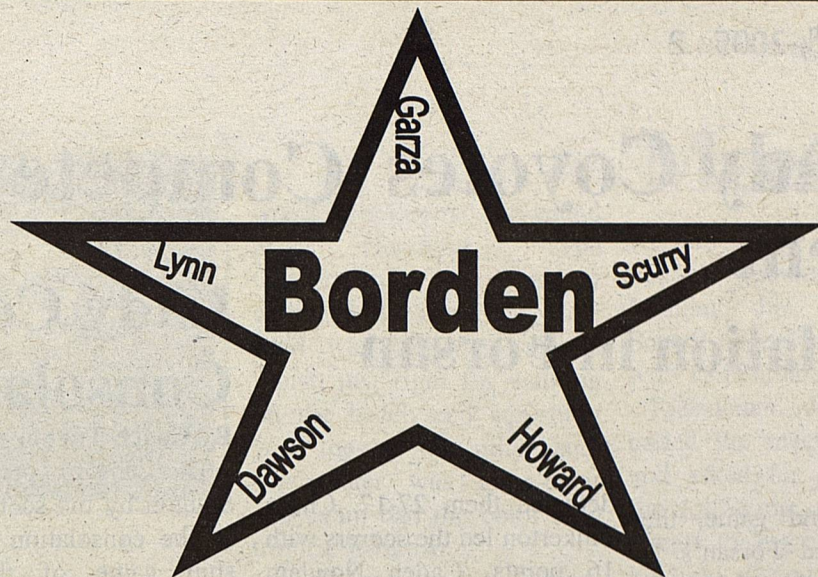


THE

Volume XXXII



STAR

January 19th, 2005

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

No Horsin' around UIL Students at Andrews Stampede Invitational

Let the roundup begin.

Borden High School UIL academic students served notice that they are serious about defending their district title as they scored 121 points in the Andrews Stampede UIL Invitational over the weekend.

Seniors Tyler Wallace and John Wilson led the way in both speaking and written events.

Wallace won Informative Speaking and placed 4th in Prose while Wilson took second place honors in Persuasive Speaking, Current Issues and Events, and fifth in editorial writing.

The Social Studies team—comprised of sophomores Rowdy Clary, John Cowart, Jake Payne, and Taylor Peterson—dominated that contest with all four students winning individual awards to take the team title.

Clary won the silver medal, Peterson finished third, Cowart fifth, and Payne sixth as the team scored 151 points. The next closest team was Idalou with 127.

The Current Issues and Events team narrowly missed winning first as Andrews scored 69 points to BHS's 68. Besides Wilson, other team members include Clary and Peterson.

Other trophy winners on the day were Becky Dobyns (third) in the Ready Writing contest. Becky also won a fourth place ribbon in Spelling and Vocabulary.

Junior Trey Soto brought home the third place trophy in the Headline Writing contest.

Last year's district champion, sophomore Lindsey Stamper, earned a fourth place ribbon in Poetry Interpretation.

Clary also placed in the Science contest, a fourth-place ribbon in the sophomore division.

Participants in other events included the following: Clary, Mathematics; Cowart, Literary Criticism; Dobyns, Editorial Writing; Payne, Literary Criticism; C. Soto, Number Sense and Calculator Applications; T. Soto, Literary Criticism; Aaron Pigford, Science.

2005 BORDEN COUNTY JR. LIVESTOCK SHOW

Thursday, January 20th
STEER SHOW - 6:00 P.M.



Friday, January 21st.
LAMB SHOW - 8:30 A.M.
GOAT SHOW - AFTER LAMB SHOW
SWINE SHOW - AFTER GOAT SHOW



Saturday, January 22nd.
7:00 - 9:00 AM

COMPLIMENTARY RANCH BREAKFAST

AWARDS CEREMONY - 9:00 A.M.
PREMIUM SALE - 9:30 A.M.



Everyone is invited to attend our 2005 BCJLA Stock Show!!!

One Stop for Tax Help

Facing a lot of different tax questions this year? IRS experts have pulled together an overview of common tax issues in one convenient place - Publication 17, *Your Federal Income Tax*. This updated publication, available on the IRS Web site, www.irs.gov, contains a vast

Students will travel this Saturday to Stamford for another UIL invitational, accompanied by Mr. Darrin Ard.

The CX team consisting of Clary and Wallace will travel with Ms. Sue Jane Mayes to Snyder to compete Friday night in a speech-only tournament.

array of helpful information in one guide.

From stock sales to student loans, this 300-page publication holds the answers to many of your questions, such as:

- Need help deciphering the mysteries of the Roth IRA? Try chapter 18 for retirement accounts.
- Do you have a new child in the house? See chapter 36 for the Child tax Credit.
- Are you selling stock for the first time? Check chapter 17 for

capital gains. If you're unloading losers, capital losses are there, too.

- Do you need to report the profit on your home sale? See chapter 16 for some good news. Generally, you only need to report the sale of your home if your gain is more than \$250,000 (\$500,000 if married filing a joint return).

And the best part about Publication 176? It's Free. To get a copy, visit the IRS Web site at IRS.gov or order a copy by calling toll free 1-800-TAX-FORM (1-800-829-3676).

Early Dismissal - - -

School will be dismissed at 12:30 on Thursday, Jan. 20th.

Coyotes and Lady Coyotes Compete in Forsan JV Tournament

Coyotes win Consolation in Forsan JV Tournament

By Coach Avery

The Borden Coyote JV team played in the Forsan JV tournament again this year. The Coyotes lost their first game on Thursday and won the next two games on Saturday to bring home the consolation plaque.

The Coyotes played Coahoma on Thursday, which could have been the best team in the tournament, and were defeated 33-42. Scoring in this game was Quentin Shafer who got hot from the 3-point line by hitting three 3 pointers as well as a two point bucket. Caden Nowlain had 9 points, Chase Pinkerton had 7 points, Clint Chapman had 5 points, and Andrew Lamming scored a free throw.

