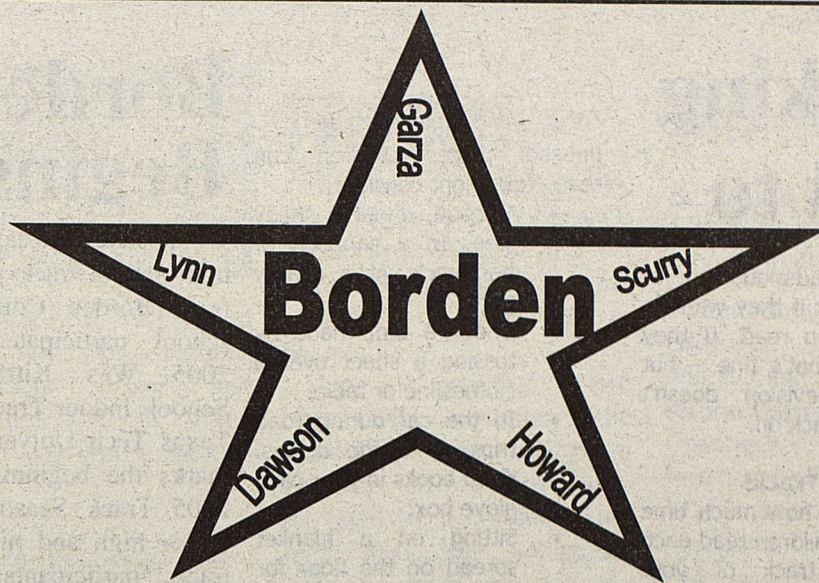


# THE

Volume XXXII



# STAR

February 23<sup>rd</sup>. 2005

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

## The National Budget Allows Us to Set Priorities

By U.S. Sen. Kay Bailey Hutchison

Our country, like most households, operates on a budget which seeks to balance our spending with our income. Budgets are a time for serious discussions weighing needs and wants with the available resources. In Congress it is a difficult process which can take a great deal of time.

The tone of the budget debate is usually set by the President's recommendations for spending. The two separate houses of Congress then work on their versions of a budget, which becomes the blueprint for the appropriations process.

I was encouraged by President Bush's overall proposal of a \$2.7 trillion budget because the announcement means we will have a serious effort to reduce our budget deficit after several years of higher spending to fight the war on terrorism.

As a fiscal conservative, I greeted increased expenditures over the recent past as painful necessities to protect the American people. Several years ago, our national economy was buffeted by several extraordinary events. The economy entered

a recession after the internet bubble burst and a wave of corporate scandals rocked the markets. In the midst of this adjustment, the 9-11 attacks took place, killing thousands and paralyzing our economy. Since that time, we have gone to war in Iraq and Afghanistan to upend terror-sponsoring regimes and free millions of people. While we have been victorious, the effort has been, and will remain, expensive. But for a safer and more secure homeland, that cost is a relative bargain.

As our nation dealt with these challenges, Congress and President Bush passed bipartisan tax relief which jump-started the economy and led to strong job creation and lower unemployment. This year, with our economy on the upswing, and after initial expenses to bolster homeland security, we are in the best position yet to begin reducing the deficit.

President Bush's budget envisions increasing defense spending by 4.8 percent. Spending on the Department of Homeland Security would rise by 7 percent. The proposed budget would scale back increases of discretionary programs to 2.1 percent, which is less than the

## Gail Chapter Recognizes National FFA Week

This week is recognized Nation-wide as FFA Week. The FFA is an organization for students which allows them to study many agriculture areas. The FFA Organization is recognized nationally and has chapters established in several foreign countries. It proudly boasts some 400,000 United States

rate of inflation.

The budget for the 2006 fiscal year beginning in October plans to reduce the budget deficit by 8.6 percent in the first year alone, excluding costs involved in Iraq and Afghanistan. Economists say the most important measure of spending is the ratio of debt to the size of a nation's economy, or Gross Domestic Product (GDP). The President's budget projects a budget deficit amounting to 3 percent of GDP for 2006, down from 3.5 percent this year.

If we follow this roadmap, we can cut the budget deficit by half to 1.5 percent of GDP by 2009, according to White House budget officials.

The President's budget marks a desire to adopt a more conservative fiscal philosophy on government spending. It is a good starting point and I share his

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Members. FFA, which was established in 1928, has provided opportunities for students to practice what they learn in the classroom, and in real-life situations, while developing strong leadership skills.

