

The

Borden Star

Borden ★ Dawson ★ Garza ★ Howard ★ Lynn ★ Scurry

Volume XXXV

September 26, 2007

Coyotes Get First Win of the Season

By Coach Richey

The Borden County Coyotes got their first victory of the season while showing a lot of intestinal fortitude as they saw their lead of almost three quarters slip away only to see the young Coyotes put together a tremendous offensive and defensive effort in the final stanza to come back and win this con-

test 33 to 22 at home and the first victory of the 2008 season.

The Coyotes got onto the board first as Miles Valentine hooked up on a beautiful bootleg pass to Quentin Shafer. This throw was made possible because of a nice block by center Karl Lamming which allowed Valentine to make the 18

yard connection to the back of the endzone and a 6 to 0 lead in the opening quarter.

After the Dragons scored to take a 7 to 6 lead, Brendan Tarleton connected with John Hensley on a nice 34 yard pass play to regain the 12 to 7 with 1:32 to go in the half. After an interception by Quentin Shafer was returned inside the 20 yard

(Continued on Page 3)

Senate Letter Notes Concern About Cotton Provisions Discussed

By WTO Ag Negotiators

By Shawn Wade

Significant concern about the proposed treatment of cotton, and specifically the singling out of the U.S. cotton industry for unique and differential treatment, in a WTO draft text released by Ambassador Crawford Falconer of New Zealand has spurred Republican Senator Saxby Chambliss of Georgia, ranking member of the Senate Agriculture Committee, to send a letter to the U.S. Trade Representative.

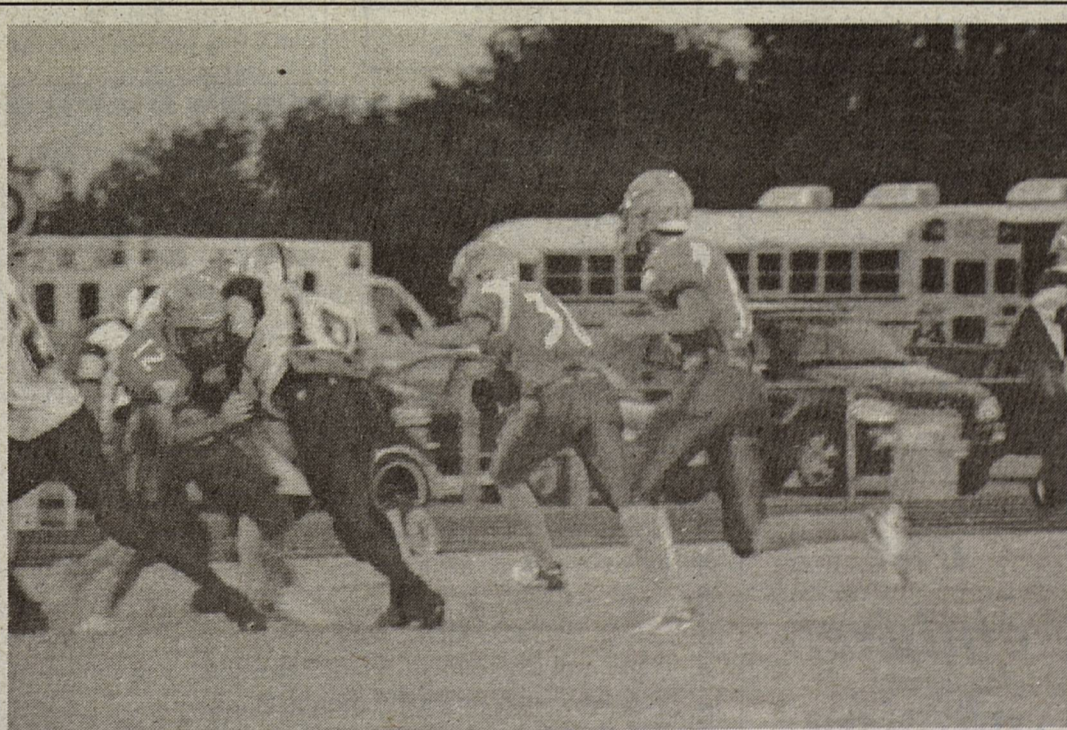
Chambliss' letter, addressed directly to USTR-Ambassador Susan Schwab, was quickly endorsed by nine fellow Cotton State Senators and asked that the Bush Administration official work to prevent cotton from being unfairly targeted for treatment outside of the parameters being negotiated for other commodities within the Doha Round agricultural negotiation.

Joining Senator Chambliss on the letter were Senators Johnny Isakson (R-GA), Blanche Lincoln (D-AR), Mark Pryor (D-AR), Lindsey Graham, (R-NC), Thad Cockran (R-MS), Richard Burr (R-NC), David Vitter (R-LA), and Mary Landrieu (D-LA).

Also contacted, but notably absent from the letter, were Texas Senators Kay Bailey Hutchison and John Corny who represent the largest cotton producing state in the U.S. and one of the largest cotton producing regions in the world.

