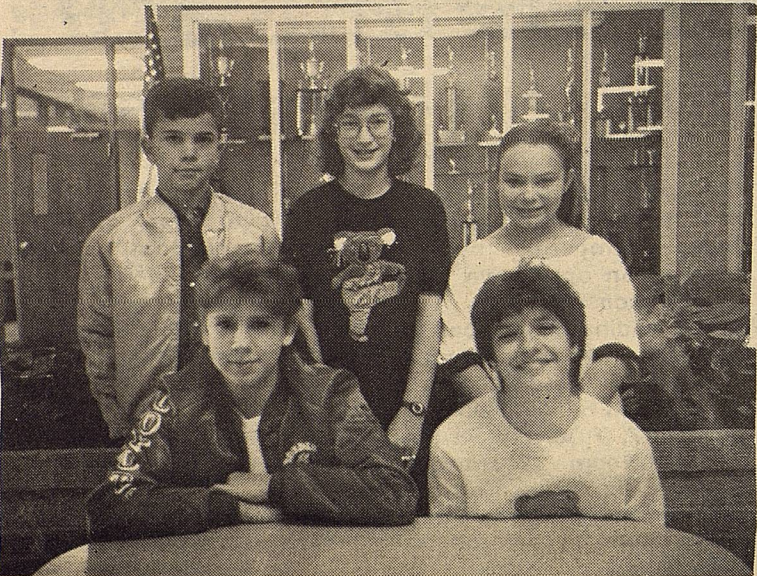
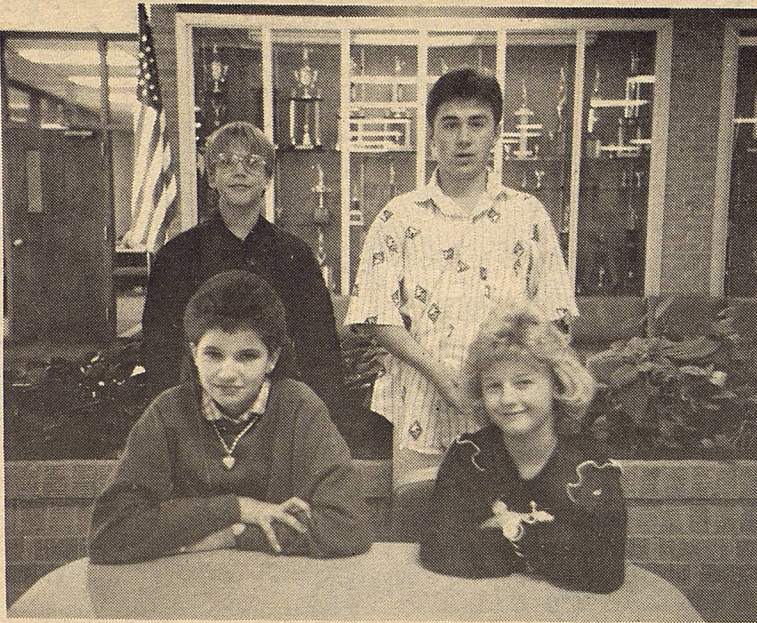
"Essentially, program provisions are the same as last year although there has been a slight revision in land eligibility classifications," says Harris. "That may allow

Mammogram Mobil

To Be In Gail

The mammograms mobile for detecting breast cancer will be in Gail February 11, 1987. That will begin at 9 a.m. and stay open until 7 p.m. They will be closed from 1-2 p.m. until 2 p.m. for a lunch break. The appointment takes approximately 10 minutes.

All Borden County women are urged to consider this opportunity. For an appointment and more information, see page 5.



Honors List

The following named elementary and junior high students, grades 5-8, have

HIGH HONORS

Shane Kemper Grade 8
Eric Lusk Grade 8
Amanda Anderson Grade 7
David Buchanan Grade 7
Rich Holzmann Grade 7
Patsy Underwood Grade 7
Shara Woodward Grade 5
Brandon Adcock Grade 5
Melody Harrison

The following named elementary and junior high students, grades 5-8 have

HIGH HONORS

Shane Kemper Grade 8
Eric Lusk Grade 8
Amanda Anderson Grade 7
David Buchanan Grade 7
Shara Woodward Grade 7
Brandon Adcock Grade 5
Melody Harrison Grade 5

The above students achieved an academic evaluation of 90 or above in each subject.

achieved academic honors for the third six-weeks:

HONOR ROLL

Syhayne Hess Grade 7
Kristin Kilmer Grade 7
A'Lise Lloyd Grade 7
Tina Blacklock Grade 6
Jacquelyn McPhaul Grade 6
Clay Miller Grade 6
Carol Gass Grade 5

achieved academic honors for the first semester:

HONOR ROLL

Rich Holzmann Grade 7
Kristin Kilmer Grade 7
Patsy Underwood Grade 7

The above students achieved an academic average of 90, with no evaluation less than 85 in a subject.

COYOTES DEFEAT GRADY

The Borden Boys Varsity Basketball team defeated the Grady Wildcats in district 13-1A Cage action on Tuesday night. The score was Borden 90 and Grady 44.

The Coyotes used a good pressure defense and a balanced scoring attack, in their best showing of the season.

Mickey Burkett scored 23 points and pulled down 15 rebounds in an excellent effort. Shannon Bond scored 19 points and had 5 assists in another solid effort. Defensive recoveries were lead by Brian Bond and Brice Key. Brian forced 10 turnovers, while Brice caused another 7 Grady miscues.

The Coyotes record moved to 11 wins versus 9 losses for the season and 1 and 2 in district play.

Scoring: Mickey Burkett 23, Brian Bone 19, Shannon Bond 19, Brice Key 16, will Phinazy 10, Mike Bell 6, Michael Murphy 4, and Chris Kilmer 2.

COYOTES WIN BIG ONE!!!

