

THE BORDEN STAR

Volume XXXI

May 29, 2002

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

2001-2002 Gail FFA Banquet

The Gail FFA Chapter held their annual banquet on Tuesday evening, May 21st, 2002 in the school cafeteria.

The banquet began with the introduction of FFA officers. T.C. Stipe, FFA secretary, then gave the invocation. A meal of fried fish, chicken bits, potato salad, coleslaw, pinto beans, okra, hush-puppies and cobbler catered by Danny's Hen's and Fin's of Lubbock was served to members and guests.

Following the meal, FFA officers, President, Cody Nowlain; Vice President, Raul Rodriguez; Secretary, T.C. Stipe; Treasurer, Kyle Pinkerton; Reporter, Shayla

Gass and Sentinel, Kyla Culp gave the opening ceremony.

Kyle Pinkerton then gave the welcome to the guests and fellow FFA members.

Shayla Gass introduced the guest speaker for the banquet, Dr. Bo Brock, DVM, of Lamesa.

Following Dr. Brocks' speech, the Gail FFA Talent Team performed for the group. Team members are Cody Nowlain, Tyler Wallace and Ben Griffin.

Following the entertainment, FFA Advisor, Mr. Buddy Wallace recognized the leadership team members and judging teams and their

accomplishments. He also praised the students for their hard work during this year.

Awards were then presented by the FFA officers to the following: Honorary Chapter Recognition was presented by Cody Nowlain to Mr. Gary Stipe. The Proficiency Awards were presented by to T.C. Stipe for AG Mechanics; Cody Nowlain for meat, sales/fruit sales, and Ag Mechanics; Sunni Shipp for Beef Production, Tyler Wallace for Swine Production; Cassidy Rinehart for Diversified Livestock Production, Amanda Boucher for Horse

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Helping Your Child With Credit Problems

Education and tough love can prevent credit mishaps

Across America many individuals are seeking help for their credit problems. But what do you do when it's your children who have wracked up the debt? Do you bail them out or make them go at it alone?

"One of the worst things a parent can do is pay their children's bills for them," said Mike Kidwell, vice president and co-founder of Myvesta, the nation's only financial health center. "By paying off your child's debts you are enabling him or her to repeat the same mistakes down the road."

If you co-sign a loan or credit card for our son or daughter paying off the debt is usually the only way to protect your credit rating. If you do end up paying your child's debts, Kidwell recommends that you draw up formal repayment papers and have them signed in front of a lawyer to let your child know that you are serious

about them paying you back.

"Arrange periodic payments just like your creditors would do," said Kidwell. "Charge a small amount of interest and don't let your child weasel out of it. If he misses a payment or is late paying, charge a penalty fee."

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Track Meet May 31st

The Elementary School Track Meet for students in K - 6th grade will be Friday, May 31st, beginning at 1:00 p.m. at the BHS Track Field (football stadium) and end at 3:30 p.m. School will dismiss at regular time. Parents and friends are invited to come and watch the children participate in various races and field events. This will be the last day of school for 2001-2002.



Chapter Officers: Kyle Pinkerton, Treasurer; Shayla Gass, Reporter; Cody Nowlain, President; Raul Rodriguez, Vice President; Kyla Culp, Sentinel; and T.C. Stipe, Secretary.

