

THE BORDEN STAR

VOLUME XXVIII

April 7, 1999

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

U.I.L. Literary Participants Continue Year of Success

The past week has proven that Borden County High School students can not only prove themselves on the field and court, but also in academic pursuits. B.H.S. U.I.L. Literary contestants competed last Tuesday and Thursday at the academic district meet held at Grady High School. B.H.S. brought home an overall second place showing with 222 points, sending 9 students and 4 alternates to the regional meet to be held April 23rd-24th, at Abilene's Hardin-Simmons University.

Grady won the meet with 406 points. Borden County outscored Dawson (203), Klondike (126), Ira (92), Loop (77), Westbrook (68), Wellman-Union (43), Hermleigh (28), and Sands (12).

B.H.S. academic regional qualifiers, district results, and events are as follows:

Ross Aten - 5th individual/1st team, Current Issues & Events; **Becky Copeland** - 3rd individual/1st team, Current Issues & Events; **Jeff Dennis** - 2nd individual/ 1st team, Current Issues & Events; **Nick Flanigan** - 1st, Headline Writing; **Katie Kemp** - 1st, Prose Interpretation; **Krystle Lee** - 2nd, Poetry Interpretation; **Trent Pepper** - 1st, Headline Writing; 3rd, Calculator Applications; **D.J. Smith** - 2nd, Prose Interpretation; 5th, Feature Writing; and **Valerie**

Wootan - 2nd, Literary Criticism.

Serving as alternates at the regional meet after placing 4th in his or her event will be:

Jeff Dennis - Science; **Ryan Grant** - Persuasive Speaking/Current Issues & Events Team; **Joseph Hardman** - Literary Criticism; **Bekah Hensley** - Prose Interpretation; and **Staci O'Brien** - Lincoln-Douglas Debate.

Also placing at the district meet were: **Fernando Baeza** - 5th, Lincoln-Douglas Debate; **Jeff Dennis** - 6th, Mathematics; **Jana Himes** - 5th, Feature Writing; **Kandace Kimmel** - 6th, Lincoln-Douglas Debate; **Krystle Lee** - 5th, Persuasive Speaking; **Julie Mayes** - 5th, News Writing; **Ky Merritt** - 6th, Persuasive Speaking; **Kaci Poole** - 6th, Feature Writing; **Staci O'Brien** - 5th, Spelling & Vocabulary; **Robert Stampler** - 6th, News Writing; and **Amanda Watts** - 6th, Headline Writing;

Event team placings were: Calculator Applications - 3rd, Literary Criticism - 2nd, Science Team - 3rd, and Spelling - 3rd.

Also participating at the meet from Borden High School were: Calculator Applications: **Ky Merritt** & **Robert Stampler**; Computer Applications: **Jana Himes**, **Abby Flanigan**, & **Amanda**

Cont. to pg. 4

Lady Coyotes and Coyote track teams come away with 1st place



Lady Coyotes 1st place 400m Relay team: Katie Kemp, Bekah Hensley, Shaina Isaacs and Julie Mayes



1st place Coyote Mile Relay team: Colt McCook, Fernando Baeza, Joseph Hardman and Ryan Grant. Story on pg. 2

Lady Coyotes are three for three in track meet record

The Borden County Lady Coyotes won their third consecutive track meet of the year last Friday as they claimed the meet championship at the Wildcat relays in Wellman.

The Ladies tallied 133-1/2 points to Wellman-Union's 98 points. There were 19 total teams competing in the meet.

The wind blew all day long. It wasn't bad early, just a constant gale of 20 to 25 mph. Before the finals a front hit, the temperature dropped, and the wind blew. The preliminary times were consequently better than the times ran in the finals.

Holly Thomas kicked things off for the Ladies by winning the 3200 m. run with a time of 14:26.06. Holly later ran second in the 1600 m. run with a time of 6:30.10.

Rika Copeland had a good day in the discus and the shot put. Rika won the shot with a put of 35'13/4". She was third in

the discus with a toss of 85'31/2". Rika also ran the 100 m. dash in 14.69 and the 200 m. dash in 30.69.

The 400 meter relay won first place with a time of 53.47. Their preliminary time was 53.15. Running on this relay were **Shaina Isaacs, Julie Mayes, Katie Kemp, and Bekah Hensley**.

These same Ladies won the 800 m. relay with a time of 1:56.09. There were no prelims ran in this event. The only time we ran it was in the finals in the wind and cold.

The 1600 m. relay was second behind the speedy Wellman-Union relay team. Our Ladies competed well and ran a 4:27.94. Running on this relay were **Lindsey Smith, Shaina Isaacs, Katie Kemp, and Julie Mayes**.

Crystal Dye was fourth in the 100 m. hurdles with a time of 18.72. Her preliminary time was 18.06. She was fifth in the 300m.

hurdles with a time of 56.27.

Kaci Poole ran the 100 m. hurdles in 20.50.

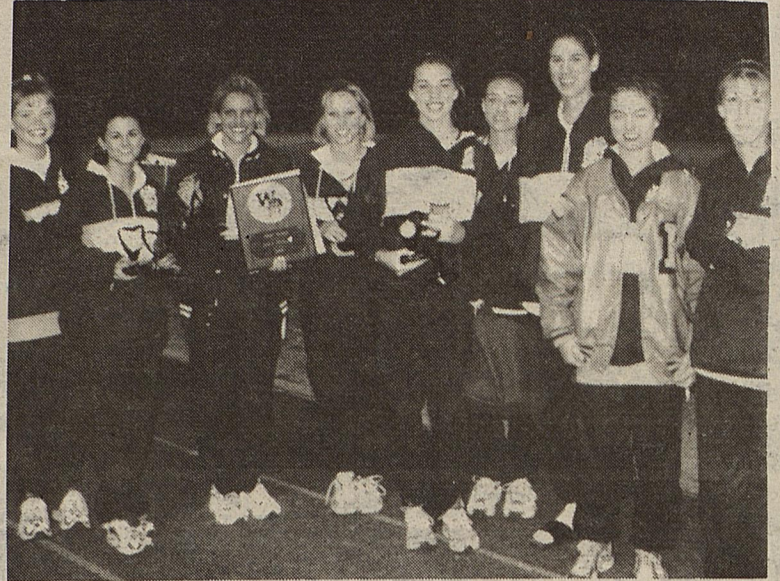
Bekah Hensley was fourth in the 100 m. dash with a time of 14.19. Her preliminary time was 13.25. Bekah was third in the long jump with a leap of 15'10", and she was fourth in the triple jump with a distance of 32'4".