The Gail FFA Chapter consists of 42 high school members for 2004-2005. All of which participate in classroom, greenhouse, and shop activities. Many of these students are active in com-

petitive events throughout the year on the District, Area, and State levels. These events include leadership, judging, showing, scholarship, and degree applications.

Gail FFA wishes to express their thanks for the community support that they have received. We are proud to be part of an organization which truly lives up to its' mission statement of premier leadership, personal growth and career success.



### **BORDEN COUNTY I.S.D. SCHOOL TRUSTEE ELECTION INFORMATION**

The trustee election for the Borden County Independent School District will take place on Saturday, May 7, 2005. Three positions will be filled in this election. Two positions will be three-year terms, and one position will be a one-year unexpired term. Interested candidates may obtain an application for a place on the ballot in the central office of the Borden County I.S.D. Other important school board election information is as follows:

- 3/07/05 Last day to file for place on ballot
- 3/08/05 First day to apply for ballot by mail
- 3/14/05 5:00 p.m. deadline for filing a write-in declaration
- 4/07/05 Last day to register to vote for Saturday, May 7, 2005 election
- 4/20/05 First day of early voting by personal appearance
- 4/29/05 Last day to apply for ballot by mail
- 5/03/05 Last day of early voting by personal appearance
- 5/07/05 Election Day (polls open 7 a.m. to 7 p.m.)

PLEASE NOTE THAT ELECTIN LAWS REQUIRE VOTERS TOHAVE A CURRENT DRIVER'S LICENSE OR A VOTER REGISTRATION CARD TO BE ELIGIBLE TO VOTE. CURRENT LAW ALLOWS NO EXCEPTINS TO THIS REQUIREMENT.

# Secrets for Making Children Want to Read

Reading is the foundation of a successful education. Children improve this all-important ability by reading, reading, and reading some more.

Yet in a recent survey, more than half of all students surveyed said they spent just four minutes a day reading at home. (They also reported spending two hours a day watching television.)

Research shows that kids who spend as little as 30 minutes a day reading books, magazines, and newspapers are more likely to become good readers and do better in school. Here are some tips that can help you make your children want to read.

## 5 Tips on Reading Aloud

Reading aloud to children of all ages is one of the best ways to help them develop a love of books. It can also be a special time to spend with your kids.

But, says Jim Trelease, author of *The Reading-Aloud Handbook*, there are five things you shouldn't do.

1. **Don't read stories that you don't enjoy yourself.** Your dislike will show in the reading.
2. **Don't get too comfortable.** If you lie down, you're likely to get drowsy. If you slouch, your voice will lose its energy.
3. **Don't be surprised if your kids interrupt with a lot of questions.** Answer those questions right away. "There is no time limit for reading a book," Trelease points out. But there is a time limit on a child's curiosity. Answer the questions and move on.
4. **Don't confuse quantity with quality.** Your child will remember 10 minutes of reading far longer than he will remember two hours of television.
5. **Don't try to compete with TV.** Tell your children the TV will be turned off at 8:30 every evening -- whether you

have read-aloud time or not. Ask if they want to hear you read. If they don't, that's fine -- but the television doesn't come back on.

## Keep Track!

Do you know how much time you and your children read each week? Keep track of your activities for a week, then talk about what you've charted. Are you watching more television than you'd like? Does reading seem to be a lower priority than other activities?

Many families have reading time every day. Sometimes, everyone can read silently. Other times, you can read aloud with your children. Or they can read aloud to you.

## You Set the Example

Children who see their parents reading usually grow up to be readers themselves. This is one of those times when actions really do speak louder than words. Talk with your children about why you're reading—for information, to check out something you think you know. Or you may be reading just for fun.

## Make Reading Easy, Fun

If the TV is easy to reach, but books are on a high shelf, you can guess how your kids will spend their time. Make sure books, magazines, and newspapers are easy to get.

Reading in unusual places also adds to the fun. Look for

unusual places children can read. You might consider:

- Outside, under a shady tree. In a sandbox or hammock. At a nearby park.
- Under a tent made by tossing a sheet over a clothesline or table.
- In the car during road trips or traffic delays. Keep books in your car's glove box.
- Sitting on a blanket spread on the floor for an indoor reading picnic.

