

BHS Class of 2009 Names Top Students

The administration and fac-ulty of Borden County High Protection and served on the School are pleased to announce Katherine Froman and Krystal Hobson as the top students of the graduating Class of 2009



crew in One-Act Play.

Froman was also actively involved in cheerleading throughout high school, as well as being on the basketball, softball, and track teams

She was senior class presi-dent and was chosen as "Most Likely to Succeed" by the stu-dent body. Froman also volunteered as a children's ministry helper at the First Baptist Church in Gail

Froman will attend Midland College in the fall, where she will major in pre-medicine.



Krystal Hobson Class of 2009 Salutatorian

The 2009 Salutatorian of Borden County High School is Krystle Renee Hobson, daugh-

ter of Danny and Renee Hobson of Gail.

Hobson is a member of the National Beta Club and is a **Distinguished Achievement** graduate.

In U.I.L. Academics, Hobson was active in Cross-Examination Debate, as well as serving on the One-Act Play crew.

Athletically, Hobson was active in cheerleading, tennis, softball, cross country, track, and basketball, in which she as named Academic All-State her final two years of high school.

class and was named as "Miss B.H.S." and "Most Beautiful" by the student body.

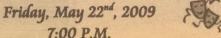
by the student body. Hobson plans to attend South Plains College in Levelland this fall and will major in Nursing. Baccalaureate services for Borden County High School will be held at 11:00 a.m. on Sunday, May 24th, 2009, in the B.C.I.S.D. auditorium.

Commencement exercises for BHS will be held Friday, May 29th, 2009, at 7:00 p.m., also in the B.C.I.S.D. auditorium. There are 9 seniors graduating in the Class of 2009.



Honoring all Borden County High School U.I.L. Athletic, Academic & Band Participants





Borden County I.S.D. Cafeteria & Auditorium

H.S. Participants & Coaches - Free Family and Parents - \$10 each

Five Still Alive B.H.S. U.I.L Academic Hobson has served the vice-president of her senior class and was the senior **Postponed State Meet**

After two-and-a-half weeks of additional preparation following a postponed U.I.L. Academic State Meet, five Borden County High School students are finally set for this coming week's contest on the University of Texas campus in Austin.

Leading the way for B.H.S. is three-time state qualifier and senior Katherine Froman. She will be competing in Spelling & Vocabulary in hopes of improving her fifth place finish last year.

Joining Froman from B.H.S. are four juniors: Eric

Espinoza, Lacey Roberts, Chasiti Rutherford, and Brendan Tarleton.

Espinoza is making his first trip to Austin in Extemporaneous Informative Speaking af-ter finishing 2nd at the regional meet on April 24.

Roberts goes to Austin in Feature Writing, an event she won at the district contest and placed 3rd in at regional.

Rutherford, also a first-time state qualifier, will compete in Lincoln-Douglas Debate. She was 2nd at the regional meet. Tarleton will be making his

(Continued to Page6)

Class of 2009 Valedictorian Anna "Katherine" Froman, daughter of Ken and Layne Froman of Gail, has been

Katherine Froman

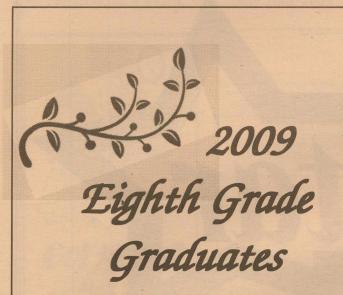
named as the Valedictorian of Borden County High School for the Class of 2009. Froman is a member of the

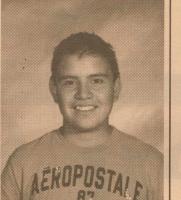
National Beta Club and is a **Distinguished Achievement** graduate.

