

THE BORDEN STAR

VOLUME XXVIII

April 14, 1999

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

Celebrations of Educational Excellence Ceremonies to be held

Seven BHS students to be recognized

Borden County High School has been invited to join with the Texas Education Agency and the State Board of Education in a major effort to recognize outstanding students achievement and accomplishment during regional Celebrations of Educational Excellence ceremonies held throughout the state on Tuesday, April 13, 1999. This fifth annual Celebration of Educational Excellence showcased the many high school students who have excelled in local, regional, statewide, and

national academic programs and competitions in the four core curriculum areas - Mathematics, Science, Social Studies, and English.

The conference for this region was held at South Plains College in Levelland from 11:30 a.m. to 1:00 p.m. on April 13. Top students from the senior, junior, and sophomore classes have been chosen to attend this conference in recognition of their outstanding academic performance in the classroom as well as for their excellence in UIL academic competi-

tion.

The following Borden County students will be recognized:

Seniors: Jeffrey Dennis, Colt McCook, Colt Miller
Juniors: Jana Himes, Staci O'Brien
Sophomores: Trent Pepper, Valerie Wootan

Parents, staff and administration applaud the academic performance and excellence of these students and others like them who have been instrumental in gaining exemplary rating for Borden County ISD.

BHS graduate wins writing contest in Collegiate Journalims competition

1996 Borden High School graduate Laura Hensley recently competed in a intercollegiate journalism contest in Kerrville. Hensley won 1st place and 2nd place honors for two feature stories.

The competition featured students from over 30 universities nation-wide. Contestants were assigned stories to seek out and write in a one-hour time frame.

Laura visited the James Avery factory which is in Kerrville and wrote her paper based on interviews of customers. One judge commented that her paper was the only one that had sought out the opinions of the customer--other papers

written had focused only on the factory workers.

Laura's other winning paper was an earlier submission to "La Ventana", Texas Tech's yearbook. She had written a feature article on skydiving which won a 1st place award at the Kerrville contest.

In high school, Laura was a regional qualifier several times in both news writing and feature writing. She currently works for the Texas Tech daily newspaper and is a junior journalism major at Texas Tech. She is the daughter of Kenny and Carla Hensley of the Plains Community.

Glickman Announces Payments begin under Livestock Assistance Program

Agriculture Secretary Dan Glickman announced that farmers and ranchers will begin to receive payments for 1998 grazing losses because of droughts and other natural disasters under the \$200 million Livestock Assistance Program (LAP)

"The Clinton Administration worked hard to get money for this program and other relief measures so farmers and ranchers who livelihoods are on the line, through no fault of

their own, can have a chance to continue doing what they do best - producing food and fiber for Americans and for the world," Glickman said.

Payments will be made to more than 167,000 livestock producers in 31 States. The payments are based on reimbursing farmers for part of the value of grazing losses suffered during a minimum of a three month period where there was at least a 40 percent grazing loss.

Payments will be made at the rate of 22.1 percent of the calculated supplemental feed needed to offset the grazing loss.

A producer can receive LAP benefits and also receive benefits under any other program administered by the Secretary of Agriculture for grazing losses. Sign-up for assistance under this program began November 23, 1998, and ended on March 31, 1999.

Payments under LAP are being made by USDA's

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 you calendar.

Farm Service Agency (FSA). For more information on this or other USDA programs, contact your local USDA Service center, listed in the tele-

phone book under "United States Government, U.S. Department of Agriculture." You can also get information from the FSA Home Page at: www.fsa.usda.gov

Lady Coyotes edge out Wellman-Union for District Championship

Whoever said that track is not a team sport has never been on a District track championship team, chasing your opponent for every point you can get. The Lady Coyotes came away as District Champions last Thursday in Ackerly barely edging out the Lady Wildcats of Wellman-Union, 165-1/2 to 155 points.

All runners that finished in the top four spots at this meet will compete next Friday at the Sub-regional meet in Abilene Wylie.

The meet was an all-day affair, with winds gusting to 30 mph at times. By mid-afternoon the winds had diminished to 15-20 mph., with temperatures at a comfortable 80 degrees. Not so bad for a West Texas day at the track.

As you read this article consider how you score points in a track meet and

not how important the 4th, 5th, and 6th places are to a team championship.

1st place gets 10 points, 2nd place gets 8 points, 3rd place 6 points, 4th place 4 points, 5th and 6th place 1 point. For the relays you just double the points. Remember, the Lady Coyotes just won the meet by 1-1/2 points.

The 400m. relay placed second with a time of 52.95, just 1-100th of a second behind Wellman-Union. Running on this relay were **Shaina Isaacs, Julie Mayes, Katie Kemp, and Bekah Hensley.**

These same four girls ran on the 800m. relay and finished first with a time of 1:52.46.