The Borden County boys varsity basketball team defeated the Sands Mustangs in a tense, hard-fought battle on Friday night. The score was Borden 42 and Sands 40.

The contest was close throughout both teams seeming to realize the importance of the game. Overall, the Coyotes struggled on the offensive end for the entire game. Field goal shooting was poor. The Coyotes were 15 of 44 for a 34 percent average. Another negative statistic was

offensive rebounding. The Coyotes could manage only 5 boards against a powerful Sands front line.

Borden found itself behind with 35 seconds remaining. The score was Sands 40 and Borden 38. This is when "lady luck" and Mickey Burkett joined forces to save the victory for Borden County. Mickey made a pressure one and one free throw trip, to tie the game with 9 seconds left. Seconds later Mickey rebounded a missed free-throw attempt and scored the winning

basket with one second left on the clock.

Borden's victory forced the district into a 3-way tie for second place between Sands, Klondike and Borden County.

Scoring: Mickey Burkett 15, Brice Key 13, Shannon Bond 9, Brian Bond 3, and Michael Murphy 2.

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Barbara Anderson

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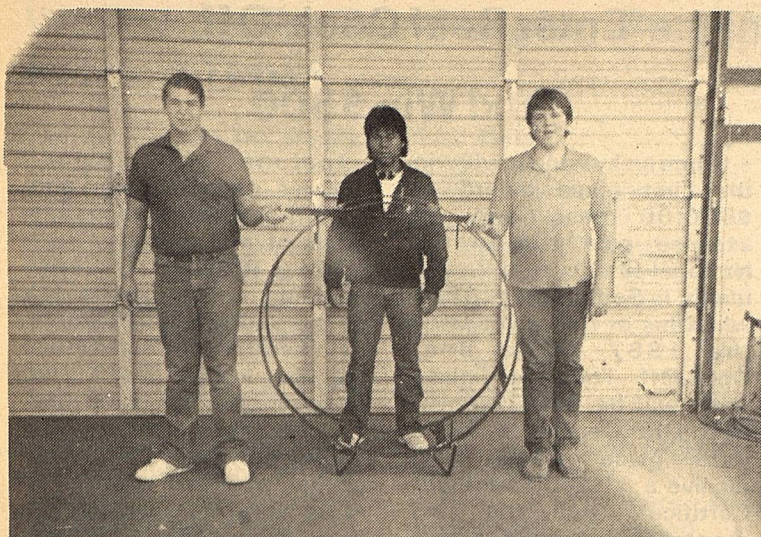
Jr. High Girls Drop Game To O'Donnell

The cold spell has left the area for a while but returned Monday night at O'Donnell in the form of shooting. The Junior High girls, who the last few games has hit fairly consistantly from the field and free throw line, found things frestrating as shots kept circling the rim and falling out. In the 21-13 loss, Borden could only manage to hit 3 of 18 free throws and manage 5 field goals in their first loss in the second half of district play. Leading scorer for Borden was Amanda Anderson with 8 points followed by Shayne Hess with 4 and Kelly Jo Ogden with 1. The Junior High girls will not come back home Monday night, February 2, to play Grady at 6:00. Final game of the season will be February 9, at Sands.

February 1987

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 6:00 p.m. J.H. Basketball Boys & Girls Grady - Here	3 5:00 p.m. H.S. Basketball Boys & Girls O'Donnell - There	4	5	6 5:00 p.m. H.S. Basketball Boys & Girls Grady - Here	7
8	9 6:00 p.m. J.H. Basketball Boys & Girls Sands - There	10 5:00 p.m. H.S. Basketball Boys & Girls Sands - There	11	12	13	14
15	16 WASHINGTON BIRTHDAY	17	18	19	20 HOLIDAY	21
22	23	24	25	26	27 End of 4th Six Weeks	28

JANUARY 1987							MARCH 1987						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
4	5	6	7	8	9	10	4	5	6	7	8	9	10
11	12	13	14	15	16	17	11	12	13	14	15	16	17
18	19	20	21	22	23	24	18	19	20	21	22	23	24
25	26	27	28	29	30	31	25	26	27	28	29	30	31



constructed a firewood box. Kerry Fryar built a cutting table and Will Phinizy completed a pine desk. Harold Barnes and Mike Bell constructed several projects which included a storage box, work table, several plaques. Wayne Wilson re-built a self-hog feeder.

Anyone wishing to come by and look at the projects that are still in the shop are welcome.

Jr. High Boys Defeat O'Donnell

The Junior High Boys basketball team defeated the O'Donnell Eagles in Monday night Cage action. The score was Borden 43 and O'Donnell 36.

The Coyotes had to overcome "foul" problems to pull out the victory. The victory moved the Coyotes season record to 7 wins versus 1 loss. The Coyotes, also, remain undefeated in district play with a 6-0 mark.

Borden was lead in scoring by Jimmy Rios and Shane Kemper who each pumped in 16 points. Eric Lusk had 4 assists and 6 recoveries to help secure the victory.

The Coyotes have two games remaining on the 1986-'87 season, including the battle for first place next Monday versus Grady.

Scoring: Rios 16, Kemper 16, Lusk 7, Balague 2, and Sharp 2.

"B" Team score was O'Donnell 14 and Borden 13.

Lady Coyotes Slip By Grady

Borden traveled to Grady last Tuesday night and found things a little tougher than they expected. A fired up Wildcat crew opened up a 16-11 first quarter lead before the Lady Coyotes came back to tie things up at half 22-22. Borden edged ahead 36-32 at the end of the third quarter before settling for a 49-42 win. Free throws proved to be the difference as Borden hit 13 of 20 for 65 percent compared to Grady's 2 of 12 for 16 percent.