In U.I.L. Academic competition, Froman was a state qualifier in U.I.L. Spelling & Vocabulary in 2007, 2008, & 2009. She also participated in



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Luis Isaac Andrade



Shea Allison Burkett



Brady Lee Вубее



Samuel Austin Соре



Troy Michael Copeland



Denise Jordan Day



Kaylyn Elaine Dean



Hanna Blair Forbes



Celina Nicole Guerrero

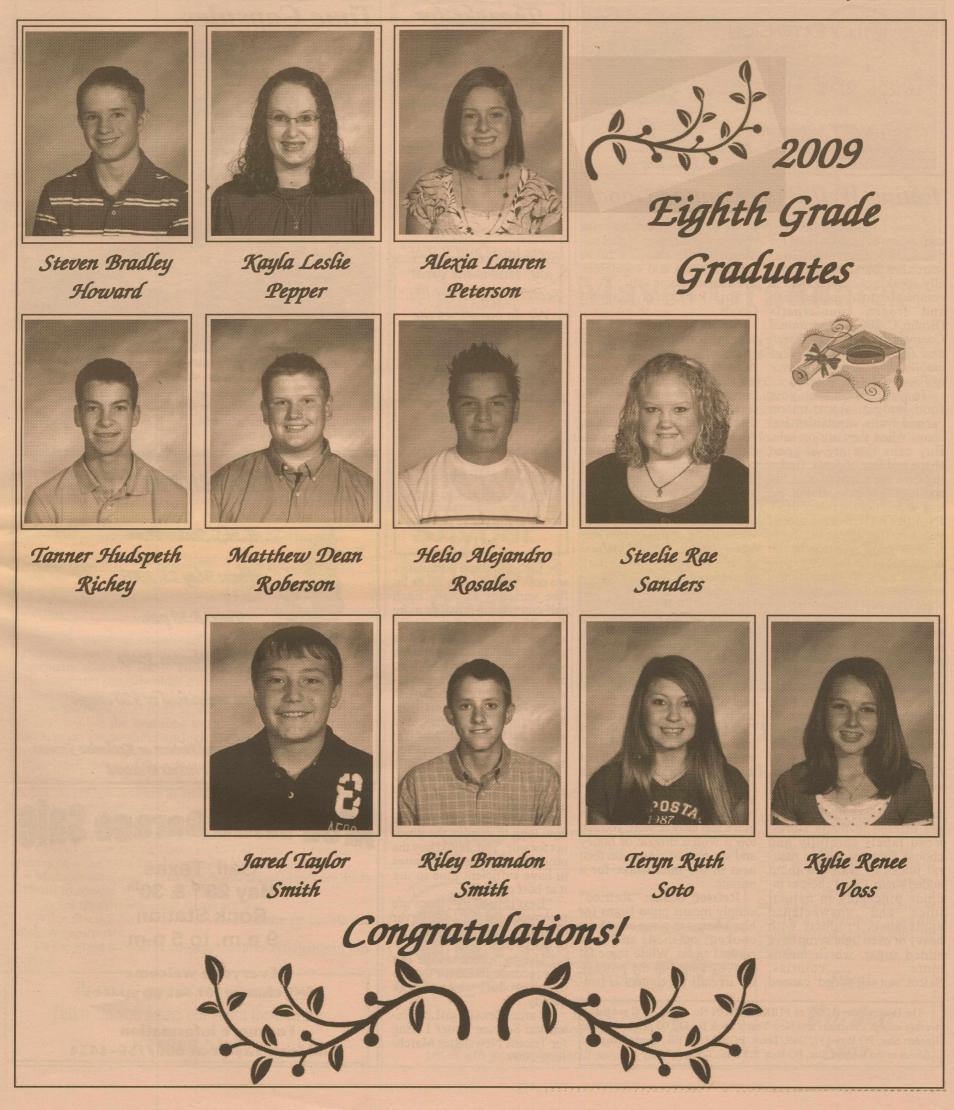
McLayne Todd



Valerio Ramel Hernandez



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Eating Well With Canned Goods

convenient to have on hand for rinsing and draining higher soquick, low cost meals. Research has found that nutritionally speaking, canned food is comparable to its cooked fresh and frozen counterparts (Bruhn, C. 2007. A Nutritional Comparison of Canned, Fresh and Frozen Fruits and Vegetables. Journal of the Science of Food and Agriculture).