## Books Make Idle Time Productive

Diet experts recommend always having an interesting book that you want to read. They say that when we are reading, we have less idle time and we're less likely to snack between meals.

Parents can put the same idle time-idea to work with children. When children just can't wait to get back to a good book, homework and chores get done promptly -- and TV watching decreases.

You know your children better than anyone. And no matter what their interests, you can find interesting books on the subject.

## Does Your Child See Well?

One reason some children do not like reading -- and do poorly in school -- is that they have vision problems. Ask your family doctor, school counselor or principal to recommend someone to test your child's vision regularly.

# Scholarships Available from Poka Lambro

Poka Lambro Telephone Cooperative, Inc. is now accepting applications for three \$2,500 scholarships to be awarded in March of this year. Entry deadline is March 4<sup>th</sup>, 2005.

The son or daughter of any member of Poka Lambro Telephone Cooperative, Inc. graduating from an area high school is eligible to apply. Scholarship recipients are selected based on academic achievement, involvement in extra-curricular activities and financial need.

Applications have been sent to area high schools and may

also be obtained by contacting Poka Lambro or visiting Poka Lambro's web site at [www.poka.com](http://www.poka.com). Scholarship presentations will be made at Poka Lambro's Annual Membership Meeting in March. For additional information, please contact Amy Preston at 1-800-422-2387.

**Subscribe to the Borden Star**  
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# Borden Track Begins

This past Saturday one lone high school track participant from Borden County High School participated in the 2005 Wes Kittley High School Indoor Track Meet at Texas Tech University. This marks the beginning of the 2005 Track Season for the junior high and high school track participants of the Borden County School.

Garrett Thomas ran the 55 meter hurdles in the Varsity Boys Division of this meet. There were 30 participants in this event from 5A schools all the way down to 1A from Borden County. Thomas placed third in this event with the time of 7.79 seconds. The other top six placers were from 5A and 4A schools as follows:

1 <sup>st</sup>	Abilene Cooper	7.58
2 <sup>nd</sup>	Dallas	7.91
3 <sup>rd</sup>	Borden Co	7.97
4 <sup>th</sup>	Andrews	8.04
5 <sup>th</sup>	Clovis	8.17
6 <sup>th</sup>	Odessa	8.17

This Saturday the Garden City Relays will be run at the Borden County Stadium. Garden City was scheduled to host this meet but asked if Borden County would host this event since they are still in the basketball playoffs. This track meet will be for junior high and high school participants. Boys and girls varsity teams and junior high teams from Borden County will be participating.

Field events will begin at 9:00 a.m. and will be preceded by the junior high 2400 meter run and the high school 3200 meter run at 8:30 a.m. Running events will begin for this track meet at 2:00 p.m. and there will be no finals.

Anyone wishing to help with this track meet can contact Mr. Bobby Avery at the Borden County School.

**WHAT:** 4-H Clothing Project Activity  
**WHEN:** Sat., March 5 from 9:00 a.m. to 12:00 noon  
**WHERE:** Community Room  
**PLEASE BRING:**  
\$ ½ yard of 60" wide fleece fabric of your choice  
\$ 1 yard of ¾ inch ribbon that coordinates with the fleece  
\$ 14" square pillow form

We will have a fun and simple sewing project and be working on a fashion design project as well.  
Please call the Extension Office at 806-756-4336 to RSVP!

## School Menu

**Week Of: February 28<sup>th</sup> – March 4<sup>th</sup>, 2005**

**MONDAY:** Coyote Taco, Pinto Beans, Salad, Fruit & Milk.

**Breakfast:** Pancake Pups, Fruit Juice & Milk.

**TUESDAY:** Cheeseburger Mac, Green Beans, Carrots, Corn Bread, Fruit, & Milk. **Breakfast:** Waffles, Fruit Juice, & Milk.

**WEDNESDAY:** Chicken, Potatoes, Corn, Hot Rolls, Fruit & Milk. **Breakfast:** Ham & Egg Patty, Fruit Juice & Milk

**THURSDAY:** Polish Sausage, Bake Potato, w/Ham & Cheese, Steam Broccoli, Crackers, Ice Cream & Milk.

**Breakfast:** Biscuit w/Gravy, Fruit Juice, & Milk.

**FRIDAY:** Chicken on a Bun, French Fries, Salad Cup, Cookies, & Milk.

**Breakfast:** Breakfast Burrito, Fruit Juice & Milk.

**Drive Safely . . .**

Watch out for our Children!