Jana Himes ran the 100 m. dash in 13.76 and barely missed the finals. Jana also ran the 200 m. dash in 29.74.

Lindsey Smith was third in the 800 m. run with a time of 2:41.31. She was fifth in the high jump clearing 4'4".

Valerie Wootan was seventh in the 800 m. run with a time of 2:55.51. Valerie also finished third in the 400 m. run with a time of 68.88. Her preliminary time was 67.73. Valerie finished fourth in the discus with a distance of 82'8".

Hailey Adcock ran the



800 m. run in 3:07.16.

Abby Flanigan ran the 400 m. dash in 86.83.

Krystle Lee was eighth in the shot with a put of 28'2". Krystle also participated in the high jump and the discus.

Ky Merritt was third in the shot with a put of 32'73/4".

Amanda Watts participated in the discus.

Kaci Poole, Erica Schooler, Hailey Adcock, and Amanda Watts competed on a sprint relay and ran a time of 60.05.

These same four girls ran on an 800 m. relay and ran it in 2 minutes and 16 seconds.

This was a great meet to win. It was a total team effort, as it always is. These girls really do step up and compete, no matter what the elements are like.

The next track meet will be the district meet in Sands. If all goes well we should be the district track champ also. Keep your fingers crossed and root your Lady Coyotes to another victory.

Coyotes Impressive in Wellman-Union Relays

The Borden County Coyote track team used six gold medals; two school records and a clutch win in the mile relay to come away with 127 points and a Wellman-Union Relay Team Championship Friday night. **Trent Pepper** capped a super day of running by setting a meet record 10:41.1 in the 3200m. followed by a school record 4:53.2 in the 1600m for 20 points and 2 gold medals.

Jeff Dennis broke a 18-year-old record in the discus when he threw 149'6-1/2" to win the discus. This bettered the school record previously held by Craig Peterson by nearly six feet. Jeff beat a young man that threw 173'0" just a week earlier. This inspired Jeff where he put the shot 3 feet further

than ever before to come away with another gold at 43'10-1/2".

Fernando Baeza cleared a season best 12'6" for the Coyote 5th gold medal. When the dust settled it took one more gold medal for the team championship. The foursome of **Ryan Grant, Fernando Baeza, Colt McCook, and Joseph Hardman** easily outdistanced the field in the mile relay to win the championship. The Coyotes had to beat the Ropes Eagles for the title, and the guys did just that with a dramatic and exciting final race.

Good job coyotes this was a total team effort.

Colt McCook 2nd place in the 400 relay with a time of 44.89, 4th place in the 400m. run with a time

of 58.0 and 1st place in the 1600 relay with a personal time of 56.4 and a team time of 3:45.8.

Jeff Dennis won 1st place in shot with a toss of 43.10-1/2", and first in

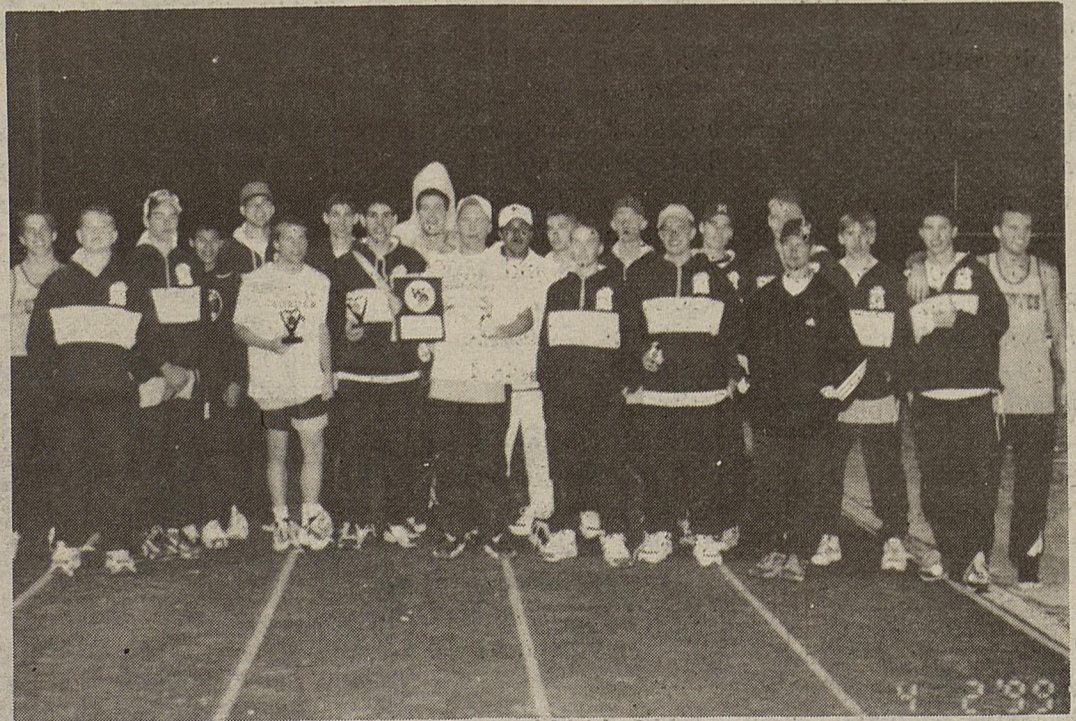
the discus with 149.6-1/2".

Fernando Baeza 1st in the pole vault with 12'6", 1st in 400 relay with a time of 44.89, 2nd in the 100m with a 11.5, 7th in the long jump with a leap

of 17'7" and 1st in the 1600m. relay personal time of 55.2, and a team time of 3:45.8.