To get the most form your food budget, stock up on canned fruits vegetables and soups when they are on sale. Buy cans that are in good shape and free of dents. Budging cans are a sign of possible spoilage or contamination. Be sure to practice the rule, FIRST IN, FIRST OUT. This means you use the oldest products first. A good practice in the home is to place the newly purchased cans in back of the same products already on the shelf. The best temperature for storing canned foods is be-tween 50° F and 70° F. Avoid storing canned foods in a warm place near hot pipes a range or furnace, or in direct sunlight. Keep canned goods dry to prevent cans or metal lids from rusting, which may cause cans to leak and food to spoil (Schutz, P.H. and E.H. Hoyle, 1999. Safe Handling of Canned Goods. Clemson University)

Healthier varieties of your favorite canned foods are being offered in many stores. Read labels carefully and choose fruits packed in natural juices or water, without added sugar. Good choices include pineapple in natural juice and unsweetened applesauce. Products with heavy or even light syrup have added sugar, which means calories. more

Canned food can be very foods in your store, consider dium foods, such as tuna, salmon, beans and vegetables to eliminate some salt. Top Picks for Canned

Goods

Salmon: Each 3-ounce serving provides almost 2 grams of omega-3 fatty acids. According to numerous stud-ies, these fats reduce inflammation and help prevent risk factors associated with chronic diseases such as heart disease, Alzheimer's, cancer, and arthritis. A serving of salmon also contains about 35 percent of the Daily Value for protein, along with a good amount of calcium. Use canned salmon as you would tuna—as a sand-wich filling or mixed into salcasseroles. ads and (nutritiondata.com and alaskaseafood.org)

Pumpkin: Canned pumpkin packs 20 times the betacarotene (which is converted to vitamin A in the body) as fresh because of its lower water con-tent (mealtime.org). A half-cup serving of canned pumpkin supplies a staggering 300 per-cent of the Daily Value for vitamin A from beta-carotene. Carotenoids such as beta-carotene act as antioxidants that protect you form cancer, heart disease, and other age-related conditions. Use canned pump-kin in pies, muffins, quick breads, or puddings. For a quick and tasty dessert, you can top it with a drizzle of honey and sprinkle of cinnamon then heat in the microwave for a

minute Refried beans: "Refried" simply means pinto beans (or black beans in some cases) are cooked, mashed, and then cooked again. While some fat may by added in the process, Select 'not salt added' canned the overall fat content is usu-

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the best part of existence. The heart that goes out of itself, gets large and full of joy. This is the great secret of the inner life. We do ourselves the

Thought for

the Day

Doing nothing for

most good doing something for others. --Horace Mann

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ally low, and some companies are now offering low fat or fat free varieties as well. Each half-cup serving provides more than 25 percent of the Daily Value for fiber along with a good dose of protein and iron Spoon refried beans into burritos, or make Mexican la-sagna by layering beans with whole-grain corn tortillas, diced chilies or peppers, and top it all off with low-fat cheese. (USDA Fact Sheet and nutritiondata.com).

Tip: Pay attention to product dating on canned and packaged items.

Sell-by dates tell the store how long to display the product for sale. You should buy the product before the date expires to have sufficient time to use at best quality.

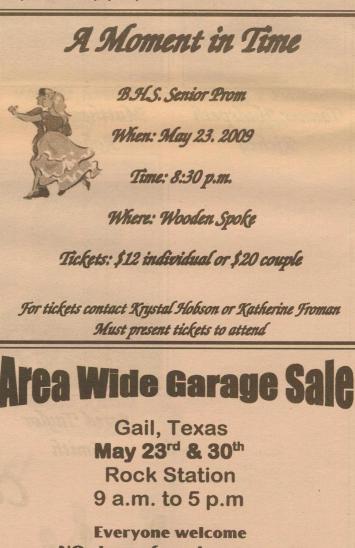
"Best if used by" dates are recommended for best flavor or quality. It is not a purchase

or safety date. <u>"Use-by"</u> dates are the last date recommended for the use of the product while at peak quality.

Source: Texas AgriLife Ex-tension Service Better Living for Texans Newsletter March-June 2009



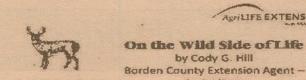
Students in Mrs. Smith's 4th grade class have been collecting letters, pictures, and Memorabilia to seal in thier time capsules to open the year of their graduation-2017! Pictured are (back row left to right) Madison Benavidez, Cheyenne Dowds, Maria Neufeld, Hunter Jones, Brianna Atkinson, (front row left to right) Ashley Tyrrell, Kale Yarbro, Dylan Murphy, Avery Price and Hayley Grav.