The Texas cotton industry has repeatedly expressed its concern to Senator's Cornyn and Hutchison about the treatment of cotton since the start of the WTO Doha negotiations. That fact makes their failure to join the highest-ranking Repub-

(Continued on Page 6)



Coyotes Logan Howard (left) and Brendan Tarleton (right) block the Dragons as Flynn Chapman (Center) moves toward the goal line. (Photo by Regina Cutcher)

SWAT Team Visits Sixth Grade

Last Friday, Detectives Thad Thomas and Joel Garza from the Big Spring Police Department spoke to the Borden County Sixth Grade class. Also attending was Fargo, their trained black lab.

The detectives interviewed the 6th grade on all their de-

vices, like the taser, also a scope used to search for hidden drugs. Also Fargo showed us his skills in finding drugs. The detectives hid a sample drug bag in the library shelves and Fargo found the bag.

The detectives also took us out on a tour of their squad cars.

Detective Thad Thomas is the K-9 officer, so Fargo rides in his car.

Students found the presentation "awesome," said Tyler Floyd-Summerville. "The tasers and how Fargo found the drugs were the most intriguing."



Borden County Sixth Grade students enjoy a visit with Fargo the drug dog. Pictured (back row left to right) are Zach McMeans, Tyler Summerville, Sydnie Rebeles, Sage Wheatley, Ricky Torres, T.J. Basquez, (front row left to right) Mollie McMeans, Matthew Ham, Meagan Herridge, Taylor Gass, Mallory McMeans, Kalyn Massingill, Matthew Proulx and Michael McClain.

FFA Blue Light Special!

The Gail FFA Chapter still has several meat items left from their 2006-2007 Sale. Prices have now been reduced in order to move items prior to school beginning. Blue light special! Anyone interested in purchasing these items can contact Buddy Wallace: 806/756-4478 (home) or 806/756-4313 (school).

Items available: Tailgate Party Pack-\$11.00; Smoked Sausage Kolaches-\$12.00; Smoked Turkey Breast-\$12.00; Beef Fajita-\$9.00; Cajun Meat Pies-\$10.00; Smoked Turkey-\$15.00. The Gail FFA Chapter wishes to thank everyone for their fund-raiser support!

Got News?

Mail it to:
P.O. Box 137
Gail, TX 79738
806/756-4313
ext. 275
email:
kdean@beisd.net

School Lunch Menu

October 1 - 5, 2007

MONDAY - Breakfast: Pancake Pup, Fruit Juice, Milk. Lunch: Pizza, Corn, Salad, Pineapple, and Milk.

TUESDAY - Breakfast: Muffin, Fruit Juice, and Milk. Lunch: Chicken Fried Steak, Potatoes, Green Beans, Hot Roll, Fresh Fruit, and Milk.

WEDNESDAY - Breakfast: Biscuit w/gravy, Sausage, Fruit juice and Milk. Lunch: Chicken Nuggets, Green Beans, Potatoes, Roll Mix Fruit, and Milk.

THURSDAY - French Toast, Fruit Juice and Milk. Lunch: Fish, Black-eyed Peas, Potato Salad, Hush Puppies, Rosie Applesauce, and Milk.

FRIDAY - Breakfast: Toaster Pastry, Fruit Juice, Milk. Lunch: Cheeseburger, French Fries, Salad Cup, Chocolate Chip Cookie, Milk.

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2007 Borden County Coyotes Junior High Football Schedule

September 13	Wellman-Union	Here	5:30
September 20	Dawson	There	6:00
September 27	Southland	Here	5:00
October 4	Aspermont	There	6:00
October 11	Open		
October 18	Lorraine	Here	6:00
October 25	Trent	There	6:00
November 1	Hermleigh	Here	6:00
November 8	Jayton	There	6:00

Head Football Coach: Trey Richey
Defensive Coordinator: Peter Benavidez
Special Teams Coach: Fernando Baeza
Assistant Coach/Trainer: Bric Turner

Coyotes Cinch First Win...

By Coach Richey

(Continued From Page 1)

line it looked as if the Coyotes might add to their lead just before half, but a pass to the end zone from Valentine to Shafer was just a little high and the Coyotes had to settle for their 12 to 7 lead at intermission.

The Coyotes added to their lead in the 3rd as Quentin Shafer followed some big blocks from fullback John Hensley, end Pasqual Espinoza, guard Carlos Hernandez and centers Logan Howard and Karl Lamming to net 49 yards on two carries and in the end a 10 yard touchdown run to cap the two play drive with 6:38 left in the 3rd quarter. Tony Soto hit Logan Howard for the extra point and a 19 to 7 lead.

The Dragons came right back and managed to get on the board after a pass deflected off of safety Miles Valentines hands into the Dragon receivers hands for a 43 yard touchdown to cut the Coyote lead back to five at 19 to 14. After a Coyote fumble, the Dragons regained the lead and the momentum with 3:28 to go in the 3rd quarter after a 5 yard run by a Dragon to make the score 22 to 19.

The lights turned off just after the Dragon score, and so did the momentum that the Dragons had garnered.

After each team had a possession, the Coyotes got a tremendous 4th down stop deep in their own territory and when the five Coyotes that were in on the tackle were pulled off of the Dragon runner, four of the Coyotes in on the tackle were freshman. These young Coyotes were, Derek Tatum, Tony Soto, John Hensley and Miles Valentine as well as senior Logan Howard.