Kelli Williams led all scorers with 19 points followed in double figures by

Elana Himes with 12. Lisna Sternadel had 6 points and Tammy Johnson, Lynn Herridge, and Elvira Balague each had 4. Kelli led in field goal percentage with 54 percent and Lynn and Elvira each had 50 percent. Lisha and Elana led in free throw percentage as they hit 4 of 4 and 2 of 2 for 100 percent each. Elana led in steals with 11 and Tammy had 5. Kristi Stone led in assists with 4. Elana also led in rebounds with 10. This raised Borden's season record to 17-3 and 2-1 in district.

Vo-Ag. Class Is Busy

The Vocational Agriculture classes have been very busy with projects this past six weeks.

The freshmen have currently completed several wood projects as they previously were exposed to introductory section of hand tools and power tools in the classroom. The following freshmen were involved in the following projects. Lisha Sternadel-Gun Rack, Rachel Romero-Bookshelves, Cody Stone-Wall Shelves, Cody Cooley-Night Stand, Patrick Herridge-Gun Box, James Lewis-Clock Face, Jeff Lewis-Cutting Board, James Smith-Bookshelves, Brian

Bond-Firewood Rack, John Herring-Deer Blind, Arnold Portales-Assisted on several projects.

The sophomores currently completed a section on welding and Oxycpnautylene wetting and are applying their skills in the shop on metal projects. Randall Hollis built a firewood holder and Richie Anderson built a wall rack from horseshoes. David Martinez assisted the two on the projects.

The juniors have currently completed a combination of projects consisting of both wood and metal. Shannon Bond built a picnic table while Robert Buchanan

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Downtown Gail



Borden Girls Blast Sands

In an all important District 13A contest Friday night, the Lady Coyotes came through with a convincing win 49-34.

This gave Borden the second place spot in the first half and increased their chances of being in the playoffs. After a shakey first quarter 12-12, Borden played one of its better quarters this year in the second outscoring Sands 18-4 to hold a 30-16 halftime lead. They increased it to 44-26 in the third taking good high percentage shots.

Kelli Williams led in scoring with 21 points followed by Elana Himes with 10. Lisha Sternadel hit 9, Tammy Johnson made 3, and Kristi

Stone, Ralynn Key, and Kristi Adcock made 2. Kristi Stone led in field goal percentage with 100 percent followed by Elana with 71 percent. Kelli and Tammy tied in free throw percentage with 75 percent each. Kelli also led in assists with 6 and Elana led in steals with 5. Elana also led in rebounds with 10.

This concludes the first half of district play. Second half begins Friday night as Borden hosts Klondike. O'Donnell won the first half of play with a 4-0 record and Borden held the second spot with a 3-1 record. Season record for the Lady Coyotes now stands as 18-3.

JANET AKIN

BOOKKEEPING AND TAX SERVICE

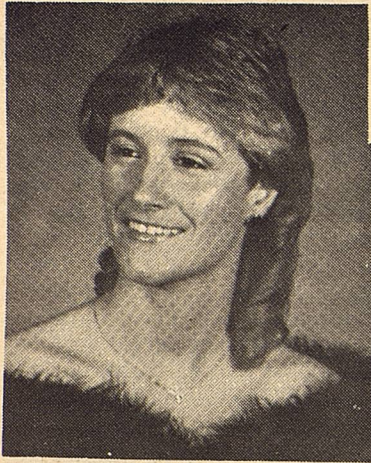
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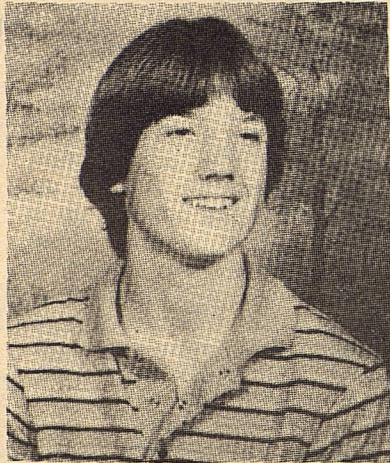
SCHOOL MENU

SCHOOL LUNCHES
February 2-6, 1987

Monday	Hamburg Patties & Gravy Mashed Potatoes English Peas Fruit Hot Rolls Milk	Salad Bar
Tuesday	Chalupas with Cheese Shredded Lettuce Ranch Style Beans Fruit Cobbler Milk	Salad Bar
Wednesday	Meat and Pinto Beans Vegetable Salad Cheese Fruit Cornbread Milk	Salad Bar
Thursday	Chicken Nuggets Mashed Potatoes Green Beans Mixed Fruit Hot Rolls Milk	Salad Bar
Friday	Hamburgers French Fries Lettuce and Pickles Cookies Milk	Salad Bar



Kelly Williams



Cam Stone



Cindy Balague

Stone, Williams & Balague On Honors List

Snyder---Cam Haden Stone and Mary Kelly Williams of Gail and Cynthia Balague of O'Donnell have been named to honors lists for the 1986 fall semester at Western Texas College.

Stone was named to the President's List, while Williams was included on the Dean's List and Balague was named to the Merit List. The President's List is composed

of students who make no grade lower than A while enrolled in at least 15 semester hours. To be eligible for the Dean's List, students must be enrolled for at least 15 semester hours and have a grade point average of 3.5 or more with no failing grades. Merit List students must be enrolled for more than eight semester

hours but fewer than 15 hours with a grade point average of at least 3.5 on a 4.0 scale.

Spring semester classes at Western Texas College began Wednesday, Jan. 21, and late registration is to continue through Feb. 3. Information about registration can be obtained by calling the college at 915 573-8511.

Post Theatre To Produce "The Mouse Trap"

Tickets are now on sale for the February 5-7 Garza Theatre production of Agatha Christie's famous "The Mousetrap" to be performed in the historic Garza Theater on East Main Street in Post.

The dramatic "who-done-it" classic is designed and directed by Will McCrary, supported by a cast of talent from Post.

Tickets for the three performances may be

purchased by mail, Garza Theatre Box Office, 226 East Main St., Post, Texas 79356, or reservations may be called in from 10 a.m. to 2 p.m. at 806-495-4005.

