

THE

Volume XXIX

BORDEN

STAR

March 14, 2001

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

Poka Lambro Annual Meeting Thurs. March 29

The 50th Annual Membership Meeting of Poka Lambro Telephone Cooperative, Inc. is scheduled for Thursday, March 29, 2001. The meeting will be held at the Poka Lambro business office located 11.5 miles north of Tahoka, Texas on US Hwy 87.

Member registration will begin at 11:00 a.m. followed by lunch at 12:00 noon. The business meeting will begin at 1:00 p.m. One important item of business on the agenda is the election of two directors of the Cooperative. The Poka Lambro Nominating Committee nominated the following Poka Lambro members to be voted upon by the membership at the

Annual Meeting:

District 2:

Charles M. Medlina and R.L. Flemming (Incumbent)

District 6:

Delbert McCleskey and Randy Hensley (Incumbent)

Other highlights of the meeting will include the presentation of Poka Lambro scholarships, reports of Officers and Directors, and any other business that may come before the meeting. All Poka Lambro members are encouraged to attend the Annual Meeting. Door prize cards may be picked up when registering. For more information contact Amy Preston at 1-800-422-2387

TDA to hold hearings on Organic Cotton Rules in Boll Weevil Eradication Zones

The Texas Department of Agriculture will hold two public hearings on Wednesday, March 14 for comments on amendments to organic cotton rules in active boll weevil eradication zones.

The proposed amendments cover indemnification eligibility and the method for calculating any compensation

for organic growers who may need to destroy crops because of infestation in an active eradication zone.

In the hearings, TDA will also take comments on amendments to make the state's organic cotton rules consistent with the recently adopted National Organic Standards.

Shakespeare in Borden County? B.H.S. One-Act Play to take the stage

Last year, they took you "into the woods" in a mixed-up fairy tale. This year, they will take you back to the woods--only this time, the woods are outside of Athens, and these woods are enchanted with real fairies. This time around -- they have taken on an extra challenge and have brought William Shakespeare to Borden County!

When the Borden County High School One-Act Play production of Shakespeare's *A Midsummer Night's Dream* takes the stage this coming Monday for its District 9-A, West Zone Contest, fifteen actors and actresses and four crew members will bring

Ancient Greece and Renaissance England to the present-day. Through a series of magical mix-ups, a romantic love story goes sour and creates one of Shakespeare's most cherished comedies and one of the world's most famous plays.

The Zone Contest will be hosted by Dawson High School on March 19th, 2001, and it will include competitive One-Act Play productions by Dawson, Grady, Klondike, and Sands High Schools, in addition to Borden County. The top two plays will advance to the district contest to be held on March 22nd (also at Dawson).

Monday's performances are set to begin at 2:30 with the established order being Grady, Sands, Dawson, Klondike, and Borden County. The shows will run back-to-back with a brief time between them for changing sets. Therefore, the approximate starting time for Borden County is around 5:30-

6:00. Be there by 5:00 just to be safe -- Admittance during performances is usually denied. Awards and critiques will follow shortly after the Borden County production.

As a special note, please be aware that cameras, video recorders, and cell phones are not allowed to be used during the contest performances. The University Interscholastic League and various play publishers prohibit the use of such devices.

If you are unable to make it to the contest performance on Monday, the cast and crew invite you to attend the official community performance of the play on Tuesday, March 20th, in the Borden County I.S.D. Auditorium. Show time is at 7:00 p.m., and cameras are permitted.

The following students,

Cont. to pg. 2

The hearing will be

- 11 a.m. at the Texas A&M University Agricultural Research and Extension Center 1102 E. FM 1294 in Lubbock
- 3:30 p.m. at the Dawson County Community Center, 910 S. Houston in Lamesa.

TDA will take comments through April 1. Those who wish to comment can write TDA at P.O. Box 12947, Austin, Texas 78711 or fax to (512)463-1104. For more information, call John McFerrin, producer relations specialist, at (512)463-7593.

DATE CHANGE!!!

DATE CHANGE!!!

Parents Club Meeting

There will be a Parents Club Meeting on Thursday, March 22nd at 6:30- p.m. Gail Community Building

The Parents Club Scholarship will be topic of discussion. Mark it down and plan on attending this very important meeting.

Trent Pepper Wins 3200m Run at West Texas Relays Boys' Track Team Finishes 3rd at Wildcat Relays During Spring Break

With only four members competing, the Borden High School track team scored 52 points to garner third place at the Grady Wildcat Relays March 9.

Juniors Rowdy Dunlap and Jacob Zant along with sophomores Raul Rodriguez and T. J. Sharp performed well individually and then teamed up to win a bronze medal in the 400m relay.

For the Lady Coyotes, senior Holly Thomas was the lone representative and ran the 3200m in 15:20:19.

Another long distance

runner, senior Trent Pepper, returned to Odessa for the West Texas Relays where he holds the record in the 3200m run which he set last year.

He duplicated his gold medal effort again this year, running a 10:05:32 to finish ahead of the larger school runners.

In the 1600m run, Trent won the bronze medal with a time of 3:48:12.