The Coyotes moved into scoring position only to have a couple of touchdown passes

dropped to end the scoring threat, but John Hensley playing his first game at middle linebacker made up for his dropped pass by not only causing a fumble, but recovering it as well at the Dragon 28 yard line.

Two plays later, Quentin Shafer hit Flynn Chapman from 26 yards out to give the Coyote the lead at 25 to 22. John Hensley made a great crack back block to give Quentin time to make the throw. The Coyotes got another great defensive stand and then Shafer went to work again as he rumbled in from 26 yards to seal the victory with 1:11 left in the game.

Flynn Chapman added the first extra-point kick of the season for the Coyotes to give them a 33 to 22 lead.

Quentin Shafer recovered a fumble on the ensuing kick-off to officially seal the victory.

The Coyotes needed to get at least one first down to officially end the game and almost got more than that as Flynn Chapman carried the ball inside the one yard line. The Coyotes then lined up in their victory formation to kneel on the ball to run the clock out and give the Coyotes their first victory.

Quentin Shafer had the best day of his high school career as he did a little of everything as he lead the Coyotes with 16 carries for 106 yards and 2 touchdowns, he completed 1 of 2 passes for 26 yards and 1 touchdown, caught 4 passes for 36 yards and one touchdown, punted 4 times for a 38.5 net average, with 3 of 4 landing inside the 15 yard line he also

had an interception he returned 49 yards, recovered a fumble and was in on 9 tackles. Not a bad days work for a guy playing a new defensive position as well as we moved him to corner this week.

Flynn Chapman had 11 carries for 53 yards and one reception for 26 yards and a touchdown, who also played a different position as starting tailback and defensive end.

Miles Valentine was 5 of 10 for 39 yards and a touchdown, Miles also playing a new position on defense at safety had 14 tackles and 2 pass break-ups.

Brendan Tarleton split time at quarterback with Miles and contributed with his first career touchdown pass.

John Hensley had 4 carries for 27 yards and a pass completion for 34 yards and a touchdown and he too played a new defensive position as he played middle linebacker and had 17 tackles, 2 quarterback pressures, 1 caused fumble and 1 fumble recovery.

Also contributing on defense was Carlos with a tackle, Logan Howard with 12 tackles, 3 quarterback pressures and 2 sacks, Karl Lamming had 3 tackles, Tony Soto playing corner on varsity for the first time had 9 tackles and a caused fumble and pass break-up, Cory Teel had a tackle and Derek Tatum had 4 tackles and 2 quarter back pressures.

The Coyotes will next face the Southland Eagles at 7:30 in Southland.

Good job guys! Congratulations on your first of what hopes to be many victories.

Pups Pound The Dragons

By Coach Richey

The Borden County Pups traveled to Dawson Thursday night and pounded the Dragons 51 to 13 to improve to 2-0 on the season.

Austin Fields got the Pups off to a fast start as he carried the ball 40 yards to pay dirt for the Pups, for what was the first of eight touchdowns on the evening for Borden County. Tanner Richey added the extra point run to give the Pups a 7 to 0 lead.

A quick 3 and out gave the Pups the ball to begin the 2nd quarter. After a short gain by Fields, Richey carried the ball across the goal line for a 13 to 0 lead.

Steven Howard added the extra point for a 14 to 0 pup lead. After another 3 and out, Richey added to the Pups lead as he capped a three play drive as he scampered 30 yards to the end zone, which gave the Pups

a 20 to 0 halftime advantage.

The Pups got the ball to start the 2nd half, and they wasted little time in adding to their lead as Blake Turner threw his first touchdown pass of his career as Fields took the screen pass from Turner and raced 46 yards to push the Pups lead to 26 to 0.

That play would be the last play for the first team offense, but after a quick 3 and out again by the Pup defense, the 2nd team offense got into the act as Chance Taylor capped a long 7 play drive to cross the goal line on a nice 11 yard touchdown run and a 32 to 0 lead.

After the dragons returned the kick-off, Austin Fields retaliated with a 50 yard return of his own to make the score 38 to 6.

On the first play for the Dragons after the kick-off, Richey intercepted a Dragon pass and traveled 40 yards to pay dirt and a 44 to 6 lead in the 3rd

(Continued on Page 6)

2007 Football Schedule Borden County Coyotes

Varsity			
August 24	Scrimmage	Trent	5:00
August 31	New Home	Here	7:30
September 7	Robert Lee	Here	7:30
September 14	Wellman-Union	There	7:30
September 21	Dawson	Here	7:30
September 28	Southland	There	7:30
October 5	Aspermont	Here	7:30
October 19	Open		
October 26	Trent	Here	7:30
November 2	Hermleigh	There	7:30
November 9	Jayton	Here	7:30

Head Football Coach: Trey Richey
 Defensive Coordinator: Peter Benavidez
 Special Teams Coach: Fernando Baeza
 Assistant Coach/Trainer: Bric Turner

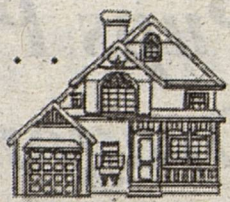
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Heart & Home . . .

By Julie Smith
Borden County Extension Agent
Family & 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 Court of Texas Cooperating.