VOTE

**Borden Co. ISD Trustee
Runoff Election
Saturday, June 1st.**



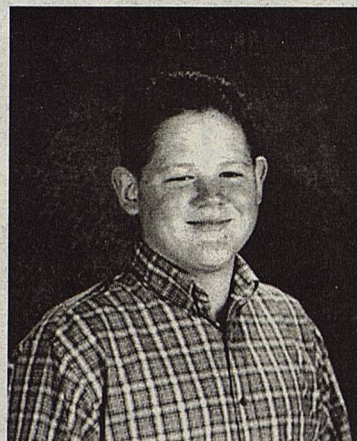
Eighth Grade Graduates



Whitney Anderson
Valedictorian



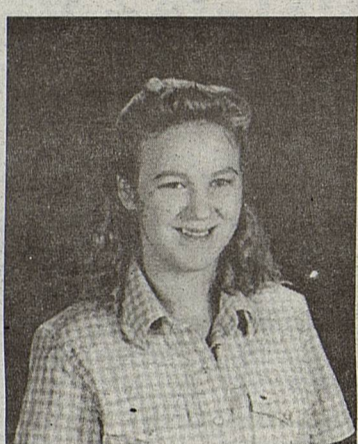
Megan Brooks



J. Ryan Gicklhorn



Derek Gwinn



Brandi Hudson



Andrew Lamming



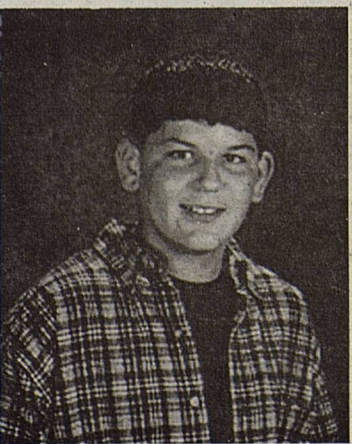
Caden Nowlain



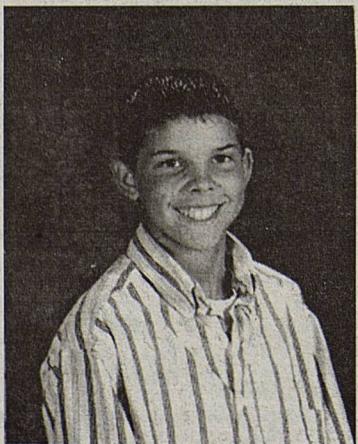
Cassidy Ogden



Aaron Pigford



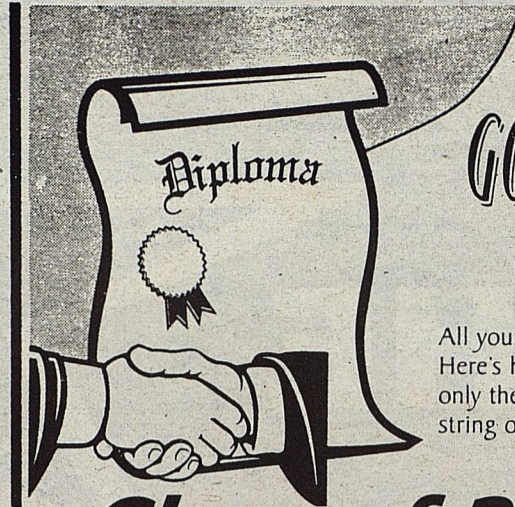
Trey Soto
Salutatorian



Austin Tarleton



Garrett Thomas



**GOOD JOB,
GRADS!**

All your hard work has paid off. Here's hoping graduation is only the beginning of a string of successes.

Class of 2006

Commencement Exercises set for May 30th and 31st.

Commencement Exercises will be held on Thursday, May 30th and Friday, May 31st for Borden County School graduates.

On Thursday, May 30th, at 8:00 p.m. the eighth grade students will be receiving their diplomas in the BHS School Auditorium. A reception will be held in the school cafeteria immediately following the ceremonies for family, friends and guest of the eighth grade students.

Class members receiving their diplomas are: Whitney Anderson, Megan Brooks, J. Ryan Gicklhorn, Jesus Gonzales, Derek Gwinn, Brandy Hudson, Andrew

Lamming, Caden Nowlain, Cassidy Ogden, Aaron Pigford, Trey Soto, Austin Tarleton and Garrett Thomas.

On Friday, May 31st, beginning at 8:00 p.m., nine BHS senior students will receive their diplomas in the high school auditorium.

A reception will follow immediately in the school cafeteria for family, friends and guest of the senior class.

Senior class members are: Rika Copeland, Jessica Ellison, Andrea Lozano Martinez, Cody Nowlain, Ed Rodriguez, Miriam Rodriguez, Laura Stamper, T.C. Stipe and Jacob Zant.



2001-2002 FFA Banquet

Cont. from pg. 1

Production and Brandy Shafer was presented with the Goat Production. The Star Greenhand award was presented to LaShae Johnson by Kyle Pinkerton and the Star Chapter award was given to T.C. Stipe and Cody Nowlain by Kyla Culp.

T.C. Stipe, FFA secretary gave a special thanks to family and friends for their attendance and their cooperation throughout the year.

The banquet was closed by the FFA Closing Ceremony followed by Raul Rodriguez giving the benediction.