Adult tickets are \$6 and children 12 and under are \$3. Performances start at 7:30 p.m. Thursday, Friday and Saturday.

The cast includes Mike Toombs, Gail Scott, Wes Burnett, Anne Leake, Lonnie Welborn, Christy Morris, Randall Lawrence and Will McCrary.

Auction Owner Ready To Challenge Checkoff

The owner of a Pennsylvania livestock auction says he has not collected the beef checkoff and does not plan to, according to The Drovers Journal.

L. Robert Frame Sr., owner of Bintage Sales Stables, Inc. of Paradise, Pa., says he believes the checkoff is unconstitutional and has hired two sets of lawyers to challenge the program.

Ralph Tapp, USDA administrator of the program, says the situation has been referred to the Justice Department for possible prosecution, but that no charges have been filed.

The Beef Promotion and Research Act provides for a fine of up to \$5,000 per transaction for noncompliance.

Frame says his auction handles about 55,000 head of cattle per year.

He says his opposition is based on doubts on whether beef promotion will do anything to alter demand. Frame notes that beef checkoff programs have been voted down twice by the industry, and says the current program was "passed by a bunch of bigtime cattlemen who don't make their living off cattle." (From the TSCRA News Update.)

Enter Beef Cook-Off and Win \$500

Some lucky winner will win the first place award of \$500.00 cash and an expense paid trip to the National final in Sun Valley, Idaho, in September of 1987 when his or her recipe wins the 1987 Texas Beef Cook-Off. The second place prize will be 300.00 dollar beef Gift Certificate. The third place winner will receive a \$100.00 Beef Gift Certificate and the two runners-up will each receive a \$50.00 Beef Gift Certificate. So everyone has five chances to win, as five finalists will be selected. All winners (5 of them) will receive an expense paid trip to the TEXAS BEEF COOK-OFF on the 13th and 14th of April, 1987, in Austin, Texas.

The State winner will compete in the National contest for a first prize of \$5,000.00. Finalist should plan on being present for the full three days.

To enter, send a typed copy of your BEST BEEF RECIPE using any cut to Mrs. Albert Miller, Chairman, State Beef Cook-Off, Box 67, Valentine, Texas 79854 by April 1, 1987.

Include your name, address, phone number, and a brief statement about the origin of your recipe.

THE RECIPE: must contain a minimum of one (1) pound of BEEF and not more than five (5). Meat used must be Exclusively Beef and preparation and cooking time cannot exceed 4 hours. The recipe must be specific, with no use of brand names. It must state the number of servings and the approximate preparation time. In 1987 you will be able to submit a microwave recipe.

All entries become the property of the American National CattleWomen, Inc. Beef dishes will be judged according to taste, ease of preparation and practicality, originality, and appearance.

Contestants must be 18 years old or older, with non-professional food status. Anyone who has owned one or more head of beef or dairy cattle (or who lives in a household where any person has owned cattle in the past year) is ineligible. CattleWomen and employees of the Beef Industry Council of the Meat Board or State Beef Councils are ineligible.

Texas Tech College Day-March 6

Lubbock--More than 2,500 prospective students are expected to visit the Texas Tech University campus March 6 during University Day which offers participants a close look at the university's program and college life.

Registration for the day will begin at 8 a.m. in the University Center Courtyard. After a 9 a.m. general assembly and welcome in the University Center Aloen Theater, students will be advised about Texas Tech academic requirements, potential majors and career possibilities.

The visitors will be entertained during lunch with dance, theater, music and fashion performed by several Texas Tech student groups. Visitors then may tour the campus and the university's seven

undergraduate colleges and more than 50 academic departments.

Information booths will be in the University Center Ballroom and Courtyard from 11:30 a.m. to 3 p.m. for visitors to learn about student organizations and academic units.

Events will conclude with a swim-dance party from 8:30 - 10:30 p.m. at the Texas Tech Aquatic Center.

The Texas Tech Student Foundation will provide visitors with shuttle bus transportation to and from the airport and the campus beginning on Thursday afternoon (March 5).

For information about University Day, contact the Office of New Student Relations, Room 154, West Hall, Texas Tech University, Lubbock, Texas 79409, (806) 742-1480.

PRAYER CORNER

Dear Heavenly Father,
Please help us to know that when trouble and tough times enter our lives, it is You to whom we should come for guidance and comfort and direction.
"Come to Me, all you who are weary and burdened, and

I will give you rest. Take My yoke upon you and learn from Me, for I am gentle and humble in heart, and you will find Irest for your souls. For My yoke is easy and My burden is light." Matthew 11:28-30

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Workshop To Be "Helping People In Hard Times"

In response to the state's economic crisis, the Texas Baptist Christian Commission will devote its annual statewide workshop, Feb. 9-11 at First Baptist Church, Austin, to the theme, "Helping People in

Hard Times."

"Our desire is to provide a time of encouragement and inspiration as well as a time of equipping Christians to minister in a state hard-hit by the energy industry slump and the farm crisis," said Joe

Miss Charm Finals

Information is now available on the up coming 1987 NATIONAL SCHOLARSHIP FINALS OF AMERICA'S MISS CHARM, to be held July 1-4th in Orlando, Florida. Over \$150,000 in SCHOLARSHIPS, PRIZES and awards will be presented to students ages 4-22. Students will be grouped in 5 age categories, 4-6, 7-9, 10-12, 13-16 and 17-22. A performing Arts Contest will be held June 29th to present a \$1,000 Cash Award for "Superior Performance" in vocal, dance or instrument

either solo, duet or group regardless of age.

Parents, teachers and individuals interested in receiving more information on the upcoming National Finals are asked to contact Kathy Bailey, Scholarship Chairperson, P. O. Box 7246, Jacksonville, NC 28540 and state their age and address and enclose with their inquiry a long envelope addressed back to them with 1st class postage attached for prompt replies and information. Phone inquiries may call Monday thru Friday 10-5 EST (919) 455-9643.