Dietary Supplements—More Than Vitamins

Today's dietary supplements are not only vitamins and minerals. They also include other less familiar substances, such as herbals, botanicals, amino acids and enzymes. Dietary supplements come in a variety of forms, such as tablets, capsules, powders, energy bars and drinks.

If you do not consume a variety of foods, as recommended in MyPyramid and the Dietary Guidelines for Americans, some supplements may help ensure that you get adequate amounts of essential nutrients or help promote optimal health and performance. However, dietary supplements are not intended to treat, diagnose, mitigate, prevent or cure diseases; therefore, manufacturers may not make such claims. In some cases, dietary supplements may have unwanted side effects, especially if taken before surgery or with other dietary supplements or medicines, or if you have certain health conditions.

Unlike drugs, but like conventional foods, dietary supplements are not approved by the Food and Drug Administration (FDA) for safety and effectiveness. It is the responsibility of dietary supplement manufactur-

ers/distributors to ensure that their products are safe and that their label claims are accurate and truthful. Once a product enters the marketplace, FDA has the authority to take action against any dietary supplement product that presents a significant or unreasonable risk of illness or injury.

Scientific evidence supporting the benefits of some dietary supplements (e.g. vitamins and minerals) is well established for certain health conditions, but others need further study. Whatever your choice, supplements should not replace prescribed medications or the variety of foods important to a healthful diet.

At times, it can be confusing to tell the difference between a dietary supplement, a food or an over-the-counter (OTC) medicine. An easy way to recognize a dietary supplement is to look for the Supplemental Facts Panel on the product.

Although certain products may be helpful to some people, there may be circumstances when these products can pose unexpected risks. Many supplements contain active ingredients that can have strong effects in the body. Taking a combination

of supplements, using these products together with medicine, or substituting them in place of prescribed medicines could lead to harmful, even life-threatening results. Also, some supplements can have unwanted effects before, during or after surgery. It is important to let your doctor know about the vitamins, minerals, botanicals, and other products you are taking, especially before surgery.

Here are a few dietary supplements believed to interact with specific drugs:

Calcium and heart medicine (e.g. Digoxin), thiazide diuretics (Thiazide), and aluminum- and magnesium-containing antacids.

Magnesium and thiazide and loop diuretics (e.g. Lasix), some cancer drugs (e.g. Cisplatin), and magnesium-containing antacids.

Vitamin K and a blood thinner (e.g. Coumadin).

St. John's Wort and selective serotonin reuptake inhibitor (SSRI) drugs (e.g. antidepressant drugs) and birth control pills.

For more information about dietary supplements, contact the Extension office at (806)756-4336 or visit the Office of Dietary Supplements Web site at <http://ods.od.nih.gov>. In next week's *Heart and Home* we will look at what you should know before using dietary supplements.

Source: *What Dietary Supplements are You Taking?* brochure by Food and Drug Administration and the Office of Dietary Supplements.



Lamesa Wal-Mart Assistant Manager, Leroy Villa (Left), presents Borden County Booster Club President, Tammy Simmons (Right), with a \$2500.00 donation to the club.

Booster Club Receives Wal-Mart Donation

Wal-mart in Lamesa surprises the Borden County Booster Club every year! Each year the Lamesa store contributes to the scholarship fund BCBC has for local seniors. This year Borden County Booster Club was honored to receive a check for \$2500.00! Borden County Booster Club 2007-2008 president, Tammy Simmons was presented with the check by Leroy Villa, assistant manager in Lamesa.

The BCBC is an organization of local parents and Coyote

fans that exists entirely on donations and volunteers. The organization helps support school spirit and also has been giving college scholarships to Borden County seniors for several years. Without such wonderful friends such as Wal-mart the efforts of BCBC would not be as successful.



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Thought for the Day

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Source: St. Louis Inspirational Christian Connection

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*Jackets (adults and youth sizes), stadium
seats, spirit pins, and victory bells!*

*Come by the Booster Club table at home
football games and get your
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**2007 - 2008 BC Directories
also available**

4-H News

4-H Re-enrollment Time

Anyone interested in being a 4-H member for the 2007-08 4-H year needs to complete a 4-H enrollment form. In order to be a member of 4-H, you must be enrolled in the 3rd grade and not be older than 19. These forms will be available at the 4-H meetings and are always available in the Extension office. *This is very important for any youth that plans to participate in a 4-H project, including a livestock project and the county stock show.* If you have not completed your enrollment form for the current 4-H year, please contact the Extension office immediately at (806)756-4336 or borden-tx@tamu.edu. We also have volunteer enrollment forms available for all volunteers that assist our youth in their projects. Please call or come by to get yours today!

4-H Food & Nutrition Project

The Food and Nutrition project meetings will be held on Monday, September 24, Tuesday, September 25, Monday, October 1 and Tuesday, October 2 from 3:45 to 5:15 p.m. (after school) in the Home Economics Department. This project is for all 4-H youth that are interested in learning about basic nutrition, eating healthy, basic food preparation skills, and much more. The County 4-H Food Show will be held on Tuesday, October 9 at 6:00 p.m. in the Community Room. The District 4-H Food Show will be held on Saturday, November 10 in Levelland. For more information, contact the Extension office at (806)756-4336.

