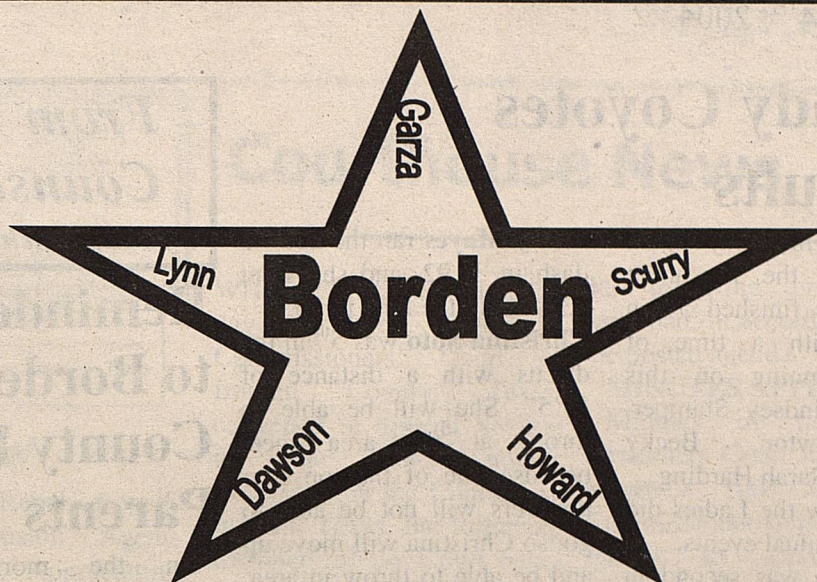


# THE

Volume XXXII



# STAR

April 14th, 2004

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

## Drinking Among Adolescents a Concern

By Patti J. Patterson, M.D.  
Vice President for Rural and  
Community Health  
Texas Tech University  
Health Sciences Center

The use of alcohol by underage drinkers is a rising epidemic in communities across Texas. According to Kitty Harris, Ph.D., director of the Center for the Study of Addiction at Texas Tech University, alcohol is the drug abused the most and the earliest by adolescents. Many children have their first alcoholic drink between the ages of 12 and 13.

Alcohol abuse has serious and lasting consequences for underage drinkers. In addition to the risks of engaging in illegal behavior, teenager drinkers face a number of physical and emotional problems caused by drinking.

"Underage drinkers can have serious health problems, their academics suffer, as do their relationships with family and friends," Harris said. "They can also experience developmental problems. Younger drinkers literally quit growing emotionally and socially, because alcohol becomes their way to cope. These young people miss out on all the usual adolescent opportunities to learn productive coping behaviors."

Harris said that too many

parents minimize the seriousness of their children's abuse of alcohol and believe that alcohol is less dangerous than other kinds of drugs their children could be using. "The parents are mistaken, however," said Harris, "Alcohol is one of the most dangerous drugs available in terms of consequences. Excessive drinking by adolescents is a leading contributor to sexually transmitted diseases and teenage pregnancies."

In a 1998 survey of secondary students conducted by the Texas Commission on Alcohol and Drug Abuse, almost half said that alcohol was "easy" to obtain, while an additional 37.5 percent responded that alcohol was "somewhat easy" to acquire. In the same survey, 17 percent of secondary students said that when they drink, they have five or more drinks at a time. Ten percent of survey respondents claimed to have attended at least one class while drunk.

Parents must actively protect their children from the dangerous consequences of alcohol abuse. Harris discouraged parents from threatening their children, and instead encourages

## Pre-School Day



Last Friday, six pre-kindergarten students visited with the kindergarten class to get acquainted with their class room, friends and teachers for next fall. Pictured below are the pre-kindergarten students along with their new kindergarten friends. Back row (L. to R.) Merik Valentine, Samuel Raborn, Rhaeden Bland and Zoie Key. Middle row: T.J. Doyle, Brandon Pewitt, Channing Miller, Tatum Richey, Makayla Herrington, Hayley Gray, pre-k; Avery Price, pre-k; and Maddison Benavidez, pre-k. Bottom row: Tanner Freeman, pre-k, John Stroope, pre-k; Flint Robertson, and Trace Richey, pre-k.

parents to create a plan setting clear expectations and enforcing consequences if children do not meet those expectations. The plan should start with parents talking to their children about the dangers of underage drinking, letting children know the consequences of their drinking, and monitoring their children's activities to decrease the likelihood of their engaging in underage drinking.

