

# THE BORDEN STAR

VOLUME XIX

OCTOBER 24, 1990

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

## Borden County Teacher Selected to Who's Who

Three area teachers have been selected by their former students for inclusion in the inaugural edition of WHO'S WHO AMONG AMERICA'S TEACHERS.

Area teachers receiving the honor are: Beverly Copeland, kindergarten teacher for 16 years at Borden Elementary School in Gail; Rick Norman, a science teacher at Lamesa Middle School; and Melody Hicks Vann, who taught home economics at Klondike High School before moving to Ackerly this past summer.

All of the 24,500 teachers across the nation who are being honored in the publication were chosen by their former students who themselves are currently listed in either Who's Who Among American High School Students or The National Dean's List, publications which recognize the top five percent of the nation's high school and college students, respectively.

"There is no greater honor teachers can receive than to be recognized by former students for their excellence and dedication," said Paul Krouse, publisher of Who's Who Among American Teachers. "In this publication we clearly have the best teachers in America selected by the best students."

The students were



BEVERLY COPELAND

requested to nominate teachers who "made a difference in their lives" by helping to shape their values, inspiring interest in a particular subject, or challenging them to strive for excellence. Many of the students commented about the enthusiasm and knowledge their teachers demonstrated in the classroom, noted Krouse, and many praised their teachers for their ability to relate to students on a personal as well as a professional level.



## DRUG AWARENESS WEEK

The week of October 21-28 is Texas Drug Awareness Week. I would like to personally invite the patrons of the Borden County School Community to constantly be cognizant of the dangers that the various forms of drugs pose to the youth of our community, state, and nation. It is of paramount importance that we be aware of the problems that are caused by alcohol and drugs in today's society. It also needs to be emphasized that our young people are a major audience to all facets of substance abuse. Therefore, we must make a diligent effort in our quest to protect our youth from the problems that are inherently related to the consumption of alcohol and drugs. I feel confident that the effort is undoubtedly worth the fight, because our youth are our most valuable resource.

The following information has been compiled from a variety of sources concerning facts, problems, and issues relating to substance abuse:

1. Alcoholic beverage advertisements appeal primarily to our young people. The consumption of alcoholic beverages is presented as indispensable to happiness, fun, success, athletic and sexual prowess, and good health. The message implied in ads that show thin, well-groomed young adults playing sports on the beach and drinking alcoholic beverages made from only the purest water, hops and barley, is that healthy people drink to stay healthy, attractive, and happy. It also deserves to be mentioned that the U.S. alcoholic beverage industry spends more each year than the country devotes to treatment of alcoholism and alcohol abuse (\$2,000,000,000.00 in 1986).
2. The sale of alcoholic beverages to minors is a serious problem. A recent (May 1990) undercover investigation conducted by the Texas Alcoholic Beverage Commission and the Odessa, Texas Police Department concluded with 70 businesses out of 106 in the Odessa area being cited for selling beer or wine coolers to minors.
3. The cost of substance abuse in Texas is exorbitant. The economic cost of substance abuse in Texas in 1990 is estimated to be \$14,700,000,000.00. Alcoholism and alcohol abuse will cost each Texan \$607.77 in 1990. Drug Abuse will cost \$219.96. The total cost to every Texan in the state is \$827.73.

cont. to pg. 6

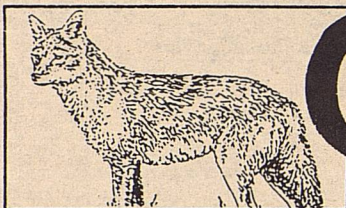


WILLIAM E. (Bill) and GLENDA AKINS

Glenda Akins was installed as Postmaster of Gail, October 18, 1990. Mrs. Akins began her postal career in 1981 in Midland.







# COYOTE NEWS

## Coyotes Win Big District Game

The Borden Coyotes became 2-0 in district play Friday night after defeating the Ira Bulldogs 42-12.

The Bulldogs took the opening kickoff and drove the ball inside the 5-yard line. But they fumbled the ball and Klint Kemper recovered for the Coyotes. The Bulldogs held the Coyotes without a first down, so Jimmy Rios booted a 60-yard punt to the Bulldog 10-yard line. Brandon Adcock intercepted a Bulldog pass and ran it to the Ira 8-yard line. The Bulldogs held the Coyotes to no yardage in three

plays. The Coyotes attempted an 18-yard field goal, but it was wide. So the Bulldogs took over the ball.

Rod Jeter intercepted a Bulldog pass at their 37-yard line which set up the next drive by Jimmy Rios. He ran 37 yards for the first Coyote touchdown. Shannon Smithie's kick was good, and the Coyotes led 8-0.

The Coyotes held the Bulldogs on the next possession due to good pass protection by Brandon Adcock. Also coming in with defensive pass pressure were Paul Sturdivant and Cole Vestal. The Coyotes took over at the Bulldog 31-yard line. Klint Kemper picked up a hard 4-yards for a first down, and Rios ran 15 yards for his second scoring play. The extra points failed which made the score 14-0.