NO charge for set up spaces

For more information Call Jean Taylor at 806/756-4434

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by Cody G. Hill Borden County Extension Agent -Agriculture

AgriLIFE EXTENSION

Educational programs of the Texas Agrit.Ne Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

Brush Busters Stem Spray *Method* Works Best: For control of relatively young mesquite trees

that have smooth bark and few basal stems, those slim trunks emerging from the ground. The method has been known for years as the low-volume, basal stem treatment technique. What's new is that research has shown excellent results using much less herbicide making it much more economical. When to Apply: Any time during the year, although best

results occur during the spring-summer

growing season. **Prepare Equipment**: Almost any type of pump-up hand sprayer can be used, but the most efficient way to apply the spray to many trees is with a backpack sprayer. Make sure the sprayer's nozzle has a small orifice. One such nozzle, called the Conejet® 5500-X1, is available from Spraying Systems Company. This nozzle can reduce the quantity of spray applied by 80 percent over standard nozzles — for a much more cost-effective use of chemicals.

Mix herbicide with diesel: A mixture of the herbicide Remedy[™] and diesel fuel oil is very effective for this method. Diesel acts as a coating agent to ensure good coverage and absorption. The recommended concentration of Remedy[™] will vary depending on the size and age of the mesquite.

Recommended concentration of RemedyTM to mix with diesel fuel oil.

Mesquite Type	% Remedy TM	Amount/Gallon Mixed
Smooth Bark • 1.5 in. diameter or less • 1.5-4 in. diameter	15% 25%	19 oz. 1 quart
Rough Bark	25%	1 quart

Pour the required quantity of Remedy[™] into mixing container, then bring to total volume desired with diesel fuel oil. Vigorously shake or stir to ensure thorough mixing. Rough-bark mesquites (usually older trees) are much more difficult to control than smooth-bark mesquites. Spray the Mesquite: Stem applications are effective through-

out the year but the best time to spray is during the growing season when temperatures are high. Be sure to adjust the sprayer nozzle to deliver a narrow, cone-shaped mist. Holding the nozzle within 1 to 2 inches of the mesquite stem, spray the mixture on the plant's stem or trunk from the ground line to a height of 12 inches. Apply the mixture to all sides of the trunk, wetting almost to the point of runoff.

Keep these points in mind: • Follow herbicide label directions.

· Cost of treatment escalates rapidly as density of brush increases or number of basal stems per plant increases.

• Multiple-stemmed plants or rough-barked plants are more difficult to control with this method.

• Do not spray when basal stems are wet.

• After mixing herbicide with diesel, shake or agitate the solution vigorously.

• Dense grass around basal stems reduces efficiency of this method.

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Mayes Graduates From Texas A&M

Emily Mayes, a 2005 Borden County graduate, received her Bachelor of Science degree in Interdisciplinary Studies during commencement exercises at Texas A&M University May 16. Graduating cum laude with a 3.53 GPA, Emily will pursue a teaching career in elementary education. She is the daughter of David Mayes of Snyder and Sue Jane Mayes of Gail.



Rinehart Receives Associate's Degree

Symeron Rinehart, a 2007 Borden County High School graduate, received his

HOME

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Lamesa, Texas 79331 806-872-8335 Fax: 806Associate's of Science Degree from Howard College in Big Spring, Friday, May 15. He intends to continue his studies at Texas A&M University in College Station, pursuing a Bachelor's of Science degree in Food and Technology from the College of Agriculture and Life Sciences.



Thank You

I wish to thank, everyone that extended their condolences to me after the death of my sister, Nelda. Every phone call, sympathy card and verbal message was a great comfort to me. Sincerely, Doris Steadman

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BJHS Announces **2009 Valedictorian** and Salutatorian



Shea Burkett Valedictorian

The administration and faculty of Borden County Junior High School are pleased to announce Shea Allison Burkett as the valedictorian of the BJH Eighth Grade Class of 2009.

Burkett is the daughter of Mike & Donna Burkett of Lamesa.

In extracurricular activities, Burkett has been an active participant in cross country, bas-U.I.L. academic events.