## From the Counselor:

By Mary Airhart

*Deciding what to do after high school can be a challenge.*

West Texas A&M University is here to help you overcome that obstacle. All juniors and seniors are invited to attend Discover WT on Friday, March 4. Discover WT is your opportunity to learn more about the majors available at West Texas A&M, meet

current WT AMU faculty and students, and take a campus tour. Door prizes and scholarships will be given away, so you won't want to miss it!

If you'd like more information or if you'd like to attend Discover WT, call 1-800-99-WTAMU to reserve a spot. Space is limited so register today!

## Nationwide ACT Text is April 9, for College Bound Students

*Registration Deadline is March 4th*

College-bound high school students can take the ACT Assessment on April 9, 2005, the next nation wide test date. The registration postmark deadline is March 4<sup>th</sup>. Late registration postmark deadline is March 18<sup>th</sup> (an additional fee is required for late registration).

The ACT Assessment now contains an optional Writing Test. Some colleges will require writing scores from students entering college in the fall of 2006. Students should check the admissions requirements of colleges they are considering before deciding whether to register for the ACT with or without the Writing Test. The cost is \$28 without and \$42 with the Writing Test.

Students can receive registration information from their high school guidance counselors or they can register on ACT's website at [www.actstudent.org](http://www.actstudent.org). The

website also features test tips, practice tests, and a database for students to find out if a prospective college requires a writing score.

ACT scores are accepted by virtually all colleges and universities in the nation, including all Ivy League schools. Scores are used, along with a student's high school GPA, high school courses taken, extracurricular activities and other information to help determine if a student is academically ready for college-level coursework.

ACT encourages eleventh graders to examine their ACT scores for academic weaknesses and take more challenging courses or receive extra help to grow stronger in important academic areas. The ACT Assessment includes four tests; English, reading, math and science. Students who opt to take the Writing Test will add 30 minutes to the 3-hour normal testing time.

## Note:

We played a practice game at your gym last night against Anson High School and we were met with a prime example of true Texas hospitality!

Upon arriving we erroneously entered the building at the auditorium entrance and were directed to the gym by a cordial young lady who was apparently involved with the one act play cast. Her directions were not only concise but very accurate.

Once at the gym we discovered that the rosters of both teams have been displayed on the scoreboard - and it is only a practice game!! The concession stand was a real treat to its patrons. I was amazed to find that students were entitled to a sort of charge account plan - a great idea even if the end sticker shock could be a surprise to parents, but a great idea none the less. Thanks to all your staff and students for such a wonderful welcome. The example is obviously a reflection of the parenting, school staff, and personal pride in the Borden County School system. Kudos to everyone in Gail.

Sally Davis  
Mom of a Seminole Indian

\*\*\*  
Charity begins at home.

\*\*\*  
-Terence

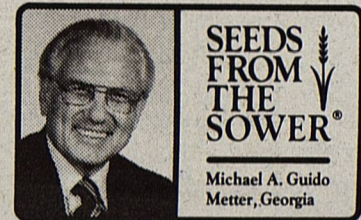
## The National Budget Allows Us to Set Priorities

Cont. from pg. 1

commitment to discipline. However, it is Congress which has the ultimate responsibility under the Constitution to set spending levels and allocate resources. Within the framework of a conservative budget, I will fight to increase some programs critical to Texas which have been shortchanged in the President's budget, and will work to find savings in other areas. The state and Criminal Alien Assistance program, which reimburses states for the costs involved with illegal aliens, is one example of a program which appears underfunded. NASA's traditional science programs and Amtrak are others. We must assure our farmers all have the help necessary to keep making healthy food for our country and for export. Holding the overall line on expenditures will be often difficult, but we know we have an ally in the White House as we rein in spending.

In times of tighter budgets, as you may guess, it is sometimes hard to secure funding for projects in our home states. The level of scrutiny always increases when funding is more

restricted, but I remain optimistic. I have always approached budgeting as a serious matter, and have presented my colleagues with the best evidence available that particular projects are good, not only for Texas, but for our nation. If I continue using that yardstick, I believe we will gain what is right for the Lone Star State and stick to conservative fiscal principles which will make our nation and economy stronger in the long run.



A shipwrecked sailor had spent about three years on a desert island. One morning he saw a ship in the bay, and a boat coming for him. When it arrived an officer threw him a bundle of papers.