Host Shakespeare Festival

Odessa, Texas--The Globe Theatre hosts the Nineteenth Annual Odessa Shakespeare Festival Feb. 19-March 7. Housed in the world's most nearly authentic replica of Shakespeare's original playhouse, this year's festival features the National Shakespeare Co. production of "The Taming of the Shrew," Gilbert and Sullivan's comic operetta, "The Mikado" produced by the Globe and Odessa College Theatre, and "Shakespeare, Live," written and performed by Burdette Parks.

The National Shakespeare Co. returns to the Globe for the fifth year in a row with "The Taming of the Shrew" for 5 performances in 3 days, Feb. 19-21. "The Taming of the Shrew" is Shakespeare's comic masterpiece about the battle of the sexes. The play recounts the stormy romance and marriage of Katherine and Petruchio, two equally headstrong individuals. Performance times are 8 p.m., Thursday - Saturday, Feb. 19-21, and 10 a.m., Thursday and Friday, Feb. 19 and 20.

The Globe and Odessa College Theatre join forces to co-produce Gilbert and Sullivan's light opera, "The

Mikado" Feb. 26 - Mar. 1. Although a love story set in Japan one hundred years ago, "The Mikado" says a good deal about modern "society" and "government" through a combination of satire, wit and music. Performance times are 8 p.m., Thursday - Saturday, Feb. 26-28, and 2:30 p.m., Sunday March 1.

Parks' "Shakespeare Live!" rounds out the festival with performances March 5-7. A writer and veteran character actor, Parks becomes Shakespeare. In the process, he shows the Bard as a harried playwright, frustrated actor, and concerned theatre owner. "Shakespeare Live!" gives life to the man behind such masterpieces as "Romeo and Juliet," "The Taming of the Shrew," and "King Lear." Performance times are 8 p.m., Thursday - Saturday, March 5-7, and 10 a.m., Friday, March 6.

Admission to the productions is \$8 for adults and \$5.50 for students and senior citizens. Special rates are available for school and civic groups of 15 or more. For reservations and information, call the Globe at 915-332-1586.

Haag, associate director, Christian Life Commission. "At the same time, we want to focus attention on help for the chronically poor, whose plight has been intensified by the current economic crisis."

On Feb. 11, focus will be on the 70th Texas Legislature. Program participants will join legislators for breakfast and a special program at First Baptist Church, Austin. A visit to the state capitol also is scheduled.

Legislative briefings and workshops will be offered to train Texas Baptists to work with public sector services

and to contact legislators on behalf of the economically distressed.

Legislative workshop topics are: abused and neglected children, senior citizens, helping the poor, funding government, effective citizenship, and legal and public policy issues for private sector ministry.

State legislators scheduled to participate in the workshops include Senators Gonzalo Barrientos of Austin, Grant Jones of Abilene and Hugh Parmer of Fort Worth and Representatives Paul Colbert of Houston, Talmadge Heflin

of Houston, Juan Hinojosa of McAllen, David Hudson of Tyler, Stan Schlueter of Killeen, Frank Tejada of San Antonio and Jack Vowell of El Paso.

Ministry workshop-farm crisis will be lead by C. H. Murphy of First Baptist Church of Lamesa. Other workshops will include economic crisis, economic oil crisis, project job search, and Urban Allies.

For more information, contact the Christian Life Commission, Att.: Joe Haag, 511 N. Akard, Dallas 75201-3355; (214) 720-0550.

BREAST CANCER DETECTION UNIT AVAILABLE TO AREA WOMEN



WEDNESDAY, FEBRUARY 11, 1987

A Service of

BORDEN COUNTY CANCER SOCIETY

CALL 856-4386 FOR APPOINTMENT

According to the American Cancer Society, one out of eleven women in the United States will develop breast cancer sometime in her lifetime. It is currently estimated that over 37,000 women die each year as the result of breast cancer.

Ninety percent of breast cancers are diagnosed by women or their physicians finding a lump in the breast. Women who are diagnosed with a lump large enough to feel have a 50 percent five year survival rate. A woman who is diagnosed as having breast cancer by mammography, before a lump can be felt, has a 97% five year survival rate and a 90% 10 year survival rate.

A mammogram can detect a cancer this small, ● even before it can be felt.

Appointments may be made by calling 856-4386.

The Mobile Breast Cancer Detection Unit will be in Gail, Feb. 11, 1987.

The American Cancer Society has established guidelines for mammography in asymptomatic women. (Women who have no symptoms of disease). Those guidelines have been adopted by the American Academy of Family Physicians, American College of Obstetricians and Gynecologists, and The American College of Radiology. Those guidelines are:

- I. 35-40 years of age - One baseline mammogram.
- II. 40-50 years of age - A mammogram every 1-2 years depending on breast type and risk factor.
- III. 50 years of age and over - An annual physical examination and annual mammogram.
- IV. Asymptomatic women under 50 years of age with

significant high risk factors should be examined at appropriate intervals. These risk factors include previous breast cancer and family history of cancer.

V. A symptomatic woman should have a mammogram at any age when she experiences a mass, nipple discharge, skin changes or unexplained breast pain.

A screening mammogram is an x-ray of the breast using extremely low dosages of radiation (usually comparable to dental x-rays) and is designed to find very early cancers.

A female technologist who is highly trained in mammography will perform the examination.

The charge for the screening mammogram is \$50.00. The Unit accepts cash, check, Visa, Mastercard and American Express.

For more information or to make an appointment please call 856-4386

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Extension Home Economics Report

By: Kandy K. McWhorter



Fat-The Good, The Bad and The Ugly

Americans are getting their kicks out of health these days and fat is a dirty word. Before you go around kicking the fat, however, it is wise to bone up on the fat facts.

Fat is necessary for a healthy diet, since it is needed for the absorption, transport and storage of vitamins A, D, E and K -- the fat soluble vitamins. These vitamins enhance vision, bone strength, fertility and blood coagulation. Diets severely limited in fat content can cause many problems. Fat is not all bad.