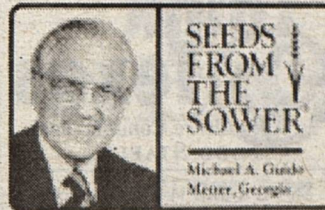
Borden County EMS Class to Begin October 1st

In a county the size of ours it is important that we have as many First Responders as possible. With this in mind Borden County EMS will be offering an ECA (Emergency Care Attendant) class beginning October 1st. Classes will be held in Gail and there will be no charge.

As a certified ECA you will be able to perform basic first aid, CPR, help Paramedics and EMT's with their duties, and most importantly you will be able to drive an ambulance.

The strength of Borden County EMS has always been the giving spirit of our residents. Your county needs you at this time so please consider joining this class.

For more information you may contact Carrie Hart at 806/252-4469.



It was Sunday, and a little boy had a part in a church play. He stood to his feet to quote a phrase in Matthew 28:20, "Lo, I am with you always."

But his tongue got twisted, and he said, "Glow, I am with you always!"

We don't serve a coffined Christ but a contemporary Christ. He's not dead. He's alive.

He's loving with our hearts, laboring with our hands, and living in our lives.

He's turning our trials into triumphs, our defeats into victories, and our gloom into gladness.

Like the boy said, "Glow, I am with you always."



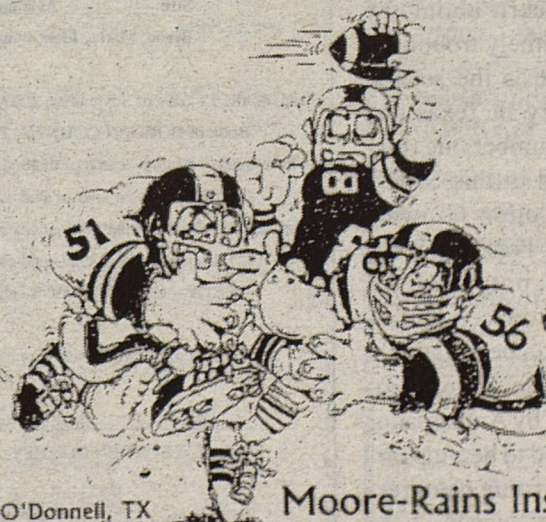
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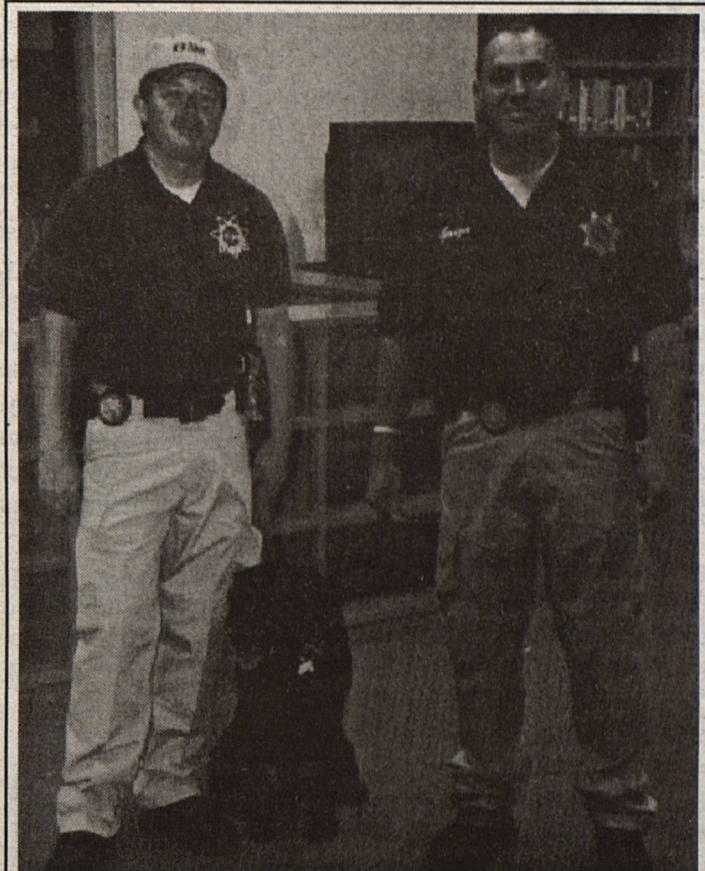
403 N. Austin Lamesa, Texas

Go Coyotes



O'Donnell, TX 806/439-3335

Moore-Rains Insurance Frances Rains Stephens



Guest speakers, Big Spring K-9 officers Thad Thomas (Left) and Joel Garza (Right) along with Fargo, the drug dog, visit the Borden County 6th grade class this past Friday.

Herridge and Dean Receive Service Award



Robby Dean (right) and Jibber Herridge (center) employees in the Borden County maintenance section, were honored during a recent supervisors meeting in Abilene. Dean, a maintenance technician in the section, was recognized for 15 years of service with the Texas Department of Transportation. Herridge, the section supervisor, was recognized for his 20 years with the department. They were presented framed certificates and service pins representing their years with TxDOT. Dean also received an ice chest while Herridge got a roadside award kit, their gifts of choice. Russel Lenz (left), Abilene District Engineer, presented the awards. (TxDOT photo by Mary Beth Kilgore)

Pups...