In the second game, the Coyotes played Forsan's B team defeating them 35 to 17. The Coyotes started off slow in this game not leading by much at the half, but upped the tempo in the second half and won the game decisively by holding their opponents to only 4 second half points. I can not tell who scored in this game because a mistake was made in copying it out of the scorer's book. Individual scorers were not found.

In the third game of the tournament the Coyotes played Stanton JV and

In the third game of the tournament the Coyotes played Stanton JV and

defeated them 27-17. Chase Pinkerton led the scorers with 16 points, Caden Nowlain had 4 points, Quentin Shafer hit a three pointer, Zane Williamson and Andrew Lamming scored two points each.

There were nine Coyotes that played in this tournament and received valuable experience in playing 4 games in 3 days. These nine players were Quentin Shafer, Miller Valentine, Chase Pinkerton, Asa Rutherford, Symeron Rinehart, Clint Chapman, Caden Nowlain, Zane Williamson and Andrew Lamming. You could tell with each day that each player was gaining knowledge of the game.

Lady Coyotes take down Dawson

By Coach Turner

The Lady Coyotes notched their first District 7-A victory of the season Friday night in Gail by defeating the Dawson Lady Dragons by the score of 59-45. The Lady Coyotes played their most complete game of the season and dominated the opening quarter. Emily Mayes hit a trio of three point bombs to get Dawson out of their zone defense and finished the first quarter with 10 of the Lady Coyotes 15 points. BC had three starters on the bench with foul trouble and watched the Lady Dragons outscore them 19-11 in the second. With a 26-24 halftime lead the Lady Coyotes again dominated the third quarter 15-8 as both LaShae Johnson and Cassidy Rinehart were able to score inside and get to the free throw line. BC finished off Dawson with an

18-11 fourth quarter showing to finish with a 14 point victory. The Lady Coyotes had four players finish in double digits led by Emily Mayes with 18. Cassidy Rinehart and LaShae Johnson both had 12, while Lindsey Stamper scored 11. Lesley Rutherford had 4 points and Christina Soto wrapped up the scoring with 2.

In the JV game the BC was defeated by the score of 32-26. The Lady Coyotes competed to the end but came up short. Sarah Harding let the scoring with 7 points. She was followed by Becky Dobyns and Rachel Wilson who both had 6. Cassidy Ogden had 5 points and Kate Wallace finished the scoring with 2. Next action for the Lady Coyotes will be January 18th in Garden City.

Coyotes JV Defeats Dawson JV

By Coach Avery

The Borden Coyote JV team defeated the Dawson Dragon JV team last Thursday by a score of 44-20. The Coyotes outscored the Dragons 14 to 0 in the first period and never looked back. The score at the half was 30-5. The Coyotes had a laps of scoring with only 4 points coming from Andrew Lamming. Lamming scored 10 points in all to lead the Coyotes. Michael Bullinger had 8 points; Chase Pinkerton had 6 points as well as Mathew Tatum. Symeron Rinehart, Caden Nowlain, Trey Soto had 4 points each, and Jacob Froman had 2 points. Also gaining valuable experience in the game was Quentin Shafer, Miller Valentine, Asa Rutherford, Rowdy Clary, Clint Chapman and Zane Williamson.

Lady Coyote JV Falls in Consolation Game

By Coach Turner

The Lady Coyote JV lost to Stanton by the score of 29-24 in the consolation championship game of the Forsan Tournament Saturday. The Lady Coyotes trailed by three, 11-8 at halftime but were hurt by foul trouble in the second half. BC outscored Stanton 11-10 in the third quarter and trailed 21-19 going into the final frame. Cold free throw shooting doomed the Lady Coyotes as they connected on only 8 of 23 at the line. Stanton was able to outscore the Lady Coyotes by 8-5 in the final quarter to take the victory and the trophy. Sharelle Gass

led the Coyote scorers with 8 points. Kate Wallace had a season high 7, while Lacey Newton had 5. Rachel Wilson and Danelle Copeland each hit for two points each. The Lady Coyotes lost their first round game to the Lady Cats of Garden City by the score of 32-3. The game was much more competitive than the score indicated but BC just could not find the basket.

Lacey Newton hit a couple of free throws to finish with 2 points and Sharelle Gass hit the other free throw to finish the scoring.

Lady Coyotes lose at Klondike

By Coach Turner

The Lady Coyotes fell to 0-2 in Distict 7A with a 79-40 loss to Klondike Tuesday night. The Lady Cougars jumped to a 21-4 lead and never looked back. The second and third quarters saw the Lady Coyotes outscored only 37-28, but Klondike put their press back on and outscored BC 21-8 in the fourth. LaShae Johnson led the Lady Coyote scoring attack with 16. Cassidy Rinehart finished with 7 points, while Emily Mayes, Lindsey Stamper, and

Whitney Anderson scored 6, 5, and 4 points respectively. Thelma Balague wrapped up the scoring with 2 points. The next action for the Lady Coyotes is in Gail Friday night against Dawson.

JV Game

The Lady Coyote JV lost to Klondike by the score of 40-13. The Cougars pounced to a 12-0 lead at the end of the first quarter. The Lady Coyotes fought back but could not catch up. Dannelle Copeland led BC with 7 points and Sharelle Gass finished with 6 point.

School Menu

Week Of: January 24th - 28th, 2005

MONDAY: BBQ Sausage, Ranch Style Beans, Potato Salad, Bread, Fruit & Milk **Breakfast:** French Toast, Fruit Juice & Milk.

TUESDAY: Pizza, Corn, Salad, Pudding, & Milk **Breakfast:** Ham & Eggs, Biscuit & Gravy, Lasagna, Carrots, Salad, Garlic toast, Fruit, & Milk. **Breakfast:** French Toast Sticks, Fruit Juice & Milk

WEDNESDAY: Chicken Quesadillas, Spanish Rice, Tomato Slices, Fruit & Milk. **Breakfast:** Waffles, Fruit Juice & Milk

THURSDAY: Western Burger, Cheese Potatoes, Green Peas, Fruit & Milk. **Breakfast:** Toast & Cereal, Fruit Juice, & Milk.