Ira attempted to run the ball out of the endzone on the kickoff, but Rod Jeter made a great tackle at the Bulldog 2-yard line. Ira had to punt and the Coyotes picked it up on their 6-yard line. When they failed to make the first down, the Coyotes were forced to punt from deep in their own endzone. The kick by Jimmy Rios got to the Bulldog 35-yard line. Then Ira picked up a couple of first downs, and on 4th and goal, at the 18-yard line, a pass was completed to James Sturdivant for the first Bulldog touchdown. The PAT attempt was blocked by the Coyotes which made the score 14-6.

The Coyotes had 46 seconds left in the

first half to go 60 yards for a touchdown. John Paul Harris caught a pass from Rios at the Ira 31-yard line. With only 8 seconds on the clock, Rios again attempted a pass to Harris. But Ira's defense stopped it from being completed. From the 14-yard line, and no time left, Jimmy Rios threw a second pass to John Paul. It was over thrown and the half ended with no more points on the scoreboard.

Shannon Smithie began the first half by kicking the ball to Ira. In a few plays, the Bulldogs fumbled and Rios was able to recover the ball at the Bulldog 35-yard line. On second down, Rios hit Paul Sturdivan on a 30-yard pass play to the 4-yard line. After a 2-yard loss and a 5-yard penalty, Klint Kemper passed 12 yards to Cole Vestal for a Coyote touchdown. After the PAT failed, the score was 20-6. The Bulldogs began to move the ball well against a tough Coyote defense. After a couple of first downs the Bulldogs found themselves 4th and 2 at the Coyote 17-yard line. Brandon Adcock blitzed and tackled the Bulldog quarterback for a huge loss. The Coyotes took over at their own 30-yard line. On second down Jimmy Rios ran 32 yards to the Bulldog 20-yard line. On fourth and 7 yards to go, Klint Kemper hit Shane Kemper for 6 yards and 8 inches. When it was still 4 inches short of the first down, Ira took over at their own 9-yard line.

Rod Jeter intercepted a pass at the Bulldog 20-yard line on the next play. The Coyotes failed to score or make a first down. The Bulldogs again moved the ball, and from 30 yards out, James Sturdivant caught another Bulldog pass in the endzone. The PAT was blocked, and the score was 20-12.

The Coyote offense was forced to punt on their next possession. Jimmy Rios kicked a 40-yard kick into the wind to the Ira 20-yard line. Rios then made a great interception at the Coyote 25-yard line. The offense really began to work with Harris picking up 10 yards, Rios running for 23 yards and Klint Kemper running up the middle for a 4-yard gain. It was 3rd and long 10, at the 16-yard line, when Shane Kemper hit J.J. Kincheloe at the 5-yard line for a first down. An offside penalty pushed the Coyotes back 5 yards. Rios then regained the yardage to the original line of scrimmage. Klint Kemper carried the ball to the 2-yard line, and John Paul Harris plunged 2 yards for the touchdown. Shannon Smithie's kick was good, which made the score 28-12.

On the next Ira possession, Cole Vestal caught a pass and fought his way to the Bulldog 17-yard line. A holding penalty moved the ball back to the 27-yard line. Rios then ran for 7, John Paul Harris for 5 and Jimmy Rios carried the ball again for 15 yards and a touchdown. The PAT by Smithie was good. The score was then 36-12. The next bulldog possession ended when Brandon Adcock stripped a Bulldog of the football. The Coyotes drove the ball to the

2-yard line. Klint Kemper then went over into the endzone to make the score 42-12. On the next series of plays, the Coyote defense forced the Bulldogs to punt. With time running out, it was simply a matter of sitting on the ball until the buzzer went off ending the game.

Individually, Jimmy Rios rushed 18 times for 178 yards and 3 touchdowns. He completed 2 of 10 passes for 59 yards. He also accounted for 13 tackles, 2 fumble recoveries and one interception.

John Paul Harris carried the ball 8 times for 20 yards and one touchdown. He also caught a pass for 29 yards.

Klint Kemper carried the ball 8 times for 37 yards and one touchdown. Klint completed 2 of 3 passes for 19 yards and one touchdown. He also made 13 tackles and recovered one fumble from his line-backer position.

Cole Vestal caught a pass for 12 yards and one touchdown. He also made 9 tackles and intercepted a pass.

Paul Sturdivant caught a 30-yard pass and made 9 tackles. He played a great defensive ball game.

Shane Kemper completed 1 of 3 passes for 11 yards. Shane also caught a pass for 7 yards.

Brandon Adcock and Rod Jeter both had a great defensive ballgame. Brandon made 9 tackles, intercepted 1 pass and recovered 1 fumble. Rod made 11 tackles and intercepted 2 passes.

Shannon Smithie kicked 3 of 6 PAT attempts for a total of 6 extra points.

The Borden Star  
Publication No. 895520  
(USPS 895-5200)

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Verna Adcock  
Clarajane P. Dyess

Published weekly, except for Christmas and New Years, on Wednesday at Gail, Borden County, Texas 79738, Box 137 Kincaid Street Second Class postage paid at Gail, Texas.

Any errors that we make reflecting on the reputation or standing of any firm, corporation or individual that appear in the columns of the Borden Star will be gladly corrected when called to the attention of the staff.

Subscription Rates:  
\$8.00 per year

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# COYOTE NEWS CONTINUED . . .