(Continued from Page 3)
quarter.

The Dragons managed to put together a nice long drive to cut the Pups lead to 44 to 13 with just over a minute left in the game, but Richey returned the ensuing kick-off 65 yards to cap the evening for the Pups.

Chance Taylor added the extra-point run to give the pups the final tally of 51 to 13 and their 2nd victory of the season.

The Pups got some outstanding play on defense from the entire team, as every Pups player had at least one tackle on the evening.

This list of players with a tackle includes, Troy Copeland,

Valerio Hernandez, Chance Taylor Matthew Roberson, Chris Teel, Austin Tyler who also had a nice 8 yard reception from Blake Turner who added another sack to total on the season.

Also contributing with at least one tackle was Tanner Richey, Austin Fields, Luke Burkett, and Riley Smith who had a tough luck day throwing the ball as he had 3 passes dropped on the day.

Steven Howard led the team in tackles today and newcomer Luis Andrade contributed as well.

The Borden Pups will next play host to the undefeated Southland Eagles at 5:00 p.m.

Good job guys and good luck Thursday.



This is a time in our great heritage of Texas agriculture when we can step back and recognize agriculture teachers' impact - their service and the history they create by training tomorrow's leaders...today.

My agriculture teacher made a tremendous difference in my life; in fact, my teacher was the impetus for me to first run for public office. Having the honor to serve as a city councilman, a state representative, a state senator and now as the commissioner of agriculture, I am grateful for the time he invested in me - and I appreciate the hard work of agriculture teachers around the Lone Star State to develop our bright future.

Teachers hold one of the greatest responsibilities in our society, and the knowledge and nurturing they give through agricultural education makes all the difference in the world.

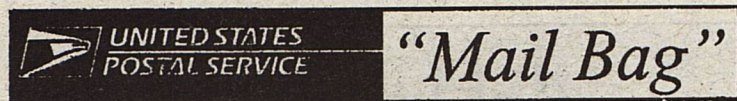
Agricultural education gives kids a passion; it instills not only knowledge, but values; it takes them from the classroom to the field and gives them the practical applications for academics; it makes them a part of something bigger than themselves - a tradition they can believe in!

That's why it is up to all of us to preserve this history and prepare for the future, while maintaining a strong Texas agriculture. One of the best ways we can do this is to invest in future generations - preparing students to follow through with their educations and lead successful careers for Texas' greater success tomorrow.

Cotton Provisions...

(Continued from Page 1)
lican member of the Senate Agriculture Committee in expressing concern about the situation extremely troubling.

"Agriculture is the second largest industry in Texas and cotton is the number one row-crop produced in this State", says Plains Cotton Growers Executive Vice President Steve Verett. "The potential for Texas cotton producers and allied industries to be negatively impacted by the cotton proposal put forth by Ambassador Falconer should be a top priority for all of our Congressional leaders.



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For more information, visit your local Post Office or go to usps.com/money.welcome.htm

Constitutional Amendment Election Calendar

- September 7** First day to submit application for early voting.
- October 9** Last day to register to vote
- October 22** Early voting by personal appearance begins.
- October 30** Last day to receive application by mail.
- November 2** Last day to vote early by personal appearance.
- November 6** ELECTION DAY

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Mini Cheer Camp
*The Borden County Jr. High cheerleaders are going to have a cheer camp this year for grades K-5. The camp will be October 9th, 11th, and 16th from 4:00 to 5:00 p.m. in the old gym. The cost will be \$20.00. Each participant will receive a cheerleader picture frame with a camp picture. They will learn 2 new cheers, 1 new dance, and a bleacher mania. They will perform at the October 18th pep rally and home game. If you would like your child to participate, please send your money and the attached form back to school by **Monday, Oct. 1.** I hope to see you all there. We are going to have a great time!!*



ESTRAY
NOTICE OF IMPOUNDMENT OF ESTRAY

On the 10th day of September, 2007, I impounded the following estray:

Kind of Animal: Donkey
Breed: Unknown
Color: Dark Brown
Sex: Male
Age: Unknown
Size: Average
Brand, Marks, Identifying Characteristics: None

and, on the 12th day of September, 2007, I filed a **NOTICE OF ESTRAY** in the Estray Book of BORDEN COUNTY, TEXAS.

I have made a diligent search of the register of recorded brands in BORDEN COUNTY, TEXAS, for the owner of said estray but search did not reveal the owner. Notice is hereby given that, if the ownership of said estray is not determined by the 2nd day of October, 2007, said estray will be sold at Sheriff's sale at the BORDEN COUNTY COURTHOUSE at 2:00 P.M.

Witness my hand this 12th day of September, 2007.

BILLY GANNAWAY
Sheriff of BORDEN COUNTY, TEXAS

By Deputy: [Signature]

Texas Stories

A Showcase of the Texas Spirit
Tumbleweed Smith

The Story of the Buffalo

Jack and Elizabeth Longbotham of Abilene own a small herd of buffalo on their ranch in Brown County. They sometimes load a bison onto a trailer and take it to western gatherings or schools to help explain the buffalo's history.