Gail FFA Banquet

FFA the Spirit of Freedom

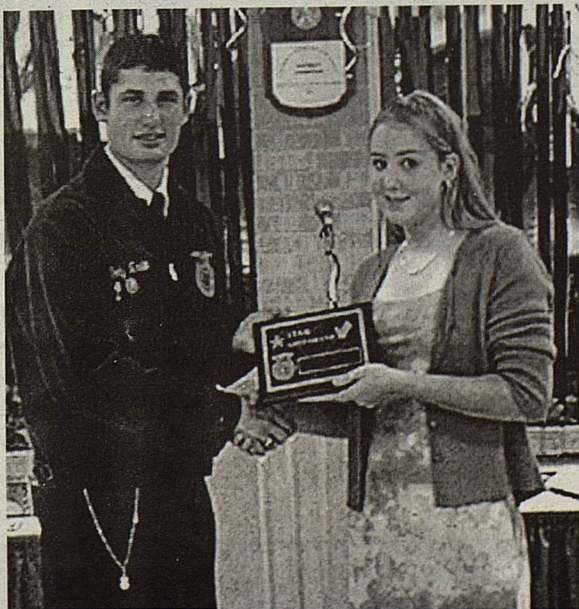
Learning to do . . .
Doing to learn . . .
Earning to live . . .
Living to serve . . .



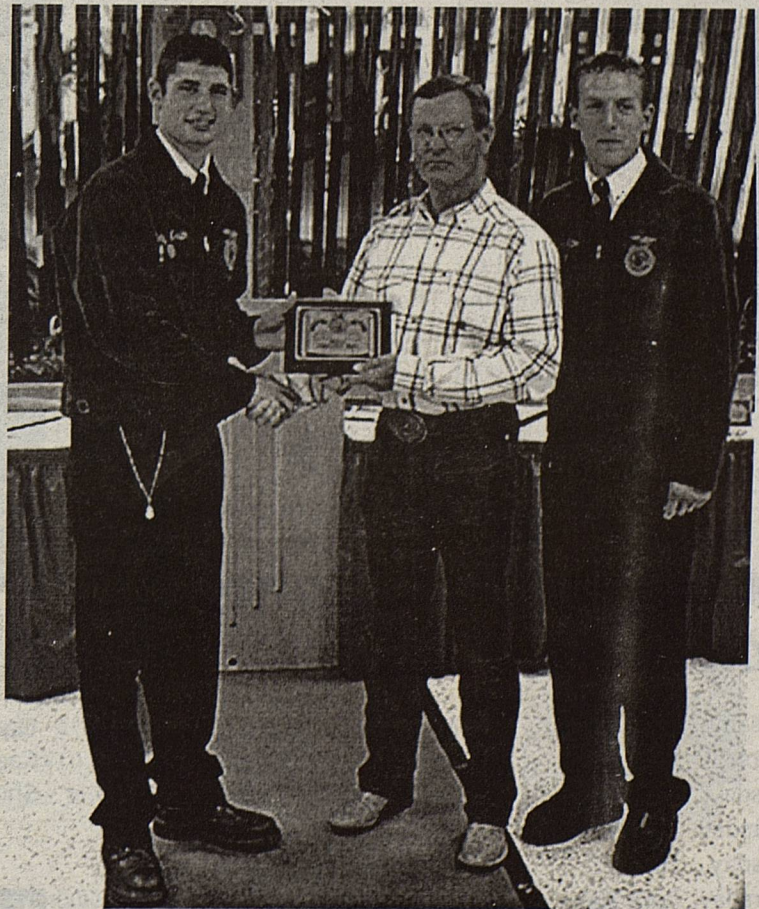
Star Chapter Degree: Cody Nowlain and T.C. Stipe received the Star Chapter Degree. They are pictured with Kyla Culp, FFA Sentinel.



Proficiency Award Winners: Brandy Shafer – goat; Sunni Shipp – beef; Amanda Boucher – horse; T.C. Stipe – Ag Mechanics; Cassidy Rinehart – diversified livestock; LaShae Johnson – sheep; Cody Nowlain – meat/fruit sales/ and Ag mechanics; and Tyler Wallace – swine.



Star Greenhand: Cody Nowlain presents LaShae Johnson with the Star Greenhand Award.



Honorary Chapter Recognition: FFA President, Cody Nowlain presents, Gary Stipe with the Honorary Chapter Recognition. Also pictured T. C. Stipe.

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.

New "Texas Cotton Production" Handbook

Anyone seeking current Texas cotton production information can easily find it in a new Texas Cooperative Extension handbook, "Texas Cotton Production - Emphasizing Pest Management."

tion on variety selection; planting decisions; irrigation systems; replant decisions; disease, insect and weed control; effects of natural enemies in cotton; fertility; harvest aids; timing of harvest; and tillage systems.

The authors of the book are Drs. Chris Sansone, Extension Entomologist, San Angelo; Thomas Isakeit, Extension Plant Pathologist, College Station; Robert Lemon, Extension Agronomist, College Station and Billy Warrick, Extension Agronomist, San Angelo.

