THE BORDEN STAR

Garza · Lynn · Scurry · Dawson · Howard

VOLUME XXVIII

February 9, 2000

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

Let Me Get My Hat!

By Dennis Poole, Borden Co. CEA-Ag.

Equine Passport Keeps Animals "Good to Go"

State livestock health officials in Texas, Arkansas, Oklahoma and Mississippi have forged a reciprocal livestock health agreement, making it easier for horse enthusiasts to travel between and within these states with their equine. On January 1st, the group ushered in an "Equine Passport" that is valid for six months and can be used in lieu of the certificate of veterinary inspection (health paper), good for only 30 to 45 days, depending on the state in which it is presented.

"We spent months working with the other states to develop the passport, so owners could easily travel with their animals to rodeos, trail rides, competitions and events within the four states," said Dr. Beals, Texas state veterinarian and executive director for the Texas Animal Health Commission (TAHC), the state's livestock health regulatory agency. "TAHC regulations prohibit the use of the Equine Passport for entry into pari-mutual race tracks. All other major shows and events welcome either the new document or a certificate of veterinary inspection."

"Private veterinary practitioners have been very supportive of the passport, as it cuts down on filling out paperwork for their clients who are on the rodeo, trail ride or other event circuit," said Dr. Beals. "Owners who compete, ride or show frequently within the four participating states may find that the passport suits their needs perfectly. Now they can choose either a certificate of veterinary inspection or the passport, either or which will be acceptable. Anyone interested should talk with their private veterinary practitioner."

Dr. Beals explained that one advantage of the passport is the stepped-up surveillance for the incurable viral disease Equine Infectious Anemia (EIA), or "Coggins". Equine traveling under a passport must have an EIA test run every six months, instead

Cont. to pg. 3



Lady Coyotes Make Playoffs Fourth Year in a Row: *(L. to R.) Hailey Adcock, Sr.; Rika Copeland, Soph.; Bekah Hensley, Jr.; Valerie Wootan, Jr.; Kaci Poole, Sr.; Julie Mayes, Sr.; Adrianna Baeza, Sr.; Crystal Dye, Sr.; Lindsey Smith, Sr.; Holly Thomas, Jr.; and Kandace Kimmel, manager. Not pictured, Shawna Kempf, manager.*

Training Scheduled for Severe Weather Spotters

Officials with the National Weather Service office in Midland will be conducting their annual SKYWARN Spotter Training Class in Gail on Monday, March 6th.

The basic training class, which lasts about two hours with a 10-minute break, will begin at 7 p.m. at the Community Building in Gail. The public is invited.

Persons attending the class will learn about thunderstorm types, primary threats of each storm type, recognition of important storm features, and strategy for locating the tornado formation area.

The program will also include information about spotter safety; videos of damage in this area last year, and a video from the May 3, 1999 tornado at Oklahoma City.

George Matthews, warning coordination meteorologist at Midland, said that while forecasting has improved and radar can show what is happening within a storm, storm spotters still remain the best resources for providing information about what is actually happening on the ground during a storm.

Law enforcement officers may receive TCLEOSE credit for attending this class.

High School Basketball

Girls Clinch District Title: Boys catch Ira off guard but fall just Short of upset

Coyote fans saw a determined boys' team take to the floor February 4 and come close to knocking off top-ranked Ira.

The boys lost to Ira earlier in the season by a margin of 27 points. This time, things were much different as Coach Richey's team frustrated the Ira offense and poked some holes in their defense.

At the end of one, the Coyotes were behind by three, 10-7, as Nick Flanigan and Trent Pepper scored for BHS.

Ira dominated the second period, outscoring the guys 13-5, with Justin Lawrence scoring four of the points for the Coyotes.

The third period began with Ira jumping to a 33-19 margin before the Coyotes stormed back on a 15-0 run to end the period and start the fourth.

With six minutes to play in the game, BHS had come back to trail by only one, 33-32, but that would be as close as they would get. Ira finished with a 13-0 run themselves to take the win, 46-35, and remain undefeated in district play.

Borden High School's girls' team remain undefeated in district with their seventh win as they held off a determined Ira group.

Ira stayed with the Lady Coyotes and trailed only 16-13 after the first period.

But, an 11-0 run in the second quarter put the Lady Coyotes back where they belonged, and they kept that lead by outscoring Ira in the next half as well.

The 59-34 win sets up the girls' bid to go undefeated in district play for the first time in the seniors' four-year high school career. BHS travels to Westbrook Tuesday to close out its district schedule.

A practice game is scheduled for Friday, February 11, in Dawson against Meadow. Bi-district play will be the following week, either on Monday, February 14 or Tuesday, February 15.