In the 1600m relay the team placed second behind Wellman-Union with a time of 4:20.99. On this relay were **Lindsey Smith, Shaina Isaacs, Katie Kemp and Julie Mayes.**

Rika Copeland won

the shot put with a toss of 34'5-1/2". **Rika** was fifth in the discus with a distance of 86'10". She also ran the 200m. dash in the meet.

Ky Merritt was second in the shot put with a toss of 31'7".

Holly Thomas was second in the 3200m. run with a time of 14:23, and was second in the 1600m. run with a time of 6:22.23. **Holly** is still having trouble with her hip pointer and is running with a lot of pain.

Linsley Smith was second in the 800m. run with a time of 2:34.10. **Linsley** tied for sixth in the high jump clearing 4'4".

Krystle Lee tied for fourth place in the high jump by clearing 4'6". They had to have a jump off to break the tie to see who would be in fourth place at the sub-regional meet. **Krystle** did not clear

4'7" in the tiebreaker, and was awarded fifth place. She also placed seventh in the shot with a put of 27'10".

Valerie Wootan was third in the 800m. run with a time of 2:42.47. **Valerie** placed third in the 400m. dash with a time of 66.75. She was also fourth in the discus with a toss of 90'10".

Hailey Adcock was sixth in the 800m. run with a time of 3:02.35.

Crystal Dye was second in the 100m hurdles with a time of 17.46. She was second in the 300m. hurdles with a time of 53.49.

Kaci Poole was sixth in the 100m. hurdles with a time of 19.52, and she was sixth in the 300m. hurdles with a time of 58.49.

Bekah Hensley was second in the 100m. dash, by 3-100ths of a second, with a time of 13.23. **Bekah** was second in the long jump with a leap of

14'6". She was third in the triple jump with a distance of 32'2-1/4".

Jana Himes placed seventh in the 100m dash with a time of 13.94. She was sixth in the 200m. dash with a time of 29.28.

Erica Schooler ran the 100m. dash in 15.78 and she ran the 200m. Dash in 34.10.

Jessica Ellison ran the 100m. dash in 17.31, and she ran the 200m. dash in 38.8.

Abby Flanigan ran the 400m. dash in 84.71.

Rebecca Garcia ran the 400m. dash in 84.19.

Amanda Watts threw the disc.

These girls did a great job in the meet. As you can see it took every point we could get to capture that championship. Good job girls. The Sub-regional meet will be Friday at Abilene Wylie, and nine Ladies will be competing in that meet.

Coyotes run wild for third straight District Track title

The Borden County Coyote track team traveled to Ackerly Thursday, to compete in the district 9-A track meet. The Coyotes won the last two district championships and hoped to win the third one. Even with the howling wind and blowing sand, the Coyotes found a way to run some very impressive times. The Coyotes brought home the gold in half of the sixteen events that the kids competed in during the meet. The Coyotes also qualified for Friday's Sub-Regional meet in Abilene Wylie in fourteen of those sixteen events. All in all, this was a very impressive day for the Coyote track team as they easily outdistanced the host Mustangs by 51 point, 182

to 131.

Starting the day off on the right foot were two of the youngest Coyotes. Sophomore **Trent Pepper** and freshman **T.C. Stipe** competed in the 3200m. run, with Trent not only bettering his school record time, but also by running the best time in Region II this year with a very good time of 10:21.88. **T.C.** turned in his best time of the season by running a nice 10:55.64, finishing third. The two runners ahead of him competed in the State track meet last year, so this was a very impressive placing by **T.C.**

The field events took place after the finals, and the Coyotes advanced athletes for next week's meet in all but one of the

six field events. **Fernando Baeza** won the pole vault with a jump of 12'0", while **Lee Pepper** came in third at 11'0". **Joseph Hardman** bettered his school record in the triple jump by taking second with a leap of 40'6.75". **Fernando** came back and competed in the long jump for only the third time since his eight grade year, and jumped 19'3.5" into a strong head win and a second place finish. **Jeff Dennis** followed up a third place finish in the shot at 41'10" with a winning effort in the discus with a very good 137'11.75" to easily outdistance the rest of the competition. After the dust had settled during the field event phase of the district meet, the

Coyotes had amassed 53 points, and a comfortable lead.

The Coyotes then took to the track where they won five more events which began with a first place finish in the 400m. relay with a time of 45.28. the members of this team were **Ryan Grant, Josphe Hardman, Colt McCook, and Fernando Baeza.** Fellow freshman, **Payton Brown** and **Philip Abalos** took aim at qualifying in the 800 for the Coyotes. **Payton** turned in a very good time of 2:16.35 for a third place finish, but **Philip** came up just short of qualifying as he came in fifth with a time of 2:18.60.

The next qualifier came in to 100 where **Fernando Baeza** ran a season's best 11.29 to win the title, while **Kevin Pinkerton** ran

a personal best 11.68 for fourth. **Colt McCook** gave up his 400 meter title, but managed to advance with a third place finish. **Robert Stamper** was the next qualifier as he ran a personal best 43.10 in the 300 meter hurdles to finish second. **Joseph Hardman** continued the Coyotes' dominance over the last three years in this event by winning with a near school record 23.27, **Chris Cooley** holds the record at 23.24.