The 76-page, spiral-bound book is the state's first-ever compilation of information about all aspects of cotton production in Texas. The book is designed to help Texas producers, consultants and agribusinesses optimize yields and maximize profits. It is offered as an aid to help cotton operations be as profitable and environmentally sound as possible.

The book was made possible through a grant from the Texas Department of Agriculture's Integrated Pest Management Grant Program. Copies are available at \$15 each.

The guide follows the entire year's production cycle, from pre-plant to post harvest and covers soils, weeds, insects, fertilizers, weather, plant diseases and irrigation systems. The book is organized according to the various stages of the cotton season. The format gives the reader an overview of all the factors that must be considered in any given period.

For more information, call Dr. Chris Sansone at (915) 653-4576; the book can be obtained through Texas Cooperative Extension, Distribution and Supply, P. O. Box 1209, Bryan, Texas 77806. For credit card orders, you may call toll free (888) 900-2577. Orders should be accompanied by the product identification, which is "B-6116."

It also provides concise, scientifically backed informa-

Horse Project Nights Schedule

Tuesday, June 4	Practice
Thursday, June 6	Practice
Tuesday, June 11	Practice
Thursday, June 13	Point
Tuesday, June 18	Practice
Thursday, June 20	Point & County Horse Show

If you have any questions about the horse project or any activity sponsored by the Extension service, please feel free to contact our office at (806) 756-4336.

Gail FFA Members Attend Lone Wolf District Awards Banquet



Bringing Home the Gold: Gail FFA members show off District Banners received at the Lone Wolf District Awards Banquet.

Gail FFA Attends Area II Convention



Gail FFA members at the Area Convention: Shayla Gass, Cassidy Rinehart, LaShae Johnson, Kyle Pinkerton and Sunni Shipp.



Star Greenhand: LaShae Johnson with Area II Star Greenhand Production Plaque. LaShae will advance to the State Competition at Stephenville on June 13th.

DRIVE SAFELY!
Watch out for the Children . . .

Helping Your Child With Credit Problems

Cont. from pg. 1

Kidwell also recommends teaching your children about credit before they get into trouble. "Talking to kids about money is like talking to them about drugs or sex. You need to take the time and teach them how credit really works before they are out on their own and in over their heads."

If you need guidance on helping your child with credit problems, read the Myvesta publication "Parents: Helping Your Child With Credit Problems." Download it from Myvesta.org or send \$5, payable to Myvesta, to Helping Your Child With Credit Problems Publication, P.O. Box 8587, Gaithersburg, MD 20898-8587.



Texas Stories
A showcase of the Texas Spirit

Tumbleweed Smith
Part owner of Texas

Mom & Pop Stores

GOV-X. That was the name of the first huge discount store I can recall. It was in Fort Worth and you had to have a membership card to shot there. I thought it was strange, something sinister and foreign, completely out of my experience. The name GOV-X sounded like something from another planet. It was scary. Little did I realize it was the future of shopping in America.

The backbone of our economy used to be small, locally owned stores where the owners knew their customers personally and took a genuine interest in their lives. The stores created a strong sense of community. When you entered them, it was like going to a comfortable place, safe and secure. You saw the owner and his family and visited with them, exchanging information about nothing and everything.

I grew up in such a store in Fort Worth. My dad owned a grocery store at the corner of Yale and Notre Dame streets in River Oaks. He used to call it the most educated store in America. He worked hard. So did my mother. So did I. If your parents have a store, you work. It is the biggest thing in your life.

Our store had about a dozen employees. They all respected my dad. In addition to being an expert butcher, he

was a philosopher who shared profound insight on current events. He constantly had a joke, story or poem about whatever subject was being discussed. He was premed in college, but quit to start his business.

State legislators from the Fort Worth area used to seek his advice on different issues. They would stand on the customer side of the meat case and my dad would continue to cut meat while they talked. He could work and visit simultaneously better than anybody I've ever seen.

Our store was not too different from other stores in the pre-supermarket era. Of course we thought ours was the best, but we also were friends with other grocers and their families who had stores in the vicinity.

Customers used to go to several stores to shop: one for produce, another for meat, another for groceries.

The Mom & Pop stores were the best representation of America. They were usually started by men whose fathers had stores. They became institutions. Customers, owners and employees knew each other's names, the names of their kids and pets and what kind of car they drove. There were always lots of visiting.

People used to bring in all

sorts of forms they found difficult. My dad would help complete them. He heaped praise on youngsters when they were recognized at school for something. And when people couldn't pay their bill, he took the loss stoically.