Commencement exercises for Borden County Junior High will be held Thursday, May 28th, 2009, at 7:00 p.m. in the BC I.S.D. auditorium. There are 22 eight graders in the Class of 2013.

Lamesa.



Mail to: P.O. Box 137 Gail, Tx. 79738 Call: 806/756-4313 Ext: 275 Email: kdean@bcisd.net **Five Still**

Alive...

(Continued from Page1)

second trip to Austin, this time in Prose Interpretation as the #2 seed from Region I. He competed at the State Meet two years ago as a freshman as a part of the Spelling and Vocabulary team.

Academic coaches Darrin Ard (speech & debate), Cindy

LEGAL NOTICE Sale of Surplus Equipment Borden County will accept

sealed bids for the following surplus equipment. Bids will be opened May 26, 2009 at 9:00 a.m. at the Borden County Courthouse.

STATE OF TEXAS)(COUNTY OF BORDEN)(

Equipment can be inspected on county lot located east of 2.Propane for Courthouse, the Borden County Extension and Precinct #2 Barns Office. Equipment is as follows

1993 20 ft. covered goose-neck Easley Livestock Trailer

For further information contact Van York, County Judge, phone 806/756-4391 or County Extension Agent, Cody Hill, phone 806/756-4336.

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

Borden County reserves the right to reject any or all bids. BY ORDER OF THE BORDEN COUNTY COM-MISSIONERS' COURT.

Van L. York County Judge

Borden County

Legal Notice

STATE OF TEXAS COUNTY OF BORDEN

LEGAL NOTICE Sale of Surplus Equipment

The Commissioners' Court of Borden County will receive bids on the following until 9:00 a.m., June 9, 2009. 1. Fuel for 2009

a. Unleaded b. diesel

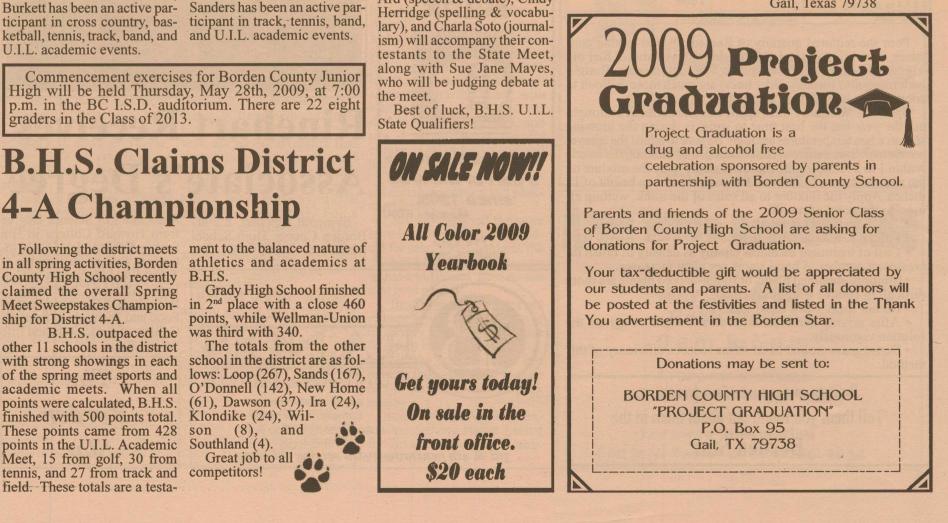
For specifications and information on the above, contact theoffice of the County Judge, Borden County Courthouse, 806/756-4391

Bids should be submitted to the Office of the County Judge, P.O. Box 156, Borden County Courthouse, Gail, Texas 79738.

The right is reserved by the Borden County Comissioners' Court to accept or reject any and all bids.

For The Borden County Commissioners' Court.

Van L. York County Judge Borden County Submit bids to: County Judge's Office P.O. Box 156 Gail, Texas 79738



B.H.S. Claims District 4-A Championship

County High School recently claimed the overall Spring Meet Sweepstakes Champion-ship for District 4-A.