The combination of **Trent** and **T.C.** returned to the track for the 1600 meter run. The two finished in the same positions and again turned in very good times. **Trent** bettered his school record performance by running only two seconds off his personal best at 4:44.82,

Coyote Golfers compete in District Golf Tournament

The Borden County boys' and girls' golf teams both came up short in their bid to make a return trip to the regional golf tournament. This marked the first time in seven years that the Coyotes did not advance a team to the regional tournament. The Coyote Golf Team did however, manage to have one young man qualify for the regional tournament, as Tom Griffin turned the fourth best round of the tourney to advance.

Below are the results of the golf tournament:

Borden County Girls:	
Brenda Griffin	120
Crystal Dye	120
Abby Flanigan	144
Erica Schooler	125
Rebecca Garcia	147
Total	509
Team totals & rankings:	
Loop	456
Westbrook	491
Sands	493
Ira	505
Borden Co.	509

Dawson	510
Grady	511

Borden County Boys':	
Tom Griffin-4th place	87
Colt McCook	103
Nick Flanigan	111
Jeff Dennis	115
Ramon Griffin	113
Total	414

Coyote individuals:	
Ross Aten	137
Cody Nowlain	123
Lee Pepper	113

Team totals & rankings:	
Loop I	342
Loop II	395
Klondike	405
Westbrook	409
Borden County	414
Ira	421
Wellman-Union	443
Grady	446
Sands	461
Dawson	472
Grady II	537

Coaches Comments:
by **Trey Richey**
The Coyote Golf team may have come away short today, but many of the golfers gained some valuable experience. I would like to congratulate Tom on advancing, and wish him the best of luck when he competes in Abilene on the Maxwell Municipal Golf course. I would also like to thank all the youngsters for participating in golf this season. Congratulations on a fine tourney.

Coyotes run wild

Cont. from pg. 2

while TC also broke five minutes at 4:59.86 for third.

The final event of the day is the Mile relay, the Coyotes have won this event three straight, and members **Fernando Baeza** and **Colt McCook** had an opportunity to be part of their fourth straight with a victory. This is a feat that not very many athletes at any level will ever match or accomplish. But with four solid legs, the Coyotes did just that, as **Ryan Grant** started things with 54.96, **Fernando Baeza** then turned in a tough 54.63 (Ferry was feeling very sick all day), **Colt McCook** then ran a very solid 53.91 to give the Coyotes a commanding lead that they would not give up. **Joseph Hardman** then cruised to a 53.16 to give the Coyotes a solid 3:36.66 time, and one of the best times in the region.

When the dust settled the Coyotes managed 129 points during the running events to boost their total to 182 and the third consecutive district championship.

Trent Pepper	#3200	1st	*10:21.88
	#1600	1st	* 4:44.82
Fernando Baeza	#400 relay	1st	45.82
	#100	1st	11.29
	#1600 relay	1st	3:36.66 (54.63)
	#Pole vault	1st	12'0"
	#Long jump	2nd	19'3.5"
Colt McCook	#400 relay	1st	45.28
	#400	3rd	55.48
	#1600 relay	1st	3:36.66 (53.91)

Joseph Hardman	#400 relay	1st	45.28
	#200	1st	23.27
	#1600 relay	1st	3:36.66 (53.91)
	#Triple jump	2nd	*40'6.75"
Jeff Dennis	#Shot put	3rd	41'10"
	#Discus	1st	137'11.75"
Ryan Grant	#400 relay	1st	45.28

300 IH	5th	45.25	
#1600 relay	1st	3:36.66 (54.96)	
Kevin Pinkerton	#100	4th	11.86
	200	5th	24.02
	Discus	6th	107'1"
Lee Pepper	#Pole vault	3rd	11'0"
Ramon Griffin	Pole vault	5th	10'0"
Payton Brown	#800	3rd	2:16.35
	1600		5:45.1
Ed Rodriguez	100		12.6
Robert Stamper	110 HH	6th	17.70
	#300 IH	2nd	43.10
	#200	4th	23.98
T.C. Stipe	#3200	3rd	10:55.84
	#1600	3rd	4:59.89
Tom Griffin	400'	5th	55.85
Cesar Mujica	Shot		No mark

Justin Lawrence	Shot		No mark
Nick Flanigan	Discus		No mark
Ross Aten	Discus		No mark
Dale Grant	300IH		jumped the gun
Cody Nowlain	110 HH		21.14
Colt Miller	400		57.31
Philip Abalos	800	5th	2:18.69
Rowdy Dunlap	100		13.2
Foston Wilson	100		14.08
Jacob Zant	200		29.02
	Pole vault		8'6"
	High jump		5'4"
James Bond	100		19.36
Preston Sharp	Triple jump		34'5"
	High jump		5'4"
			* - school record
			# - qualifies for next week (top four)

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 waive all rules, regulations and formalities in order to select the candidates that the committee feels is most deserving.