"Consistency from parents is important," Harris said. "Parents must enforce the rules. The impact of a parent on a child's life is immeasurable."

### **Borden County ISD Calendar Change**

There is a mistake on the May, 2004, School Calendar that was previously published and distributed.

**May 7<sup>th</sup>**, is a Regular School Day

**May 14<sup>th</sup>**, is a Bad Weather Holiday

Please adjust your calendar accordingly.

We are sorry for any inconvenience this may have caused.



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## Borden County Lady Coyotes District Track Results

The Lady Coyote track teams placed 4<sup>th</sup> in the District meet last Thursday scoring 69 points. Every girl on the team scored in the meet, which means everyone on the team lettered for the year. We also had a lot of girls advancing to the Area track meet held in Highland this Thursday. You had to finish in the top 4 in order to advance to Area.

The 400 m. relay ran a close second in the meet to Grady. These Ladies had some nice exchanges this time and ran a 54.81. Running on this relay in this order was Shayla Gass, Cassidy Rinehart, Emily Mayes and Menda James.

The 800 m. relay finished 4<sup>th</sup> with a time of 1:59.21. Running on this relay was Shayla Gass, Lindsey Stamper, Emily Mayes and Cassidy Rinehart.

The 1600 m. relay again was ran by the Freshman Ladies. They finished 5<sup>th</sup> in the race with a time of 5:17.33. Running on this relay was Lindsey Stamper, Lacey Newton, Becky Dobyns and Sarah Harding.

Here is how the Ladies did in their individual events.

**Shayla Gass** was second in the 100 m. dash with a time of 13.69. She long jumped 13'2 1/4".

**Menda James** was 4<sup>th</sup> in the 100 m. hurdles with a time of 17.12, she was 4<sup>th</sup> in the 300 m. hurdles with a time of 52.30, she was 5<sup>th</sup> in the high jump clearing 4'6".

**Cassidy Rinehart** was second in the 200 m. dash with a 28.74, she was 5<sup>th</sup> in the triple jump with a distance of 31'8", and she long jumped 14'3 1/2".

**Ashley James** was first in the pole vault clearing 7'0".

**Emily Mayes** ran the 200 m. dash in 30.92, and she went 13'8 3/4" in the long jump.

**Christina Soto** was 5<sup>th</sup> in the discus with a distance of 81'5". She will be able to throw at the area meet because one of the top four throwers will not be able to go, so Christina will move up and be able to throw in area. Christina also threw the shot 24'9".

**Becky Dobyns** was 6<sup>th</sup> in the 100 m. hurdles with a time of 19.69. Becky ran the 300 m. hurdles in 63.95.

**Sarah Harding** ran the 400 m. dash in 76.41, she also ran the 800 meters in 3:12.50.

**Lacey Newton** ran the 400 m. dash in 76.35, she also ran the 800 meters in 3:15.81. Lacey threw the discus 58'6".

**Lindsey Stamper** ran on the 800 m. relay and the 1600 m. relay.

### From The Counselor

By Mary Airhart

## Reminder to Borden County ISD Parents

On the mornings of Tuesday, April 27, Wednesday, April 28, and Thursday, April 29, students in K, 1<sup>st</sup>, and 2<sup>nd</sup> will be taking the Iowa Test of Basic Skills (ITBS), and grades 3 - 11 will be taking the Texas Assessment of Knowledge and Skills (TAKS). Please do not schedule medical or dental appointments for these students during those mornings. Also, encourage your child to prepare mentally, physically, and academically to succeed on these tests.