"Read them," he said, "and let the captain know if you still want to be rescued."

There comes to man today a sense of failure. We're better off but not better, comfortable but comfortless, we own much but possess little. We're lonely souls, defeated, hungering and lost.

But, "the Father sent the Son to be the Savior of the world!" Accept Him, and He'll bring victory out of defeat.

### PUBLIC NOTICE

A public meeting will be conducted as required by State Law on Tuesday, March 1<sup>st</sup>, 2005, at 7:00 p.m. in the School Cafeteria of the Borden County Independent School District of Gail, Texas, to review the 2003-2004 Academic Excellence Indicator System and District Improvement Plan for the 2004-2005 school year.

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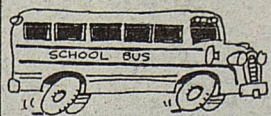
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DRIVE CAREFULLY - - -

Watch Out for the Children!

An Important Reminder from:

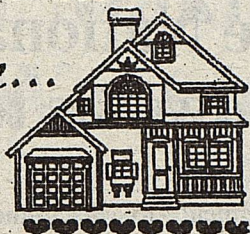
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## Heart and home...

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.

## Borden County Senior Citizens Group

The next meeting will be on Monday, March 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, then 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!

Suppose you want to see an afternoon movie? Twenty years ago you bought a bag or box of popcorn containing about 5 cups of popcorn at 270 calories and a 7oz. soda with 85 calories. Your snack cost you 355 calories. Today if you bought a tub of popcorn and a 20oz. soda your snack could add up to 880 calories.

Supper has arrived and you decide on a chicken Caesar salad. In 1985 this salad contained about 390 calories. This salad of today is offered in a portion size containing 700 calories. The 1985 total calorie intake for the day was 1628 calories while the 2005 total calorie intake for the day was 3880 calories! This calorie intake is 1080 calories above the very highest daily calorie level that is recommended only for teenage boys and VERY active men.

Most women and older adults need about 1600-1800

calories per day. Children, teenage girls, active women and most men need between 1800-2200 calories per day.

If you are inactive stay within the 1800-1900 calorie range and if you are pretty active aim for 1900-2000 calories a day and remember only if you are VERY, VERY active should you consume between 2000-2200 calories per day.

Remember the key to weight loss and management is not the types of food you eat but the amount of food you choose to eat.

To learn more about weight loss and weight management or other health and wellness programs offered by Texas Cooperative Extension, here in Borden County please call Julie Smith at (806)756-4336.

**Contact Your  
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Call in Case of  
an Emergency!**



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## Portion Control 101

USDA statistics show that because of increased portion sizes, the average American's total daily calorie intake has risen from 1854 calories per day to 2002 calories per day over the past 20 years. This 148 calorie increase per day works out to about an extra 15 pounds of body weight per year. Plate size in restaurants has increased from "diner size plates" to "full size dinner plates" and in some cases to a "serving platter" size.

Today it is hard to find cafés or restaurants that serve a meal based on standard serving sizes and not portion sizes. Now we look for "all you can eat food bars" "complete buffets" and "super size, king size, extra size" restaurants and fast food establishments. Some portions in this "super size" category often provide enough food to serve two or more people. A portion is how much food you choose to eat whether it is in your own home, from a package or in restaurant. A serving is a

standard amount of food set by the U.S. Government and is the recommended amount of food you should eat from each food group.

The foods below are just for comparison and DO NOT represent a balanced day's meals!

Twenty years ago breakfast may have been: a 1.5 oz blueberry muffin and an 8oz. cup of coffee with whole milk and sugar. This meal contained 255 calories. Today's breakfast could very well consist of a 5oz. blueberry muffin and a 16oz. cup of a mocha or latte' style coffee. Total calories: 850.

Now for lunch! In 1985 a small cheeseburger had about 333 calories, 2.4oz of French fries-210 calories, and a 7 oz soda-85 calories this gave you a 628 calorie lunch. In today's fast food world a cheeseburger could now contain 590 calories, a large order of fries at 6.9ozs-610 calories and a 20oz. soda-250 calories. Total this lunch up for 1450 calories.

# Coffee with Congressman Randy Neugebauer

*Come discuss issues with  
Congressman Neugebauer  
important to District 19.*

**Thursday, February 24  
3:30 -4:30 pm  
Borden ISD Conference Room  
240 W. Kincaid St.  
Gail**