DATE: Oct. 27  
 TIME: 7:00 PM - 11:00 PM  
 PLACE: COUNTY SHOW BARN

Sponsored by the Borden County Parents Club.

- FOOD
- CAKE & PIE WALKS
- BOOTHS
- LOLLIPOP WALK
- GAMES
- LOLDS OF FUN!
- BALLOON POPPING
- BINGO
- COKE TOSS
- SKY RIDE
- COW PADDIE BINGO
- DUNKING BOOTH
- PONY RIDE
- COUNTRY STORE
- PLINKO
- QUARTER TOSS
- JAIL HOUSE
- WATER BALLOON THROW

## MENU CONCESSION STAND

COME OUT AND EAT WITH US!

BAR-B-QUE PLATES - \$3.50  
 SAUSAGE ON A STICK - \$1.25  
 FRITO PIE - \$1.00

MUCH MUCH MORE!

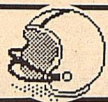
## FRESHMAN BEAUTY CONTEST



MOST HANDSOME: MIGHTY MEL HARRISON  
 MOST BEAUTIFUL: BRANDI ADCOCK



CONTESTANTS: KATY (CODY) COX, MANILY (MENDY) HENSLEY, ETHEL (SETH) VESTAL, RACHEL (RICHARD) BUCHANAN, MIGHTY MEL (MELODY) HARRISON & BRANDI (BRANDON) ADCOCK



## CHALK TALK BY COACH AVERY

Being 2-0 in district play feels great. Beating Ira put us at the top of the district but we aren't alone. Trent is also 2-0 after defeating Loraine and Highland. Next Friday, both teams will see who can stay on top of the district. Trent is going to be pumped and ready to play. The game is going to be played at Trent. After winning 3 games in a row at home, it is time for the Coyotes to perform as well on the road. We can't do it without the fans. The crowd in the stands and the noise that roots the Coyotes to victory has to be there. Come on Coyote fans, let's all make the long trip to

gorilla land and help the Coyotes keep their undefeated district record. We want the gold. Come support us and be part of the effort.

The Junior High finishes up their season at Coyote Stadium, Thursday night with the Highland Hornets. Everyone is urged to come and enjoy the Coyote spirit.



WHO ARE THESE LOVELY LADIES? COULD THIS BE CODY, BRANDON & RICHARD?

## BAND NEWS

### UIL MARCHING CONTEST

The Coyote Marching Band will perform Oct. 30, 10:40 a.m. at Texas Tech.

## STUDENT LUNCHES AND BREAKFAST

October 29 - November 2, 1990

Lunch	MONDAY	Breakfast
Pizza Green Salad Corn Peaches Milk Salad Bar		Sausage and Biscuits (2) Juice Milk
Hobo Stew Green Beans Jello with Fruit Hot Rolls Milk Salad Bar	TUESDAY	Cereal Toast Juice Milk
Chalupa's Lettuce and Tomatoes Fajita Fries Cinnamon Rolls Milk Salad Bar	WEDNESDAY	Breakfast Burritos (2) Juice Milk
Lasagna Italian Green Beans Creamed Corn Garlic Bread Lemon Parfait Milk Salad Bar	THURSDAY	Cinnamon Toast (2) Fruit Milk
Chopped Barbecue Burgers Potato Salad Pinto Beans Banana Pudding Milk Salad Bar	FRIDAY	Pancakes (2) Butter - Syrup Juice Milk

SALAD BAR - EVERY DAY EXCEPT FRIDAYS

### LUNCH PRICE

K - 7th \$1.00 per day  
 8th-12th. \$1.25  
 Teachers: \$1.50 per day  
 Guest: \$2.50 - Pre-school \$1.00

### BREAKFAST PRICE

K - 12th. 25¢ per day



NOTICE OF GENERAL ELECTION  
(AVISO DE ELECCION GENERAL)

To the Registered Voters of the County of Borden, Texas:  
(A los votantes registrados del Condado de Borden, Texas)

Notice is hereby given that the polling places listed below will be open from 7:00 a.m. to 7:00 p.m., November 6, 19 90, for voting in a general election to elect Members of Congress, Members of the Legislature, and state, district, county and precinct officers; and FOR the purpose of adopting or rejecting the proposed Constitutional Amendments as submitted by the 71st Legislature, session(s), of the State of Texas.

(Notifíquese, por las presente, que las casillas electorales citadas abajo se abrirán desde las 7:00 a.m. hasta las 7:00 p.m. el 6 de noviembre de 19 90 para votar en la Elección General para elegir Miembros del Congreso, Miembros de la Legislatura, y oficiales del estado, distrito, condado y del precinto y PARA adoptar o rechazar las enmiendas propuestas constitucionales así como fueron sometidas por la 71st Legislatura Sesión(es), de la Estado de Texas.)

LOCATIONS OF POLLING PLACES  
(DIRECCIONES) DE LAS CASILLAS ELECTORALES)

- No. 1 (Plains) at Plains Community Center
  - No. 2A (South Gail) at Gail Courthouse
  - No. 2B (Ackerly-Vealmoor) at Vealmoor Election Building
  - No. 3A (Murphy) at Murphy Election Building
  - No. 3B (Fairview) at Fairview Election Building
  - No. 4A (North Gail) at 4-H Exhibit Building
  - No. 4B (Snellings) at Don A. Jones Residence
- Absentee at County Clerk's Office, Gail Courthouse during normal office hours.