## School Menu

### Week Of:

April 19<sup>th</sup> - 23<sup>rd</sup>, 2004

**MONDAY:** Frito Pie, Salad, Pinto Beans, Fruit & Milk. **Breakfast:** Hot Pocket, Fruit Juice & Milk.

**TUESDAY:** Chicken, Potatoes, Corn, Hot Rolls, Fruit & Milk. **Breakfast:** Biscuit & Gravy, Fruit Juice & Milk.

**WEDNESDAY:** Lasagna, Carrots, Salad, Garlic Toast, Fruit & Milk. **Breakfast:** Cinnamon Toast, Fruit Juice & Milk.

**THURSDAY:** Beef Soup, Grilled Cheese, Pickles, Jell-o, & Milk. **Breakfast:** Muffin, Fruit Juice, & Milk.

**FRIDAY:** BBQ Sandwich, Beans, French fries, Cake, & Milk. **Breakfast:** Cereal & Toast, Fruit Juice & Milk.



If you have a choice between a cake that is named "Death by Chocolate" and plain ice cream, the ice cream is probably the healthier choice. Other healthful choices for satisfying that sweet tooth include fresh fruit and sherbet.

By making healthful food choices and exercising control with portion sizes, consumers can continue to dine out without risking an expansion of the waistline. To learn more about selecting nutritious foods when eating out, contact the Extension office at (806)756-4336.

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## Heart and home...

By Julie D. Smith  
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.

## Watching the Waistline When Eating Out

Americans love to eat out. In fact, almost 45 cents of every food dollar is spent on food that is prepared outside the home. Increases in the number of working women, two-family incomes, and fast-food restaurants are some of the factors believed to be driving this trend. Unfortunately, eating out may come at the cost to our nutritional health. A recent report from the United States Department of Agriculture found that foods prepared salad. You will still taste the dressing but only get a fraction of the calories.

(2) Just say NO! to value-sized portions. For a few cents more, consumers can

get a larger portion of fries but that also means more fat and calories. Is that really a value? Stick with smaller sized portions.

(3) If restaurant portions are too generous for your needs, consider splitting the entree with a friend and ordering extra vegetables or salad. You can also ask for a doggy bag and take part of the entree home for next day's lunch. Some restaurants will even let you order off of a child's menu. Just ask.

(4) Read the menu carefully and don't be timid about requesting substitutions. Choose pasta with marinara sauce over fettuccini Alfredo and you can save as many as

800 calories and 80 grams of fat. For hamburgers, ask for mustard or ketchup instead of mayonnaise. Ask for steamed vegetables instead of ones sautéed in butter.

What about dessert? Is that a forbidden food at restaurants today? We can still have our favorite desserts. The key is to plan for them. For example, if you know that your want to have cheesecake for dessert, choose lower fat, lower calorie foods for the main entree. Also, some restaurants serve dessert portions outside the home were higher in calories and fat than foods prepared at home. Some restaurants serve meals that weigh in with up to 2,000 calories each. That is enough energy to fuel some adults for a full day. Of course, it is okay to treat yourself to a special meal every once in a while but eating high calorie, high fat meals on a regular basis can lead to unwanted weight gain, especially when physical activity is not increased.

The rise in the number of meals and snacks eaten outside the home is not expected to slow down. So what can a waist-watching consumer do? Many restaurants already offer tasty entrees that are low in fat and calories. These foods are often noted with a special mark on the restaurant's menu. In addition, here are some helpful nutrition advice for individuals who frequently eat out:

(1) Remember, complimentary chips and bread are not really "free." A basket of these foods can add as many as 1,000 extra calories to the table. If you need a little snack to tide you over until your main meal comes, ask for plain corn tortillas instead of chips or bread without added butter. Another alternative is a lettuce and tomato salad with dressing on the side. Dip your fork in the dressing, then stab your that feed more than one person. Consider asking for an extra plate and fork and split the treat with a friend.




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**Let Me Get My Hat!**  
By Dennis Poole,  
Borden County CEA-Ag.

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## Feral Hog Appreciation Day

Texas Cooperative Extension is sponsoring a "Feral Hog Appreciation Day" with registration at 8:00 a.m., May 5th, at the Stonewall County Community Center in Aspermont, Texas.

The meeting is being sponsored by Stonewall, Kent, King, Dickens, Knox and Haskell County Extension Offices. There will be a total of 5.5 Texas Department of Agriculture continuing education units available for participants (3 general, 2 Integrated Pest Management and 0.5 Laws and Regulations).