Ryan Grant 1st 400 relay with 44.89, 4th 300

Cont. to pg. 3



Missy Coyotes Participate in Wildcat Relays

The Borden County Junior High girls' track team participated in the Wellman-Union Wildcat relays last Thursday. There were no point totals kept and no champion declared. Everyone in the event was given a ribbon as they crossed the finish line in each heat. This way everyone has a chance to enjoy a little success, competing against only those in their heat.

The Missy Coyotes had some pretty good times as they enjoyed a nice evening of track.

The 400 m. relay ran a time of 57.71 for first in their heat. On this relay were **Pati Rodriguez, Kyliya Culp, Laura Stamper,** and **Shayla Gass.**

These same four Ladies ran on the 800 m. relay.

They were first in their jump with a distance of 29'33/4".

The mile relay consisted of **Pati Rodriguez, Shayla Gass, Bobbie Kempf,** and **Micah Hensley.** They ran a time of 4:59.82.

Bobbie Kempf won the 2400 m. run with a time of 10:31. **Bobbie** ran the 800 m. run in 2:47.24. She also participated in the discus throw.

Dalene Kempf was second in the 2400 m. run with a time of 10:54. **Dalene** ran the 1600 m. run in 6:45.16. She also participated in the discus throw.

Micah Hensley ran the 100 m. hurdles in 17.5. She ran the 200 m. hurdles in 32.91. She was second in the long jump with a leap of 14'63/4", and she was third in the triple

Michele Bond ran the 100 m. hurdles in 19.8. She also ran the 200 m. hurdles in 36.91.

Laura Stamper ran the 100 m. hurdles in 18.72.

Carolina Arellanos ran the 100 m. dash in 15.44. She ran the 400 m. dash in 76.24, and she ran the 200 m. dash in 33.02.

Kyliya Culp ran the 200 m. dash in 32.35. **Kyliya** also long jumped 12'5".

Alexis Brooks was first in the seventh grade division of the discus throw. She threw a distance of 74'10". **Alexis** also participated in the shot put.

These girls did a great job at the meet. It was a time where everyone was able to enjoy a little success and compete in their event.

Gail FFA team members keep busy preparing for State Competition

The Gail FFA judging teams have been on the road during the past two weeks competing in various contests across the state. The teams have been attending these events to help prepare them for their upcoming state qualifying events this month.

The teams involved in the judging activities are:

Livestock: Brande Wells, Kaci Poole, Nick Flanigan, Shawna Kempf, and T.C. Stipe.

Horse: John Harding, Carey Cox, Tom Griffin, Kandace Kimmel, and Joe Costillo

Poultry: Fernando Baeza, Ryan Grant, Cesar Mujica, and Becky Copeland

Dairy Cattle: Lindsey Smith, Foston Wilson, Erica Schooler, David Wright, and Cody Nowlain

Wool: Colt Miller, Hailey Adcock, Robert Stamper, Heath Gwinn and Letty Lozano.

The Poultry, Livestock, and Wool teams traveled to Sweetwater on March 20th. The wool team was 3rd overall, with Robert Stamper was 10th high individual.

The Livestock, Dairy Cattle, Horse and Poultry teams competed at Tarleton State University on March 25th and represented themselves well. The teams placed in the top 1/3 team standing in each event which had over 100 teams per contest.

The Horse, Wool, Poultry, and Livestock teams traveled to Canyon on March 26th and competed at the West Texas A&M event. The Horse team placed 5th overall from a field of 58 teams. John Harding was recognized as the 10th high individual overall in the contest.

The Horse, Livestock, Poultry and Wool teams traveled to Clarendon on

March 27th and competed in their invitational contest. The chapters highlight of this competition was in Carey Cox placing as the 6th high individual in the Horse-judging event.

The teams are rested from their extensive road trips and are ready to tackle the competition that will be coming up in the next two weeks.

The Area II Contest at Texas Tech University, will be April 10th. This will involve the Livestock, Dairy Cattle, Horse, and Poultry teams.

State contest at Texas Tech University will be April 17th for the Horse and Wool teams.

The State contest at Texas A&M University will be April 24th. This will involve the Livestock, Dairy Cattle and Poultry teams.

Good luck FFA Judging teams!

Coyotes Impressive

Cont. from pg. 2

IH with 44.43, and 1st with a personal time of 58.2 in the 1600m. relay with a team time of 3:45.8.

Colt Miller 5th in the 400 m. with 58.8 and 3rd in the 1600m relay "C" 3:53.1.

Joseph Hardman 2nd in the 200m with 23.50, 2nd in the 400 relay with a 44.89, 5th in the triple jump with a jump of 38'1" and 1st in the 1600 m. relay with a personal time of 54.8 and a team time of 3:45.8.

Robert Stamper 5th in the 110 HH with 17.8, 3rd in the 300 IH with a 43.70 and 3rd in the 1600 relay "C" with a time of 3:53.1.

Justin Lawrence shot put, no mark, 400 relay (JV) 48.4, and 200m run 25.2.

Kevin Pinkerton 100m run 11.9, 200m. run 24.3, 1600m. Relay "C" 3rd at 3:53.1, discus no mark and the triple jump.

Nick Flanigan Discus

no mark.

Foston Wilson 100 run 13.0, and 200 run 26.8.

Lee Pepper 5th in the pole vault at 11'0".

Rowdy Dunlap discus, no mark, 200 relay (JV) 48.4, 100 run 12.5, and 200 run 25.4.

Payton Brown 6th in 800 2:21.1 and 1600 at 5:50.1.

Phillip Abalos 400 relay (JV) 48.4, 800 2:30.1, 1600 relay (JV) 4:06.1

Tom Griffin 400m run 58.04, and 1600 relay (JV) 4:06.1

Cody Nowlain 400 relay (JV) 48.4; 300 IH 51.1, and 1600m Relay (JV) 4:06.1

Dale Grant 110 HH 19.1, 300 IH 49.1 (fell twice) and 1600 relay "C" 3:53.1

Ross Aten discus no mark.

Javier Galvan 3200 12:22.1, 800 2:29.1 and 1600 relay (JV) 4:06.1

Menu

Lunch: \$1.00 K-6th.
\$1.25 7th-12th.
Breakfast: .50c

April 5th - 9th.