The big discount houses might offer cheaper goods, but in reality they take the character and charm out of a community. Many home-grown businesses suffer dramatically. Most of them close. These are the real heart and soul of our community. The huge stores have goods that make shopping there inevitable. But we should support our local entrepreneurs who work hard to provide the spirit and flavor necessary to make a real community.



Mowing & Tilling

Clint O'Brien
806-497-6392

1525 CR 116

Lamesa, TX 79331



PET HEALTH CLINIC

Tuesday, June 4, 2002

Dr. Bo Brock, DVM



Borden County Show Barn

3:30 -- 5:00 pm
(cats and dogs)

Borden County Show Barn (horses only!)
6:30 p.m.

**Plains Community
Prec. #1 Barn**
5:30 -- 6:00 pm
(cats and dogs)

Offering:

- Rabies Vaccination - \$6.00 (per dog/cat)
- Parvo & Distemper - \$10.00 (per dog)
- Feline Distemper - \$10.00 (per cat)
- Feline Leukemia - \$12.50 (per cat)
- Deworm - \$3.00 (per dog/cat)

NEW: Offering Horse Vaccinations

- Coggins Test - \$20.00 (per horse)
- West Nile Vaccination - \$15.00 (per horse)
- Encephalitis - Tetnus - \$10.00 (per horse)
- Flu - Rhino - \$15.00 (per horse)



Bring your pets for vaccinations and insure your pet against rabies!!!

Sponsored by: Borden County Extension Program Council
4-H Program Area Committee and 4-H Council
Borden County EMS

In Support of: Health, Safety, & Well Being

In Case of Emergency Call:
Borden County EMS
806/759-5111

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Best mealtime ingredient is good conversation

One of the best mealtime ingredients is good conversation, says Dr. Tom Baranowski, a psychologist with the USDA/ARS Children's Nutrition Research Center at Baylor College of Medicine.

"If family dinners aren't now common, begin by scheduling just one family dinner per week, choosing a night when everyone can be present," he said. "Once family members begin connecting over dinner, increase the frequency."

Baranowski suggests keeping conversations interesting and comments positive and supportive.

"If children bring up problematic issues, suggest an after dinner talk to work out a solution together. This allows the child to save face and keeps the dinner table a safe place for children to bring up difficult topics."

Sunday Meal Planned Money Raising Project for Youth



The Gail Baptist Church Youth Group will be serving lunch Sunday, June 2nd following Morning worship service in the Church Fellowship Hall.
Menu: Hamburgers w/fixings
Watermelon

Everyone in the community is invited to come and enjoy the meal and fellowship and support the youth as they are raising money for a trip this summer.

Donations for the meal will be greatly appreciated!

Caprock Café OPEN

Under new management - *Rona Teel*

Monday thru Friday

Hours: 7:00 a.m. – 7:00 p.m.

Daily Specials

Friday's

All-You-Can-Eat Catfish

Call in's Welcome

756-9457

I would Sincerely Appreciate Your Vote in the Upcoming Borden County I.S.D. Trustee Election.

Joe Pat Harding

Paid for by Joe Pat Harding

VOTE FOR

**Philena Farmer
For School Board
Runoff Election - June 1st.
Early Voting
May 15th – 28th.**

Paid Pol. Ad by Philena Farmer

PUBLIC NOTICE SCHOOL TRUSTEE RUNOFF ELECTION

Notice of School Trustee Runoff Election To the Registered Voters of Borden County I.S.D., Gail, Texas. Notice is hereby given that a Runoff Trustee Election will be held on Saturday, June 1, 2002, to elect 1 trustee for a regular three-year term.

Early voting by personal appearance will be conducted each weekday at the Borden County I.S.D. Superintendent's Office between the hours of 8:00 a.m. and 5:00 p.m. beginning on May 15, 2002, and ending on May 28, 2002.

Applications for ballots by mail shall be mailed to:
Borden County I.S.D.
P.O. Box 95
Gail, Texas 79738

Applications for ballots by mail must be received no later than the close of business on May 24, 2002.

Those seeking a position on the Borden County I.S.D. Board of Trustees in this runoff election are:

Joe Harding
Philena Farmer

LEGAL NOTICE

The Borden County Independent School District, Gail, Texas is accepting bids for the following:

**Year 2002 Improvements
(Childcare Toilet Accessibility)
for Borden County ISD**

All bids must be submitted by **3:00 PM**, local time **May 30, 2002**, at the Superintendent's Office, or sealed bids may be mailed directly to:

**Jimmy Thomas, Superintendent
Borden County ISD
PO Box 95
Gail, TX 79738**

Plans, Bid Packages and Specifications are available and may be acquired from:

**Grimes and Associates,
Consulting Engineers
PO Box 65
Wolfforth, TX 79382
806/863-2462**

A Pre-Bid Conference will be held at **3:00 PM**, local time **May 23, 2002**. All interested parties should meet at the Superintendent's Office, Gail, Texas.