Jack is a retired educator who served as dean of the Education Department at Hardin Simmons University. Elizabeth is a member of the pioneer Prude family in Fort Davis and taught education at McMurry University.

"A buffalo is unpredictable," says Elizabeth. "They're very smart." Jack says they are strong and unbelievably quick. "Quickness is the most outstanding characteristic about buffalo. They can outrun a horse two to one."

Based on their interest in the buffalo, the Longbothams have collaborated on a series of children's books about the buffalo. Jack did the illustrations for the books.

"Some of our buffalo are actual characters in the books," says Elizabeth. "They have names like Buffalo Bill and Cody. The books tell about their lives on the plains."

In some of their presentations about the buffalo, they tell how the buffalo nearly became extinct.

"It was the buffalo hunters who were greedy and wanted the hides to send up to New York for the wealthy ladies to have coats made out of them," says Elizabeth. "It was not the Indian who destroyed them."

Jack says at one time the buffalo numbered over sixty million head. "Gradually as they were hunted they became fewer in number and were almost wiped out. In 1900 there were less than 800 buffalo in the United States. Now there are more than 220,000. Most of them are in private herds and state and national parks in Wyoming, Montana and North Dakota."

In Texas, the buffalo roamed from Colorado City to Fort Davis and all through the panhandle. The herds were big. "Sometimes the herds would be fifty miles long and fifteen miles wide," says Jack. "That's lots of animals."

The Indians used everything on the buffalo: meat, horns, hide and hoofs. They depended on the buffalo for shelter, blankets, sewing needles, cookware, clothing and nearly everything else. "The buffalo was the Indian's commissary," says Jack. "Indians killed them by running herds off cliffs."

Buffalo hunting took place between 1865 and 1890. The hunters used a Sharp's rifle, which could fire a 50-caliber bullet several hundred yards. Buffalo bones littered the countryside and were sold to make fertilizer. "The bones were sold by the pound," says Jack. "Hunters brought them into wagon areas close to the train yards and loaded up boxcar after boxcar with bones. Later a trainload or two were put together and exported to England to make china dishes."

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HEALTH Q&A

Nutrition And Exercise Key To Healthy Weight Management

(NAPS)—Every year, millions of American adults make an effort to lose weight. While dropping the extra pounds is beneficial for overall health, some people may have questions about how to start and stick with a healthy weight-loss program. Here are answers to common questions about nutrition and tips on a healthy approach to weight loss:

Q. Starting a weight management regimen can be a worthy yet sometimes overwhelming effort. What are some key things to consider when setting out to lose weight?

A. You'll have more success with sticking to a new regimen if you don't try changing everything at once. Experts agree that it takes 21 days to establish a healthy habit. Start by making simple changes to your daily routine and setting goals that will help you stick with and support your weight-loss efforts. Things we can all do include eating a well-balanced diet, exercising regularly, making time for a good night's sleep, drinking plenty of water and taking a daily multivitamin.

Q. What are the right foods to eat when dieting?

A. Keep in mind that there are no miracle foods. And, there is no particular food or food group that should be eliminated from anyone's diet. Protein, carbohydrates and even certain healthy fats,



Exercise, sleep and multivitamins can play a key role in weight management efforts.

such as olive oil, play an essential role in overall nutrition. According to the USDA's dietary guidelines, a healthy diet includes fruits, vegetables and whole grains, as well as fat-free and low-fat milk and milk products. Experts also recommend choosing proteins such as fish, poultry and leaner cuts of red meat. Try to avoid processed foods, which lack many of the essential nutrients needed for a healthy diet, and often contain saturated fats, salt and foods with added sugars.

Q. I've heard about the new diet pill called alli that limits some of the fat the body absorbs. How does this affect the nutrients the body gets from food?

A. When taking a weight-loss product designed to limit fat absorption, you are likely to lose a certain amount of fat soluble

vitamins, namely vitamins A, D, E and K. That's why experts recommend taking a daily multivitamin as part of your weight-loss regimen.

Q: What should be considered when adding exercise to a weight-loss plan?

A. First, exercise doesn't have to mean going to the gym and pumping iron. A simple activity like walking and tracking your steps with a pedometer is a great way to maximize your results and exercise your heart. Also, taking a multivitamin like One-A-Day® WeightSmart Advanced is a good idea because it's a complete daily multivitamin containing 100 percent of key vitamins and minerals plus a unique guarana blend, B vitamins and other important ingredients to offer nutritional and energy support for those who are working to manage their weight through diet and exercise.

For additional information, visit www.one-a-day.com.

Q. What could people do to stave off hunger while on a diet?

A. Dieting does not mean going hungry. Incorporating more fiber into meals will help curb cravings by keeping you fuller longer. Also, eating smaller meals throughout the day rather than three larger meals can help reduce cravings that may lead to overeating.

BORDEN COUNTY ISD VEHICLE BID REQUEST

The Superintendent's Office, on behalf of the Board of Trustees of the Borden County Independent School District will receive bids for school vehicles.