Individual results from Grady are listed below:

Raul Rodriguez: long jump (117'6"), 100m dash (12.54), 200m dash

(25.58); T.J. Sharp: shot put (36'2" for 4th place), discus (132'5 1/2" for first place), 100m dash (12.64), 200m dash (26.43); **Rowdy Dunlap:** shot put (33' 4 1/4"), discus (113'1 1/2" for 5th place), 100m dash (12.28), 200m dash (24.51); **Jacob Zant:** high jump (5'6" for third place), 110m hurdles (17.21 for first place), 300m hurdles (45.18 in prelims, 46.24 in finals for second place).

Borden High School will host a track meet Saturday, March 17. Field events begin at 9 a.m.

Caring for the Children of Tomorrow

Lamesa Medical Arts Hospital is helping the Texas Department of Health advance the medical care your children will receive across the state.

Medical Arts Hospital has been recognized for its contribution in laying the foundation for future children's care standards. The hospital was one of four foundation for future children's care standards. The hospital was one of four Texas medical facilities that took part in a pilot study examining the capacity and readiness of the states' hospitals to treat critically ill and injured children.

For the past year, MAH has conducted surveys that have provided valuable information for the Texas Department of Health and qualified Medical Arts as one of the first certified Pediatric Stabilization Facilities in Texas.

"We've always given young patients special care, because that is our nature as care givers," said Jeana Wade, R.N., emergency room director and trauma nurse coordinator. "However,

taking part in this pilot program allowed us to focus training for our staff that will enhance that care."

Another benefit of the new certification is that Medical Arts will be more likely to receive funding to purchase equipment designed to meet the specific needs of children.

"Technology is constantly developing equipment to treat the little ones. Keeping up with those changes can be expensive. We're hoping to

B.H.S. One-Act Play

Cont. from pg. 1

grouped by classification, make up the cast of *A Midsummer Night's Dream*:

SENIORS

James Bond--"Oberon"
Bekah Hensley--"Puck"
Kandace Kimmel--"Titania"
Krystle Lee--"Helena"
D.J. Smith--"Nick Bottom/
Pyramus"
Holly Thomas--"Hermia"

JUNIORS

Rowdy Dunlap--"Duke Theseus"
Cody Nowlain--"Lysander"
Laura Stamper--"Hippolyta/
Peaseblossom"

receive funding that will allow Medical Arts to upgrade all pediatric equipment and provide more complete care for our children."

The pilot study has also created a teaching opportunity for the hospital. The staff will now be called on to help train other hospitals to meet and maintain the standards that are necessary to be certified as a Pediatric Stabilization Facility.

For more information about this honor, contact Letha Hughes at 806/872-5727 ext. 243

Jacob Zant--"Demetrius"

SOPHOMORES

Michele Bond--"Mustardseed/
Snug/Lion"
Kevin Ellison--"Robin Starveling/
Moonshine"
Talin Pepper--"Peter Quince/
Prologue"

FRESHMEN

John Stamper--"Egeus/Tom
Snout/Wall"
Evan Winegarner--"Francis
Flute/Thisby"

Serving as technical

Rylander's plan to expand Sales Tax Holiday would save Texas Taxpayers an additional \$46 Million

Texas Comptroller Carole Keeton Rylander announced her proposal to expand the Sales Tax Holiday from three days to five days and add to the list of tax-exempt items safety equipment, school supplies and materials used to make kiddos' clothing. Comptroller Rylander's proposal would save Texas taxpayers an additional \$46 million from 2001 to 2003.

"The Sales Tax Holiday is a tremendous help to hard-working Texas families," Rylander said. "By expanding the holiday from three days to five and adding these items, the sales tax holiday will be less of a traffic jam and save Texans more of their hard-earned dollars for their families."

The items added to the tax-exempt list are buttons, zippers and fabric for mammas who make the clothes; school supplies, including backpacks; and safety equipment, including bicycle helmets, elbow and knee pads, and baby and children's car seats.

"I want to make the Sales Tax Holiday as beneficial to Texas families as possible," Rylander said. "The tax burden on working families is too high and the sales tax holiday provides Texans with much-needed relief."

In 1999, the legislature approved an annual sales tax holiday to fall on the first weekend in August each

crew members of the Borden County H.S. production are: Shawna Kempf, Sr., Stage Manager; Jessica Ellison, Jr., Music and Costumes; Micah Hensley, Soph., Props; and Clay John Anderson, Fr., Lights.

Break a leg, Borden! May you perform to the best of your abilities.

year, which coincides with back-to-school shopping. No state or local sales taxes are collected on tax-exempt items under \$100.

During the first two Sales Tax Holidays, taxpayers saved \$32.0 million in 1999 and \$37 million in 2000. Beginning last year, local taxing entities were able to opt out of the Sales Tax Holiday if they notified the Comptroller's office by March 31st. Only Sunset Valley, a small community southwest of Austin, chose not to waive its local sales tax.

For more information on the Sales Tax Holiday and a list of exempt and non-exempt items, see the Comptroller's Web site at www.window.state.tx.us or call the tax assistance hotline at (800)252-5555.

School Menu Week of: March 19th - 23rd

MONDAY: Tamales, corn, salad, tortilla chips, fruit & milk **Breakfast:** Hot pocket, hash brown, juice & milk

TUESDAY: Steak fingers, green beans, potatoes, hot rolls, ice cream & milk.

Breakfast: Oatmeal, toast, fruit, juice & milk.

WEDNESDAY: Fish, corn, French fries, hush puppy, cake & milk **Breakfast:** Sausage gravy, biscuits, juice & milk.