The Borden County Independent School District Board of Trustees reserves the right to reject any or all bids, and waive all formalities.



*You worked, you studied, you tried and you succeeded.
Congratulations!*

Branon Funeral Home

Lamesa, Texas
806/872-8335

Scholarships guaranteed or your money! Beware of scholarship "guarantees." Before you pay for a search service, get the refund policy in writing. Call the Federal Trade Commission at 1-877-FTC-HELP to learn how to avoid scholarship scams. A message from the Borden Star and the FTC. (Federal Trade Commission)

PET TALK

A tummy ache is never fun for people, but it can be life threatening for your pet.

It's not uncommon for most animals to have upset stomachs and vomit from time to time, but there's usually a simple reason, says Dr. Deb Zoran of Texas A&M University's College of Veterinary Medicine.

She says vomiting may be caused by a hair-ball in the stomach or small intestine or by other foreign material, such as plants, rocks or bones. Diet could also be a cause.

"If a dog or cat has had a change of diet or if it has eaten spoiled food, it can result in nausea or vomiting," Zoran adds.

"But just like when humans get food poisoning, the symptoms usually go away within 24 hours. The digestive tract is cleared and whatever was causing the problem is gone. However, if the animal has repeated vomiting, won't eat or the symptoms continue for more than 24 hours, the animal needs to see a veterinarian

immediately."

Zoran says frequent pet vomiting can be a difficult problem to pinpoint.

"The causes are numerous — food allergies, infection or inflammation in the intestinal tract, foreign objects that obstruct the bowel, ulcers, liver or kidney failure, diabetes, cancer — the list can go on and on," she notes.

"If the animal has been vomiting for more than 24 hours, the most serious problems are dehydration and electrolyte imbalances. The animal has lost body fluids and these need to be replaced right away. Then the source of the problem can be examined."

X-rays can often detect the source of the vomiting, and as with humans, barium liquid can be administered to the pet to outline the digestive tract. Other tests that may be necessary include ultrasound, blood work and an endoscopic examination to determine the problem.

Pet Talk is a service of Texas A&M University and its College of Medicine. Email suggestions for future topics may be directed to Kr@univrel.tamu.edu.

A&M researchers call Houston "Lightning Capital of Texas"

Lightning may not often strike twice in the same place, but it sure can hang out repeatedly in the same neighborhood. In Texas, that neighborhood is Houston, the lightning capital for the state.

Texas A&M University atmospheric scientist Richard Orville studies lightning, and his research, to be published in *Geophysical Research*

Letters, indicate the high energy stuff likes the city life.

"We looked at 12 years of data and found that Houston gets more lightning than surrounding less metropolitan areas," Orville said. "the greater lightning frequency is not seasonal and may result form a combination of urban heat island effects and air pollution."

During the 12-year period from 1989 to 2000, the Houston area experienced 1.6 million cloud-to-ground lightning flashes, with 75 percent of them occurring in the summer months of June, July and August, 12 percent in December, January and February and the rest

Cont. to pg. 8

PROOF THAT A TAN NEVER FADES

A special ultraviolet camera makes it possible to see the underlying skin damage done by the sun. And since 1 in 5 Americans will develop skin cancer in their lifetime, what better reason to always use sunscreen, wear protective clothing and use common sense.

AMERICAN ACADEMY OF DERMATOLOGY 1.888.462.DERM www.aad.org

END OF GAME NOTICE

Play 'Em While You Can.

<p>JACKALOPE LOOT Game #184 (\$2) Jackalope Loot *Overall Odds are 1 in 4.50</p>	<p>TEXAS BOUNDUP Game #190 (\$5) Texas Round Up *Overall Odds are 1 in 3.57</p>	<p>\$50'S FEVER Game #206 (\$1) \$50's Fever *Overall Odds are 1 in 4.77</p>
<p>MEGA MONEY Game #217 (\$5) Mega Money *Overall Odds are 1 in 3.27</p>	<p>These games will close on June 30, 2002. You have until December 27, 2002 to redeem any winning tickets for these games.</p>	<p>DEEP SEA DOUBLER Game #239 (\$1) Deep Sea Doubler *Overall Odds are 1 in 4.73</p>
<p>WINNING SCORE Game #244 (\$1) Winning Score *Overall Odds are 1 in 4.61</p>		<p>WEEKLY GRAND Game #246 (\$2) Weekly Grand *Overall Odds are 1 in 4.56</p>
<p>HARVEST GOLD Game #261 (\$1) Harvest Gold *Overall Odds are 1 in 4.83</p>	<p>WILD CASH Game #703 (\$1) Wild Cash *Overall Odds are 1 in 4.77</p>	<p>BIG BONUS BUCKS Game #704 (\$5) Big Bonus Bucks *Overall Odds are 1 in 3.04</p>