- No. 1 (Plains) en Plains Community Center
  - No. 2A (South Gail) en Courthouse de Gail
  - No. 2B (Ackerly-Vealmoor) en la sitio de votacion Vealmoor
  - No. 3A (Murphy) en la sitio de votacion Murphy
  - No. 3B (Fairview) en la sitio de votacion Fairview
  - No. 4A (North Gail) en 4-H Exhibit Building
  - No. 4B (Snellings) en la residencia Don A. Jones
- Para los que se encuentran ausente, para el día propuest pueden votar en oricina del County Clerk en Gail, Texas durante las horas normales.

Absentee voting by personal appearance will be conducted each weekday at  
(La votación en ausencia en persona se llevará a cabo de lunes a viernes en

County Clerk's Office (oricina del Secretario del Distrito y Condado)  
(location) (sitio)

Recommended but not required

between the hours of 8:00 a.m. and 5:00 p.m. beginning on October 17, 1990  
(date)

(entre las 8:00 de la mañana y las 5:00 de la tarde empezando el 17 de October, 1990)  
(fecha)

and ending on November 2, 1990  
(date)

(y terminando el de Noviembre, 1990)  
(fecha)

Applications for ballot by mail shall be mailed to:  
(Las solicitudes para boletas que se votarán en ausencia por correo deberán enviarse a:

Dorothy Browne  
(Name of County Clerk)  
(Nombre del Secretario del Condado)

P. O. Box 124  
(Address) (Dirección)

Gail, Texas 79738  
(City) (Ciudad) (Zip Code) (Zona Postal)

Applications for ballots by mail must be received no later than the close of business on  
(Las solicitudes para boletas que se votarán en ausencia por correo deberán recibirse para el fin de las horas de negocio el

October 30, 1990  
(date) (fecha)

Issued this the 7 day of October, 19 90.

Emitado este día 7 de October, 19 90.

Van L. York  
Signature of County Judge (Firma del Juez del Condado)

—YOUR VOTE AND INFLUENCE APPRECIATED—

RE-ELECT  
MELISSA "LISA" LUDECKE

CANDIDATE FOR  
COUNTY TREASURER  
BORDEN COUNTY

— SUBJECT TO DEMOCRATIC PRIMARY —  
Pol. Adv. Paid for by Melissa Ludecke,  
Box 153, Gail, TX 79738

To the Registered Voters of Borden County  
Precinct #4

Thank you for your influence and support in the Democratic Primary and I would sincerely appreciate the same in the upcoming General Election on November 6th.

Buck Lemons

Pol. Adv. Paid for by Buck Lemons

Re-Elect

VAN L. YORK  
COUNTY JUDGE  
BORDEN COUNTY

Pd. Pol. Ad. by Van York

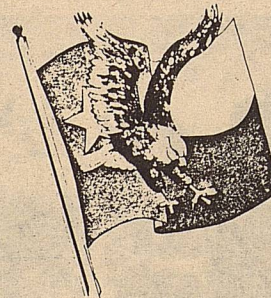
RE-ELECT LARRY D. SMITH  
CANDIDATE FOR  
BORDEN COUNTY COMMISSIONER PRECT. #2

"I would like to say Thank You for the support and cooperation given me in the past and I ask for your continued support. I will work for Borden County's best interest.

I want to urge all eligible voters to be sure and Vote in the General Election, November 6th."

Larry D. Smith  
Gail, Texas

Pol. Adv. Paid for by Larry D. Smith



SUPPORT  
THE  
CANDIDATE  
OF YOUR  
CHOICE

Lamesa Community Theatre

presents...

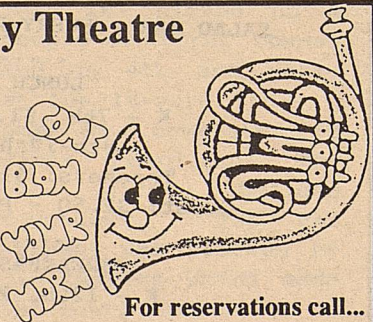
A Neil Simon Comedy  
October 25, 26, 27  
November 1 & 3

8:00 p.m. - 214 North Austin Ave.

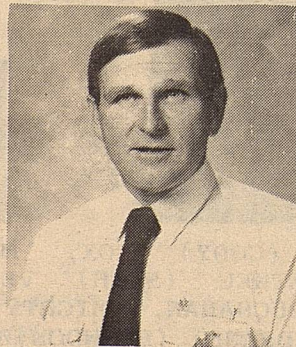
Directed by Sally Wrona and Bobbie King

CAST: Clay Merrill, Kendal Amos, Bill Merrill, Ellie Wilson, Annie Garza, Kristi Slaughter and a surprise appearance by???