MONDAY: Pizza, Okra, Salad, Juice Bars & Milk
Breakfast: Sausage Gravy, Biscuits, Juice & Milk
TUESDAY: Fish, Black eye Peas, French Fries, Hush Puppies, Jello, & Milk
Breakfast: Oatmeal, Toast, Juice & Milk
WEDNESDAY: Roast, Potatoes, Green Beans, Hot roll, Fruit & Milk
Breakfast: Breakfast Burrito, Hash Browns, Juice & Milk
THURSDAY: Beef Pasta, Peas & Carrots, Beans, Cobbler, Bread & Milk
Breakfast: Cereal, Toast, Juice & Milk
FRIDAY: Sloppy Joe, French Fries, Salad, Cake & Milk
Breakfast: Egg & Cheese, English Muffin, Juice & Milk



McCook, tabbed Player of the Year on the Texas Six-Man Coaches Assoc.

By Dwight Heins
Lamesa Press-Reporter

Borden County's Colt McCook has been recognized as the top high school basketball player in the state from a six-man high school this season.

McCook was tabbed the Player of the Year on the Texas Six-Man Coaches Association all-state basketball team announced this past week.

"That shows the respect that people have for Colt on this level," said Borden County Coach Trey Richey.

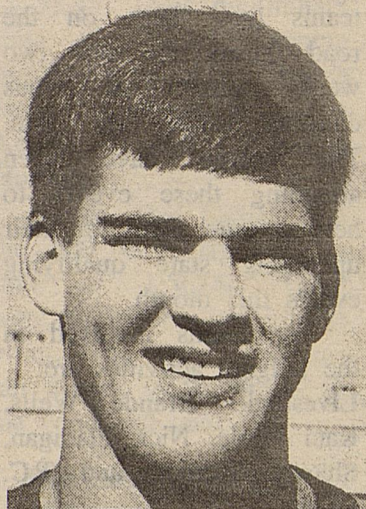
Joining McCook on the all-state first-team is Coyote teammate Jeff Dennis.

McCook and Dennis played key roles in another banner season for the Coyotes, who compiled an 18-5 record and went three rounds deep in the playoffs.

"We've won three straight district championship after not making it to the playoffs out here in 35 years. Those two guys have been a big part of turning Borden County basketball around," said Richey.

McCook averaged 17.1 points, 6.5 rebounds and seven assist per game this past season.

"Colt's one of those guys who can do so many things well in this game,"



said Richey.

Richey believes that the best could be yet to come for McCook, who's planning on playing basketball at Abilene Christian University beginning next season.

"He's got the potential to become a great college basketball player. He's got tremendous stroke when it comes to shooting the basketball, said Richey.

The 6-foot8 Dennis averaged 17 points, 11 rebounds and four blocked shots per game this season.

"He's another young man who's done a lot for our program the past four seasons," said Richey. "He's got tremendous skills."

Joining McCook and Dennis on the all-state first-team are Klondike senior Ty Barton, Ira

juniors Logan Daves and Jerek Brown, Mullin senior Danny York, Cherokee senior Stan Ball, Fort Elliot junior Curt Smith, Jayton senior Brandon Kidd, Lazbuddie senior Josh Morris, Morgan senior Jimmy Williams and Gordon senior Joe Kostiha.

Joining the trio on the all-Region II team are Ira juniors Daves and Brown, Blackwell senior Jesus Chavez, Highland senior Greg Landfried, Trent sophomore Kevin Boles, Wellman-Union senior Bryan Chrestman and Sanderson senior Johnny Kennedy.

McCook, and Dennis have one more game remaining in their high school hoop careers after being selected for the Texas Six-Man Coaches Association" all-star-boys basketball game coming up next summer in Lubbock

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Brandon Adcock Memorial Scholarship Applications are now being accepted

Applications are currently being accepted for the **Brandon Adcock Memorial Scholarship**. Applicants wishing to be considered must submit a formal letter of application prior to May 14th, 1999. Letters of application must be sent to the following address:

Brandon Adcock Memorial
Scholarship Committee
P.O. Box 95,
Gail, Texas 79738

The primary criteria used to determine the recipient of this scholarship is that the individual selected will be an outstanding young person that is a positive representative of the Borden County School Community evidence by their respective moral character, service-minded attitude, dedication, and scholastic achievement.

Recipients must be a candidate for graduation or be a former graduate from Borden County High School.

Candidates must attend a state-accredited/southern association accredited college, university, or post secondary institution to be eligible for consideration. The selection committee will have sole authority to determine the candidate's eligibility status related to the post-secondary institution to be attended.

Financial need will not necessarily be a criterion for consideration; however, financial need may be considered by the selection committee.

Complete selection authority has been delegated to the selection committee by the Brandon Adcock Family, and the committee has the authority to waiver all rules, regulations and formalities in order to select the candidates that the committee feels is most deserving.

U.I.L. Literary Participants

Cont. from pg. 1

Watts; Editorial Writing: Adrianna Baeza & Jana Himes; Headline Writing: Julie Mayes; Informative Speaking: Becky Copeland, Rebecca Garcia, & Kandace Kimmel; Literary Criticism: Letty Lozano & Erica Schooler; Mathematics: Colt Miller, Trent Pepper, & Valerie Wootan; News Writing: Shawna Ellison; Number Sense: Colt McCook, Colt Miller, &

Valerie Wootan; Poetry Interpretation: Brenda Griffin & Holly Thomas; Science: Nick Flanigan, Colt McCook, Colt Miller, & Cesar Mujica; Spelling & Vocabulary: Andrea Lozano & Holly Thomas; Ready Writing: Lindsey Smith, Erica Schooler, & Rebecca Garcia.

Congratulations to all competitors. Thank you for all of your hard work, and good luck at regionals.