Menu

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

April 20th - 23rd

MONDAY:

NO SCHOOL

TUESDAY: Enchilada, Casserole, Green Beans, Corn, Tortilla Chips, Pudding & Milk

Breakfast: Eggs & Bacon, Toast, Juice & Milk

WEDNESDAY: Meat & Gravy, Carrots, Potatoes, Hot Rolls, Fruit & Milk

Breakfast: Cinnamon Toast, Fruit, Juice & Milk

THURSDAY: Chicken Stir Fry, Rice, Salad, Garlic Toast, Ice Cream & Milk

Breakfast: French Toast, Juice & Milk

FRIDAY: Hamburger, French fries, Salad Cup, Cookies & Milk

Breakfast: Cereal, Toast, Juice & Milk

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Cotton Farmers Can "Retool" Their Management Strategies to Produce a Crop During Dry Years

By Tim W. McAlavy,

LUBBOCK - Most cotton producers on the Texas Plains saw their crop management strategies lead to naught last year, due to the withering drought. If dry condition persist again this year, producers should think about "retooling" their crop management strategies, two agronomists and an irrigation specialist told farmers at a March crops conference-expo here.

"I wouldn't be too pessimistic about the chances for a repeat of last year's drought...not yet anyway," said Dr. Dan Krieg, South Plains farmer and a Texas Tech University professor of plant and soil science. "We didn't receive much winter rainfall, but we normally average less than 5 inches of rainfall from November through April in the Lubbock area.

"What we count on is getting up to 13 inches of rain between May and October, right during the cotton growing season. But even in the best rainfall years, keep in mind that our evaporation potential is four times greater than our normal average rainfall."

Most South Plains soils can hold 15 to 20 inches of moisture in the four-foot soil profile, Krieg said. But the Plains' high evaporation potential means producers should water their crop wisely and do all they can to preserve their land's limited moisture-holding capacity.

"Cotton reaches its peak water demand 90 to 100 days into the growing season, when the crop is in peak bloom," he added. "With average rainfall and a well capable of pumping 3 gallons per minute per acre, we can meet that water requirement.

"But there is no benefit in watering beyond peak

bloom. In fact, research on the South Plains has shown that watering after peak bloom, when the first bolls begin to open, actually lowers the crop yield potential."

Retrofitting center pivot sprinklers to maximize irrigation efficiency and increase a crop's water use efficiency also aids crop survival during dry years, said Dr. Leon New, a Texas A&M professor of ag engineering and Extension irrigation specialist based in Amarillo. "If you haven't yet adopted Low Energy Precision Application (LEPA) technology on your pivots, I encourage you to do so.

"A LEPA pivot equipped with drag socks on its drop lines, running in a field with furrow dikes, achieves 95 to 98 percent irrigation efficiency. In other words, it loses only 2 to 3 percent of the water pumped to evaporation - it's the most efficient system we have."

LEPA systems equipped with bubble-mode nozzles are second in irrigation efficiency, followed by LEPA systems equipped with spray-mode nozzles, he said.

LEPA Conversion and Management, a Texas Agricultural Extension Service publication (B-1691) written by Drs. New and Guy Fipps, explains how to convert center pivots for LEPA. It is available on the Internet (<http://agpublications.tamu.edu/pubs'engine/b1691.pdf>) Or through county Extension offices.

"Skip-row watering (irrigating every other row) is another good water management strategy. And if you are concerned about watering the crop uniformly, I recommend in-

stalling pressure regulators and pressure gauges on a pivot's drop lines," New said. "Pay close attention to the pivot's nozzles, too. You may get better results simply by re-nozzling one or two drops, or an entire pivot."

Re-evaluating all crop inputs is another way producers can stay competitive and survive another dry crop year, said, Dr. Randy Boman, cotton agronomist with the Texas Agricultural Extension Service in Lubbock.

"Don't buy and apply unnecessary fertilizer. Know what's in your soil (run a thorough soil test) and apply only the nutrients your crop needs. Your soil test should check for nitrogen, phosphorus, potassium, sulphur and zinc," he said. "Remember that it takes 50 to 60 pounds of actual nitrogen to produce each bale of cotton in your yield goal. And be sure to credit residual soil nitrates against the crop's nitrogen requirement. Don't apply more nitrogen than the crop needs."

Furrow diking, using a cover crop such as wheat during the fallow winter season, or practicing minimum tillage in dryland fields are good individual practices to conserve soil moisture, improve yields and boost returns per acre, the agronomist said.

"Take a good look at your seeding rate, too. Higher rates mean higher cost. Higher seeding rates also produce more barren plants - plants that use fertilizer but produce no lint," he noted. "If you are seeding more than 20 pounds per acre, think about cutting back. Cotton seeded at 15 pounds per acre returned the best

yields in our 1998 seeding rate field trial in Swisher County."