THURSDAY: Tacos, salad, pinto beans, cobbler & milk.

Breakfast: Breakfast burrito, hash brown, juice & milk.

FRIDAY: Steak sandwich, salad cup, French fries, cookie & milk. **Breakfast:** Egg & Cheese, English muffin, juice & milk.

Good nutrition vital to good education

March is National Nutrition Month, which provides a great opportunity to promote healthy eating habits in public schools. Research consistently shows that students, who acquire healthy eating habits while young are more likely to continue those good habits throughout their life.

Experts say that if American youths were to be graded on their eating habits, a good many wouldn't pass. Consider these statistics compiled by the U.S. Department of Agriculture:

- Only 2 percent of youth meet all the recommendations of the Food Guide Pyramid; 16 percent do not meet any of the recommendations.
- Less than 15 percent of schoolchildren eat the recommended servings of fruit, less than 20 percent eat the recommended servings of vegetables, less than 25 percent eat the recommended servings of grains, and only 30 percent consume the recommended milk group servings on any given day.
- Only 16 percent of schoolchildren meet the guideline for saturated fat on any given day.
- Teenagers today drink twice as much carbonated soda as milk and only 19 percent of girls ages nine to 19 meet the recommended intakes for calcium.
- About 12 percent of students report skipping breakfast. Only 11 percent report eating a breakfast that contains foods from three food groups and food energy intakes greater than 25 percent of the Recommended Dietary Allowance. The likelihood of eating breakfast declines with the age of the student.

Experts say that changing healthy behaviors requires changes in physical and social environments, as well

as the development and implementation of policies and interventions. The challenge of improving students' eating pattern is a shared responsibility of schools, families, and communities. Schools can be the cornerstone of change and are most likely to be successful in improving students' eating patterns by engaging in the following practices:

- Helping them learn skills needed to practice life-long healthy eating
- Giving them repeated opportunities to practice healthy eating skills.
- Ensuring consistent messages in the classroom, cafeteria, and other eating areas in the school
- Providing nutrition education activities that are fun.

The USDA and the American Academy of Family Physicians, American Academy of Pediatrics, American Dietetic Association, National Hispanic Medical Association, and the National Medical Association, are calling on schools and communities to recognize the health and educational benefits of healthy eating and the importance of making it a priority in every school.

The association have also established what they call a "prescription for change" and have developed "10 Keys to Promote Healthy Eating in Schools":

- Students, parents, educators, and community leaders will be involved in assessing the school's eating environment, developing a shared vision and an action plan to achieve it.
- Adequate funds will be provided by local, state, and federal sources to ensure that the total school environment supports the development of healthy eating patterns.
- Behavior-focused nutrition education will be integrated into the

curriculum from pre-K through grade 12. Staff who provide nutrition education will have appropriate training.

- School meals will meet the USDA nutrition standards as well as provide sufficient choices, including new foods and foods prepared in new ways, to meet the taste preferences of diverse student populations.
- All students will have designated lunch periods of sufficient length to enjoy eating healthy foods with friends. These lunch periods will be scheduled as near the middle of the school day as possible.
- Schools will provide enough serving areas to ensure students access to school meals with a minimum of wait time.
- Space that is adequate to accommodate all students and pleasant surrounding that reflect the value of social aspects of eating will be provided.
- Students, teachers and community volunteers who practice healthy eating will be encouraged to serve as role models in the school dining area.

4-H News

By Dennis Poole, CEA Ag

San Antonio Stock Show Reults

Several exhibitors recently attended the San Angelo Livestock Show. Those exhibiting steers were: Kyla

Culp, Brionne Jackson, Kalli Poole, and Tyler Wallace. Kalli was 1 of 7 showmanship finalists called back in steer show to compete for showmanship honors.

Exhibiting lambs were Miller Valentine and T. C. Stipe.

No swine was exhibited by Borden County 4-H and FFA members.

Congratulations to all exhibitors that attended the major stock shows in 2001! Thanks again to all the parents who helped transport children and animals projects to the various shows.

We want to wish our 4-H and FFA members a wonderful and prosperous future. Congratulations to you again on all you have achieved!

- If foods are sold in addition to national School Lunch Program meals, they will be from the five major food groups of the Food Guide Pyramid. This practice will foster healthy eating patterns.

- Decisions regarding the sale of foods in addition to the National School Lunch Program meals will be based on nutrition goals. Not on profit-making.

The USDA offers an array of resources to educators to help promote good nutrition and eating habits. To learn about those resources or find out how to obtain a copy of "Changing the Scene: Improving the School Nutrition Environment," visit www.fns.usda.gov/tn.

Drive Safely



Watch Out for our Children...

March 2001



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2 HOLIDAY	3 Sands Track JH & HS
4	5 SPRING BREAK MARCH 5-9	6	7	8	9 Grady Track HS	10
11	12 Classes Resume	13 Sr. Invitations 11:45 Jr. Ring Presentation 12:05	14 Daron Norwood Drug Free Program K-6 10:00-11:00 7-12 1:00-2:00	15	16 PROGRESS REPORTS Textbook adoptions to Mr. McMeans	17 Borden County HS Track
18	19 One Act Play West Zone	20 Jr. Ring Orders Cheerleading Applications Out Community One Act Play 7:00 p.m.	21	22 One Act Play District Tarleton Judging	23 Highland JH Track	24 Highland HS Track Sweetwater Judging
25	26	27 HS UIL District Contest @ Borden	28 ESL Reading Proficiency Test	29 HS UIL District Contest @ Borden	30 Canyon Judging	31 Klondike Track JH & HS Clarendon Judging



Tumbleweed Smith
Part owner of Texas



Not Many Married couples on TV shows

We spend too much time with television. Our speaking schedule takes us away a lot, but when we're home we spend a few evening hours watching the tube.