GAME STATISTICS

Boys' Game

J. Lawrence	12 pts., 7 reb.
N. Flanigan	9 pts., 2 reb.
T. Pepper	8 pts., 4 steals
R. Stamper	5 pts., 5 reb.
R. Sanders	1 rebound
T. Griffin	1 rebound
T. J. Sharp	2 steals, 2 reb.

Girls' Game

V. Wootan	22 pts., 11 reb.
J. Mayes	14 pts., 3 assts.
L. Smith	13 pts., 9 reb.
A. Baeza	6 pts., 3 reb.
H. Adcock	2 pts., 1 reb.
B. Hensley	2 pts., 4 assts.
C. Dye	3 rebounds
K. Poole	2 rebounds
H. Thomas	1 reb. 1 defl.
R. Copeland	1 rebound

Lady Coyote Playoff T-shirts 2000

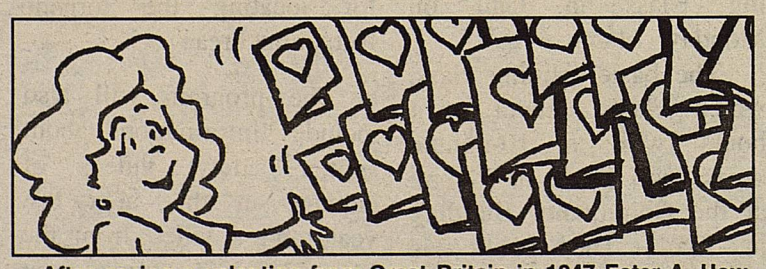


Only $15.00

Sizes: Youth: M L
Adults: S M L
XL XXL XXXL

Available only in Red and Short Sleeved

Orders due by Fri. morning, Feb 11th
Payment due when order arrives
By Tuesday, Feb. 15th.
Contact any Senior or Mrs. Stamper to place order



After seeing a valentine from Great Britain in 1847 Ester A. Howland of Worcester, Mass. decided to make her own becoming one of the first makers of commercial valentines in the U.S.

Junior High teams see action in Westbrook; Face Sands at home to close out season

Borden Jr. High teams finished up their basketball season this week and will turn their attention now to the track season which will get underway next month.

On February 3, both boys' and girls' teams traveled to Westbrook to take on the Wildcats.

In the girls' game, BJH led 5-2 at the end of one and went on to hold Westbrook scoreless in the second quarter to take a 11-2 lead in to the locker room.

In the third quarter, the Missy Coyotes picked up where they had left off and scored 12 points to Westbrook's 7.

The girls finished with a strong fourth quarter to take their third win of the season by a score of 31-13.

BJH's boys led three out of four quarters in their game, but unfortunately that lead was lost in the final period as Westbrook took a 42-32 win over the Coyote Pups.

The boys outscored Westbrook 8-6 in the first period, broke even with the Wildcats in the second as both teams scored 10, and then outshot their opponent 10-8 in the third.

But, Westbrook erupted for 18 points in the fourth quarter to the Coyote Pups' four points to claim victory.

GAME SUMMARY

Boys vs. Westbrook

D. Griffin	8 points
D. Gwinn	6 points
E. Winegarner	5 points
K. Pinkerton	4 points
A. Lozano	2 points
J. Stamper	2 points
A. Carter	2 points
J. Wilson	2 points
B. Roper	1 point

Also seeing action: Ben Griffin, Garrett Chapman, Tyler Wallace, Derek Rodriguez

GAME SUMMARY

Girls vs. Westbrook

E. Mayes	9 points
S. Gass	8 points
A. Brooks	4 points
C. Rinehart	4 points
W. Anderson	4 points
A. Ellison	2 points
K. Clements	2 rebounds
M. Brooks	3 steals
M. Peterson	4 steals
S. Pool	1 steal

JV Boys fall to Ira by one point

Borden High School's junior varsity put up another great effort but came up one point short as they fell to Ira, 43-42, in district play February 4.

Leading 9-6 after one period, Coach Avery's JV squad hit for fourteen points in the second quarter, six of those points coming from T. C. Stipe, and led at halftime 23-21.

The third period is what made the difference, though, as Ira came out and scored 16 points to BHS's 6, taking command and going on to win by the one-point margin.

Game Summary

P. Brown	11 points
T. C. Stipe	8 points
J. Zant	8 points
Talin Pepper	8 points
R. Dunlap	4 points
B. Jackson	3 points



Let Me Get My Hat!

By Dennis Poole,
Borden County CEA-Ag.