Excess fat, however, is bad and most Americans should worry about too much rather than too little. Today, 42 percent of the calories in an average American diet come from fats. The American Heart Association recommends that fats make up no more than 30 to 35 percent of daily calories. AHA also recommends a one-to-one-to-one ratio of polyunsaturated, monounsaturated and saturated fats.

Polyunsaturated and monounsaturated fats are liquids at room temperature while saturated fats are solids at room temperature. Saturated fats are believed to raise cholesterol levels in susceptible persons, while polyunsaturated fats are believed to lower cholesterol levels.

Light Beef Barbeque

A tender, juicy steak cooked to perfection needs only a luscious green salad and a warm French roll to become a delicious feast. Steak and salad, America's favorite duo, can be a dieter's friend when chosen and prepared with calories in mind. Since salad dressings can contain many hidden calories, use herbs such as basil, oregano, or tarragon

mixed with lemon juice or flavored vinegar for a low-calorie dressing.

Select cuts of meat with little visible fat, and trim the remaining fat after cooking. If you marinate the steak before grilling for extra flavor and tenderness, use an oil-free marinade. Tarragon, chopped onion, and wine flavor this marinade recipe. The wine and lemon juice

help tenderize the top round, a lean yet less tender cut of beef.

As a piece of beef cooks, water and fat cook out of the meat. If you start with a piece of meat that does not contain much fat, such as a well-trimmed piece of top round, watch cooking time carefully so that you do not lose the juiciness so characteristic of beef. Cook to rare, or not past medium, to prevent a dry texture. Place the meat on a preheated broiler, or hot coals, so the exterior browns quickly, holding in the juices.

This recipe gives the ingredients and techniques for enjoying a juicy, grilled beef barbeque while controlling calories.

LIGHT BEEF BARBEQUE

1/2 cup dry red wine
1/4 cup water
2 tablespoons lemon juice
2 tablespoons finely chopped onion
1 teaspoon dried tarragon
1/4 teaspoon pepper
1 pound beef top round steak
Mix all ingredients except steak. Trim outside layer of fat from steak. Place steak in glass baking dish. Pour marinade over steak; turn to coat. Cover and refrigerate, turning steak occasionally for 24 hours, no longer than 48 hours.

Cook steak on barbeque grill 4 inches from medium hot coals 12 to 15 minutes per side for rare or until desired doneness. Turn steak only once and baste occasionally with marinade. 4 servings.

COUNTY AG-AGENT REPORT

DENNIS POOLE

Tree Planting Time At Hand

Now is an ideal time for planting most ground cover, vines, shrubs and trees.

The most critical aspect of any transplant effort is for the plant to re-establish an effective system of feeder roots before it's subjected to severe stress. BXY

PLANTING IN THE FALL NEW PLANTS HAVE SEVERAL COOL LEISURELY MONTHS DURING WHICH TO PROLIFERATE NEW FEEDER ROOTS BEFORE THE RIGORS OF SUMMER HEAT AND DROUGHT SET IN

In fact, research indicates that planting now will give plants almost all full growing season advantage over planting next spring. Furthermore, materials planted now will have enough feeder root development by spring to be able to effectively use an early spring application of fertilizer for even faster growth.

Finally, nursery and garden center personnel usually have more time now to answer questions and help with specific landscape concerns than during the spring rush.

To get your landscaping project off to a good start, select some authoritative book on do-it-yourself home landscaping.

Next, choose tough, low-maintenance, pest resistant plants that are adapted to local environmental conditions.

Homeowners will poorly-adapted, pest resistant plants so common in the marketplace.

Zone ash, sycamore, cottonwood, poplar, fruitless mulberry, umbrella tree or china berry, a silver maple, tree-of-heaven, arborvitae and euonymus fall into this category.

When planting, dig generous holes, backfill with an open, well-drained growing mix, and mulch the soil surface with 6-8 inches of dry grass clippings, leaves, straw or other organic material to moderate soil temperature. Water regularly throughout the fall and winter.

To make your landscaping venture a smashing success, remember three things: ENLIGHTENED PLANNING PROPER PLANT SELECTION AND LOST OF TENDER LOVEING CARE

Clements has grounded the \$3.1 million jet purchased for 3x-Gov. Mark White as he promised in a campaign speech.

The for sale sign will go up, but a spokesman said that it might prove difficult to sell the Mitsubishi Diamond 1A purchased by the state in 1984.

It cost \$3.1 million and you couldn't sell it for more than a million or a million and a half.

CRP

additional land to qualify for the program, so landowners need to check with their local SCS office."

Also, a maximum of 25 percent of any cropland in a county can be put in the CRP unless a special exemption is obtained.

Because several new phases of the CRP are being enacted this year, including sodbuster, swampbuster and conservation compliance, interest in the CRP should increase, contends Harris. Details on the total program are available at any local ASCS office.

The CRP is part of the 1985 farm bill and was initiated last spring as a five-year effort to take some 45 million acres of erodible cropland out of production across the U.S.

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Consumers Have Confidence In Economy

Lubbock--Despite a stormy 1986 state economy, many Texas consumers as they headed into 1987 seemed to be weathering the downturn with enough confidence to consider major purchases during the next year.

That is the conclusion drawn from a survey by the Institute for Communications Research (ICR) at Texas Tech University. The mail and telephone survey of 387 Texas residents asked the likelihood that they would make a major purchase of a home, car, major home appliance or personal computer during the next year.

Almost 40 percent thought it likely they would buy a major appliance and more than a quarter felt the same about buying a car. Almost 19 percent considered it likely they would buy a personal computer and nearly 10 percent thought a house was a likely purchase during 1987.

On a new home--the biggest investment people make -- 9.4 percent of the survey respondents considered a purchase or very likely in the next year. Men and women considered a home purchase equally likely. 9.3 percent of the women thought so.