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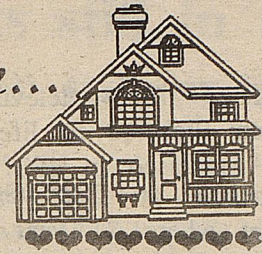
or call: Van Lee York, co-owner/operator Res. (806)794-9147

1999 Track Schedule

April 8	Sands District	High School
April 12	Wellman-Union	Jr. High
April 16	Abilene Wylie	
	SUB-REGIONAL	High School
April 20	Borden Co	J.H. East Zone
April 30	Abilene Christian-	
	REGIONAL	High School
May 1	Abilene Christian-	
	REGIONAL	High School
May 14-15	Austin - STATE	High School

Heart and home...

By Julie D. Mumme
Borden County Extension Agent -
Family and Consumer Sciences

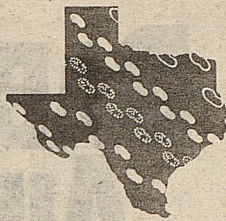


Extension programs serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin. the Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Walk Across Texas

Last call for anyone interested in participating in the *Walk Across Texas* program! The last day to register is Friday, April 9th. We will officially begin logging miles on Monday, April 12th. However, it is a good idea to get started walking this week, so that you can begin to build stamina. If you are interested in participating in the *Walk Across Texas* program, please contact the Extension office at 806/756-4336.

Walk Across Texas!



A Fun and Fitness Program
brought to you by
Texas Agricultural Extension Service and
Texas A&M School of Rural Public Health

To find out how you can
Walk Across Texas,
call your county Extension office.

like it, you should try something you do enjoy, like tennis or walking. Once the physical activity is chosen, don't go out and overdo it on the first time. You might injure yourself or experience extreme soreness if you are not used to the pace. Start gradually. If your chosen activity is walking, walk for 10 minutes the first day, and add five minutes each day until you are comfortable with walking for 30-45 minutes (don't worry about the distance, just the amount of time). Remember to start slow (warm up), then speed up, and finally, cool down when exercising.

There are three major components of physical activity: endurance, flexibility, and strengthening (next week's article will focus on these three components). A good physical activity program will include activities to improve endurance, strengthen muscles and maintain flexibility. Expensive equipment and tons of sweat are not needed for a good physical activity program. Begin with something easy and cost effective, like walking

To the Citizens and Friends of Borden County

In order to be able to devote the necessary time to my ranching and cattle business, I am announcing my retirement as Borden County Auditor after thirty years, effective April 1st, 1999

Thank You,
Borden Gray, Jr.

Moore-Rains Insurance



Happy Springtime

Frances Rains Stephens

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O'Donnell, Tx

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Physical Activity

Physical activity is moderate activity sustained for a length of time. It may include 30 minutes of walking, lawn mowing (using a push mower), raking leaves, a 15 minute run, or 45 minutes of playing volleyball. Dancing the night away is also considered physical activity. If time does not allow for 30-45 minutes of continuous activity, researchers are now saying that it can be divided into 10-15 minute segments three times a day.

When beginning a physical activity program, you should follow four basic principles to ensure safety, have fun with minimal risk of injuries, and to reach your fullest potential. These four principles include:

- <Get medical clearance
- <Start slowly and progress gradually
- <Include the major parts of a good physical activity program.
- <Follow the steps for performing physical activi-

ties.

Everyone, regardless of age, should have a complete medical exam before beginning a new physical activity program. This is especially true if you have not been physically active for a long time, if you are recovering from a serious illness/injury, and/or if you are a man over 40 or a woman over 50. Discuss with your health care provider what kind of physical activity you are planning to do, and ask your provider for suggestions or information.

It is important to choose a physical activity that you would enjoy doing. If you decide to run and later find you don't

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TEXAS PRESS
ASSOCIATION

Mammography Unit Coming to Gail

The Mobile Mammography Unit will be in Gail on Thursday, April 15th at Borden County I.S.D. If you are interested in having a mammography done, please contact Kim Thomas, school nurse at 806/756-4313 to schedule an appointment.

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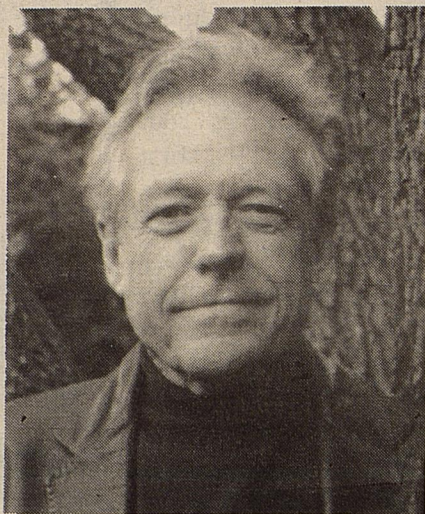


Texas Stories

A showcase of the Texas Spirit

Tumbleweed Smith

Part owner of Texas



The City by the Bay

Our son BZ has a recording studio in downtown San Francisco, California. He teaches classical guitar and plays in a rock group called *Sugar Danks*. They have turned out some interesting CD's

We flew to California a few weeks ago to see and hear BZ play some classical guitar selections at a relative's wedding. We went out in a small private plane owned by my wife's cousin, Bill Curry. He flew us over the Grand Canyon and Lake Powell. We loved that.

BZ did great, the wedding was nice and we were now ready to play. We did what most visitors do in San Francisco: ride the cable cars, sit and watch the people at Union Square and ride the glass elevators that climb the outside wall of the St. Francis Hotel, giving passengers a full view of the city.

We also had some wine and heavy snacks at the top of the Mark, a special place at the top of the Mark Hopkins Hotel. When I gave our name to the hostess, I noticed all the tables by the windows were taken. There were some tables in the middle of the room that were not occupied, so I figured we would get one of those.

We did better than that, thank you. After a few minutes wait, she led us to

a corner that offered a 200-degree panorama of the city. We had a couch, two easy chairs, a table and three straight chairs for the four of us. We watched the sun go down from the best spot in town.

We drove down Vermont Street. Visiting drivers usually go down Lombard street, considered by some to be the crookedest street in America, but Vermont Street is just as crooked. BZ lives near Vermont street. Sometimes his street is blocked because a movie crew is shooting a film there.

We took the ferry to Sausalito, strolled through the Muir Woods and walked all over downtown.