You can claim prizes of up to \$599 at any Texas Lottery retailer. Prizes of \$600 or more are redeemable at one of the 22 Texas Lottery Claim Centers or by mail. Questions? Call the Texas Lottery Customer Service Line at 1-800-37-LOTTO (1-800-375-6886).

NOTICE: A Scratch Off game may continue to be sold even when all the top prizes have been claimed. *The odds listed here are the overall odds of winning any prize in these games, including break-even prizes. Must be 18 years or older to purchase a ticket. © 2002 Texas Lottery.

A&M researchers call Houston "Lightning Capital of Texas"

Cont. from pg. 7

distributed throughout the remainder of the year. Refining of earlier methods enabled the researchers to study the concentration of lightning flashes in areas as small as 5 kn.

Data analysis, including computer simulations, suggests that Houston's urban heat island effect causes clouds and

thunderstorms. Urban areas heat up faster than agricultural lands because of the increased residential density and industrial activity, in Houston's case resulting in flow of cooler sea air inland toward the city center. As the cooler air rushes in, it forces the warmer air to rise, and as that air rises, moisture in it

condenses, clouds form and thunderstorms occur. Further sea breezes then push the storms toward the northeast, with the observed lightning maximum over and to the northeast of the city.

Cool Foods For Hot Days

(NAPS)—What's for dinner? It's an age-old question that has added complexity when the temperature outside is soaring.

Those who live in warmer climates understand that the key to cooking in the heat is simplicity. Keep meals quick, easy and prepare them in advance. Many foods, like salads, taste better when prepared ahead and refrigerated. If you want to bake, heat up your oven early in the morning, during the coolest part of the day. Later in the day, utilize your microwave to warm food up while keeping the kitchen cool.

Don't let rainy weather or extreme heat spoil your dinner. A stovetop Grill Pan, like one available from The Pampered Chef, Ltd., is great for vegetables and meats, and keeps you away from the rain or the flames without losing the healthy benefit of grilling.

Take advantage of convenient grocery store items like pre-cooked boneless chicken and bagged spinach for salads. Don't forget all the varieties of produce available during warmer months. Fresh fruits and vegetables can be simple to prepare and served with elegance by using garnishing tools like Julienne Peelers, V-Shaped Cutters and Crinkle Cutters. A variety of fresh vegetables from asparagus to zucchini are also great for grilling indoors or out.

Summer meals don't have to be limited to traditional chef salads and fruit plates. Try this delicious main dish, Asian Summer Salad, from *The Pampered Chef's Casual Cooking* cookbook as a new alternative. This recipe can be prepared up to a day in advance and makes a fresh, cool and tasty meal.

This is also a great dish to take to summer picnics and potlucks—keep it cool in a specially designed Chillzanne® bowl. Chillzanne® products are frozen empty, allowing a unique cooling gel to keep the food placed into the bowl cold for hours without refrigeration.

To learn more about The Pampered Chef, gift certificates or to find a Kitchen Consultant in your area, call (800) 266-5562 or visit www.pamperedchef.com.



This Asian Summer Salad makes a great dinner on a hot day.

Asian Summer Salad

Salad:

- 8 oz. uncooked vermicelli pasta
- ¾ cup julienne-cut carrots, 2 inches long
- ¾ cup julienne-cut zucchini, 2 inches long
- ¾ cup chopped red bell pepper
- ½ cup sliced green onions with tops
- ¾ pound deli roast turkey or chicken breast, cut ½ inch thick

Dressing:

- ¼ cup vegetable oil
- 3 Tbsp. rice vinegar
- 3 Tbsp. reduced-sodium soy sauce
- 2 tsp. sugar
- ½ tsp. ground red pepper
- 1 tsp. finely chopped, peeled fresh gingerroot
- 1 garlic clove, pressed
- Coarsely chopped peanuts or cashews and fresh cilantro (optional)

1. For salad, break vermicelli into quarters. Cook

according to package directions in Professional (4 qt.) Casserole; drain and rinse under cold running water using large Colander. Place vermicelli in large Colander Bowl and set aside.