FRIDAY: Steak Sandwich, Tater Tots, Brownies & Milk. **Breakfast:** Pancake Pups, Fruit Juice & Milk



Texas Stories
A showcase of the Texas Spirit

Tumbleweed Smith
Part owner of Texas



Colors of the Sea

When you cruise out of New Orleans, the muddy Mississippi is a blend of khaki colors. It stays that way for a hundred and twenty miles down the delta until you reach the point where the river empties into the Gulf of Mexico. We left at sunset and the colors of the sky were reflected in the water. There were shades of pink, blue, crimson and gold. As darkness fell, the water turned black with a silver path of moonlight stretching to the horizon. The foam on top of the waves was white, providing an ethereal panorama.

As morning developed, the black water had shades of copper as the sun made its way upward into the sky. While we stood at the railing, a dancing rainbow appeared just above the water. The red, yellow and green apparition was in contrast to the dark color of the water. Later, during the first day of the

cruise, schools of flying fish the color of platinum played alongside the ship.

By noon, the water became a shimmering, silver sea. At mid afternoon the water was a deep, dark blue, the color only found on large bodies of water. The ship left a trail of light green with white highlights.

When we docked at Cozumel, the western Caribbean displayed its best colors: dazzling aquamarine close to shore, a rich light blue that turned darker as the water got deeper.

But the water closest to the beach wasn't just one color. It had at least a dozen hues of green and blue. In shallow areas, the sea showcased the pure whiteness of the sandy bottom, the rusty red of the coral reef and the unbelievable bright yellows, blacks, reds and blues of tropical fish.

We stopped for a day at Roatan, a place I had never

heard of before. It's an island off Honduras. The temperature was ninety degrees outside but the white sand was cool and almost moist, just right for walking on the beach and squishing your toes in the silky sand. The water was glass-clear and again had the color of a tropical paradise.

At Belize, we didn't spend much time on the water. We explored Mayan ruins. We did the same thing at Cancun, a city with a surprising population of nearly a million people. While looking at the ruins on a hill, two palm trees provided a perfect frame to view the beautiful water.

Returning to New Orleans, the ship passed over some rough, angry seas. The clouds were black and gray and we went through rainstorms with streaks of lightning and roaring thunder. The water was black and fierce, with mist dancing off the tops of giant waves. When we docked at New Orleans, the city was covered in snow. We picked a good time to travel to warm places.

Beauty without grace is the hook without the bait.
—Ralph Waldo Emerson

Meeting Held

A meeting of the All-School Reunion was held Monday, Jan. 17th in the School Conference Room with 15 in attendance.

President, Joel Dennis called the meeting to order and asked for discussion of the following: times for the events to begin; activities to be held during the reunion; mailing out information to exes; and catering of the noon meal.

After discussion, other items were brought up and discussed. It was also brought up that all class representatives need to contact Judy Kingston for a list of last reunion addresses to get started on their individual class mail outs.

If you are a class

representative or would like to help with your individual class, please contact Judy Kingston, granniek@poka.com or Joel Dennis, jbdennis@poka.com and they will help you get a list of names and addresses of your class that they have.

The next meeting will be held on Thursday, Feb. 17th at 7:00 p.m. in the school cafeteria. Please make plans to attend and help!

Ex-student, teacher, current teacher or parent of ex students, are needed to help make this event special for all who attend. It takes a lot of work for something this big and a lot of help is needed!

Thank you
Ex-Student Reunion Group



4-H News

High School 4-H Meet

The next meeting of the High School 4-H Club will be held on Wednesday, January 26 from 12:36 to 1:05 p.m. in the Conference Room. Any high school student interested is welcome to attend and be a member of 4-H! Those interested in community service are

encouraged to bring an outgrown coat or sweater to be donated to an area shelter.

Bring your lunch to the conference room next Wednesday. For more information contact the Extension office at (806)756-4336 or borden-tx@tamu.edu.

Missy Coyotes take defeat at Klondike

By Coach Turner

The Missy Coyotes lost a close one to Dawson Monday night in Gail 29-25. The Coyotes struggled offensively in the first half and trailed 13-5 after two quarters. The second half saw BC outscore Dawson 20-16 but it was a case of too little too late. The Missy Coyotes had a tough time getting to the line as Dawson had twice as many free throw attempts even though they had 20 fouls to the Coyotes 18. The Missy

Coyotes couldn't seem to get the ball inside enough in the second half to draw the shooting foul. The Coyote defense played well at times but couldn't force quite enough Dawson turnovers to get the victory. Olivia Key led the scoring attack with 13 points. Baylee Benavidez followed with 7, while D'Nae Johnson finished with 3. Chelsie Pigford and Rayle Underwood each hit a free throw to round out the scoring.

Bake Sale

Tuesday, January 25
4:30 - 9:30

In the Borden County School Cafeteria

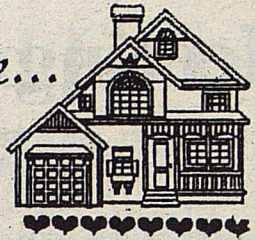
Featuring home made pies, cakes, breads and cookies!

Sponsored by Class of 2005 & Moms, Inc.




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.

Borden County Senior Citizens Group

The next meeting will be on Monday, February 7 in the Community Room. This will be a pot luck supper (bring your favorite dish to share) that will begin at 6:00 p.m. We will enjoy our meal and fellowship first, followed by a brief program by the Area Agency on Aging. They will be sponsoring a "Hands that Care" seminar. Following the program, we will enjoy games and more fellowship!

Please keep in mind that there are many possible opportunities this group can provide, including wonderful fellowship, fun games and activities, great learning experiences, a chance to have your blood pressure and blood glucose checked, and even a possibility of group outings. We invite you to participate in the second Borden County Senior Citizen Group Evening. If you have any questions or suggestions, please feel free to contact Julie Smith at (806)756-4336. Also, if you need transportation to and from the Community Building, please contact us to make arrangements. We look

forward to a great new opportunity for our friends in Borden County!