Permission of Samuel French Productions



For reservations call...  
872-2705



★ WRITE IN ★

ROYCE NANCE

CONSTABLE

BORDEN COUNTY

Paid for by Royce Nance, Gail, Texas

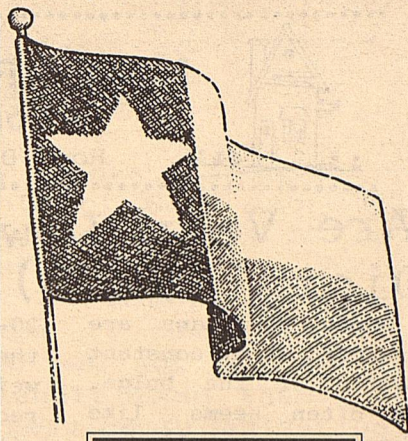


# SAMPLE BALLOT

The following are state offices that are identical on all area ballots. Sample ballots for local races in Borden, Glasscock, Howard, Martin and Mitchell counties are printed separately.

<b>UNITED STATES SENATOR</b> (Senador de los Estados Unidos)
Phil Gramm - Republican
Hugh Parmer - Democratic
Gary Johnson - Libertarian
<b>UNITED STATES REPRESENTATIVE, DISTRICT 17</b> (Representante de los Estados Unidos, Distrito Num. 17)
Charles W. Stenholm - Democratic
<b>GOVERNOR</b> (Gobernador)
Clayton Williams - Republican
Ann W. Richards - Democratic
Jeff Daiell - Libertarian
<b>LIEUTENANT GOVERNOR</b> (Gobernador Teniente)
Rob Mosbacher - Republican
Bob Bullock - Democratic
Tom Owens - Libertarian
<b>ATTORNEY GENERAL</b> (Procurador General)
J. E. "Buster" Brown - Republican
Dan Morales - Democratic
Ray E. Dittmar - Libertarian
<b>COMPTROLLER OF PUBLIC ACCOUNTS</b> (Contralor de Cuentas Publicas)
Warren G. Harding, Jr. - Republican
John Sharp - Democratic
William E. "Bill" Grisham - Libertarian
<b>STATE TREASURER</b> (Tesorero Estatal)
Kay Bailey Hutchison - Republican
Nikki Van Hightower - Democratic
Suzanne Love - Libertarian
<b>COMMISSIONER OF THE GENERAL LAND OFFICE</b> (Comisionado de la Oficina General de Terrenos)
Wes Gilbreath - Republican
Garry Mauro - Democratic
Richard C. Donaldson - Libertarian
<b>COMMISSIONER OF AGRICULTURE</b> (Comisionado de Agricultura)
Rick Perry - Republican
Jim Hightower - Democratic
Karen A. Tegtmeyer - Libertarian

<b>RAILROAD COMMISSIONER</b> (Comisionado de Ferrocarriles)
Beau Boulter - Republican
Robert (Bob) Krueger - Democratic
C. W. Steinbrecher - Libertarian
<b>CHIEF JUSTICE, SUPREME COURT</b> (Juez Presidente, Corte Suprema)
Tom Phillips - Republican
Oscar H. Mauzy - Democratic
<b>JUSTICE, SUPREME COURT, PLACE 1</b> (Juez, Corte Suprema, Lugar Num. 1)
John Cornyn - Republican
Gene Kelly - Democratic
<b>JUSTICE, SUPREME COURT, PLACE 2</b> (Juez, Corte Suprema, Lugar Num. 2)
Charles Ben Howell - Republican
Bob Gammage - Democratic
<b>JUDGE, COURT OF CRIMINAL APPEALS, PLACE 1</b> (Juez, Corte de Apelaciones Criminales, Lugar Num. 1)
Joseph A. (Jce) Devany - Republican
Frank Maloney - Democratic
<b>JUDGE, COURT OF CRIMINAL APPEALS, PLACE 2</b> (Juez, Corte de Apelaciones Criminales, Lugar Num. 2)
Oliver S. Kitzman - Republican
Sam Houston Clinton - Democratic
<b>JUDGE, COURT OF CRIMINAL APPEALS, PLACE 3</b> (Juez, Corte de Apelaciones Criminales, Lugar Num. 3)
Bill White - Democratic
Carol Caul - Libertarian
<b>JUDGE, COURT OF CRIMINAL APPEALS, PLACE 4, Unexpired Term</b> (Juez, Corte de Apelaciones Criminales, Lugar 4, Termino no Completado)
David Berchermann - Republican
Charles F. (Charlie) Baird - Democratic
<b>JUDGE, COURT OF CRIMINAL APPEALS, PLACE 5, Unexpired Term</b> (Juez, Corte de Apelaciones Criminales, Lugar 5, Termino no Completado)
Louis E. Sturns - Republican
Morris L. Overstreet - Democratic
<b>PROPOSITION 1:</b> (Proposicion 1:)
"The constitutional amendment to clarify the authority of the senate to consider certain nominees to state and district offices and to provide for filling vacancies in those offices."  ("Enmienda constitucional que aclare la autoridad del Senado para considerar el nombramiento de personas designadas para ocupar cargos estatales y distritales, asi como el procedimiento para designar a personas que ocupen tales cargos cuando estos se encuentren vacantes.")