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

Equine Passports Keeps Animals "Good to Go"

Cont. from pg. 1

of every 12 months, which is the requirement for a certificate of veterinary inspection. "That will give greater assurance that the equine (horse, donkey, mule, ass or zebra) hauled most frequently among the four states are fee of the disease," said Dr. Beals. The EIA test paper, known as a VS 10-11, must be carried with the passport document. The equine also must be individually identified with a permanent tattoo, brand or microchip-type implant.

"When the passport was being developed, Louisiana 'bought in' on the project but had to delay accepting or issuing passports," said Dr. Beals, For more information, or to check on Louisiana's participation in the interstate agreement after mid-February, equine owners may call their TAHC area office or TAHC Permits at 1-800-550-8242, ext 777.

Ft. Worth & El Paso Results

Several 4-H members recently traveled to Ft. Worth to participate in the Southwestern Exposition and Livestock Show. Results are as follows:

Steers:

Tanner Poole - 7th Place LW American

Also exhibiting steers were Kylia Culp, J. Ryan Gicklhorn, Kaci Poole, Kalli Poole, and Kylan Reynolds.

Lambs:

LaShae Johnson - 5th and 8th Place MW Medium Wool

El Paso Results

Three exhibitors traveled to El Paso to exhibit steers. Placings were:

Tanner Poole - 1st Place LW American

Kalli Poole - 2nd Class I European

Kaci Poole - 2nd Class 3 European

Congratulations to these exhibitors! Thanks to all who helped in preparing animals for the show, transportation of the animals and exhibitors, and for all efforts that go along with a major stock show! Good luck to those of you preparing for San Antonio.

FINANCIAL AID WORKSHOP

Seniors and parents are invited to a Financial Aid Workshop at Lamesa High School on Thursday, February 10th from 6:30 p.m. to 8:30 p.m. There will be financial aid experts and accountants on hand to answer questions and finalize FAFSA reports.

Menu

Lunch: $1.00 K - 6th.
$1.25 7th - 12th.
Breakfast: - 50c

February 14th-18th

MONDAY: Chicken Stir Fry, Noodles, Salad, Bread Stick, Fruit & Milk
Breakfast: Cinnamon Toast, Juice & Milk
TUESDAY: Enchilada Casserole, Corn, Green Beans, Tortilla Chips, Pudding, & Milk
Breakfast: Donuts, Fruit, Juice & Milk
WEDNESDAY: Meat & Gravy, Potatoes, Broccoli & Cauliflower, Hot Rolls, Juice Bar & Milk
Breakfast: Pancakes, Ham, Juice & Milk
THURSDAY: Hobo Stew, Salad, Rolls, Fruit, & Milk
Breakfast: Eggs & Ham, Toast, Juice & Milk
FRIDAY: Cheeseburger, French Fries, Salad Cup, Cake & Milk
Breakfast: French Toast, Juice & Milk



Your children are a real credit to you. $500 each



Subtract up to $500 right off your federal income tax, for each qualifying child under 17. Who qualifies? See your 1999 tax booklet. Or check the IRS Web site: www.irs.gov

The Internal Revenue Service
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From the Counselor: By Mary Airhart

REMINDER:

TAAS Alert

(Texas Assessment of Academic Skills)

On Tuesday, February 22nd. 4th graders, 8th graders, and 10th grades across the state of Texas will be taking the *Writing* portion of the TAAS. The sophomores only will continue testing that week to take the EXIT level *Math* on Wednesday, February 23rd and take the EXIT level *Reading* on Thursday, February 24th. (Grades 3-8 will take TAAS *Math* on Tuesday, April 11th and TAAS *Reading* on Wednesday, April 12th. The 8th grade will also have TAAS *Social Studies* on Thursday, April 13th and TAAS *Science* on Friday, April 14th.)

CONGRATULATIONS to Hailey Adcock

Winner of the 2000 Cap Rock Electric Scholarship & to

Tanner Poole

"Top Hand" Award Jacket Winner Borden County

CRE

FFA Close Out Sale

The Gail FFA Chapter currently has several frozen meat items available from this years previous sales. The following items will be sold at a discounted price in order to close out all inventories.

5	Pork Breakfast Patties:	$ 8.50
4	Smoked Sausage Rings:	$12.00
2	Smoked Sausage Links:	$11.00
2	Pork Breakfast Links:	$ 8.50
4	Smoked Sliced Bacon:	$ 9.00
3	Smoked Peppered Bacon:	$ 9.00
4	Hickory Smoked Hams:	$20.00
6	Smoked Turkeys:	$16.00
2	Country Style Pork Sausage Rolls:	$ 6.00
2	Peppered Turkey Breast:	$15.00
10	Chicken Fajitas:	$ 9.00

Anyone wishing to purchase these items can contact Mr. Buddy Wallace @ 756-4314 (work) or 756-4478 (home). The Gail FFA appreciates your support.