Information about the Hands that Care Seminar:

Approximately 22 million US households are engaged in family care-giving for persons 50 years of age or older. This number will increase rapidly as the population ages and as technology and medical science continues to extend lives. America's long term care system is dependent on the direct care that family caregivers provide. The seminar will inform and empower family caregivers about issues surrounding family care-giving, Medicare prescription program, senior scam alerts, advanced directives and Long term care insurance. This seminar is funded by the TX Department of Aging and Disability Services, is free and open to the public. For more information, contact Raynetta Williams with the Permian Basin Area Agency on Aging @ 800-491-3696.

Fitness in the New Year

One of the most common resolutions made each New Year is to get fit and stay fit. While this is a worthy goal for overall health and wellbeing, older adults need to be careful about diet and exercise because of changes in the body that occur with age. For your safety, always remember to discuss changes in diet and exercise, including the following recommendations, with a health provider.

Physical activity can do a number of things for people of all ages but may be especially helpful to older adults. In addition to helping your mood and increasing social interaction, physical activity may help prevent, delay or improve conditions such as diabetes and heart disease. Physical activity also helps strengthen muscles and bones which have a tendency to weaken as the body ages.

The National Institute on Aging (NIA) recommends the following when considering exercise:

§ Stretch. Before you start any exercise and after you complete any exercise, you will want to stretch your muscles. This will help loosen and warm your muscles in addition to helping prevent injury and cramping. It is also important to remember that you may or may not be thirsty during or after exercise; however, your body will need plenty of water, especially after you are finished exercising.

§ 30 minutes. The NIA suggests that you should do something to increase your heart and breathing rate for at least 30 minutes most days of the week. The 30 minutes do not have to be all at once, you could do three 10-minute exercises. A good rule of thumb to see if you are doing enough is to try to talk during exercise: if you cannot talk at all, you are exercising too hard; if you can talk without any trouble, you are not exercising hard enough.

§ Use your muscles. Every time you move a part of your body, you are using a muscle. When those muscles are not used because of a lack of physical activity they weaken. If your muscles get too weak, you may not be able to walk or even get up from a seated position. In addition, strong muscles help reinforce your bones, making it less likely that you will fall. Whatever exercise you do should include something that uses your muscles, whether you are walking laps or raking leaves in the front yard.

§ Improve your balance. In addition to strengthening your muscles, it is also very important to strengthen your sense of

To the Borden County Community;

Thank you so much for all you've done to help our family. The Community Flea Market and Fair in November was so thoughtful and kind. All of you are so busy, yet you still made time to be there once again for us.

You've made a difficult time a lot easier to get through. Your love and help over the past several months is very much appreciated.

We can't begin to express how thankful we are to live in such a wonderful and caring place.



With Love,
Drew & Peggy Pigford

balance. After all, many falls are caused by loss of balance. To do this, try standing on one foot, holding onto a chair for support if you are unable to do this task alone. Also, try standing from a seated position without using your hands or arms. Be very careful when trying these activities and have someone else present when you are doing them.

Your health provider will be a key player in your exercise routine. Please remember to consult him or her before beginning any type of physical activity. You will want to discuss with him or her how your personal health condition may be affected by exercise. Also, you will want to start slowly with any type of exercise routine. A good adage to remember is "start low and go slow." Doing too much, too soon may seriously injure your body.

Some safety recommendations from the American College of Sports Medicine are

- Do not hold your breath while straining.
- Use safety equipment to

prevent injury. This may mean a helmet for bike riding or proper shoes for walking or running.

- Drink plenty of liquids unless specifically advised otherwise by your health provider.

- Bend from the hips, not from the waist.

- Exercise may cause soreness or a little discomfort but should never cause pain.

The National Institute on Aging has publication entitled *Exercise: A Guide from the National Institute on Aging* that has more information on exercising for older adults as well as suggestions and illustrations for exercises. This information is available in English and Spanish. The booklet is free and may be viewed on-line, downloaded or ordered from <http://www.niapublications.org/exercisebook/index.asp>.

The NIA has also produced a video to accompany the booklet which may be ordered for \$7.00 from the address above.

For more information, contact the Extension Office at (806)756-4336.



LAMESA BUTANE CO.

ARLEN MORRIS, Mgr.

Long Distance
1-800-772-5201

Local
872-5200
872-5356

P.O. Box 382 — 501 South Lynn — Lamesa, Texas 79331

Tsunami Disaster Brings Out the Best in Texans

Weekly Column by U.S. Senator Kay Bailey Hutchison

Like most Texans, I listened with a sinking heart to news of the death and devastation unleashed on Asia by the tidal waves spawned by an earthquake off the coast of Indonesia. The tsunamis ravaged the coastlines of Indonesia, Sri Lanka, India, Thailand, and Malaysia. More than 150,000 were killed, and five million more were instantly rendered homeless. As a mother, I could only listen in shock to reports that approximately one-third of the victims were children.

Yet, in that time of trial and loss, I was heartened by the response of the American people. With the breaking of the news, we sprang into action, donating money and goods to those affected by this natural disaster. The pace has not slackened, and the United States is providing needed help to the suffering people in the region.

Our armed services have demonstrated, once again, their ability to perform humanitarian as well as military missions. The sailors and airmen of the aircraft carrier USS Abraham Lincoln are providing airlift

capacity to relief efforts. A U.N. official has said the helicopters, which get supplies and help out to remote villages whose roads and ports have been demolished, are "worth their weight in gold."

As always, Texas is heavily involved in providing aid. The High Speed Vessel (HSV) 2 Swift, whose home port is Ingleside, was deployed on January 3, to support tsunami disaster relief efforts in the vicinity of Singapore.

President Bush has pledged over \$350 million so far to help the people and nations affected by this natural disaster. The Senate approved a resolution, and Congress stands ready to do everything necessary to support relief efforts. In the meantime, food, medicine, and other aid is already flowing.

While our generosity as a nation is impressive, it is as individuals that we shine. After television broadcasted the grim news of the tsunami, Texans spontaneously sought ways to help. Local churches, schools and

charities have pitched in, raising money, supplies, and materials.