**VOTE**  
Every One Matters.

## POLITICAL CALENDAR

- REPRESENTATIVE 17TH DISTRICT**  
Charles Stenholm (D)
- COUNTY JUDGE**  
Van L. York (D)
- COUNTY CLERK**  
Dorothy Browne (D)
- COUNTY TREASURER**  
Melissa Ludecke (D)
- JUSTICE OF PEACE**  
Carolyn Stone (D)
- COMMISSIONER**  
Prec. #2  
Larry D. Smith (D)  
Prec. #4  
Hurston Lemons, Jr. (D)

# Exercise Your Right To Vote



## Sample Ballot — Borden County

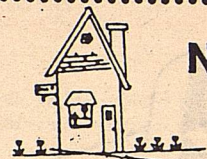
State Representative, District 69 (Representante Estatal, Distrito Núm. 69)	<input type="checkbox"/> Troy Fraser		
Justice, 11th Court of Appeals District (Juez, Corte de Apelaciones, Distrito Núm. 11)		<input type="checkbox"/> Bud Arnot	
County Judge (Juez del Condado)		<input type="checkbox"/> Van L. York	
District and County Clerk (Secretario del Distrito y Condado)		<input type="checkbox"/> Dorothy Browne	
County Treasurer (Tesorero del Condado)		<input type="checkbox"/> Melissa Ludecke	
County Commissioner, Precinct No. 2 (Comisionado del Condado, Precinto Núm. 2)		<input type="checkbox"/> Larry D. Smith	
County Commissioner, Precinct No. 4 (Comisionado del Condado, Precinto Núm. 4)		<input type="checkbox"/> Hurston Lemons, Jr.	<input type="checkbox"/>
Justice of the Peace (Juez de Paz)		<input type="checkbox"/> Carolyn F. Stone	
Constable, Unexpired Term (Condestable, Término no Completado)			<input type="checkbox"/>

**VOTE**  
Every One Matters

Oct. 17 is the First Day of Absentee voting in the Nov. 6 General Election







## NOTES FROM HOME

BY DEBRA POLLARD

Home Demonstration/CEA

### Are Very Low-Calorie Diets (VLCD) Solution?

Obese Americans are trapped in a constant battle of the bulge. It often seems like there are equally as many diets or diet products as there are overweight people. The latest diet trend to catch the public's fancy is a return to the very low calorie diet, generally 400 to 800 calories per day.

Weight loss is actually a simple formula of taking in fewer calories than you expend by either decreasing your caloric intake, increasing your physical output or both. A low-fat, high complex-carbohydrate diet and regular physical activity should enable most Americans to bring weight under control. However, lifelong weight maintenance success evades most dieters. The changes necessary are easy to recite, but much harder to follow. This has led many chronic dieters to turn to the very low-calorie diet as a final resort.

Very low-calorie diets are based on a powdered supplement that contains high quality complete proteins, carbohydrates and fats as well as vitamins and minerals. The new or revived VLCD are a great improvement over the dangerous formulas of the 1970's which were linked with several deaths. The powder is dissolved in water or diet soda and is consumed three to five times a day.

These diets are not for everyone. They should always be based on a doctor's recommendation and must be medically monitored. They should only be prescribed for individuals who are at least

20-30 percent above their ideal body weight. VLCDs are not recommended for people with insulin-dependent diabetes, certain heart or kidney problems or other serious illnesses.

When a VLCD is appropriate, there are some advantages over a more traditional weight loss approach. Rapid weight loss provides the dieter with greater motivation to stick to the program.

A VLCD also removes all the choices that are constantly being required of the dieter. After the first few days, appetite tends to be suppressed and people do not experience the hunger often associated with a conventional diet.

The VLCD is not free of limitations, however. They are expensive, costing at least \$100 per week. As people approach their goal weight there is a tendency to loose lean muscle tissue rather than fat. Other adverse side effects are cold intolerance, dry skin, constipation, potassium deficiency, excess uric acid in the blood, gallbladder inflammation and depression.

Numerous research studies by renowned bariatricians have indicated that the major problem with VLCD is that even those who lose successfully and reach their ideal weight tend to regain the weight rapidly once they begin to consume food. Many not only gain all of their weight back, but even go on to gain additional pounds as well.

To determine if a VLCD program is for you, even an over-the-counter product, consult a physician. Examine any program

## cont. from pg. 1 DRUG AWARENESS WEEK

4. Alcohol-related traffic deaths are the number one killer of all 16-24 year-olds. This is extremely sad when you consider the following:

- . Kids drink to get drunk.
- . Many kids drink alcohol for the very first time in their own homes.
- . Suicide is the second leading cause of death among young people. Alcohol use has been identified as a contributing factor to teen-age suicide.
- . Alcohol is the drug used most by Texas students. Beer accounts for 48% of the total alcoholic beverage consumption by secondary students, with wine coolers, liquor, and wine accounting for 26%, 18%, and 8% respectively.
- . Many kids do not realize that alcohol can be as addictive as other drugs.
- . 56% of high school seniors began using alcohol in the 9th grade or earlier.
- . 52% of 7th graders and 91% of seniors report alcohol use at parties.