With Love, On Valentine's Day



"Kable" Bonner Kleck

Parents: Hopper & Robby Kleck
Grandparents: Sid & Connie Hart
Mike & Linda Kleck
Granparents: Patsy Underwood
Bill & Doris Kleck

With Love, On Valentine's Day

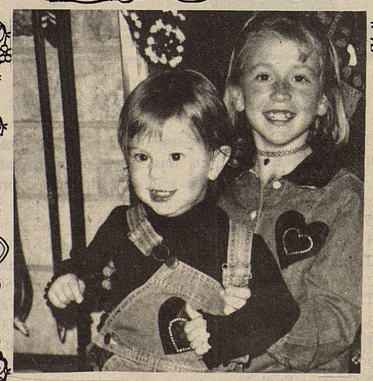


"Macy" Lee Hart

Parents: Lee & Niki Hart
Grandparents: Sid & Connie Hart



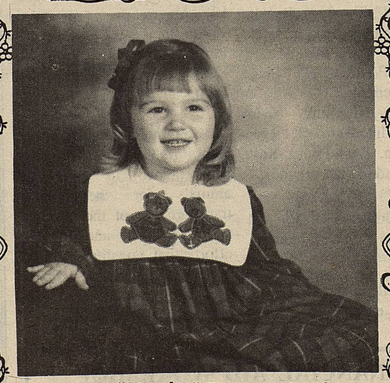
With Love, On Valentine's Day



Olivia & Zoie Key

Parents: Brice & Darby Key
Grandparents: Bill & Nancy Gordon
Karan Key

With Love, On Valentine's Day



"Kaitlin" Francis York

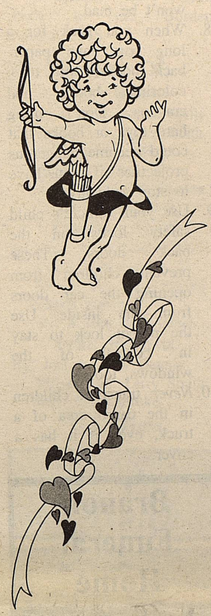
Parents: Van Lee & Kris York
Grandparents: Van & Barbara York
Randy & Susan Mack

With Love, On Valentine's Day



Jace, Kyler
Bethany, Karysa
Kaimi, Sydni, Kortni

Grandparents: Kenneth & Mary Lynn Williams



With Love, On Valentine's Day



Jon "Thomas" Harrison

Parents: Kristi & Jon Harrison
Grandparents: Randy & Verna Adcock
Perry & Susie Harrison

A Word of Thanks!

I would like to express my heartfelt thank you for the many expressions of concern so many have given to R.D. and me over the last month. The food, phone calls, visits, and the many cards have been very encouraging; I loved the Coyote Store card with thirty-something names! From my workplace to ex-students, there couldn't be a better support group anywhere. Thank you.

Sincerely,
Carol Lewis

Be Mine Valentine!

Moore-Rains Insurance
Frances Rains Moore
O'Donnell, TX 806/428-3335

POLITICAL CALENDAR
March Democratic Primary 2000

Justice of the Peace:
Jane Jones
Shirley Bennett
Dorothy Wilson

County Sheriff

Tax Assessor/Collector:
Billy Gannaway
Chuck Kimmel

County Commissioner: Precinct #3
Ernest Reyes
Joe Harding

County Commissioner: Precinct #1
Doug Isaacs

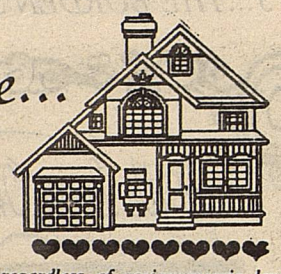
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Important Voter Information!

Jan. 14, 2000	First Day for voters to submit application for Early Ballot by Mail for the General Primary, or for both the General Primary and the Runoff Primary.
Jan. 29	First Day to mail ballots to qualified voters who have requested ballots by mail.
Feb. 11th	First Day for voters to submit application for Early Ballot by Mail for the Runoff Primary. A person may request ballots for both the General Primary and the Runoff on the same application.
Feb. 13th	Last Day a voter who has moved to a different election precinct within the county may submit a change of address to be eligible to vote in the precinct of new residence.
Feb. 14th	Last Day a person may register to vote in March 14th, 2000 Primary Election.
Feb. 28th	Early Voting by Personal appearance begins.
March 7th	Last Day to receive application for Ballot by Mail.
March 10th	Last Day to vote by Personal Appearance.
March 14th	Primary Election Day

Don't Forget to VOTE!