Boman also encourage producers to plant at least two or more adapted cotton varieties and to make objective performance comparisons when selecting varieties to plant.

The crops conference-expo was hosted by *Southwest Farm Press* and sponsored by the Texas Agricultural Extension Service, Texas Agricultural Experiment Station, USDA's Agricultural

4-H Horse Project Planning Meeting
Monday, April 19, 1999 at 7:00 p.m.
Extension Office



If you are planning to ride with us this summer, please come to our meeting!

Educational programs conducted by the Texas Agricultural Extension Service serves all people, 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 Commissioner's Courts of Texas Cooperating.

4-H Shooting Sports Planning Meeting
Monday, April 19, 1999 at 6:00 p.m.
Extension Office



All interested members and adult leaders are encouraged to attend this meeting.
Hope to see you there!

Educational programs conducted by the Texas Agricultural Extension Service serves all people, 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 Commissioner's Courts of Texas Cooperating.

Branon Funeral Home

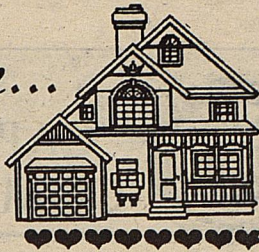
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Heart and home...

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.

Three Major Components of Physical Activity

In last week's article, we looked at how to get started with a physical activity program. This week we are going to focus on the three major components of physical activity, which include: endurance, flexibility and strengthening.

By starting slowly and progressing gradually, you will increase endurance. Add a stretching routine to increase flexibility and a few muscle strengthening exercises and you will have a good physical activity program for little money. Endurance is something that increases over time. Unless you have been exercising regularly and have built up your stamina and endurance, you will need to take it slow when beginning your program. Walk for 15 minutes the first few days and slowly add five minutes to your time until you are comfortable walking for 45 minutes or so.

As we grow older, our muscles tend to lose their flexibility. By stretching muscles, we retain flexibility and range of motion for our body. Range of motion is the movement of joints. For example, gently take one of our arms and move it in a circle. The ability to move your arm in the circle without discomfort is your range of motion for the shoulder joint. The more flexible you are, the greater your range of motion.

Experts disagree on whether to stretch before endurance activities or after them. However, they do agree that when stretching,

do so very gently to prevent injuries. Never use bouncing movements. Stretch muscles to the point of tension, not pain. Hold the stretch for 15 to 20 seconds. This amount of time gives muscles time to stretch and relax. Breathe gently and concentrate on keeping your body relaxed. Repeat stretches two or three times for each muscle being stretched.

To complete a good physical activity program, strengthening of muscles should be included. You don't have to join a gym or buy weight machines. You can use canned goods (an average size can weighs about one pound). Half-gallon milk jugs with handles filled with water can also be used. Performing push-ups, leg lifts, stomach crunches and such exercises also strengthen muscles by using our own resistance. Resistance bands or hand dumb bells are an inexpensive way to work on your muscles. The key is to not do more than your body can handle, and to start slow.

If you would like more information on physical activity, please contact the Extension office at (806)75604336.

Information taken from *Walk Across Texas Physical Activity packet.*



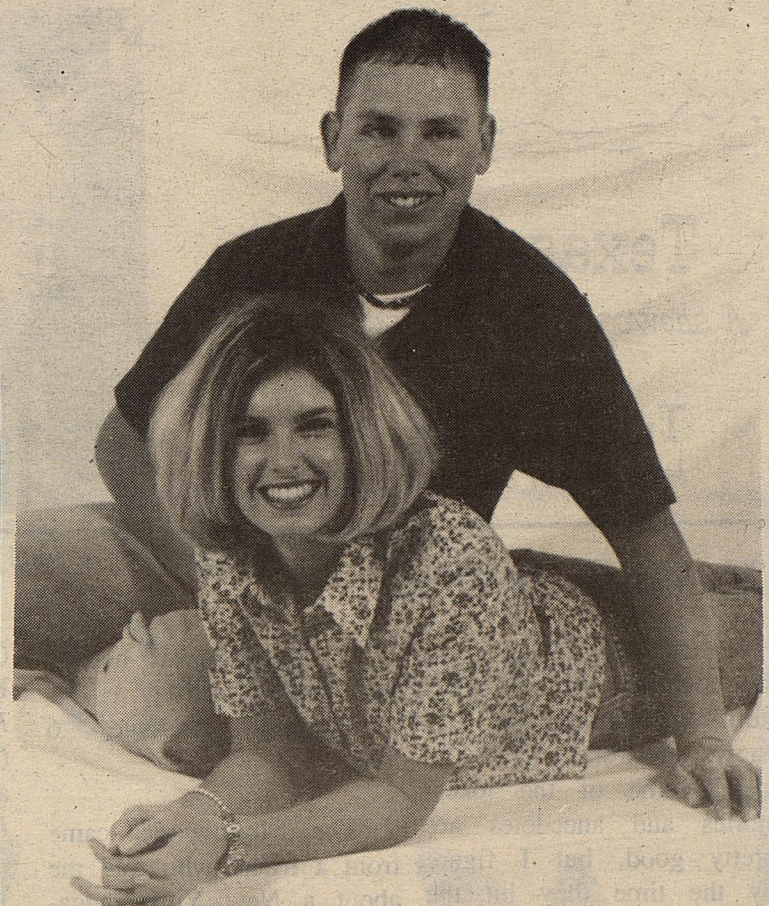
Musical Program planned for Sunday Morning Services