We ate Thai food and visited the Tumbleweed Café.

We learned about some things that were invented in San Francisco. The cable car was invented by Andrew Hallidie in 1873 after he noticed a horse-drawn streetcar slip backwards down one of the city's steep slopes.

The slot machine was invented by James Frey in 1895 at 406 Market Street. His Liberty bell gaming devices were built from 1897 to 1906, when an earthquake and fire put him out of business.

Sourdough bread was invented in San Francisco in 1849 when miners used batches of dough to "start" the next day's loaf.

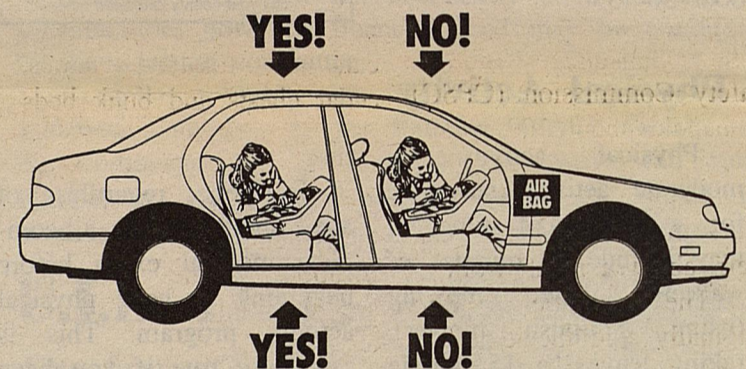
The first television screen flickered to life in San Francisco in 1927. It happened at 202 Green Street where 21 year old Philo Taylor Farnsworth had a lab. In 1909, fortune cookies were invented in San Francisco by Makoto Hagiwara, the Japanese caretaker of the Tea Garden at Golden Gate Park.

The Martini was invented to fortify

passengers taking the ferry from San Francisco to Martinez.

Levi-Strauss invented blue jeans in the 1860's to serve participants in the gold rush. He made the tough pants from a material called "serge de Nimes," named for the French city that milled it, thus giving the birth to the work denim. A similar cloth manufactured in Genoa is the source of the word "jeans".

BABIES AND AIR BAGS DON'T MIX!



The safest place for any child safety seat is in the back seat of the vehicle. A child safety seat can save your child's life, but it's important to use it correctly! Never place a rear-facing child seat in the front seat of a vehicle with a passenger-side air bag. Your child could be in danger in a crash!

Former BHS Graduate featured in Big Spring Herald's *Educator of the Week* Series

SLICE of life!

EDUCATOR OF THE WEEK

EDUCATOR NAME: Charla Soto

POSITION/SCHOOL: I work with 6th and 7th grade students at Goliad Middle School who need extra help with their behavior.

YEARS TEACHING OR IN EDUCATION: Two.

UNIQUE TALENTS/METHODS YOU BRING TO THE JOB: A lot of patience and flexibility, and an ability to see things from the student's point of view.

WHY I BECAME A TEACHER/EDUCATOR: I wanted a chance to touch the lives of young people in a positive way. I hope to have the kind of positive influence with these students that my teachers had with me.

SPECIAL HOBBIES/INTERESTS: Reading, sports (mostly watching high school and youth leagues, but I coached my son's basketball team this year!)

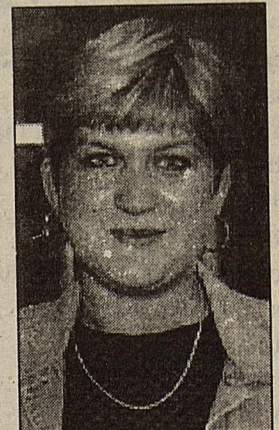
FAMILY INFORMATION: I have four wonderful children — two boys, Trey, 11, and Tony, 6; and two girls,

Christina, 10, and Teryn, 4. We are close to all of our extended family which includes my three brothers, my parents, my husband and his parents.

PEOPLE WOULD BE SURPRISED IF THEY KNEW I: Used to be an accountant.

MOST GRATIFYING EXPERIENCE WITH YOUNG PEOPLE: When you see them using a concept that you taught them.

IF I COULD CHANGE ONE THING ABOUT MY JOB, IT WOULD BE: Some of the negative attitudes that teachers face regularly.



Recalled products still in use are a continuing danger to consumers

Recall.

At least one item gets that tag just about every workday of the year, according to Charles Branton, director of the Product Safety Program at Texas Department of Health (TDH). These recalled items may be toys, children's furniture, household appliances, clothing, sports equipment, gadgets. They may be pulled off the shelves of large department stores or small boutiques. And, unfortunately, they may be resold - again and again - in thrift stores, flea markets, garage sales.

"These are hazardous products," Branton said. "People, especially children, have been injured or killed using them. But they keep resurfacing."

TDH works with the U.S. Consumer Product Safety Commission (CPSC) to handle about 300 recalls of defective or dangerous products each year. Branton said that consumers can learn about a recall from:

*The retailer who originally sold the item.

*Notices carried by the media

*The Internet at www.tdh.state.tx.us

*A subscription to the CPSC Fax-on Demand Service and

*The manufacturer directly by mail.

"Those registration cards that come with a new product are an important way for manufacturers to keep track of buyers and let them know about a recall," Branton said.

More difficult to track are recalled items after they have been in use - and possibly given away or resold. TDH's product safety inspectors work with resale and thrift shop owners and managers to keep them informed about items that are dangerous and have been recalled.

"A lot of small resale

shops do not get the information on recalled products directly from the manufacturer," said Mike Ward, chief of TDH's Compliance and Field Operations Branch.

"During the annual TDH/CPSC Recall Round-Up, we let them know they can get information over the Internet and by fax. Information from CPSC is available by fax 24 hours a day. People just need to subscribe to get this free information. It's a very timely service."

Ward said that there is no such thing as an old recall. "If the product is still in use and has not been modified to meet safety standards, it is still dangerous."

Everything from playpens, infant car seats and ride-on battery-powered toy cars to toasters, lamps, cedar chests and bunk beds have been recalled. Hazards include such things as falls, strangulation's, fires and burns, entrapment and suffocation. Some problems are just a nuisance. Others are deadly.