Surprisingly, the likelihood of a home purchase cuts across all income levels fairly closely. About 7 percent of those making under \$10,000, 7.9 percent of those making between \$10,000 and \$20,000, 9 percent of those making between \$20,000 and \$30,000, 11 percent of those making between \$30,000 and \$50,000 and 12 percent of those making over \$50,000 thought a home purchase possible.

Of the survey respondents, 27.5 percent considered it likely or very likely that they would buy a new car during the next year. That compares with 68.1 percent who thought it unlikely and 4.4 percent who were uncertain.

As incomes rose, the greater the likelihood respondents would buy a new car. Those making under \$50,000 totaled 61 percent of the respondents but only 12.6 percent thinking a car purchase was likely. By contrast, those making more than \$50,000 accounted for 39 percent of the respondents and 15.9 percent of those planning on buying a new car.

Some 39.2 percent of the respondents said they were likely to buy a major home appliance during the next

year. Of the respondents, 49.2 percent said they were unlikely to buy an appliance and 11.5 percent expressed uncertainty. And, the percentages of males and females who said major home appliance purchases were likely were almost identical, with 39.6 percent of the men and 39.3 percent of the women so answering.

Likelihood of a new appliance purchase generally rose with income. Thus, 32 percent of those making under \$10,000, 34 percent of those making between \$10,000 and \$20,000, 46 percent of those making \$20,000 to \$30,000, 59 percent of those making \$20,000 to \$30,000, 59 percent of those making \$30,000 to \$50,000 and 48 percent of those making more than \$50,000 thought they would make appliance purchases during 1987.

Among Texas consumers, 18.9 percent thought it likely they would buy a personal computer during the next year. Those making \$20,000 or more annually were more likely to be considering a personal computer than those making less.

Some 21.7 percent of the persons making over \$20,000 annually thought a computer purchase was likely, compared with 16 percent of those making less than \$20,000.

Generally, the more education a respondent had, the greater the likelihood of a personal computer purchase.

Only 14 percent of the respondents with a high school diploma or less were considering a personal computer, compared with 21 percent who had attended college or earned one or more degrees.

Results of the survey conducted in October were released by ICR Director H. J. Hsia. The survey had a margin of error of plus or minus 5 percent.

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International 3 bottom 18 inch flip over plow and packer \$300.00.
Call 806-439-6342

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1974 V.W. Convertible Nice \$2500.00
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HELP WANTED

Job Applications are being taken for clerk. Hours will be from 4-8 on weekdays and all day Sunday.

Some experience would be helpful. Must Be Willing To Work. Cash register experience helpful.

Send applications to Box 297, Gail, Texas 79738.



CATCHING UP ON MAIL — The Huff family of Ventura, Calif. — currently walking across America — took advantage of a delay in their journey caused by icy weather last weekend to catch up with answers to over 100 Christmas cards

from home. Most of the cards caught up with the family in Demming, N.M. Pictured are (from left) Allen, 14; Aaron, 11; Susan; and Richard. (SDN Staff Photo)

Family walking to Virginia

Continued From Page 1

Susan Huff, mother of the clan and a former elementary school teacher, says their purpose "is to see whatever there is to see intimately and closely."

Father Richard describes himself and his wife as "classic burnouts," and says the idea for the trip "arose from a yearning for something different, for a respite from the demands of middle class life."

Prior to the birth of their sons, both Richard and Susan were employed as school teachers in a suburban district near Santa Barbara.

A desire to find a way to spend more time with their children, but still maintain a standard of living, led them to move to Ventura, where Richard continued teaching while Susan took up the management of a coin-operated laundry.

They note "one thing led to another," and soon they owned not one but two laundries.

In Susan's words, "the business had come to own us."

The final inspiration for the walking trek came, according to Richard, in February, 1985, after he heard Peter Jenkins — author of "Walk Across America" — on a radio program as he was driving home from work.

He says that he began telling Susan about Jenkins that evening and it suddenly struck both of them that a walk across the country was the thing they had been looking for.

A large part of the inspiration for their trip dates also to 1971, they say.

That year, before the birth of their children, the couple went on a summer tour of Europe.

While in Edinburgh, Scotland they visited the famous monu-

ment to Sir Walter Scott where a climb of 300 steps yields a legendary view of the city.

At the monument, they encountered a number of older people, remembered Richard. "People who had worked and saved all their lives for the trip to Edinburgh, who could not climb the steps."

Some of these elderly tourists asked the Huffs to take their cameras to the top of the monument so that they could at least have a picture.

At that moment, Richard says, he and his wife decided to get their "once in a lifetime thing done before we were too old."

The major benefit of the trip thus far, according to Richard, has been the opportunity to get to know his sons and to become reacquainted with his wife.

At home, he says, "all four of us were constantly going in different directions

JANUARY CLEARANCE

Ladies' Winter Fashions

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S.B.A. Designates Disaster Counties

Lubbock, ... U.S. Small Business Administration (SBA) officials have announced that small business concerns in numerous West Texas Counties may now be eligible to apply for financial assistance under the Agency's Economic Injury Disaster Loan (EIDL) program.

Small business concerns sustaining losses due to weather-related incidents beginning as early as January 1, 1986 and ending as late as November 30, 1986 in 23 West Texas counties may be eligible for the loans, according to Walter Fronstin, district director of SBA's Lubbock office. "The deadline for filing applications with SBA under the EIDL designations is September 9, 1987, subject to requirement changes of the Federal budget," Fronstin said.

The West Texas counties designated and the related incidents and dates are as follows:
Wheeler-Adverse weather conditions occurring February 1 through June 26, 1986

Bailey, Borden, Childress, Crosby, Foard, Gaines, Garza, Glasscock, Haskell,

Hockley, Hudspeth, Kent, King, Knox, Lubbock, Mitchell, Motley, Nolan, Pecos, Terry, Upton and Yoakum.--Damages and losses to crops due to adverse weather conditions occurring between January 1 and November 30, 1986.