My wife keeps up with the schedules. I couldn't tell you what shows come on which nights. She mentioned to me the other night that not many of the shows we watch have married couples on them.

I got out the TV schedule and made a list of the shows we try to catch.

We regularly watch SEINFELD re-runs. Nobody on that show is married. It reminds me of an adult OUR GANG COMEDY. It's a bunch of thirty-year-olds who hang around together and discuss everything.

THE PRACTICE is a show about defense attorneys. The main couple has just got married. One of the attorneys is single and pregnant. Another attorney has a child but is divorced. The rest are unmarried.

BOSTON PUBLIC is about a high school. The principal might be married, but I've never heard him mention his wife. The teachers are all single or act that way. One is in love with a student.

ALLY MCBEAL is a show about single attorneys who are mostly interested in sex.

FRAZIER has been married, but is not now. His brother has had two failed marriages and is now in love with his father's physical therapist. The father is a widower.

JUDGING AMY is about a judge who lives with her mother. Both the judge and her mother are not married. Judge Amy's brother has a

female roommate who has a baby.

ED is about a lawyer who has a bowling alley. He is divorced.

WEST WING is about the goings-on at the White House. The President is married, but everybody else on the show is too busy with politics and the press corps to think about love and marriage.

DIAGNOSIS MURDER features a physician with a hobby of crime fighting. He is not married. Neither is his detective son.

PROVIDENCE is a single female doctor who has a single brother and sister and a widowed father.

CSI is about crime scene investigators. The main character is such an expert at his work and spends so much time with it he couldn't possibly have a home life. If he does, he certainly doesn't talk about it.

NASH BRIDGES is a San Francisco detective who is divorced. His father is single. Nash's partner Joe is married.

Most TV shows, situation comedies especially, are about young people who are finding their way. Come to think of it, I guess it's always been that way. Look at MASH and THE BEVERLY HILLBILLIES. Very few normal married folks. Maybe TV reflects life more than we think it does.

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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.

Restoring drought stricken lawns poses several options

Severe drought four out of the past five years has taken its toll not only on Texas crops and rangeland, but also on urban lawns and landscapes. With the spring planting season right around the corner, many homeowners may be faced with the dilemma of replacing dead areas of grass in their lawns.

Gene Taylor, turf grass specialist with the Texas Agricultural Extension Service, said the homeowner must first evaluate the situation, keeping in mind water conservation plays a big role in determining plant selection.

"What we're stressing in Texas is water use and conservation in the landscape," Taylor said. "What we're recommending is the homeowner understand how much water they need to put out on the lawn and irrigate correctly, then they can work on selecting the right materials."

A few practical steps makes restoring dead spots in lawns easy, according to Taylor

"In many cases, lawns will have a small area, say 5 to 6 feet in nature diameter," Taylor said.

To repair those existing dead areas, homeowners can go in and replant, but first they must rake up all of the dead material. They should also roto till, rake or break up the soil with a spade and add some type of mulch of compost to the soil to increase its water holding capacity, thus reducing the need for irrigation."

Once the area has been prepped, the next step is to visit a local garden center where sod squares or plugs of

grass can be purchased, Taylors aid. Planting of either sod squares or plugs of grass depends on which part of Texas a homeowner lives in.

"Usually the best planting time for grass is in late march or early April," Taylor said. "For those in Amarillo, it may be the first part of May, while homeowners in the McAllen area may plant in late February ... there is no sense in putting out grass too early. Nighttime temperatures should be at least 68 degrees or higher before planting."

Taylor suggests taking a soil test after planting to determine what type of fertilizer would be best suited for the newly planted area.

"If a soil test cannot be performed, we recommend an application of 15-15-10 fertilizer at seven pounds per 1,000-square feet," he said. Homeowners can contact their local county Extension agent for information on soil testing or check out the Web at <http://soil-testing.tamu.edu>.

"Also, the newly planted area should be watered regularly," Taylor noted. "The homeowner will want to check the moisture level of the grass for about one to

three weeks after planting to see if the area is dry. If they can lift up soil under the sod and it's moist, then it's fine."

The newly revitalized area must be watered, Taylor said, and the weather will determine how regularly one needs to irrigate. Taylor recommends planting several grass varieties, including such species as Bermuda and St. Augustine grass – one of the most shade tolerant grasses.

The most water efficient grasses are Bermuda, Zoysia and Buffalo grasses. St Augustine, Taylor said, grows well in shade, but is not as tolerant of extended dry conditions as Bermuda, Zoysia and Buffalo grass.

"As far as mowing, there's a myth that you have to raise the mowing height to decrease water use of the lawn," Taylor said. "That's incorrect. When you raise the mowing height, you're increasing the total leaf height area of the plant, which increases the total transpiration area of the grass. Therefore, the plant requires more water."

Taylor also notes when homeowners find themselves having to replant a large area of dead turf, they may consider replacing that turf with more efficient landscape plantings.