Tom Oliver's Dulcimer group from Lamesa will perform Sunday, April 18th at the First Baptist Church in Gail during the morning services at 11:00 a.m.

Everyone is invited to come hear and receive a unique Blessing.

There will be a Pot Luck lunch served following the service.

Everyone is invited to bring your favorite dishes and come join us.



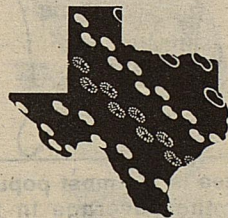
Brandi Russell and James Nance

Steve and Carolyn Hasteley of Plainview, announce the engagement of their daughter Brandi Russell to James Nance son of Royce and Nora Nance of Gail. Brandi is the granddaughter of Maurice and Loretta Hasteley and Gerene McGowen all of Plainview. James is the grandson of Israel Ybanez, Lucy Ybanez and the late Herb Nance and Vesee Nance all of Lamesa.

The bride is a 1998 graduate of Plainview Christian Academy in Plainview and the prospective groom is a 1998 graduate of Borden County High School in Gail.

Brandi and James plan a wedding ceremony on July 31, 1999 at Colonial Baptist Church in Plainview.

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.

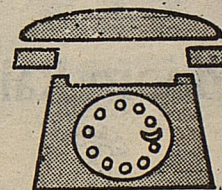
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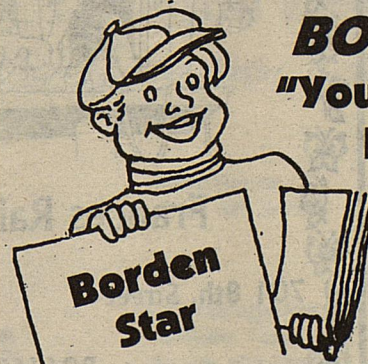


Bro. Randy Hardman
Gail Baptist Church

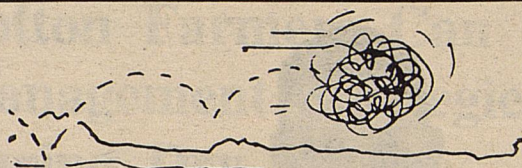
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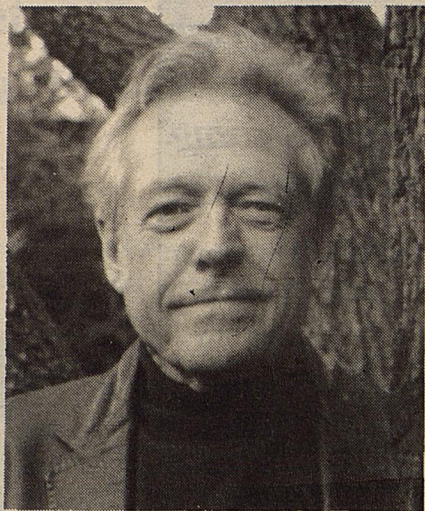


Texas Stories

A showcase of the Texas Spirit

Tumbleweed Smith

Part owner of Texas



E-Mail Jewels

I have friends all over the country who send me stuff via computer. You know, electronic mail. E-mail. Some of the jokes, stories and anecdotes are pretty good, but I figure by the time they hit the internet, everybody in the world has read or heard them.

A couple of items appeared on my computer screen the other day from friends in Arkansas and Washington, DC. One had to do with church bulletin bloopers:

Scouts are saving aluminum cans, bottles and other items to be recycled. Proceeds will be used to cripple children.

The Ladies Bible Study will be Thursday at 10 A.M. all ladies are invited to lunch in the fellowship hall after the B.S. is done.

The pastor would appreciate it if the ladies in the church would lend him their electric girdles for the pancake breakfast next Sunday.

The audience is asked to remain seated until the end of the recession.

Low Self-Esteem Support Group will meet Thursday at 7 P.M. use the back door.

Ushers will eat late-comers.

Rev. Meriweather spoke briefly, much to the delight of the congregation.

Remember in prayer those who are sick of our church and community.

A songfest was hell at the church yesterday.

Evening massage 6 P.M.

The following came from a friend who told me about a New York magazine competition where they asked competitors to change one letter in a familiar non-English phrase.

Harlez-vous francais?

(Can you drive a French motorcycle?)

Veni, VIPi, Vici.