There are countless examples of corporations, people, and organizations which have pitched in. Kimberly-Clark Corp., of Irving, said donations by the company and its employees could hit \$1.5 million. The firm has also donated health and hygiene products to the relief effort.

Philip and Donna Berber of Austin, founders of the Glimmer of Hope foundation, have pledged \$1 million.

The Baptist General Convention of Texas is sending three water purification units to Sri Lanka and one to Thailand and more than 80 volunteers to man cooking teams which can provide up to 30,000 meals daily.

Michael Dell, chairman of Round Rock's Dell, Inc., has pledged \$3 million to relief efforts through his Michael and Susan Dell Foundation.

Texas artists are also chipping in. Willie Nelson headlined the "Tsunami Relief Austin to South Asia" concert to benefit the Red Cross, UNICEF and Doctors Without Borders. Joining him were Patty Griffin, Bruce Robison, and other musicians.

If some readers are looking for a chance to contribute, they will find their local churches, temples, and civic organizations can help direct them to a worthy agency. They can also contact either the local chapter of the American Red Cross, or go to the national organization's website at: <http://www.redcross.org>. For a list of reputable organizations involved in tsunami disaster relief, you can go to the webpage of the United States Agency for International Development (USAID), at:

http://www.usaid.gov/locations/asia_near_east/tsunami/ngolist.html.

I am personally giving to Samaritan's Purse, a part of Billy Graham's humanitarian effort that has been delivering supplies throughout the region.

At this time of immense suffering, it is inspiring to see so many of our neighbors helping out their fellow man. Lending a hand is part of our heritage. I urge my fellow Texans to remember the afflicted in their prayers, and to support the relief effort if they can.

THANK YOU!

Dear Borden County Friends,

It is hard to find the right words to say thanks for the out-pouring of love and generosity our family has received since we learned of Rube's illness.

Your kind thoughts and offers of help, your prayers, and everything else is very much appreciated by all of.

This is a special county wide community and we are truly blessed and proud we live in it.

Sincerely,

Rube & Sue Smith

Richard & Motts Smith



Bill's
AUTO SALVAGE

LATE MODEL AUTO PARTS
MOTORS * TRANSMISSIONS * REAR ENDS
BODY PARTS * ELECTRICAL PARTS
"Call - Chances are we have it"
Se Habla Espanol

24-HOUR TOWING

Phone: 325-573-9569 East Hwy. 180
Toll Free: 1-866-203-6884 Snyder, TX

Branon Funeral Home
Serving this area since 1922

Phone: 806/872-8335 Lamesa, Texas

The Borden Star (USPS or PUBLICATION NO. 895-520) is published weekly except Christmas and New Year's week for \$12.00 per year by the Borden Star, P.O. Box 137, Gail, Texas 79738. Second-class Postage paid at Gail, Texas. POSTMASTER: Send Change of Address to the Borden Star, P.O. Box 137, Gail, Texas 79738.

WATCH FOUND

A watch was found during the Lighting of the Star Ceremonies at the Borden County Courthouse.

If you lost your watch that night, please call Jacque at 756-4491 or 756-4398 after 5:00 p.m. and describe the watch.

ALWAYS REMEMBER TO:



Moore-Rains Insurance

Frances Rains Stephens

O'Donnell, TX - Phone: 806/428-3335

We're proud to be a part of the area since 1905.



Snyder National Bank

We take Snyder to Heart!



Member FDIC

1715 25th

573-2681

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.

Southern Mesa Agricultural Conference Slated for January

"The Southern Mesa Agricultural Conference will focus on regulations and policies affecting Texas agriculture as well as the BMP's (Best Management Practices) for cotton, grain sorghum, peanuts, and other crops," says Dennis Poole, Extension Agent for Borden County.

This conference will be held Thursday, January 27th, in the Dawson County Annex building, located at 609 North First Street in Lamesa, Texas, and will begin at 8:00 a.m. the registration fee, which includes notepad, pen, pocket knife, technical sessions, door prize ticket, lunch, refreshments, educational materials and access to exhibits, is \$20.00 if paid by January 21st, 2005. After January 21st, the registration will be \$25.00. Registration forms and fees, payable to "**Dawson Ag Fund**", should be sent to the Dawson County Extension office at P.O. Box 1268, Lamesa, Texas 79331.

The program, sponsored by the Texas Cooperative Extension in Dawson, Borden, Scurry, Mitchell, Lynn, and Garza Counties, will feature information on the Overview of Cotton Production, Bio-Tech Varieties, Water Management on the South Plains, Weed Management and Strategies in Cotton, Pink Bollworm Overview and Management, South Plains Peanut Production Outlook, Commodity and Livestock Market Outlook for 2005, Water Quality Problems and Solutions, Control of Salt Cedar, Mesquite, and Brush (Brush Busters & IPT), Grazing Wheat for Profit-Diversification of Small