There is nothing wrong with adding a well-placed and designated landscape bed that uses native plants and mulches to reduce the total irrigated area of the lawn," he said.

These words matter to the IRS

Tax laws limit your deductions when an activity is considered a *hobby* rather than a *business*. Generally, all your income must be reported, but if an activity is not engaged in for profit, it's considered a hobby and deductions are limited. Also, hobby losses cannot be used to offset other income. Planning can reduce the taxes you'll pay. For details, contact our office.

TAX TIP #9

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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.

Benefits and Risks of Exercise and Hypertension

Did you know that individuals who exercise regularly have a lower risk of heart disease and lower blood pressure than those who don't? According to a recent study of approximately 15,000 Harvard male alumni, sedentary alumni had a 35 percent greater chance of developing hypertension. Alumni exercising vigorously had lower blood pressure, and effects that were independent of body weight. Still another study found the relative risk of hypertension about 1.5 times greater in sedentary individuals than in non-sedentary individuals.

What makes exercise have this blood pressure lowering effect? Most likely the desirable changes in body weight and/or body composition, or by stress reduction. The question arises as to whether regular exercise can reduce high blood pressure rather than prevent its development. Many studies have been conducted to see if the exercise results in a significant reduction in blood pressure. In a 10-week study of sedentary men with mild hypertension, they were able to reduce their blood pressure levels to high normal levels. It took 30 minutes of aerobic exercise such as walking briskly, bicycling or running for 4 times per week at a level well within the comfort level to be effective.

Other types of isometric exercise such as lifting, pushing, holding or hanging movements, may not be recommended for people with hypertension or at least should be monitored. If you or a family member have problems with hypertension, contact your physician for the exercise recommendations for your particular problem. The overall impact of exercise on reduced risk of disease and improved quality of life make sit a logical and important part in both the prevention and treatment of hypertension.

Besides changing your sedentary lifestyle, you can also improve your eating

patterns by following the dietary guidelines advice which tells us to cut down on sodium, fats, sugar, alcohol, to increase complex carbohydrates, to eat a wide variety of foods in moderation, to drink enough water throughout the day, and to attain and maintain a weight appropriate for your height and bone structure. Start following the U.S. Dept. of Agriculture "Food Guide Pyramid" or another dietary guide that may be recommended by your physician today for another positive lifestyle change.

Reference: Exercise and Hypertension: Benefits and Risks, Laura Brainin-Rodriguez, SCAN's Pulse, A Publication for Sports, Cardiovascular and Wellness Nutritionists, Winter, 1995, Vol. 14, No. 1



Antique Tractor Show to be held in Plainview

The Texas Plains Two-Cylinder Club will host the annual Ollie Liner Antique Tractor Show, March 24th and 25th, 2001, at the Ollie Liner Center in Plainview, Texas. Exhibits will begin arriving Friday afternoon and the show will be Saturday from 8 a.m. to 6 p.m. and Sunday from 9 a.m. to 4 p.m. There will be antique tractors, antique farm machinery, stationary engines, miniature replicas and much more. Activities will include

a parade of the tractors each day at 2 p.m. there is no admission charge, but donations will be accepted. Concessions will be available courtesy of the Hale County Farm and Ranch Museum Association. The Texas

Plains Two-Cylinder Club is made up of collectors throughout the north plains, south plains, and rolling plains of Texas, and a few collectors from eastern New Mexico.

Thank you!

I would like to give a special thanks to the First Baptist Church for the flowers, the Coyote Country Store for the cards and to everyone for their acts of kindness while I was hospitalized for eye surgery



Thanks so Much,
Fiddler

A Baby Girl

*Soft as a whisper,
so precious and sweet...*

*Tiny perfection
from her head to her feet
She's a dear baby girl
to hold and to love...*

*All of the things
sweet dreams are made of.*

Lauren Faith York

Monday, February 19, 2001

11:34 a.m.

7 pounds, 10 ounces

20 inches

Parents: Van and Kris York of Lubbock

Big Sister: Kaitlin Frances

Grandparents: Van and Barbara York of Borden Co

Randy and Susan Mack of Mansfield



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Texas Prison Study: Rehab is Working

By A.M Mac Stringfellow
Chairman
Texas Board of Criminal Justice

Recent independent studies have shown that Texas prison rehabilitation programs are working. In short, the programs are credited with significantly lowering the percentage of offenders who commit new crimes after being released from prison.

This success is a modern-day phenomenon for Texas. It marks a maturing of programs and policies which effectively stated only with completion of the huge prison expansion six years ago.

In those few years, the programs have been fine tuned in a constant evolutionary process as the Texas Department of Criminal Justice sought to make good on legislative mandates to do something better than simply insuring public safety by warehousing convicted felons.

The results of there rehabilitation efforts are

measured by the Criminal Justice Policy Council, an independent agency answerable to the Legislature for analysis of the justice system.

In the latest measure of rehabilitation success, he Policy Council told the Legislature that TDCJ's treatment programs are - in the words of the Associated Press - helping more convicted sex offenders and drug abusers change their ways and stay out of prison.

In one example, the Policy Council tracked offenders who completed TDCJ's therapeutic treatment for substance abusers and found that only 13 percent of them re-offended within tow years after release, compared to 21 percent in a comparison group who had not been treated.

The Policy council identified similar positive

impacts on recidivism from TDCJ's sex offender treatment program, finding that 13 percent of the program graduates were arrested for new offenses within two years compared to a 24 percent in a comparison group who were not treated.