Proposals shall be addressed to Jimmy Thomas; Borden County Independent School District; Box 95; Gail, Texas 79738, and shall be delivered in a sealed envelope marked "Vehicle Bid". Proposals may also be faxed or e-mailed. Proposals will be received up to but no later than 5:00 P.M. on Thursday, October 11, 2007. Bids will be opened and read as they are received. Proposals will be tabulated, researched, and presented to the Board of Trustees for their consideration at the next scheduled meeting. Bids received after the specified date will not be considered.

The Borden County ISD Board of Trustees reserves the right to accept or reject any or all proposed bids, to waive any and all technicalities, and to accept the proposal that will best serve the needs of the District.

Questions regarding bid specifications and additional information shall be directed to Jimmy Thomas by writing the above address; by e-mail to jthomas@bcisd.net or by calling (office 806-756-4313) (cell 806-759-5467) (fax 806-756-4310)

By Order of the Board of Trustees
Borden County Independent School District
Mike Valentine, Secretary

— Randy's Roundup —

A Weekly Newsletter from Congressman Randy Neugebauer

Clock Running Out on S-CHIP Reauthorization

I support reauthorization for the State Children's Health Insurance Program (SCHIP). I have stood with President Bush and my Republican colleagues to ensure a fair bill that continues to provide health care for low income families with children without reducing Medicare benefits or raising taxes.

Unfortunately, the majority party's plan includes expanding the SCHIP program far beyond low income children, providing health care to adults that make upwards of \$150,000 a year. Clearly this plan is outside the scope of the original intent of SCHIP. At the end of the day, this bill expands entitlement programs and will cost the American taxpayers over \$100 billion dollars. The proposal calls for a drastic cut-in funding by 2012, removing these children from SCHIP and making their future health care uncertain.

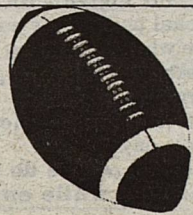
I was pleased to join my colleague from Texas, Congressman Joe Barton, and 100 additional original cosponsors to introduce legislation to extend the current SCHIP program for 18 months. It is clear that the majority party in Congress intends to send a bill to the President that he will veto. I am hopeful a compromise can eventually be reached to ensure medical coverage for low income children.

Welcome Home Heroes

This past Sunday, I had the honor of attending a welcome home ceremony for many of West Texas' finest, the 4005th U.S. Army Hospital unit. These courageous men and women run the hospitals on the front lines of battle in Iraq and the intensive care units at Landstuhl Regional Medical Center in Germany. Many of them help prepare our brave soldiers before they go overseas, in addition to helping with rehabilitation when they return.

I enjoyed meeting these heroes who rarely make the news. These are the soldiers who save the lives of those wounded and put their own lives on the line to make sure that our injured soldiers get the best medical care possible. Thank you for your service.

—Randy



September 2007



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
						1
2	3 JH Cheerleading & Pep Squad Practice 4-5:30	4 Lone Wolf District FFA Leadership Camp @ Snyder 4:30	5 Class Favorite & Officer Elections during Tutorials	6 Robert Lee JV There 6:00 Literary Criticism Meeting during Tutorials	7 Robert Lee Varsity Here 7:30 PROGRESS REPORTS West Texas State Fair Permian Basin Fair	8 Wilson Cross Country 9:00 a.m. West Texas State Fair Permian Basin Fair
9	10 JH Cheerleading & Pep Squad Practice 4-5:30 SAT registration deadline for Oct 6 th Test BCJLA General Membership Meeting 6 p.m. @ Show Barn West Texas State Fair Permian Basin Fair	11 Cool Clover's 4-H Meeting 3:45-4:45-Show Barn West Texas State Fair Permian Basin Fair	12 JH & HS 4-H Meeting 12:15-1:05-Conference Rm. Photos-Seniors, K-11, JH & HS football & cheerleaders West Texas State Fair Permian Basin Fair	13 Wellman-Union JH Here 5:30 Debate Clinic @ Lubbock Coronado (5:00 p.m.) West Texas State Fair Permian Basin Fair	14 Wellman-Union Varsity There 7:30 West Texas State Fair Permian Basin Fair	15 Slaton Cross Country 9:00 a.m. ACT Test (must have registered by August 24 th) West Texas State Fair Permian Basin Fair
16	17 JH Cheerleading & Pep Squad Practice 4-5:30	18	19 English IV, English III, & Literary Criticism Team to Odessa Globe Theatre for Hamlet	20 Dawson JH There 6:00	21 Dawson Varsity Here 7:30 ACT registration deadline for Oct. 27 th Test South Plains Fair	22 UIL Student Activity Conference-Texas Tech Coyote Opry 6 p.m. (Meal will start at 5 p.m.) Vernon HS Speech & Debate Tournament South Plains Fair
23	24 4-H Food & Nutrition Project 3:45-5:15-Home Economics Lab JH Cheerleading/Pep squad practice 4-5:30 South Plains Fair	25 4-H Food & Nutrition Project 3:45-5:15-Home Economics Lab South Plains Fair	26 South Plains Fair	27 Southland JH Here 5:00 Photo Day-Seniors, K-11, JH & HS football & cheerleaders South Plains Fair	28 Southland Varsity There 7:30 End of 1st Six Weeks South Plains Fair	29 Lubbock Cross Country (Mae Simmons Park) 9:00 a.m. South Plains Fair