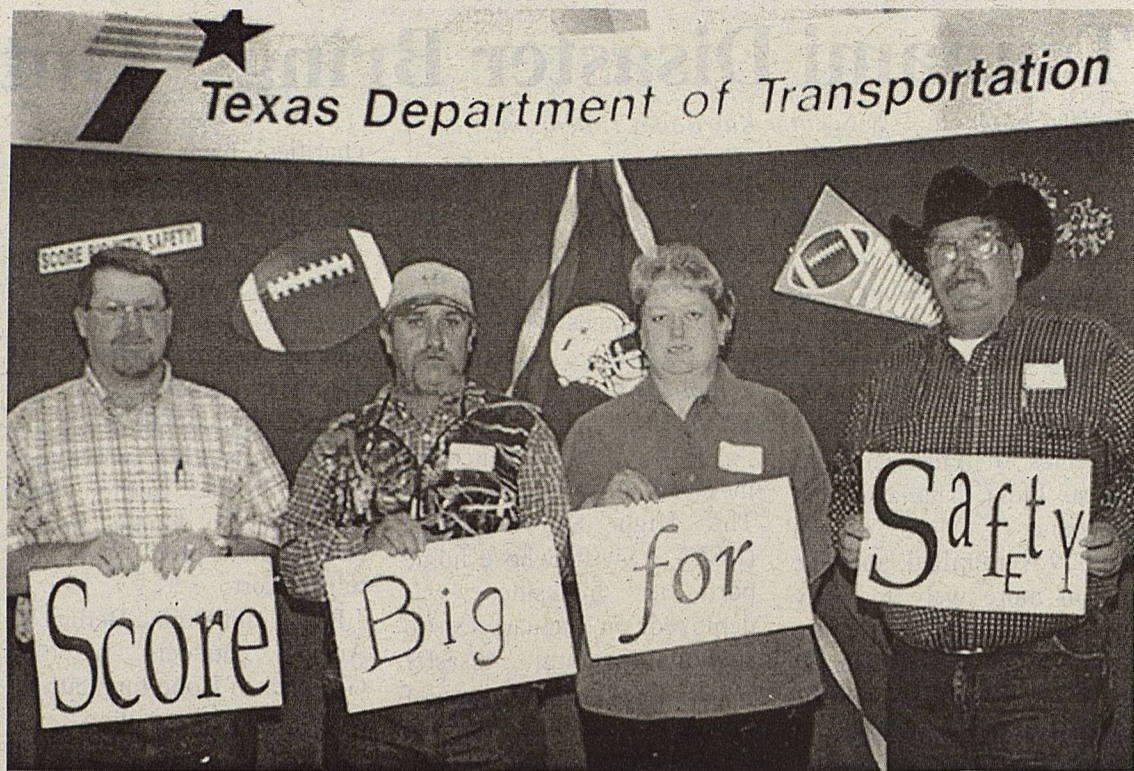
Grain Production with Livestock, and Laws & Regulations Presentation. Top quality speakers from across the State and the South Plains area will make presentations concerning current research production trials. Producers will have the opportunity to discuss their experiences with experts, specialists and other growers. Also, producers will be able to visit commercial booths throughout the day.

Five Continuing Education Units (CEU's) (2 General, 2 IPM and 1 Laws & Regs) will be provided for private, commercial and non-commercial applicators for attendance at this program.

Speakers include Dr. Carl Anderson from College Station; Mr. Casey Barrett, Dr. Randy Boman, Mr. J.F. Cadenhead, Mr. Tommy Doederlein, Mr. Dennis Poole, Dr. Calvin Trostle, Dr. Dana Porter, and Dr. Jackie Smith with the Texas Cooperative Extension; and Mr. Shea Murdock with Monsanto.

Producers who wish to pre-register should mail their check for registration to the Texas Cooperative Extension, P.O. Box 1268, Lamesa, TX 79331. Remember, the registration fee is \$20 if paid by January 21, 2005. After January 21, the fee will be \$25.

We will seek to accommodate all persons with disabilities for this event. We request that you call the Dawson County Extension office at 806/872-3444 as soon as possible to advise us of any auxiliary aid or service that you require.



Four Borden County maintenance section employees were honored for their outstanding safety efforts during the recent Abilene District's Annual Safety Awards Banquet. Texas Department of Transportation employees receiving awards were from the left Jibber Herridge, maintenance section assistant, Ray Don Underwood, Carrie Hart and Darden Stokes.

(TxDOT Photo by Mary Beth Kilgore)

Borden County Employees Earn Awards at Safety Banquet

The Texas Department of Transportation's Abilene district held their annual Safety Awards Banquet recently at the Taylor County Expo Center in Abilene. This banquet is held annually to recognize the district employees' outstanding efforts in the operation of TxDOT vehicles and equipment and for having no work related injuries.

Four Borden County maintenance section employees were recognized for combined totals of 50 years as safe operators and 41 years of no injury.

NOTICE TO CONTRACTORS OF PROPOSED TEXAS DEPARTMENT OF TRANSPORTATION (TxDOT) CONTRACTS

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

CONSTRUCTION/MAINTENANCE/BUILDING FACILITIES CONTRACT(S)

Dist/Div: **Abilene**

Contract 6126-22-001 for **LITTER REMOVAL** in **HOWARD** County, etc. will be opened on **February 11, 2005** at **10:30 p.m.** at the District Office for an estimate of \$62,727.00.

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

NPO: 15269

State Office

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

Dist/Div Office(s)

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

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

STATEMENT OF NONDISCRIMINATION

Lyntegar Electric Cooperative, Inc. is the recipient of Federal financial assistance from the Rural Utilities Services, an agency of the U.S. Department of Agriculture, and is subject to the provisions of Title VI of the Civil Rights Act of 1964 as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, as amended and the rules and regulations of the U.S. Department of Agriculture which provide that no person in the United States on the basis of race, color, religion, sex, national origin, age, or handicap shall be excluded from participation in, admission or access to, denied the benefits of, or otherwise be subjected to discrimination under any of this organization's programs or activities.

The person responsible for coordinating this organization's nondiscrimination compliance efforts is Wilton J. Payne, General Manager. Any individual, or specific class of individuals, who feels that this organization has subjected them to discrimination may obtain further information about the statutes and regulations listed above from and/or file a written complaint with this organization; or the Secretary, U.S. Department of Agriculture, Washington, D.C. 20250; or the Administrator, Rural Utilities Service, Washington, D.C. 20250. Complaints must be filed within 180 days after alleged discrimination. Confidentiality will be maintained to the extent possible.

lc
It
Sun

(N
are
seco
prob
wom
of tl
ers-
putti
fract
after
the
nurs
cans
healt
T
eral's
poro
Unit
ing t
of al
be at
poro
immu
vidu
syste
wom

have
osteop
rough
ing 1
The 1

Seale
Depe
and 1

Dist
Cont
7 2-1
08, 2

Plans
prop
at tl
applic
at lea
Pre-q
below
webs
exper
NPO:

Minim
be pi
discrim
origin

Ignored Your Bone Health? It's Not Too Late To Take Action!