Some recalled items can be repaired according to instructions supplied by the manufacturer. Others need to be returned to the place of purchase or the manufacturer. Consumers should stop using all recalled items immediately.

Branton suggests that consumers check toys, furniture and other household appliances and equipment for safety hazards. "You may not remember a specific recall, but you may suspect that an item is not working correctly or may be causing problems. That's when people should stop using the items. We hope through education that we can get these products both off store shelves and out of homes," he said.

Both TDH and CPSC have completed data on items that have been

recalled. Information includes date of recall, name of firm and product with the item's model number, specific problems and suggested remedies.

For assistance in identifying recalled products or to report an unsafe consumer product or product-

Cont. to pg. 8

WEATHER DAY CHANGED

We have a change in our calendar.

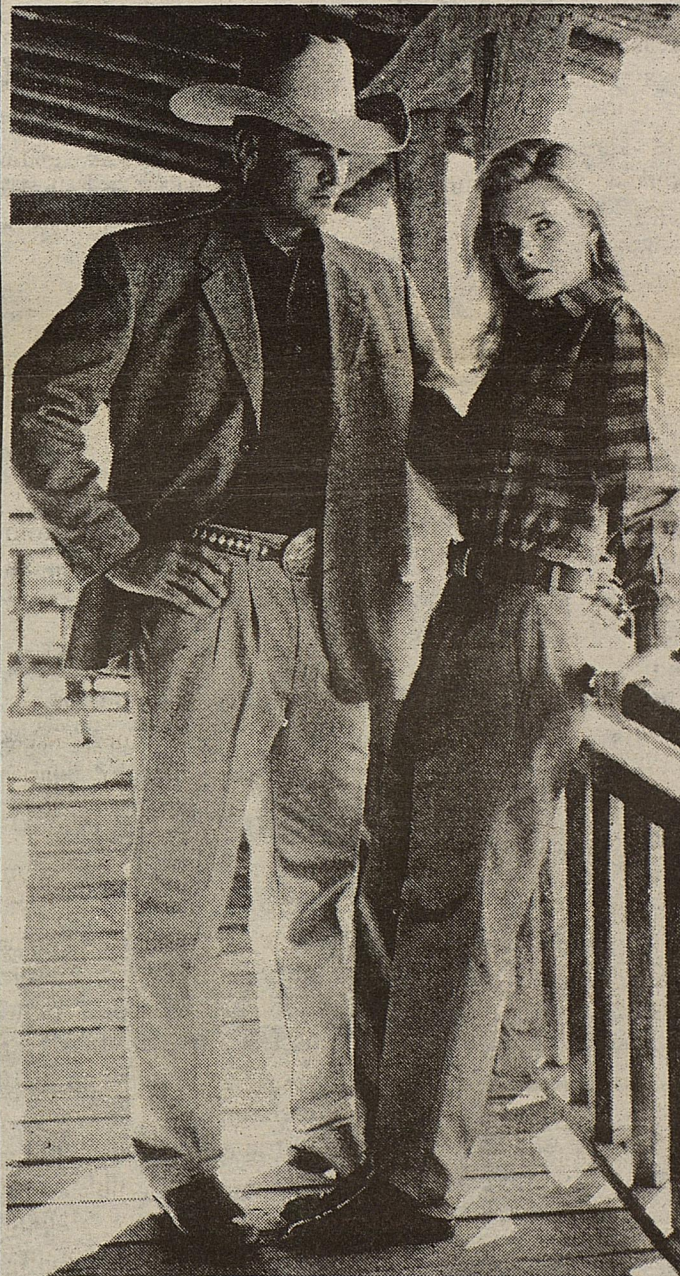
Friday, May 14th, weather day has been moved to **Monday, April 19th**, and will become a student holiday.

Friday, May 14th will now become a regular school day.

Borden County staff members will be involved in staff development on Monday, April 19th, while the students will enjoy a bad weather day holiday.

Be sure and mark your calendar.

TAKE FIVE.



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M-F 9-6; Sat. 9-5:30

3219 College Ave.
Snyder, Texas
Phone 573-6763



Recalled products still in use are a continuing danger to consumers

Cont. from pg. 7

related injury, contact the TDH Product Safety Program at 512-834-6773 or visit the TDH Web site at www.tdh.state.tx.us under Toy/Child Product Safety.

Information also is available from the U.S. consumer Product Safety Commission's toll-free hotline at 1-800-638-2772, on the CPSC web site at www.cpsc.gov or by fax 24 hours a day by subscription. Fax-on-Demand Service may be ordered by calling 301-504-0051.

Safety checklist from the Texas Department of Health

If an item is recalled, consumers should stop using it immediately and return it to the store where it was purchased for either repair or replacement. People also should check household products and children's items for hazards. Some safety tips include the following.

Playpens

*Look for newer models with the top rails that automatically lock.

*Never leave an infant in a playpen with the sides down. The infant may roll into space between the mattress and mesh side and suffocate.

*Check to see that the mesh has a small weave of less than 1/4-inch openings and that it has no tears, holes or loose threads.

*A wooden playpen should have slats spaced no more than 2-3/8-inches apart.

Infant carriers

*Be sure all latches are secure and do not come loose.

*Always use restraining straps.

*Watch the child carefully, even when the child

is strapped in.

Bunk beds

*Choose bunk beds that have guardrails on all sides

ed to the bed structure.

*Spacing between the bed frame and bottom of guardrails should be less than 3-1/2 inches.

*Guardrails that extend at least 5 inches above the mattress surface help prevent a child from rolling off.

*Be sure that a ladder secured to the frame will not slip.

Toy chests

*Avoid any toy chest or other container with a hinged lid that can fall easily.

*Be sure the chest does not have a latch that might trap a child inside.

Halogen torchiere floor lamps

*Use a glass or wire guard to shield the bulb at the top of the lamp.

*Use a halogen bulb of 300 watts or less

*Never place the lamp near curtains, other cloth window treatments or bedding

*Never drape clothes over the lamp

*Never leave the lamp on when you leave a room or are not at home.

Borden County EMS

806/759-5111

Alt. No.