Heart and home...



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

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

Ten Tips for a Safer Trip

Family car rides can be stressful. Keeping the kids entertained may be your top priority, but parents should never compromise safety. February 13-19 is *National Child Passenger Safety Week,* so here are some tips to make every ride a safe ride.

1. Be sure to set a good example. Parents, caregivers and other adults should always use seat belts on every trip. Make it a family policy that everyone in the car buckles up before the car moves.
2. Be sure your child safety seat is properly installed. Give it a good tug; if it moves more than one inch, it is probably not installed correctly. Review both the manufacturer's instructions and your vehicle owners' manual. If yo are still confused, all your highway fety office or local police traffic safety officer to find out when the next child safety seat checkpoint will be held, or ask if they can do a check for you at the sta ion.
3. *Never* let childre n put the seatbelt shoulder strap behind their back or under their arm. This makes the lap belt ride up and that can damage internal organs if you crash or even stop suddenly.
4. Accessories that are designed to make safety belts fit older children are not recommended by NHTSA because there are not federal safety standards for their manufacture or use.
5. For children over 40 pounds, booster seats help seat belts fit well. Kids are not only safer, but more comfortable, too. They can see out the window better and they can fall asleep easier on long rides.
6. Air bags and kids don't mix. Children should *always* be in the back seat. *Never* put a rear-facing infant seat in the front sat of a vehicle that has a passenger air bag.
7. Talk to your teenagers and preteens about buckling up and about drunk driving. Make sure they know never to get in a car with anyone who has been drinking. Tell them that if they promise to call home instead, you will be promise to always go get them, no matter what, and that you won't be mad.
8. When you pack for a long trip, take paperback books, soft toys, coloring books and crayons. Don't bring hard toys or books that could become dangerous projectiles if you have to stop suddenly.
9. Use your vehicle's child safety locks on the back doors. These prevent children from opening the car doors from the inside. Use the parent lock to stay in control of the windows, too.
10. *Never* transport children in the cargo area of a truck, even if it has a cover.

Branon Funeral Home

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Child Safety Seat Compatibility

How Can I Tell if it Really Fits?

Not all safety seats can be safely installed in all vehicles. With numerous models of child safety seats, more than 300 vehicle models and the variety of different seat belt systems available today, correctly installing your child's seat can be quite challenging. The best way to know if your safety seat is compatible with a new vehicle is to test it before you purchase or lease the vehicle.

What Makes a Vehicle and a Safety Seat Incompatible?

Lots of things. When you walk into a dealership, consider the following features:

- **Two-doors only:** This feature makes installing a safety seat correctly more difficult. *It also makes it much harder to get your child in and out of the car.
- **Small back seats:** Some back seats are simply too small to properly accommodate some safety seats, especially those in the rear-facing, reclined position. And don't forget to check out the rear center safety belt. Some will be too close together to fit safety seats with wide bases.
- **Back seat slope:** Rear-facing infant seats should be reclined at a 45° angle. The slope of the seat may cause child to tilt too far forward. Hint: Try placing a tightly rolled towel under the base of the child seat.
- **Forward-anchored belts:** When a safety belt extends from the seat forward of where the back and seat cushions meet, this causes the safety seat to be too loose. Hint: Consider a child safety seat with a top tether strap. This type of seat can be accommodated by virtually all passenger cars made since 1989, when pre-drilled holes, used to secure the top of a child safety seat, became a standard feature.



- **Pickup truck jumpseats:** A child safety seat will not fit properly in many pickup truck rear seats. There is just not enough space between the rear of the front seat and the child to allow forward motion in the event of a crash or sudden stop. Side-facing jumpseats are not appropriate for a child safety seat *under any circumstances.*

For a free *"Buying a Safer Car for Child Passengers"* brochure, with a complete listing of 1999 makes and models with important safety features, contact:

- your local AAA office;
- the NHTSA Auto Safety Hotline at 1-888-DASH-2-DOT (1-888-327-4236); or
- www.nhtsa.dot.gov

*Because you have to get into the back seat yourself to install the child seat securely.

Flexible Hours
Part Time/Full Time

United States Census 2000

Census Jobs are available in your areas!!!

$$$ Earn Extra Money!! $$$

Bring 2 forms of original, valid identification
Veterans bring a copy of your DD-214

CENSUS TAKERS
CREW LEADERS

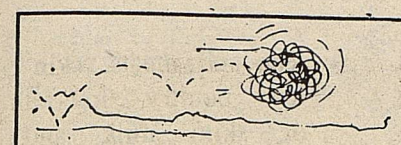
$9.75 PLUS per hour for field assignments
Mileage reimbursements (for field jobs)
.31 cents mileage reimbursement

Testing and Applications will be taken at the Borden County Community Center on Saturday, Feb. 12th , beginning at 10 a.m.