Surgeon General's Report Calls for Americans To Maintain Healthy Bones

(NAPS)—Eight million women are affected by osteoporosis, the second most prevalent health problem in post-menopausal women today. Another 22 million women have low bone mass. Many of these women—and still others—have estrogen deficiency, putting them at increased risk for fractures. The immobility that often follows a fracture is one of the main reasons women enter nursing homes, yet many Americans are unaware that their bone health is in jeopardy.

The first-ever Surgeon General's Report on the state of osteoporosis and bone health in the United States was released, warning the nation that by 2020, half of all Americans over age 50 will be at risk for fractures from osteoporosis or low bone mass if no immediate action is taken by individuals at risk, doctors, health systems and policymakers. "A woman needs to pay attention to her bones early in life because her bone density peaks in her thirties. But it's never too late to take preventive measures," said Dr. Bruce Ettinger, Clinical Professor of Medicine, University of California, San Francisco. "Even women in their fifties and sixties need to pay particular attention to their lifestyle and take additional preventive action if she is at risk."

New Patch Effective in Post-Menopausal Women

Millions of women at risk for post-menopausal osteoporosis now have a new option to help prevent osteoporosis: a once-a-week patch roughly the size of a dime, delivering 14 micrograms of estrogen. The patch, called Menostar®, is

now available in U.S. pharmacies for post-menopausal women at significant risk for osteoporosis. Nonestrogen medication should be carefully considered. Only Menostar provides low estradiol blood



levels in the physiological range for post-menopausal women to prevent bone loss.

New prize-winning research awarded 1st prize at the American College of Obstetricians and Gynecologists meeting, called the ULTRA study, shows that post-menopausal women can increase their bone mineral density by using this new transdermal therapy. This once-weekly patch delivers a micro-dose of estrogen so low that it can be used without a daily or monthly progestin. A 14-day course of progestin is recommended every six to 12 months for women with a uterus.

"Women who were in our study used a transdermal patch that was designed to give them back just enough estrogen to get them closer to what they should have for their age, in contrast to traditional hormone therapy for post-

menopausal vasomotor symptoms which raises estradiol levels toward the premenopausal range," said Dr. Ettinger, lead ULTRA study investigator.

New advancements in the prevention of crippling bone loss are drastically needed and research, like the ULTRA study, provides a low dose which help doctor's individualize treatment.

Risk factors for osteoporosis include low estrogen levels, low bone mineral density (BMD), previous fracture, small frame (low body mass index), Asian or Caucasian, smoking, alcohol intake and family history.

For full U.S. prescribing information and additional information on Menostar and osteoporosis, visit www.menostar-us.com.

About Menostar®

Close clinical surveillance of all

women taking estrogens is important. Adequate diagnostic measures, including endometrial sampling when indicated, should be undertaken to rule out malignancy in all cases of undiagnosed persistent or recurring abnormal vaginal bleeding. Endometrial sampling at yearly intervals or as clinically indicated is recommended. The use of unopposed estrogen in women with a uterus can increase the risk of endometrial hyperplasia and cancer.

Estrogens with and without progestins should not be used for the prevention of cardiovascular disease.

Estrogens with or without progestins should be prescribed at the lowest effective doses and for

the shortest duration consistent with treatment goals and risks for the individual woman.

Estrogens and estrogen/progestin therapy should not be used in individuals with any of the following conditions: undiagnosed abnormal genital bleeding; known, suspected or history of cancer of the breast; known or suspected estrogen-dependent neoplasia; blood clots; stroke or myocardial infarction; known or suspected pregnancy; and liver dysfunction or disease. Menostar should not be used in patients with known hypersensitivity to its ingredients. Most common side effects in the clinical trial were arthralgia (12%), leukorrhea (11%), application site reactions (9%), and cervical polyps (6%).

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

BORDEN COUNTY INDEPENDENT SCHOOL DISTRICT STATEMENT OF REVENUES, EXPENDITURES, AND CHANGES IN FUND BALANCE GOVERNMENTAL FUNDS FOR THE YEAR ENDED AUGUST 31, 2004

Data Control Codes	10 General Fund	Other Funds	Total Governmental Funds
REVENUES:			
5700 Total Local and Intermediate Sources	\$ 4,422,139	\$ 125,674	\$ 4,547,813
5800 State Program Revenues	192,310	31,116	223,426
5900 Federal Program Revenues	33,872	161,384	195,256
5020 Total Revenues	4,648,321	318,174	4,966,495
EXPENDITURES:			
Current:			
0011 Instruction	1,330,537	168,278	1,498,815
0012 Instructional Resources & Media Services	35,326	509	35,835
0013 Curriculum & Instructional Staff Development	7,427	90	7,517
0021 Instructional Leadership	-	128,697	128,697
0023 School Leadership	139,953	509	140,462
0031 Guidance, Counseling & Evaluation Services	27,588	3,812	31,400
0033 Health Services	50,241	1,131	51,372
0034 Student (Pupil) Transportation	164,346	-	164,346
0035 Food Services	176,521	-	176,521
0036 Cocurricular/Extracurricular Activities	212,138	-	212,138
0041 General Administration	334,877	3,465	338,342
0051 Plant Maintenance and Operations	703,365	8,503	711,868
0052 Security and Monitoring Services	1,543	1,857	3,400
0053 Data Processing Services	81,009	1,019	82,028
0061 Community Services	38,776	1,176	39,952
Capital Outlay:			
0081 Facilities Acquisition and Construction	110,499	-	110,499
Intergovernmental:			
0091 Contracted Instructional Services Between Schools	1,356,550	-	1,356,550
0093 Payments to Fiscal Agent/Member Districts of SSA	39,526	-	39,526
6030 Total Expenditures	4,810,222	319,046	5,129,268
1100 Excess (Deficiency) of Revenues Over (Under) Expenditures	(161,901)	(872)	(162,773)
OTHER FINANCING SOURCES (USES):			
7915 Transfers In	-	872	872
8911 Transfers Out (Use)	(872)	-	(872)
7080 Total Other Financing Sources (Uses)	(872)	872	-
1200 Net Change in Fund Balances	(162,773)	-	(162,773)
0100 Fund Balance - September 1 (Beginning)	9,939,081	-	9,939,081
3000 Fund Balance - August 31 (Ending)	\$ 9,776,308	\$ -	\$ 9,776,308

NOTICE TO CONTRACTORS OF PROPOSED TEXAS DEPARTMENT OF TRANSPORTATION (TxDOT) CONTRACTS

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

CONSTRUCTION/MAINTENANCE/BUILDING FACILITIES CONTRACT(S)

Dist/Div: **Abilene**

Contract 0933-05-017 for the **REPLACE STRUCTS, ADS SHLDRS 7 2-CRSE SURF** in **BORDEN** County, etc. will be opened on **February 08, 2005 at 1:00 p.m.** at the State Office.