5. Marijuana is a dangerous substance. Over 8,000 scientific papers contradict the myth that smoking marijuana is not harmful. Research has clearly shown that pot smoking is damaging to the body as well as the mind. For example:

- . Known cellular alterations related to marijuana provides clear evidence that marijuana does adversely affect the sex cells of men and women.
- . There is a great deal of scientific and medical evidence which indicate that marijuana targets the immune system and affects our ability to resist infections.
- . Short-term memory deficits have been substantiated to continue for at least 6 weeks after the last use of marijuana.
- . Marijuana has recently been implicated as the possible cause of head and neck tumors occurring in people younger than 40 years old.

6. The cost to house each inmate in the Texas Department Of Corrections is approximately \$25,000 a year. It also needs to be emphasized that the overwhelming majority of inmates housed in the Texas Prison systems are or have been associated with alcohol or drug abuse.

The case for supporting a drug-free society for our young people is powerful. As you can see, we simply cannot afford to ignore this issue. The lessons of history are clear: the social acceptance of dependence-producing drugs appears to exacerbate rather than alleviate all of the problems associated with drug abuse and/or addiction. Our children deserve the best that we can give them; therefore, it is imperative that we attempt to lead the way in making their world a better and safer place to live. It is never too early for schools or parents to start educating children about the dangers of alcohol or drug abuse. Therefore, I sincerely request your consideration in this most worthy cause.

Jimmy Thomas, Superintendent of Borden County Independent School District

### REQUEST FOR BIDS ON TEXAS HIGHWAY CONSTRUCTION

Sealed proposals for constructing 286.919 miles of seal coat on various limits of Spur 237, Loop 544, SH 70, SH 208, SH 163, FM 610, FM 670, FM 612, FM 1785, FM 820, FM 1083, FM 2320, FM 1230, FM 1606, FM 1613, FM 1609, FM 419, FM 1646, FM 846, FM 1269, FM 1982, FM 1142 & FM 1054, covered by CPM 6-14-2, CPM 53-20-1, CPM 263-4-22, CPM 263-5-17, CPM 264-1-30, CPM 264-2-22, CPM 264-3-15, CPM 332-1-20, CPM 333-1-22, CPM 360-6-8, CPM 360-7-17, CPM 518-2-9, CPM 682-1-12, CPM 1155-3-6, CPM 1155-5-8, CPM 1156-1-11, CPM 1248-1-8, CPM 1248-3-11, CPM 1363-1-12, CPM 1526-3-9, CPM 1526-4-5, CPM 1528-1-6, CPM 1530-1-6, CPM 1652-1-10, CPM 1732-1-9, CPM 1872-1-3, CPM 1872-2-11, CPM 1873-2-16, CPM 1900-1-8, CPM 1900-2-3, CPM 2260-1-3, CPM 2260-2-5 & CPM 3276-1-13 in Nolan, Fisher, Scurry, Mitchell, Stonewall, Howard, Borden & Kent Counties

will be received at the State

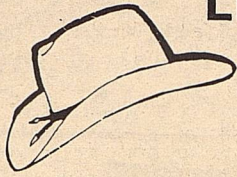
Department of Highways and Public Transportation, Austin, until 1:00 P.M. November 13, 1990, and then publicly opened and read.

Plans and specifications including minimum wage rates as provided by Law are available for inspection at the office of Michael Chetty Resident Engineer, Big Spring, Texas, and at the State Department of Highways and Public Transportation, Austin Texas. Bidding proposals are to be requested from the Construction Division, D. C. Greer State Highway Building, 11th and Brazos Streets, Austin, Texas 78701. Plans are available through commercial printers in Austin, Texas, at the expense of the bidder.

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### LET ME GET MY HAT



BY DENNIS POOLE

## Pecan Crop Larger Than Last Year's

The Texas pecan crop is projected at 60 million pounds this fall, up 13 percent from last year and accounting for approximately one-fourth of the pecan harvest nationally.

The U.S. Department of Agriculture estimate indicates that Texas pecan producers may bring in their fourth largest crop in 10 years. The USDA projects this year's national pecan crop at 221 million pounds, down 12 percent from 250 million pounds last year.

The market outlook is favorable for pecan producers who have seen prices recover gradually from a 1987 crash. Some opening new crop bids have been outstanding--between \$1 and \$1.25 per pound for improved varieties and between 60 cents and 80 cents per pound for natives.

Prices are expected to drop later in the season. Industry analysts suspect that the USDA production forecast is understated and that this year's harvest of all tree nuts (among them, walnuts, filberts, almonds, pistachios, and pecans) will be a bumper crop of 1.6 billion pounds. This total is 28 percent above last year's and equals the harvest that broke the pecan market in 1987.

The 1987 crash sent national pecan market prices plummeting to an average 60 cents per pound for improved varieties and 38 cents a pound for natives.

What's different this year, is that pecan carryover stocks from the 1989 harvest are low and the total pecan harvest this year is lower than expected. High carry-over into 1987, a large national crop of 291 million pounds, and the highest tree nut crop on record caused the pecan market to tumble.

Despite the good crop, Texas pecan growers have had their share of misery this year as last December's freeze, summer drought, September flooding and insects have taken their toll in some areas of the state.

For some orchards in Southwest Texas, where the harvest is gaining momentum, the problem is too much of a good thing. Orchards in and around Quemado have lots of broken limbs because of heavy crops and higher than average rainfall.