806/756-4311

The numbers to know in Case of an Emergency!

(DM)—Lean, fully-cooked, spiral sliced ham appears on tables throughout the year, but there is no better time for this versatile meat than during these harsh winter months.

"This is the perfect time of year to put a pot of soup on the stove and let it simmer all day or grill some hearty sandwiches and watch a classic movie," said Kathy Stark, executive chef for The HoneyBaked Ham Company. "Ham is a very handy ingredient to have on hand for cooking. You can easily add it to a variety of recipes including soups, salads, pasta dishes and casseroles. Since The HoneyBaked Ham has no added water, the meat freezes exceptionally well. It is an ingredient you can keep on hand for those chilly days when you want to brew something good and hearty."

To freeze ham, just remove the meat slices from the bone and wrap securely in aluminum foil. Place in a plastic bag and freeze for up to six weeks. Rather than freezing large quantities together, place smaller portions in foil bundles. That way, if you need a few slices for soup or a meal for one, you only have to thaw one portion. To thaw the ham, place in refrigerator 24 hours in advance.

SPICY HAM REUBENS (serves 4)

- 8 rye bread slices
- 4 teaspoons blue cheese
- 1 pound HoneyBaked Ham® slices
- 1 red onion, sliced thin
- 1 cup sauerkraut, well drained
- 4 swiss cheese slices
- 1/2 cup plain yogurt
- 1/2 cup mayonnaise
- 2 tablespoons Dijon mustard
- 1 teaspoon sugar
- 1/2 teaspoon yellow mustard

Dressing: Combine yogurt, mayonnaise, mustards and sugar in a small bowl and whisk to combine. Set aside or chill for up to 3 days in advance.

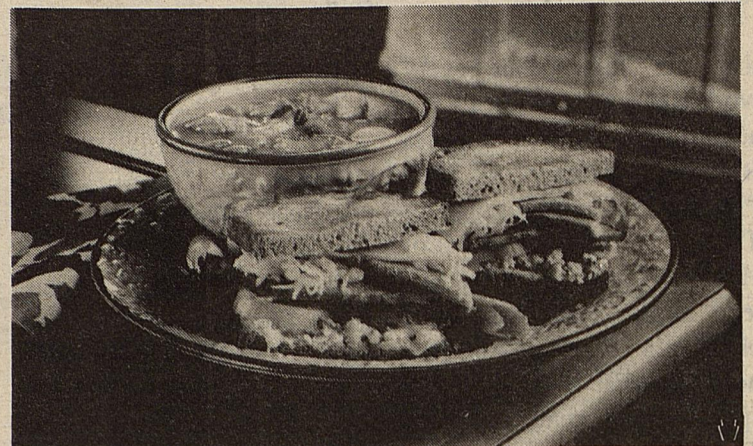
Sandwiches: Place 4 bread slices on a tray and spread with about 2 tablespoons of the dressing. Sprinkle the blue cheese over the dressing and

Injury prevention is a stretch

A regular stretching program can help weekend warriors stay in the game. Tight, inflexible muscles are likely to become pulled muscles unless they are properly warmed up with stretching.

Strained and pulled muscles are the most common injuries among people who try to cram a

Ham Is The Perfect Winter Food



top with red onion slices, ham, sauerkraut and Swiss cheese. Top with the remaining slices of rye and press firmly. Broil each sandwich on a baking sheet for 3 minutes per side until golden brown and the cheese is melted. Cut in half and serve hot.

CREAMY HAM & ASPARAGUS PASTA (serves 4)

- 8 ounces bow tie pasta
- 1 bunch asparagus, cut into one inch pieces
- 4 cups button mushrooms, sliced
- 1 1/2 tablespoons all purpose flour
- 1 1/2 cups milk
- 2 tablespoons Dijon mustard
- 1 pound Honeybaked Ham®, cut into strips
- 1/4 cup parmesan cheese, grated
- Salt and pepper, to taste

Prepare the pasta according to the directions. Two minutes before pasta is done, add asparagus to the cooking liquid. Drain the pasta and asparagus and toss with a little olive oil. Set aside.

While the pasta is cooking, coat a 10 inch skillet with 1 tablespoon of olive oil and heat over medium high. Add the mushrooms and cook until liquids are released and mushrooms begin to brown slightly, 5 to 8 minutes. Sprinkle the flour over the mushrooms and cook 1 minute. Add the milk gradually and stir constantly until the mixture is thick and bubbly. Add the mustard to the sauce and stir

well. Add the ham strips, the cooked pasta, and the asparagus to the sauce and toss to combine. Season with salt and pepper, garnish with parmesan cheese. Serve hot.

TUSCAN BEAN & HAM SOUP (serves 4)

- 1 12 oz. can cannellini beans, rinsed and drained
- 1 tablespoon olive oil
- 1 onion, chopped
- 1 carrot, chopped
- 1 celery rib, chopped
- 1 leek, white and light green parts chopped
- 2 garlic cloves, minced
- 4 cups chicken broth
- 4 ounces Honeybaked Ham®, diced
- 1 zucchini, sliced
- 1 roma tomato, chopped
- Salt and pepper, to taste

In a large dutch oven, heat the olive oil until hot. Add the onions, carrots, celery, and leeks and sauté until the vegetables are tender and golden on the edges. Add the garlic and cook 1 minute. Add the chicken broth and the beans and bring to a boil. Reduce heat and cook for 10 minutes until all vegetables are very tender. Place 2 cups of the soup in a food processor and process until well pureed. Add this mixture back to the remaining soup. Add the ham and zucchini and cook for an additional 10 minutes until very hot. Serve with chopped tomatoes for garnish.

week's worth of exercise into a weekend. Stretching even just five to 10 minutes a few times a week, can help athletes avoid many of these injuries.

The key is to develop a routine that targets the major muscle groups in both the arms and legs. hamstrings, groin,

quadriceps (thighs), biceps and shoulders should all receive attention.

Stretching needs to be done slowly and deliberately, holding each stretch for five to 10 seconds. Don't use fast, bouncing or jerking movements. Those can lead to the injuries you're trying to avoid.

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