"Feral hogs are a classic 'Dr. Jeckyll-Mr. Hyde' situation," said Dr. Dale Rollins, Extension wildlife specialist at San Angelo and a program coordinator. "Farmers hate 'em, hunters love 'em and ranchers tolerate them. Accordingly, the 'appreciation' theme fits the various perspectives. Some folks 'value or admire highly' the wild swine, while others need to 'judge with heightened awareness'. Our goal for the day is to help attendees learn what options they have for coping with or capitalizing on, feral hogs in their area."

Morning program topics beginning at 8:30 a.m. include: "What's Your Feral

Hog IQ?," Rebel Royall, County Extension Agent-Agriculture; "Appreciating Feral Hogs," Rollins; "Feral Hogs In Texas: The Good, The Bad And The Ugly," (video); "Status And Distribution Of Feral Hogs In Texas," Rollins; "Feral Hog Biology," Rollins; "Landowner Attitudes On Feral Hogs," Royall and "Interactions With Native Wildlife," Rollins.

After lunch at 11:45 a.m., the afternoon session convenes with "Controlling Feral Hogs," "Hunting Feral Hogs," and a landowners panel.

The program will conclude at 3:15 p.m. just after the talk "Laws And Regulations Governing Feral Hogs."

Registration is \$15 if your pre-register to the Stonewall County Extension Office, P.O. Box 369, Aspermont, TX 79502 by April 29th, \$25 per person at the door. The fee includes the noon meal and refreshments.

For more information contact: the following county offices of Texas Cooperative Extension: Stonewall- 940-989-3510, Kent- 806-237-3752, King- 806-596-4451, Dickens- 806-623-5552, Knox- 940-459-2651, Haskell- 940-864-2658.

## Courthouse News

WHEREAS, On this the 22<sup>nd</sup> day of March, 2004, the Commissioners' Court of Borden County, Texas, convened in Special Session in the Commissioners Courtroom at the Courthouse in Gail, Texas, the following members of the Court being present, to-wit:

**VAN L. YORK**, County Judge, Presiding; **DOUG ISAACS**, Commissioner, Prec. No. 1; **RANDY ADCOCK**, Commissioner, Prec. No. 2; **ERNEST REYES**, Commissioner, Prec. No. 3; **JOE BELEW**, Commissioner, Prec. No. 4, **JOYCE HERRIDGE**, County Clerk, and Ex-Officio of the Commissioners Court, constituting a quorum, when

the following proceedings were had, in accordance with the posted agenda.

### MINUTES APPROVED

Minutes of the Commissioners Court meeting of March 8, 2004 were read. Commissioner Belew made a motion to approve said minutes. Motion was seconded by Commissioner Adcock.

### ACCOUNTS ALLOWED

The current accounts were examined and Commissioner Isaacs made a motion to approve and pay said accounts. Commissioner Reyes seconded the motion.

### BIDS ON SURPLUS EQUIPMENT

Commissioner Adcock made a motion to place surplus equipment for bid

with bids being opened at 10:00 a.m. on April 26, 2004. Commissioner Reyes seconded the motion.

### STATE GROUNDWATER RESOLUTION

Commissioner Adcock made a motion approving the RESOLUTION regarding the Texas General Land Office selling groundwater from lands owned by the people of the State of Texas. Commissioner Isaacs seconded the motion.

### DISCUSSION-ITEMS FOR FUTURE AGENDA

No new items were presented.

### ADJOURN

A motion was made by Commissioner Adcock to adjourn. Motion was seconded by Commissioner Belew and approved unanimously.

## 4-H News

### Junior 4-H Club Meeting

The Borden County Junior 4-H Club will meet on Monday, April 19 from 3:45 to 4:45 p.m. Refreshments will be provided by 4-H. The program will be on Eating Healthy. Those interested in community service are encouraged to bring outgrown coats or sweaters. Any youth ages 9 (or currently enrolled in 3rd grade) through 8th grade are invited to attend. For more information contact the Extension office at (806)756-4336.

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### Sale of Surplus Equipment

Borden County will accept bids for the following used equipment. Bids will be opened April 26, 2004 at 10:00 a.m. at the Borden County Courthouse.

Equipment can be inspected by contacting Commissioner Doug Isaacs, phone 806/439-6619. Equipment is as follows:

- One 1983 Ford F7000 6yd. Dump truck, Diesel CAT motor
- One 2978 Chevrolet 1 ton pickup

For further information contact Doug Isaacs, Commissioner Precinct 1, phone 806/439-6619 or Van York, County Judge, phone 806/756-4391.