For more information in the Borden County area please call: Gene Quigly at (915)263-7013 or Call the Local Census Office at (806)785-6740 or 1-888-325-7733

The Bureau of the Census is an Equal Opportunity Employer!

The Republican Party Polling Place for the March Primary will be located at the Community Building in Gail From 7 a.m. to 7 p.m. March 14th



Texas Stories

A showcase of the Texas Spirit

Tumbleweed Smith
Part owner of Texas



No Y2K on the Beach

The sunset was spectacular. The clouds were trimmed with silver and gold as the sun laid a bright orange stripe on the water before sinking into the gulf.

Sounds like Texas, doesn't it. Well, it's Florida. A little place called Cape San Blas on a strip of beach referred to as Florida's Forgotten Coast.

We went to Florida because my wife's cousin Bill has an uncle who owns a beach house in Cape San Blas and rents it out. The house is named *Do Me Good*. We were trying to figure out somewhere to go to welcome the new century. We thought about Key West and tried to get accommodations there, but the prices were outrageous. A room at a moderately priced motel that might cost fifty to seventy dollars a night was going for five hundred dollars a night.

Cuz Bill told us about the place at San Blas, so we decided to go there. It's near Apalachicola, a historic old sailing town that feels and looks like the times when big ships came into the harbor there.

Some other places nearby are Saint George Island, Mexico Beach and Port Saint Jo. Palmettos grow here in profusion, right along with tall pine trees. It is an area of beautiful homes. In spite of all the hurricane threats, land is expensive here. A tiny long next to *Do Me Good* is for sale for $150,000.

We had oysters at Boss Oysters, a restaurant in Apalachicola. The prepare oysters seventeen different ways. We didn't try all of them. My favorite was with ceviche.

Oysters are big business here. Apalachicola Bay provides ninety percent of Florida's oysters and ten percent of the nations' supply. One and a half million pounds of oyster meat are shucked around Apalachicola each year.

In Florida, fireworks are sold in super markets. We bought some at Piggly Wiggly to celebrate the New Year on the beach. The temperature was perfect. Around 70 degrees. High season in Florida is summer, I don't understand that.

All during the last day of 1999, people were building things near the water. The beach sand was formed into a giant Sphinx, a castle-like structure that had turrets and stairs on the inside of it, a bear, a woman and all manner of things. It was fun to walk along and see all the creativity that went into building sand sculptures. At night on New Year's Eve people sat outside and built fires.

Our fireworks were duds. I tried to light a package of firecrackers so they would all go off together, but nothing happened. I threw them in the fire and noting happened. But some others worked and people on either side of us had some real fireworks, so we got to watch. It was a great way to start a New Year.

Borden County EMS Memorials

Donations have been made to the Borden County EMS

In Memory Of:

Burl Belew
By: Don & Jacqueline Wills
Mr. & Mrs. Larry Smith
Joel & Betty Dennis
Kenneth Hart
Doyle & Shirley Newton
Jess & Sharlot Stone

Carolyn Stone
By: Don & Jacqueline Wills
Verna Faye Ogden
Mr. & Mrs. Larry Smith
Canon Ranch
Mr. & Mrs. Jerry Bush

Fran Bennett
By: Joel & Betty Dennis
Mr. & Mrs. Larry Smith
Mrs. Bill Ludecke

D.J. Dyess
By: Joel & Betty Dennis
Doyle & Shirley Newton
Mr. & Mrs. Larry Smith

Ann Gilbert
By: Doyle & Shirley Newton

Jewell Whitmire
By: Doris Steadman

Paula Lewis
By: Canon Ranch

Bill Westbrook
By: Mr. & Mrs. Tim Wilson

John Dennis
By: Bill Colene Nickum
Chris Glenna Reiter
Canon Ranch
Mr. & Mrs. Jerry Bush

Debbie Awtry Dennis
By: Bill & Colene Nickum

Clay Kingston
By: Glen & Judy Kingston

Doyle Fowler
By: Doris Steadman

Kathleen "Jude" Huddleston
By: Doris Steadman

Pat Phillips
By: Doris Steadman

Morris Miller
By: Doyle & Shirley Newton

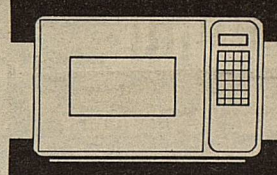
Mattie Vina
By: Doyle & Shirley Newton

David Lansford
By: Doyle & Shirley Newton

Ronnie Stewart
By: Doyle & Shirley Newton

Doris Bennett
By: Verna Faye Ogden
Mr. & Mrs. D.R. Covey
Marguerite Faver
Mr. & Mrs. Delmo Pearce
Margaret Sharp
Mr. & Mrs. Larry Smith
M & M A.J. Henderson
Bernice Hendeson
M & M. Robert Buzbee
Doyle & Shirley Newton
David E. Aynes
Weldon & Dorothy Clark
Norman & Audry Clark