Last fall the Council reported on prison education and literacy program after tracking 25,000 released inmates for two years and concluding that teaching non-readers to read reduced recidivism by 37 percent among high risk young offenders.

The Council also identifies needed fine-tuning and better targeting. It suggested that

more education resources be concentrated on high-risk young offenders and that post-release job placement services by strengthened. In substance abuse treatment the council pointed out that two relatively new program should be improved by refining inmate selection criteria and better staffing.

The programs don't succeed in a vacuum. TDCJ's linkage to the Board of Pardons and Paroles is critical. The track records of the various rehabilitation programs have given the Parole Board new confidence to grant parole to an increasing number of prisoners who successfully

complete rehabilitation and treatment programs.

The TDCJ-Parole linkage has also matured greatly in the past five years. Parole makes its case-by-case decisions at year or more in advance in insure that TDCJ's resources can put the out-going offenders through treatment before they leave prison. Many of the programs require from 9 to 18 months to complete. The two agencies also work in sync in selecting parole candidates who have a high potential of benefit from the programs, a recognition that parole incentives have a positive impact on treatment effectiveness.

CAPITOL COMMENT



U.S. SENATOR
KAY BAILEY HUTCHISON

WE OWE GULF WAR VETERANS SOME ANSWERS

A letter came across my desk recently that I'd like to share with you:

"I am a veteran of the Gulf War. I have many, many symptoms of the Gulf War illness. I was holding a full-time job and foresaw a future of many years to take care of my family. Instead, my health is steadily declining and I am unable to take care of myself at times. No words can describe the pain I go through each day. I am unstable on my feet and I fall numerous times a week. I have lost almost all my sight, and am unable to drive a car and must depend on my family and friends to get me where I need to go."

The writer lives in Victoria, and his is only one among hundreds of similar, heart-wrenching letters I've received regarding a condition referred to as Gulf War Syndrome, which affects thousands of veterans of that conflict throughout our country.

Those who served apparently were exposed to a veritable witch's brew of known and potential health hazards, including blowing dust and sand, smoke from oil well fires, petroleum fuels and their combustion products as well as possible exposure to chemical warfare nerve agents and biological warfare agents. They were given vaccinations and bromide pills to protect against nerve agents; they came into contact with insecticides, infectious diseases and

perhaps depleted uranium. They were subjected to psychological and physiological stress.

One in seven of those who answered their country's call to serve in Desert Storm were affected in some way. They are suffering from a long, painful list of symptoms, including debilitating muscle and joint pain, memory loss, severe sleep disorders, crippling depression, chronic fatigue and concentration problems, among others.

These former soldiers are ill. They are entitled to some answers - and to appropriate treatment.

In 1994, Congress approved a bill recognizing Gulf War Syndrome and making disabled veterans who served in that war eligible for treatment and compensation. Unfortunately, the Veterans Administration has withheld that coverage from more than 9,000 such soldiers, including the one who wrote the above letter. This is unacceptable.

So I have introduced a bill that will extend the time during which these veterans will be eligible for treatment if they have not been diagnosed yet with Desert Storm Syndrome, allowing them another 10 years to claim eligibility and giving the Department of Defense an opportunity to delay the deadline even further if it is necessary to do so. My bill redefines an "undiagnosed illness" to include the delayed symptoms that still are being discovered. It would provide for the payment of compensation to Persian Gulf veterans suffering from a chronic disability resulting from their service in Kuwait.

Much investigation remains to be done into this illness to determine its exact cause and to accurately describe all of its symptoms. I believe the evidence is increasingly clear that this is not caused by stress. We have an obligation to ensure Gulf War veterans are properly diagnosed, effectively treated and compensated for any service-connected disabilities.

This bill will be a step in the right direction, a way to help repay our debt to these veterans. Not only is it the right thing and fair thing to do, but during these times of increased deployments and personnel shortages, it is in our national interest to continue to take care of our dedicated service members.

We are going to stand by those who answered their country's call. We should not still be talking about untreated cases of Desert Storm syndrome and undiagnosed illnesses 10 years after the Persian Gulf War ended.

School has Started!

Be careful and Watch Out
for the Children!

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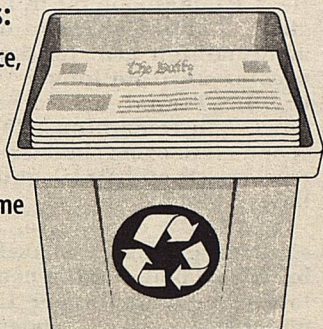
Keeping an Eye on Texas

Talking trash

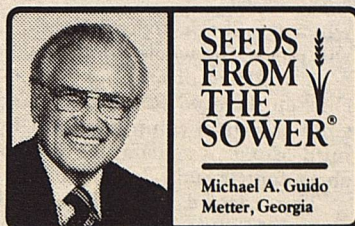
Texans annually spend more than \$1 billion on solid waste collection and disposal services for nearly 22 million tons of trash. That's more than one ton for every person in the state and enough garbage, collectively, to fill the Astrodome every two weeks.

Recycling one ton of paper saves:

- about three cubic yards of landfill space,
- two barrels of oil,
- 7,000 gallons of water and
- 4,100 kilowatt-hours of electricity (enough to power an average-size home for six months).