The heavy crop also has decreased quality. The thing that's concerning people right now is the quality. We have so many pecans on the trees that not all of them are going to fill out.

In San Saba County, improved varieties will probably bear about 65 percent of their usual crop. The county--which probably produces more pecans than any other in the state--can yield 6 million pounds of improved varieties.

Irrigated orchards will probably bear very well, but dryland orchards are suffering because of a hot, dry

June and August. Native trees are producing a light crop, at about 20 percent of their potential.

The drop is credited to the lack of pollination, insect damage and the fact that native and improved varieties had heavy crops last year.

You won't have two bumper crops back to back on the improved varieties, and we had a bumper crop last year.

Native trees will produce a bumper crop once in only three years, and last year saw a heavy crop in that county.

Producers there are about 10 days to two weeks ahead of the normal harvest date. Harvest began about Oct. 15 and will be in full swing by the first of November.

### !!! PLAYGROUND EQUIPMENT !!!

1990-91 PARENT'S CLUB PRIORITY

The Borden County Parent's Club has decided to address the issue of upgrading the playground equipment for the Borden County Independent School District for the 1990-91 School Year. Members of the Parent's Club voted on this item at the previous Parent's Club meeting, and it was the general consensus of the organization to make this a top priority for this school year. The Parent's Club will accept donations at the Fall Festival if you would like to contribute to this cause. We also will direct all other fund raising activities of our organization to this worthy cause during the course of the 1990-91 school year as appropriate.

There will be a donation box for this cause at the ticket booth of the Fall Festival, and the proceeds from the Parent's Club bingo parlor will be used in our immediate attempt to upgrade our playground equipment. Members of the Parent's Club would sincerely appreciate your help in making this effort a tremendous success.

We will see you at the Fall Festival!!



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**ASCS NEWS BY Jerry Stone**

**Farmers Reminded To Petition For ASC Committee Nominees**

Farmers are reminded that the county ASCS office is now receiving nominations for ASCS county committee election candidates. Jerry Harris, Chairperson of the Texas State Agricultural Stabilization and Conservation Committee, encouraged farmers to use this opportunity to nominate their farm neighbors as candidates in the ASC committee election.

The ASC committee provides the important service of administering government farm programs in the local community. The election will be conducted by mail from November 23 to December 3. Eligible farm voters will be provided with instructions for filling out the secret ballot and

returning it to the county ASCS office.

Most resident farmers are eligible to hold office as ASC committee members. If a farmer would like detailed information concerning eligibility requirements, he or she should contact either a present committee member or the county ASCS office.

In filling out a petition, farmers should be careful to include the name of only one nominee, the signatures of at least three eligible ASC voters who support the nominee, and certification that the nominee is willing to serve if elected. Petitions must contain this information to be accepted. The completed petition should be dated and mailed or

hand-delivered to the county ASCS office no later than October 29.

ASC committee elections are open to all eligible ASC voters without regard to race, color, religion, sex, age, handicap, or national origin. Any concerned farmer with an interest in serving fellow producers would be an asset to the ASC committee. For this reason, farmers are urged to petition for the farmers of their choice. The individual producer will benefit in the long run from a responsible, concerned team of ASC committee members in the local administration of U.S. government farm programs.

**Classified Ads**

**FOR SALE:**  
1985 Double Wide Mobile Home. 3 bed, 2 bath in Gail, to be moved. Lived in 4 years. Like new. 1568 Sq. Ft. Call: 817-647-1919.

**FOR SALE:**  
German Shorthair Pointer Puppies. Mother is World's Best Quail Dog and Family Pet. Call: 915-965-3486.

**EXTRA INCOME "90"**  
Earn \$200 - \$500 Weekly mailing Greeting Cards & Novelty Gift items. For more information send a stamped addressed envelope to: **GREETING CARDS, INC. P.O. BOX 2297 Miami, Florida, 33261**

**FOR SALE:**  
Kirby - Heritage II Vacuum Cleaner. Like New. Complete with all attachments Call: 915-856-4346.


**FOR SALE:**  
Round Bale Hay Buggy Call: 856-4426 or 399-4583.

**WORK WANTED:**  
Susan Stephens is looking for Ranch Daywork. Please Call: 915-399-4511.

**THE BORDEN STAR 915-856-4402**

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**NOTICE TO CONTRACTORS (Maintenance Project)**

OF PROPOSED TEXAS HIGHWAY MAINTENANCE WORK

Sealed proposals for:

Roadside Mowing located on Various Highways in Various Counties

Will be received by the State Department of Highways and Public Transportation located at:

4250 N. CLACK, Abilene, Texas  
Respective bid opening time to be 9:00 A.M.; Wednesday; November 14, 1990

Then publicly read.

\*\*\*\*\*  
All prospective bidders are encouraged to attend the Pre-Bidders' Conference which will be held at the State Department of Highways and Public Transportation's District Office at: 4250 N. CLACK Abilene, Texas 10:30 A.M.; Tuesday; October 30, 1990  
\*\*\*\*\*

Bidding proposals, plans and specifications will be available at the District Maintenance Office at: 4250 N. CLACK Abilene, Texas Telephone (915) 673-3761.

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