DRIVE SAFELY! Watch out for the Children . . .



cooking

MAIN DISH SALADS

the microwave way

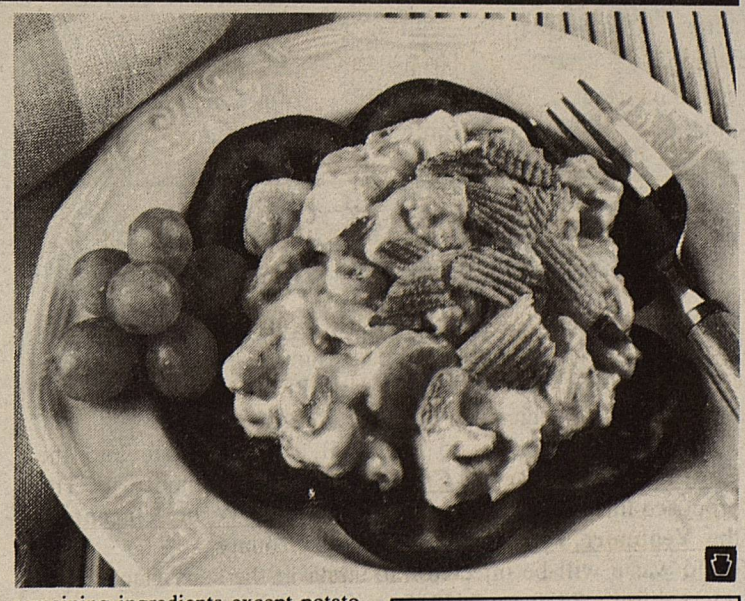
(DM)–Hot chicken salad is a versatile main dish, equally appropriate for a ladies' luncheon or a family evening meal. This easy-to-prepare microwave recipe for Creamy Hot Chicken Salad takes just 22 minutes of total cooking time. For an attractive serving suggestion, according to Whirlpool Corporation home economists, arrange sliced tomatoes on a plate, top with a large spoonful of the chicken salad and add a cluster of grapes.

CREAMY HOT CHICKEN SALAD
(6 servings. Total cooking time: 22 minutes)

- **1 pound boneless chicken, cut into ½ inch pieces**
- **¼ cup water**
- **Garlic pepper**
- **1 cup chopped celery**
- **2 green onions, sliced**
- **½ cup sliced water chestnuts**
- **1 teaspoon lemon juice**
- **1 can (10 ¾ oz.) condensed cream of chicken soup**
- **½ cup regular mayonnaise**
- **2 cups potato chips, crushed to 1 cup**

1. Place chicken in medium microwave-safe bowl. Add water. Sprinkle with garlic pepper. Cover and microwave at HIGH (100%) for 2 minutes. Stir and microwave at MEDIUM (50%) for 8 minutes or until thoroughly cooked and no longer pink, stirring twice. Cool slightly, Drain off liquid.

2. Stir together chicken and all remaining ingredients except potato chips. Spoon into 2-quart microwave-safe casserole. Cover loosely. Microwave at MEDIUM (50%) for 10 minutes or until hot. Stir. Top with potato chips. Microwave at HIGH for 2 minutes longer.



Nutrition Information (per serving)

Calories	328
Protein	19 g
Fat	22 g
Cholesterol	34 mg
Carbohydrates	12 g
Sodium	727 mg

Whirlpool TimeSmart Tip

This recipe was developed using a microwave oven with a wattage output of 700 watts. Smaller microwave ovens may have a lower wattage output and the recipe will take longer to cook. In an oven with a higher wattage output, the recipe may require less time to cook. Record the length of cooking time needed for each recipe as you make it. This will help when making the same or similar recipes in the future.

Watch your Heart and your Brain

Cardiovascular disease and stroke are the No. 1 and No. 3 killers of both Texans and Americans. In 1996, 42,330 Texans died of heart disease and another 9,845 died of stroke.

Heredity and lifestyle are two biggest factors that put people at risk for heart disease and stroke. There's not much one can do about heredity, but the physicians of the Texas medical Association want all Texans to know that a few simple changes in their lifestyles could greatly reduce their risk of suffering from heart disease or stroke.