(I came, I'm a very important person, I conquered.)

Cogito, Eggo sum.

(I think, therefore I am a waffle.)

Respondez, s'il vous plaid.

(Honk if you're Scottish).

Que sera, serf.

(Life is feudal.)

Le roi est mort. Jive le roi

(The King is dead. No Kidding.)

Posh mortem.

(Death styles of the rich and famous.)

Haste cuisine.

(Fast French food.)

Veni, vidi, vice.

(I came, I saw, I partied.)

Quip pro quo.

(A fast retort.)

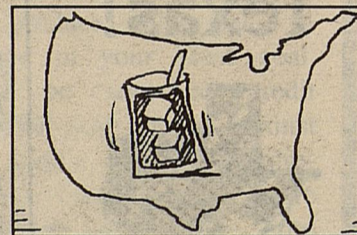
Ich liebe rich.

(I'm really crazy about having dough.)

Merci rien

(Thanks for nothing.)

Thanks, guys!



Iced tea is the most popular form of the beverage in the United States.



CAPITOL COMMENT

U.S. SENATOR
KAY BAILEY HUTCHISON



IT'S TIME TO DECERTIFY THE DRUG CERTIFICATION PROCESS

Texas, more than most states, is on the front line in the war on drugs. Record amounts of illegal drugs continue to enter the United States by way of Texas. More than \$10 billion in drugs crossed our southwest border in 1997 and the Border Patrol in Texas alone seized \$765 million worth of narcotics that year.

Given those grim statistics, the Clinton administration's decision earlier this month to certify Mexico in the drug war does not change the facts: Drug use in the United States and drug trafficking through Mexico are on the rise. According to the administration's own National Drug Control Strategy, "...since 1992, there has been a substantial increase in the use of most drugs -- particularly marijuana..." among American youth.

Clearly, certification and decertification have no meaning against a backdrop of corruption and trafficking in Mexico and the drug epidemic on America's streets. The current certification process has become a finger-pointing exercise, while too little real progress is being made in combating drugs.

Many of us in Congress, particularly those representing border states, have long sought an alternative to this process, which forces us to choose between the false alternatives of full cooperation (certification), or insufficient cooperation (decertification). Although Mexico has plenty of its own problems, it would be unproductive and short-sighted to decertify one of our closest neighbors, with which we share a 2,000-mile border. One of the consequences of decertification would be to curb Mexico's ability to borrow funds on the world market, a situation which would exacerbate Mexico's economic problems.

In addition to offering a false choice, the current process focuses too much on countries and too little on objectives. For example, while we're ostensibly evaluating Mexico, what we're really interested in is whether we're making progress on drug eradication, law enforcement and education. These are objectives that cut across borders and involve a number of countries, the United States included.

It would be better -- and I am working with other Senators to write such legislation -- to identify desired objectives that require cooperation among several countries and develop a process to evaluate progress across a broad front. For example, the arrest and conviction of drug kingpins is an objective that respects no border. These international criminals hopscotch throughout the hemisphere to find safe havens. While any given country may be lax in pursuing a given druglord, it may be more useful to compare that country's effort to those efforts in other countries. That way, we could establish a more comprehensive approach to the problem.

Such a process would allow the United States, in cooperation with other countries, to develop the kind of multi-national web of relationships among law enforcement agencies, military forces, banking institutions and governments needed to wage a real war on drugs. It would allow us, together with our allies in this war, to determine where extra resources may be needed -- in eradication, law enforcement, surveillance, etc. -- to address a specific objective. Such a procedure is lacking in the current certification process.

It would also open us up to greater self-assessment, because counter-drug use/education efforts -- where the statistics clearly show the United States is failing -- would be part of any list of objectives. The current process allows us to bash an individual country -- Mexico, this year -- and avoid talking about the unpleasant reality that the U.S. counter-drug education effort since 1993 has been abysmal. In fact, many members of Congress vent their frustration on Mexico's supply problem because they feel powerless to reinvigorate efforts to stem America's demand problem.

The first casualty in war is the truth, and that's been the case in the war on drugs. We're only going to win this war by telling the plain truth, and the plain truth is that too many countries, including Colombia, are producing drugs. Too many countries, including Mexico, are trafficking in drugs. And too many countries, including the United States, are using drugs. Finger-pointing won't solve this problem. Cooperation where helpful, and confrontation where necessary, will.

Moore-Rains Insurance



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MEMBER 1999

TEXAS PRESS ASSOCIATION

COURTHOUSE NEWS

WHEREAS, On this the 22nd day of March, 1999, the Commissioners' Court of Borden County, Texas, convened in Special Session in the Commissioners Courtroom at the Courthouse in Gail, Texas, the following members of the Court being present, to-wit:

Van L. York, County Judge, Presiding; Doug Isaacs, Commissioner, Prec. #1; Larry Smith, Commissioner, Prec. #2; Vernon Wolf, Commissioner, Pre.