SOURCES: Carole Keeton Rylander, Texas Comptroller (www.window.state.tx.us) and Texas Natural Resource Conservation Commission (TNRCC).



SEEDS FROM THE SOWER

Michael A. Guido
Metter, Georgia

Teenager Kim Jones decided to stop at Franklin, North Carolina, and dig for native rock. She unknowingly plucked out a 456-carat ruby valued at \$20,000 from a 25 cent bucket of gravel.

But a greater profit and pleasure is found in the Bible. Testified the Psalmist, "God's laws are perfect. They protect us, make us wise, and give us joy and light."

"They are more desirable than gold. They are sweeter than honey. For they warn us away from harm and give success to these who obey them."

Texas Boll Weevil Eradication Foundation HIRING SOON!

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NOTICE OF CONTRACTORS OF PROPOSED TEXAS HIGHWAY IMPROVEMENT CONTRACTS

Sealed proposals for highways improvement contracts will be received by the Texas Department of Transportation (TxDOT) until the date (s) shown below, and then publicly read.

CONSTRUCTION/MAINTENANCE CONTRACT(s)

District: Abilene

Contract 6068-24-001 for THERMOPLASTIC STRIPING & RAISED PAVEMENT MARKERS IN TAYLOR County, etc will be opened on April 04, 2001 at 1:00 pm at the State Office for an estimate Of \$794,911.34.

Plans and specifications are available for inspection, along with bidding proposals, and applications for the TxDOT Pre-qualified Contractor's list, at the applicable state and/or District Offices listed below. Bidders must submit pre-qualification information to TxDOT at least 10 days prior to the bid date to be eligible to bid on a project. Pre-qualification materials may be requested from the State Office listed below. Plans for the above contract (s) are available from TxDOT's website at www.dot.state.tx.us and from reproduction companies in Austin, Texas at the expense of the contractor.

NPO: 3029

State Office

Construction Division
200 E. Riverside Dr.
Austin, Texas 78704
Phone: 512/416-2540

District Office(s)

Abilene District
District Engineer
4250 N. Clack
Abilene, Texas 79601
Phone: 915/676-6800

Minimum wage rates are set out in bidding documents and the rates will be part of the contract. TxDOT ensures that bidders will not be discriminated against on the grounds of race, color, sex, or national origin.

COMPUTER CLASS

Borden County School will be offering computer classes for beginners (or "newbies" if you want the official slang).

March 26

6:00 P.M. - 9:00 P.M.

Geek 101

It's easier than you think! Learn to speak geek as you explore the basics of your computer.

April 2

6:00 P.M. - 9:00 P.M.

Software Applications

By the time you've completed Geek 101, you will know what this is. This class will be spent actually using some software and finding out what it will do for you.

April 9

6:00 P.M. - 9:00 P.M.

Surf's Up! Get Online

It's a world wide web out there. Find out how to get what you want. Download a program to your own specification. File your bookmarks. Tweak your searches. Face the WWW. head-on and make it

TBA

6:00 P.M. - 9:00 P.M.

Make it Personal

Try out everything you can do. Play with the software possibilities, get some more downloads, make your own project. Try out the scanner and the digital camera!

The classes are free to Borden County residents. Computers are available on first come basis.

Chile Chicken Rice Casserole Spices Up Recipe Contest



(NAPS)—Chicken and rice and tongue-tingling spice. That's what winning recipes are made of.

Faced with 1,200 entries, the judges for Rice-A-Roni's 2000 National Rice and Chicken Month recipe contest found a favorite in

Roxanne Chan's **Chile Chicken Rice Casserole**. The Albany, Calif., resident and passionate contest entrant won the \$5,000 grand prize.

"My 12-year-old son loves Rice-A-Roni," Chan said. "I know that

when I make a dish like this, it will please the whole family."

A mixture of creamy cheese, chicken-flavored Rice-A-Roni and sour cream is complemented by mild Mexican seasonings in this showstopper main-dish meal.

The second annual contest encouraged Rice-A-Roni lovers to showcase their favorite pairing of America's best-selling flavored rice and chicken. Entries showed that the family favorite is versatile enough to be used in casseroles, skillet meals, innovative soups, salads and ethnic dishes.

Eight winners received a total of \$9,000 in prize money. All of the winning recipes can be found at www.ricearoni.com. Here is Chan's winning recipe:

Chile Chicken Rice Casserole

- 12 oz. boneless, skinless chicken breasts, cut into 1-inch pieces
- 2 tablespoons vegetable oil, divided
- 1 (6.9-oz.) package Chicken Flavor RICE-A-RONI
- 1 (4.5-oz.) can diced green chiles

- 3 green onions, sliced
- 1/2 cup sour cream
- 2 eggs
- 1/2 cup milk
- 1/2 cup flour
- 1 teaspoon chili powder
- 1 cup shredded jalapeño Jack cheese

Toppings: sour cream, tomatoes, avocado, cilantro

1. Preheat oven to 425°F. Heat 1 tablespoon oil in large skillet; sauté chicken over medium-high heat for 5 minutes or until no longer pink inside. Transfer to mixing bowl. Add remaining 1 tablespoon oil to same skillet; sauté rice-pasta mix until golden brown.

2. Add 2 1/2 cups water and seasoning packet to skillet; bring to a boil. Reduce heat to low, cover and simmer 15-20 minutes until rice is tender.