2. Using Julienne Peeler, cut carrots and zucchini into julienne strips; cut strips into 2-inch pieces using Chef's Knife. Chop bell pepper and slice green onions. Cut turkey into thin pieces, 2 inches long. Add vegetables and turkey to pasta.

3. For dressing, combine oil, vinegar, soy sauce, sugar and ground red pepper in Small Batter Bowl. Peel gingerroot; finely chop using Food Chopper. Add gingerroot and garlic pressed with Garlic Press to batter bowl. Mix well using Stainless Steel Whisk. Pour dressing over salad; toss with 3-Way Tongs. Cover and refrigerate at least 1 hour to allow flavors to blend. Spoon salad into serving bowl. Garnish with chopped peanuts and cilantro, if desired.

Yield: 6 servings.

**Borden
County EMS
806/759-5111**

Number to call
in case of an
Emergency



CAPITOL
COMMENT

U.S. SENATOR
KAY BAILEY HUTCHISON



A Silent Killer

Last fall, Lydia Evans entered her sophomore year at North Texas University as a healthy 20-year-old. Now she's lost both of her legs, parts of seven of her fingers and has endured 15 surgeries and intense physical therapy. She is a victim of a terrible, yet little-known disease called meningococcal meningitis.

Nearly 3,000 Americans contract meningitis each year. It is a serious illness that can result in deafness, blindness, amputations, permanent brain damage and even death. Approximately 10 to 13 percent of Americans afflicted die despite receiving antibiotics immediately after diagnosis. Last year 198 Texans became ill with this disease. Seventeen died.

Warning Signs

The bacteria that cause meningitis can be found in the noses and throats of many people who never become sick. In isolated cases, however, the bacteria can travel to a person's blood, brain or spinal cord, causing an infection that leads to the illness.

The bacteria is spread through sneezing or coughing directly in someone's face, kissing, sharing eating and drinking utensils, or any exposure to another person's saliva. Severe symptoms can appear suddenly in a matter of hours, or may begin with flu-like symptoms. Abrupt onset of high fever, severe and persistent headaches, a stiff neck, nausea or vomiting requires prompt medical attention. Also, dramatic behavioral changes such as disorientation, sleepiness and difficulty waking may be later warning signs.

Who's at Risk?

Meningitis occurs most frequently in young adults living in dormitory settings such as college campuses and boarding schools. Currently, the U.S. Armed Forces are routinely vaccinated, but it is not required for the general population.

One Texas mother, Carolyn Waghorne of Dallas, contacted me after the tragic death of her son, Carter, who contracted meningitis at boarding school in 1998. Mrs. Waghorne has led the battle in our state to create more awareness about the dangers of the illness. After hearing her story, I knew we needed to help educate all Americans about this devastating — yet preventable — disease.

Last year I introduced the "Meningitis Immunization Awareness Act" (S. 1009) along with my colleague, Senator George Voinovich from Ohio. The legislation would raise awareness about meningitis by requiring the U.S. Department of Health and Human Services to consult with the Centers for Disease Control to provide information about the disease and available vaccinations. These resources would be distributed to locations with high-risk populations to help educate parents and families who are often unaware of the risks their child may face.

Protecting our Children

There are many steps we can take to prevent this disease. Currently, a vaccine for most strains of meningitis is available and it is effective for three to four years. It helps prevent the onset of the infection, yet it can take up to two weeks for protection to begin. Easy tasks such as covering your nose and mouth when sneezing, washing your hands regularly, and avoiding sharing utensils and drinking bottles, can help reduce the risk of contracting the illness.

Educating Texas Families

Texas has joined 13 other states in taking the important step to protect our youngsters from meningitis. Last year, a Texas law was implemented that requires the distribution of meningitis information to Texas public schools and higher education institutions. The Texas Department of Health has been working hand-in-hand with the Texas Education Agency and the Texas Higher Education Coordinating Board to provide schoolchildren and their parents with information about symptoms, transmission and treatment of meningitis.

The Meningitis Immunization Awareness Act will be part of a comprehensive package of legislation called the "Improved Vaccine Affordability and Availability Act." I will be working with my colleagues in Congress to pass this legislation, so we can ensure that all Americans will have information to help prevent this horrible disease.

For more information about preventing meningitis, please visit the CDC website at www.cdc.gov or the Texas Department of Health at www.tdh.state.tx.us.

Drive Safely!
Watch out for our children!