That's why TMA has launched Project WATCH, a two-year initiative to reduce cardiovascular disease and stroke be getting Texans to focus on five known risk factors for these diseases – weight, activity, tobacco, cholesterol and high blood pressure.

"It is well known that these are risk factors that can cause cardiovascular disease and they are risk factors that people can change," says TMA President-Elect Dr. Jim Rohack, a Temple cardiologist. "The risk factors that we've targeted are ones that, with appropriate detection and control, literally can prevent the development of cardiovascular disease or actually reverse it."

Everyone needs to know his or her risk factors for heart disease or stroke. The American Heart Association (AHA) has a risk assessment quiz on its Web site (www.americanheart.org) that will help you judge your heart disease risk. Persons who believe they may be at risk for heart disease or stroke should consult their physician about beginning a program to help control these risk factors.

Once you have committed yourself to making some lifestyle changes, here are some tips to keep in mind:

1. ***Weight*** – Being overweight puts added strain on your heart and can contribute to high blood pressure. Eating a diet low in fat, cholesterol and salt plus exercising regularly can help you lose weight and lower your blood pressure.
2. ***Activity*** – A modest program of exercise or physical activity can greatly reduce one's risk for heart disease and stroke. Thirty minutes of moderate-intensity exercise, such as walking, jogging or cycling, done three to four times per week is all it takes. If you like, you can supplement that activity by taking walking breaks at work, using the stairs instead of the elevator or gardening or household work. Regular physical activity helps control weight, raise "good" cholesterol levels and control blood pressure.
3. ***Tobacco*** – If you smoke, quit. If you can't quit "cold turkey," reduce the number of cigarettes you smoke by one cigarette each day until you can quit. If this fails, ask your physician about smoking cessation programs.
4. ***Cholesterol*** – Reduce cholesterol levels in the blood by eating healthy foods that are low in saturated fat and cholesterol. The American Heart Association recommends five or more servings of fruit and vegetables each day, six or more servings of whole grains plus lean red meats, skinless poultry, low-fat or skim milk and dairy products, lean fish and shellfish and beans and peas.
5. ***High Blood Pressure*** – Losing weight, eating a low-salt, low-fat diet, increasing activity levels and limiting alcohol consumption all can help you lower your blood pressure.

Texas Medical Association is a professional organization of more than 36,000 physicians and medical student members. It is located in Austin and has 118 component county medical societies around the state. The Association represents 85 percent of the doctors of medicine licensed and residing. TMA's key objective is to improve the health of all Texans.

NOTICE OF APPLICATION FOR COMMERCIAL DISPOSAL WELL PERMIT IN A PRODUCTIVE FORMATION

Finley Resources Inc. 1308 Lake St. #200 Fort Worth, Texas 76102 is applying to the Railroad Commission of Texas for a COMMERCIAL DISPOSAL WELL PERMIT to inject fluid into a formation which is productive of oil and gas.

The applicant proposes to inject oil and gas waste into the **Canyon Reef, James E. Coates** Lease, Well Number **1**. The proposed injection well is located **6** miles **NW** of **Vincent** in the **Vealmore, East** Field, in **Borden** County.

Fluid waste will be injected into strata in the subsurface depth interval from **7430** to **7439** feet.

LEGAL AUTHORITY: Chapter 27 of the Texas Water Code, as amended, Title 3 of the Texas Natural Resources Code, as amended, and the Statewide Rules of the Oil and Gas Division of the Railroad Commission of Texas.

Request for a public hearing from persons who can show they are adversely affected or requests for further information concerning any aspect of the application should be submitted in writing, within fifteen days of publication, to the Environmental Services Section, Oil and Gas Division, Railroad Commission of Texas, P.O. Box 12967, Austin, Texas 78711 (Telephone: 512-463-6792).

Maybe It Wasn't The Five-Alarm Chili.

Severe Heartburn May Mean A Heart Attack.

Recognizing the signs of heart attack and acting fast may make a difference between life and death. Call 9-1-1 immediately if you experience one or more of these signs: pain spreading to shoulders, neck and arms; uncomfortable pressure, fullness, squeezing or pain in the center of the chest that lasts more than a few minutes; and chest discomfort with lightheadedness, fainting, sweating, nausea or shortness of breath. New treatments can help reduce damage to the heart but only in the first few hours after symptoms begin. Every minute counts.

To learn more about heart attack, call the American Heart Association at 1-800-AHA-USA1 or visit us online at www.americanheart.org/tx

9-1-1 HEART ATTACK & STROKE
Read the signs. Raise a flag.

American Heart Association

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Ben Detwiler hoped to make the world a better place.
That hope died when he was killed by a drunk driver.

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Whatever you have to.
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U.S Department of Transportation

You Drink & Drive. YOU LOSE

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