Mail bids to P.O. Box 156, Gail, Texas 79738. All bids should be marked "BID" on outside of envelope.

Borden County reserves the right to reject any or all bids.

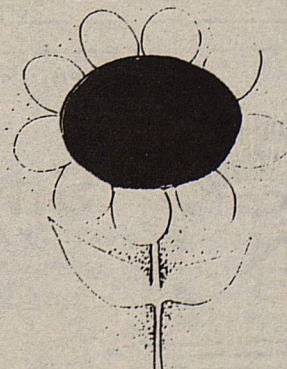
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Van L. York,  
County Judge  
Borden County

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# "Mailbag"

## Postmasters – A Distinguished Linage

What do Abraham Lincoln, novelist William Faulkner, billionaire hotel magnate Bob Tisch, Boston tavern owner Richard Fairbanks, NBA Commissioner Larry O'Brien, and a 12-year-old girl in Sitka, Alaska, have in common?

They all were United States postmasters.

Tisch, O'Brien, Benjamin Franklin and Philadelphia department store founder John Wanamaker served as Postmasters General.

Fairbanks was postmaster in 1639 in the Massachusetts Bay Colony. He was paid a penny for each letter he handled.

The 12-year-old Sitka postmaster was the youngest person ever to hold that office – she had the title, her

father, a former postmaster, did the work.

Some postmasters went onto bigger achievements. Lincoln and Harry S. Truman became Presidents. Faulkner won the Nobel Prize for literature.

Franklin was the first postmaster of Philadelphia in 1727 at age 31. He served as Deputy Postmaster General of the Colonies, but the British fired him because, among other things, he changed his official signature for free mailing purposes from "Free. B. Franklin" to B. Free Franklin," and act of protest against the Crown. The Continental Congress named him Postmaster General on July 26, 1775.

In 1924, Faulkner was postmaster of Oxford,

Mississippi. A postal inspector wrote Faulkner that local residents were complaining about his conduct in office, including writing a book on government time. Faulkner responded by writing the Postmaster General: "...As long as I live under the capitalist system, I expect to have my life influenced by the demands of the monied people. But I have no intention of being at the beck and call of every itinerant scoundrel who has two cents

to invest in a postage stamp. This, sir, is my resignation."

When Wanamaker was asked by President Benjamin Harrison to serve in the new administration, he was offered "one of the easiest jobs in the Cabinet."

"I can't do that,"

Wanamaker replied. "I don't want a lazy place. If I take anything, I will take the hardest place you have got."

Taking Wanamaker at his word, President Harrison appointed him Postmaster General.

### Drive Safely



Watch Out for our Children . . .



## PET HEALTH CLINIC

Monday, April 26, 2004

Dr. Bo Brock  
Brock Vet Clinic  
Lamesa, Texas

### Offering:

Rabies Vaccination - \$7.50 (per dog or cat)

Parvo - \$8.00 (per dog)

Distemper - \$9.00 (per dog)

Feline Distemper - \$10.00 (per cat)

Feline Leukemia - \$15.00 (per cat)

Dewormer will be available

(Cost of wormer determined by weight of animal)

Coggins Test for Horses - \$15.00



### Borden County Show Barn

3:30 -- 5:00 pm

### Plains Community - Precinct #1 Barn

5:45 -- 6:15 pm

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



### NOTICE TO CREDITORS

Notice is hereby given that original Letters Testamentary for the Estate of Irene Low Creighton, Deceased, were issued on **April 1, 2004** in Cause No. **364**, pending in the County Court of Borden County, Texas, to: Verna Faye Creighton Sharp.

All persons having claims against this Estate which is currently being administered are required to present them to the undersigned within the time and in the manner prescribed by law.

c/o Benjamin R. Smith  
Attorney at Law  
P.O. Box 194  
Snyder, Texas 79550

DATED the 6<sup>th</sup> day of April, 2004

Benjamin R. Smith  
Attorney for Estate  
State Bar No.: 00794649  
P.O. Box 194  
Snyder, Texas 79550  
Telephone: (325) 573-3277  
Facsimile: (325) 573-5263

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In Support of:  
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