B.H.S. outpaced the other 11 schools in the district with strong showings in each of the spring meet sports and academic meets. When all points were calculated, B.H.S. finished with 500 points total. These points came from 428 points in the U.I.L. Academic Meet, 15 from golf, 30 from tennis, and 27 from track and field. These totals are a testa-



Steelie Sanders Salutatorian The administration and fac-

ulty of Borden County Junior High School are pleased to announce Steelie Rae Sanders as the salutatorian of the BJH Eighth Grade Class of 2009. Sanders is the daughter of Martin & LaWanda Sanders of

In extracurricular activities,

Memorial Scholarships

Brandon Adcock Memorial Scholarship

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 25th, 2009.

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 as evident by their respective moral character, service-minded attitude, dedication, and scholastic achievement.

Recipients must be a candidate for graduation or be a former graduate of 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. Members of the Brandon

Adcock Family will have no input into the selection process

Complete selection author-ity has been delegated to the Selection Committee, and the Committee has the authority to waive all rules, regulations, and formalities in order to select the candidates that the committee feels is most deserving.

John Harding Memorial **Scholarship**

Applications are currently being accepted for the John Hading Memorial Scholarship. Applicants wishing to be

considered must submit a for-mal letter of application prior to May 25th, 2009.

Letters of application must be sent to the following address:

John Harding 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 as evidence by their respective moral character, service-minded attitude, dedication, and participation in school activities as a student of Borden County High School.

Recipients must be a candidate for graduation or be a former graduate of 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.

Members of the John Harding family will have no input into the selection pro-

Complete selection authority has been delegated to the Selection Committee and the Committee has the authority to waive all rules, regulations, and formalities in order to select the candidate(s) that the committee feels is most deserving.

Applications are currently being accepted for the Caden Iowlain Memorial Scholarship.

Caden Nowlain

Memorial

Scholarship

Applicants wishing to be considered must submit a formal letter of application prior to May 25th, 2009.

Letters of application must be sent to the following address:

Caden Nowlain **Memorial Scholarship** Committee P.O. Box 95 Gail, Texas 79738

The primary criteria used to determine the recipient of this scholarship is that the indi- minded attitude, dedication vidual selected will be an outstanding young person that is along with maintaining passa positive representative of the ing grades. Borden County School Community as evident by their re- a member in good standing of spective moral character, service-minded attitude, dedication, and scholastic achievement

Recipients must be a candidate for graduation or be a former graduate of Borden state-accredited/Southern As-County High School.

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.

Members of the Caden Nowlain Family will have no input into the selection process

Complete selection authority has been delegated to the Selection Committee, and the Committee has the authority to waive all rules, regulations, and formalities in order to select the candidates that the were exhibited by the late J. committee feels is most de- Pat Porter. serving.

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J. Pat Porter Memorial **Scholarship**

Applications are currently being accepted for the J. Pat Porter Memorial Scholarship. Applicants wishing to be

considered must submit a formal letter of application prior to May 25th, 2009.

Letters of application must be sent to the following address:

J. Pat Porter **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 that is a positive representative of the Borden County School community as evidence by his/her high moral character, service and determination to succeed

Potential recipients must be the current Borden County High School graduating class or must be a previous gradu-ate of Borden County High School.

Candidates must attend a sociation accredited college, Candidates must attend a university, or post-secondary institution.

Financial need will not necessarily be a criterion of consideration; however, financial need may be considered by the Selection Committee.

Members of the Porter Family will have no input into the selection process. Complete selection authority has been delegated to the Selection Committee, and the Committee has the authority to waive all rules, regulations, or formalities in order to select the candidates that the committee feels is most appropriate.

The selection process is a subjective task that will be left to the discretion of the J. Pat Porter Scholarship Selection Committee. The award will be given to someone the committee feels is a signification of the positive attributes that



Got News? Mail to: P.O. Box 137 Gail, Tx. 79738 Call: 806/756-4313 Ext: 275 Email: kdean@bcisd.net

School Lunch Menu

May 25 - 29 2009 (Subject to change)

Monday - Breakfast: Pancake Pup, Fruit Juice and Milk. Lunch: Pizza, Corn, Salad, Pineapple and Milk.

Tuesday - Breakfast: Muffin, Fruit Juice and Milk Lunch: Burrito, Carrots, Salad, Fruit and Milk.