"Only business loan applicants who are unable to obtain credit elsewhere and whose business meets SBA's size standards are eligible to apply for assistance," Fronstin noted.

"Agricultural enterprises are not eligible for loans under SBA's EIDL program," he said.

EIDL loans are made by the SBA to small business concerns and small agricultural cooperatives having sustained substantial economic injury as a direct result of physical disaster in their county, whether or not they had actual physical damage.

The interest rate for these loans is 4 percent for small businesses without credit available from other sources, and 9.5 percent for small agricultural cooperatives without credit available elsewhere.

Small business owners seeking more information or requesting loan application forms should contact SBA's

Area 3 Disaster Office, 2306 Oak Lane, Suite 110, Grand Prairie, Texas 75051, or call toll free (800) 442-7206.

Methodist To Have New Heart Device

Lubbock--Methodist Hospital has been selected as one of six sites in the nation to perform clinical investigations with a new heart-assist device that may save the lives of as many as 20 heart surgery patients a year in the Lubbock area.

Symbion Inc., manufacturer of the acute ventricular assistance device, has chosen Methodist Hospital to use the equipment under U.S. Food and Drug Administration approval. Dr. H. Andrew Hansen, a Lubbock cardiovascular surgeon on staff at the hospital, is the only physician now authorized here to implant the device.

Hansen expects the device to be used at Methodist Hospital for the first time sometime in early spring.

The device, called AVAD, is an external system of plastic tubing implanted during heart surgery. In the past, patients who were unable to be weaned from a heart-lung machine had only the intra-aortic balloon pump as a mechanical assist during surgery.

"AVAD bypasses the side of the heart that is injured or in failure and allows the heart to recuperate," Hansen said.

LEGAL NOTICE

Notice is given herewith that proposals will be considered from Banks and Banking Corporations desiring to serve as depository for public funds and county public school funds of Borden County, Texas. Such proposals will be considered Monday, February 9, 1987 at 10:00 A.M., and the Commissioners; Court of Borden County may at its discretion reject any and all bids or proposals submitted. Applications submitted should be in accordance with Article 2545, Bernon's civil Statutes, and it is desired that same stipulate percent interest to be paid on time deposits and rate of interest Borden County would pay on borrowed funds for ordinary operating expenses and borrowed funds for equipment purchases. Depository Bank would be expected to furnish printed checks and deposit slips for all accounts. Signed Van L. York Borden County Judge

PUBLIC NOTICE

Poka-Lambro Rural Telephone Cooperative hereby gives notice it has filed with the Public Utility Commission of Texas for authority to detariff all customer premises equipment and all premises wiring. These services include all telephones, jacks and the wire that connects the jacks to the protector which is usually located on the outside wall of your business or residence. The changes are proposed to become effective 35 days after filing, which will be approximately January 20, 1987. These changes will eventually affect all of the approximately 3,284 customers of the cooperative.

The result of the changes proposed will be that the Public Utility Commission will no longer set rates or other regulations for telephone leases and wiring installation and repairs. The rates and regulations for local exchange service will not be affected by the tariffs being proposed.

The proposed tariff changes will not cause any immediate change in revenues. Persons with questions or who desire more information about the requested rate changes are encouraged to contact the Cooperative at (806) 924-7234 or at P. O. Box 1340, Tahoka, Texas 79373. A complete copy of the filing is available at the offices of the Cooperative.

Persons who wish to intervene or otherwise participate in these proceedings should notify the Commission as soon as possible. A request to intervene, participate or for further information should be mailed to the Public Utility Commission of Texas, 7800 Shoal Creek Blvd., Suite 400N, Austin, Texas 78757. Further information may also be obtained by calling the Public Utility Commission Consumer Affairs division at (512) 458-0223, (512) 458-0221 or (512) 458-0227 teletypewriter for the deaf.

Statement of Non-Discrimination

Lyntegar Electric 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 6 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 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 6 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 180 days after the alleged discrimination, or by such later date to which the Secretary of Agriculture or the Rural Electrification Administration extends the time for filing. Identity of complainants will be kept confidential except to the extent necessary to carry out the purposes of the Rules and Regulations.

PROSM TEXAS A NEW OPTIONAL CALLING PLAN FROM AT&T

On November 13, 1986 AT&T Communications of The Southwest, Inc. ("AT&T") filed with the Public Utility Commission (PUC) of Texas to introduce a new intrastate, optional calling plan, PRO Texas. A comparable interstate plan, known as PROSM America, is currently available to Texas customers.

PRO Texas gives Texas consumers an opportunity to save money on direct dialed in-state long distance calls. Customers who choose this new AT&T plan will receive a 10% discount on all AT&T intrastate direct dialed station calls by paying a monthly charge of \$15.00.

The PRO Texas discount applies to calls placed during all rate periods and all days. The discount is in addition to the AT&T intrastate evening discount of 25% and the night/weekend discount of 40%. A one time charge of \$6.00 will be billed to initiate the service. However, this charge will be waived during the first 90 days that the offering is available.

PRO Texas will be available to all Message Telephone Service customers in Texas. AT&T estimates that it will generate revenues in the first year of almost \$8 million, which is .7% of AT&T's annual revenues for all Texas intrastate service.

The PUC has assigned Docket No. 7194 to this proposed service offering. The proposed effective date for PRO Texas is March 16, 1987. Persons who wish to intervene or otherwise participate in these proceedings should notify the PUC as soon as possible. A request to intervene, participate, or for further information should be mailed to the Public Utility Commission of Texas, 7800 Shoal Creek Boulevard, Suite 400N, Austin, Texas 78757. Further information also may be obtained by calling the Public Utility Commission Consumer Affairs Division at (512) 458-0223 or (512) 458-0227, or (512) 458-0221 teletypewriter for the deaf.



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