3. To chicken in mixing bowl, add cooked rice, green chiles, green onions, and 1/2 cup sour cream; mix well.

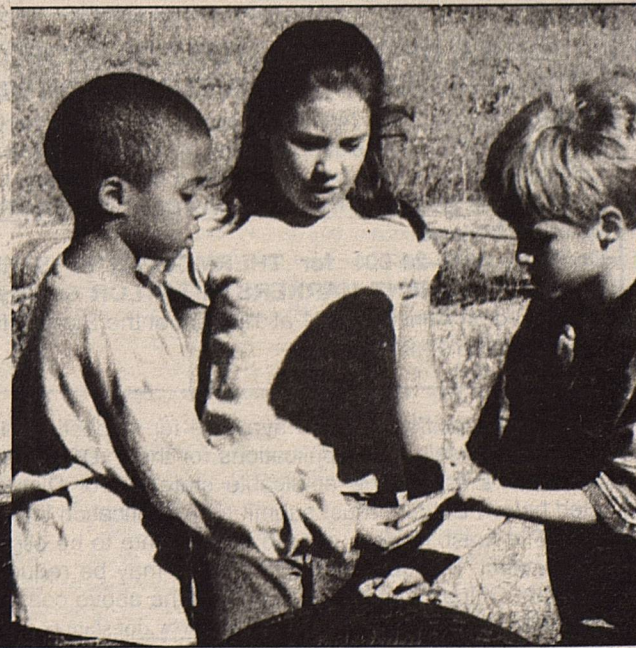
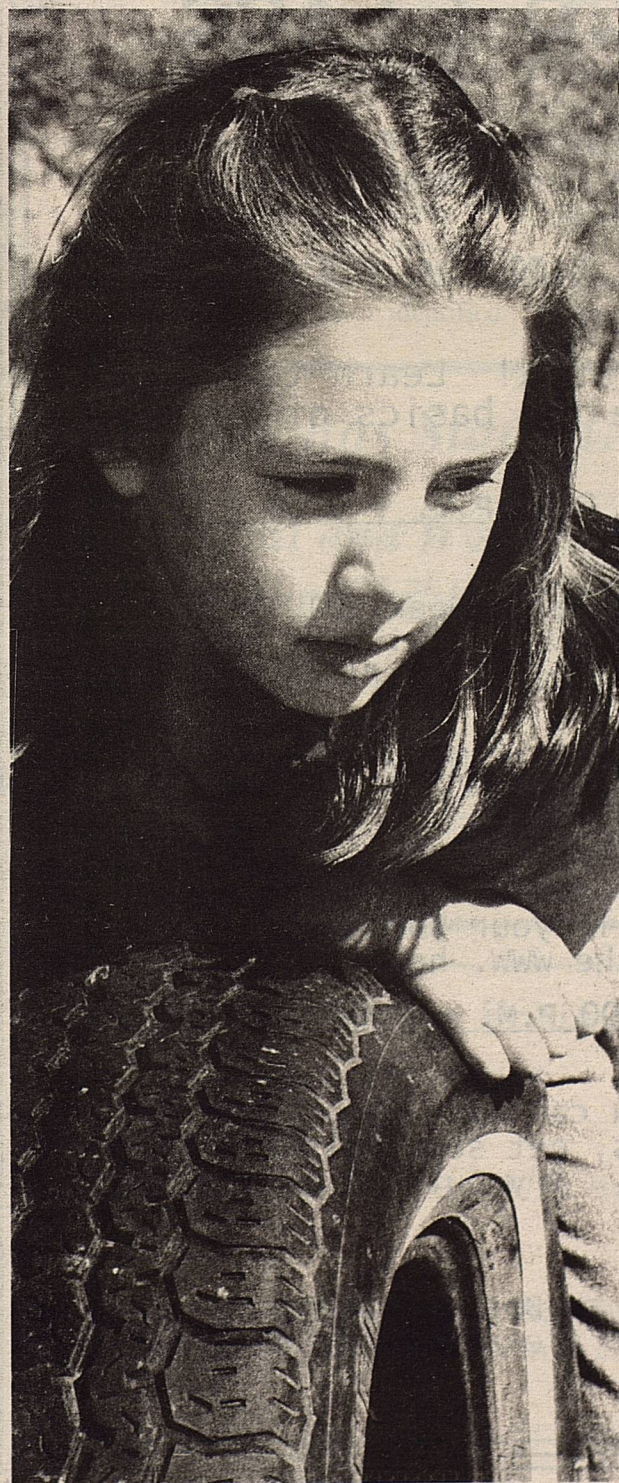
4. In separate bowl, whisk together eggs, milk, flour and chili powder. Add cheese and mix well.

5. Spread chicken and rice mixture in a round, oiled 2-quart glass casserole dish. Pour cheese and egg mixture evenly over chicken and rice. Bake for 20 to 25 minutes, uncovered, or until topping is puffed and lightly browned. To serve, cut into wedges. Top each wedge with sour cream and sprinkle with chopped tomato, avocado and cilantro.

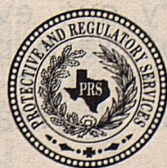
Serves 6.



Hot cross buns were first baked in England to be served on Good Friday.



Parent Alert!



Texas Department of
Protective and Regulatory
Services
www.tdprs.state.tx.us

January 2001

Keeping Kids Safe is Everybody's Business

It's Up To You