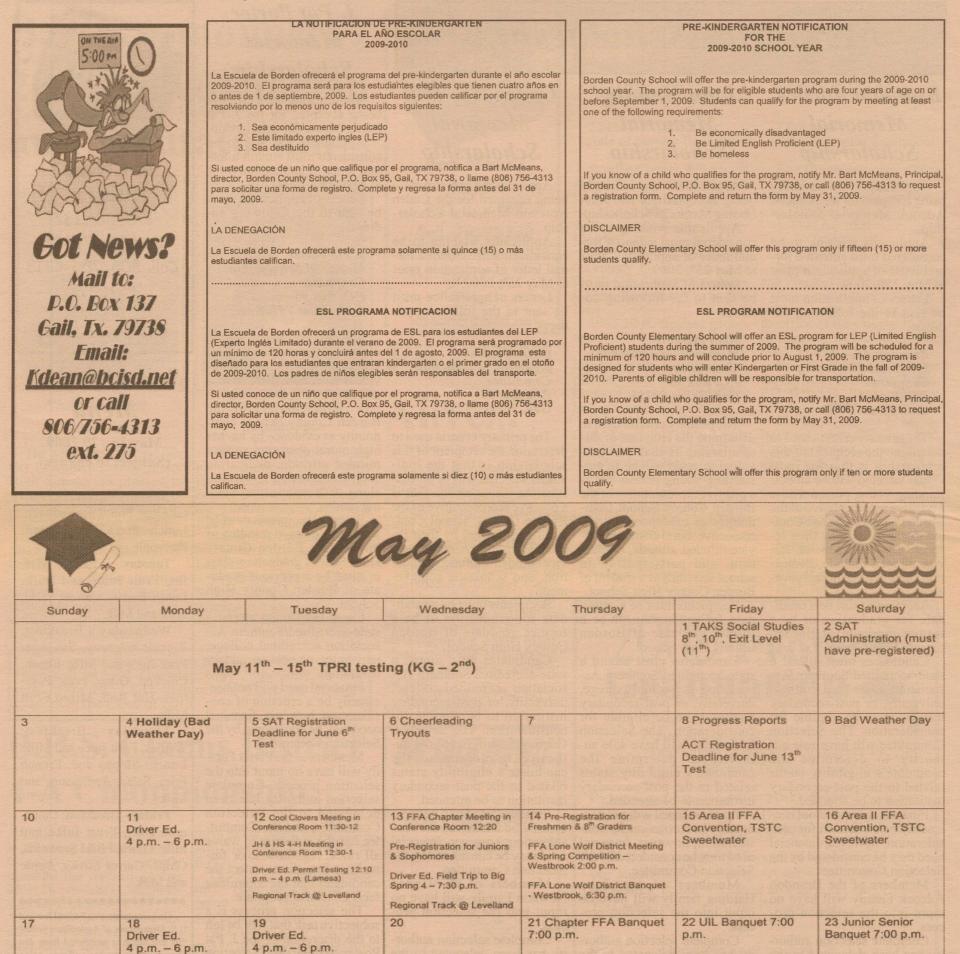
Wednesday - Breakfast: Biscuit w/gravy, Sausage, Fruit Juice and Milk. Lunch: Chicken, Green Peas, Potatoes, Hot Roll, Mixed Fruit Milk.

Thursday - Breakfast: Waffles, Fruit Juice and Milk. Lunch: Sloppy Joe, French Fries, Salad, Applesauce and Milk

Friday - Breakfast: Cinnamon Roll, Fruit Juice and Milk. Lunch: PB&J Sandwich. Chips, Carrot Sticks, Apple and Milk.

-In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 400 Independence Avenue, SW Wash ington, D.C. 20250-9410 or call (800)795-3572 or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.

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Band Concert 7:00

26 Final 2nd period 8:39-

Final 9th period 2:33-3:33

State Academic UIL

27 Final 3rd period 9:43-

Final 4th period 10:47-

Awards Assembly 2:50

10:43

11.47

28 Final 5th period 11:06-

Final 8th period 1:59-2:59

JH Graduation 7:00 p.m.

12:06

29 Final 7th period 8:05-9:05

End of 6th Six Weeks

Project Graduation

HS Graduation 7:00 p.m.

30 Senior Breakfast

Work Day

p.m.

9:39

25 Final 1st period

State Academic UIL

8:05-9:05

FFA Cookout

Baccalaureate

31

11:00 a.m