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

NPO: 15386

State Office

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

Dist/Div Office(s)

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

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

Courthouse News

WHEREAS, On this the 20th day of December, 2004, the Commissioners' Court of Borden County, Texas, convened in Regular 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; **JÓE 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 Commissioner Court meeting of December 13th, 2004, were read. Commissioner Isaacs made a motion to approve said minutes. Motion was seconded by Commissioner Reyes. Motion carried unanimously.

BORDEN COUNTY

EXTENSION AGENTS: Julie Smith, Family and

Consumer Sciences Agent, and Dennis Pool, Agriculture county Agent, met with the Court and presented the Educational Program.

ACCOUNTS ALLOWED

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

DISCUSSION ITEMS FOR FURTHER AGENDA

No new items were presented

ADJOURN

A motion was made by Commissioner Isaacs to adjourn. Motion was seconded by Commissioner Reyes and was proved unanimously.

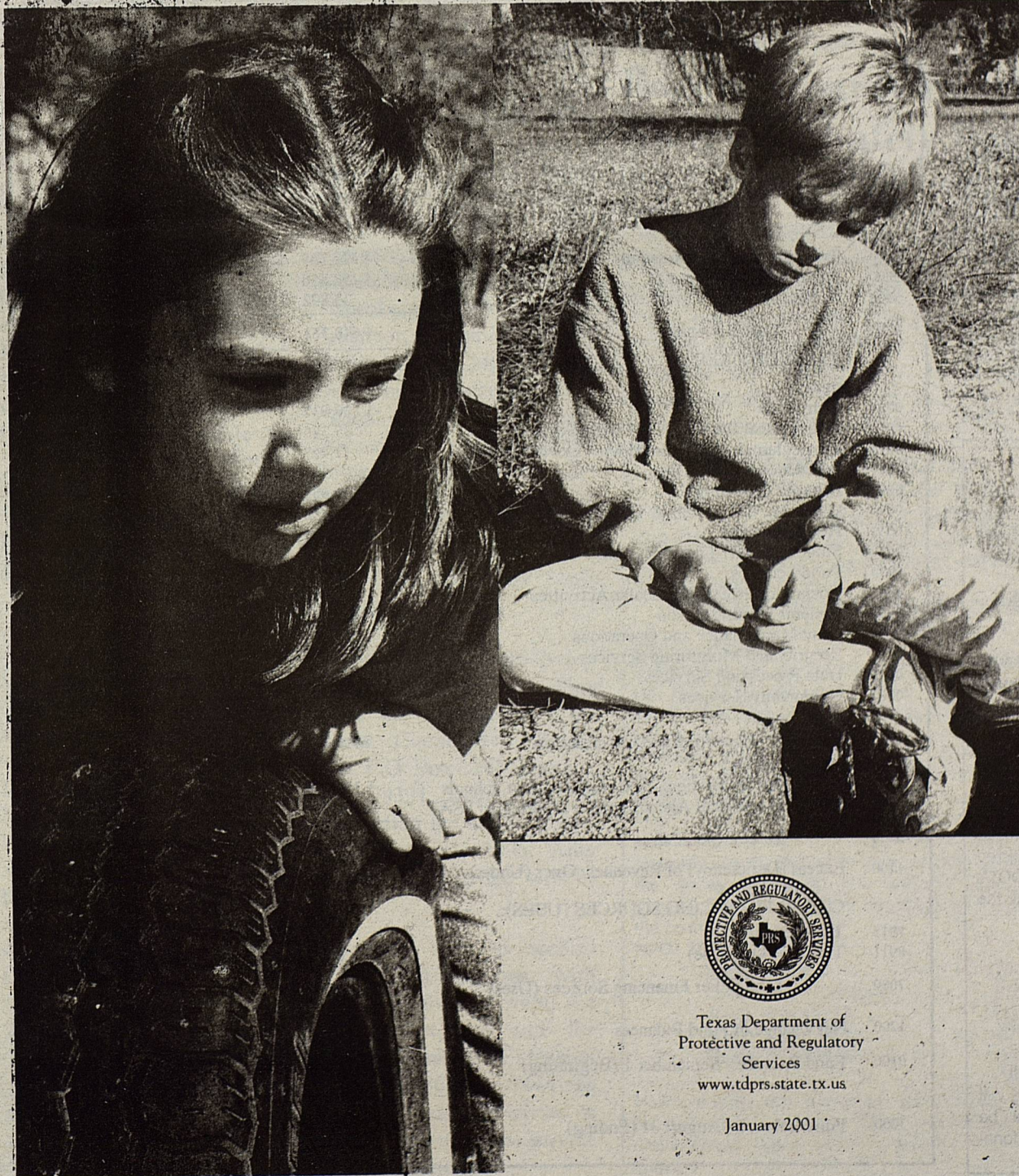
Subscribe to the

Borden Star
"Your" Hometown
Newspaper

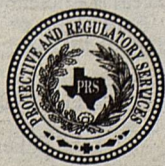


Only \$12.00
12 months
P.O. Box 137
Gail, TX 79738
806/756-4402

In case of Emergency Call:
BORDEN COUNTY EMS
806/759-5111



Parent Alert!



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

January 2001

Keeping Kids Safe
is Everybody's
Business

It's Up To You