#3; Hurston Lemons, Jr., Commissioner, Prec. #4; Joyce Herridge, County Clerk and Ex-Officio of the Commissioners Court

constituting a quorum, when the following proceedings were had, in accordance with the posted agenda:

MINUTES APPROVED

Minutes of the Commissioners Court meeting of March 8, 1999 were read. Commissioner Isaacs made a motion to approve

said minutes and motion was seconded by Commissioner Lemons. Motion carried.

ACCOUNTS ALLOWED

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

SOIL CONSERVATION CONSTRUCTION

Applications for Soil Conservation Construction of Fireguards were received from Bill F. Sealy in Precinct No. 3 and Precinct No. 4 and from Frank Currey in Precinct No. 1. Commissioner Wolf made a motion to approve the application at the rate of

\$35.00 per hour for the Motor Grader and \$65.00 per hour for a dozer. Commissioner Wolf seconded the motion. Motion carried.

ADJOURN

A motion was made by Commissioner Smith to adjourn. Motion was seconded by Commissioner Isaacs and approved unanimously.

YOUR GARDEN

What To Look For In String Trimmers

(NAPS)—A growing number of homeowners are developing an "edge" with the help of string trimmers.

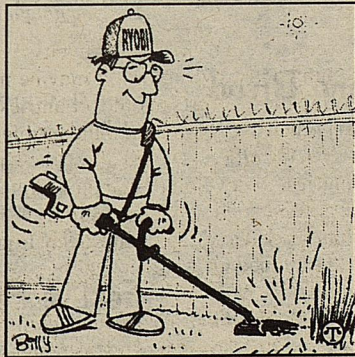
Consumers have a lot of choices when it comes to trimmers, so it can help to know what to look for. Here's some practical advice from the experts at Ryobi—the nation's leading maker of string trimmers:

Gas Trimmers—Gasoline-powered trimmers are the most versatile trimmers on the market today. They go anywhere and have more power than electric trimmers. Gas trimmers come with either 2-cycle or 4-cycle engines. Trimmers with 4-cycle engines cost a little more, but they are also more convenient. They do not require gas and oil mixing, they are easier to start, and they are much quieter and cleaner than 2-cycle trimmers. The 4-cycle gas trimmer was pioneered by Ryobi.

Electric Trimmers—A high-quality electric trimmer is almost as powerful as a gas trimmer and will handle most jobs with ease. A good electric trimmer should have a motor rated at 5 amps or more to give you the power you need. Electric trimmers are very convenient with some limitations. They are less expensive than gas trim-

mers, start with just the push of a button, and require little maintenance. Though the length of the electric cords and extensions limits their reach, they are a good choice for smaller yards.

Battery Trimmers—Battery (cordless) trimmers are the most convenient of all trimmers, but they are also the least powerful and sometimes have limited run time. A high-quality battery trimmer is a good choice for smaller yards and normal grass and weed



If your lawn's in need of a trim, a string trimmer can help keep it looking neat all season long.

Cont. to pg. 8

Direct Deposit Banking made easy . . .

Sent directly to our bank, your check is credited immediately to your account and there is no chance of it being lost, stolen or misplaced.

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

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Your Garden

Cont. from pg. 7

trimming. Ryobi offers one of the more powerful cordless trimmers on the market—a 12-volt model that runs up to 45 minutes.

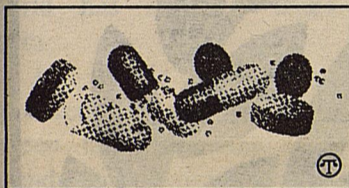
Attachment Systems—With attachment systems, you can turn your gas or electric trimmer into an edger, cultivator, blower, or bush-and-tree pruner. Attachments click into place on the trimmer shaft, and are a very cost-effective way to buy two or more lawn and garden tools because you only pay for one power source. Ryobi TrimmerPlus is considered the most popular attachment system in the U.S., and offers the

New Arthritis Drugs Promise New Hope

(NAPS)—According to the Arthritis Foundation physicians soon will have new treatment options to supplement the current array.

For osteoarthritis:

- **COX-2 Inhibitors**—Current nonsteroidal anti-inflammatory drugs (NSAIDs) may produce side effects such as peptic ulcers; however, the new COX-2 inhibitors hold the promise of being as effective as NSAIDs in managing pain and inflammation without the side effects.



- **Hyaluronic Acid Treatment**—Produced naturally by the body as a cartilage lubricant within the knee joint, hyaluronic acid is injected into the knee to replace or supplement the body's natural resources, which are broken down by inflammation.

For rheumatoid arthritis:

- **Tumor Necrosis Factor (TNF) Antagonists**—Evidence suggests that a substance produced by the body, TNF, may play an important role in causing inflammation in rheumatoid arthritis. Researchers have discovered substances that counteract the effects of TNF called TNF antagonists.

- **Disease-Modifying, Anti-Rheumatic Drugs (DMARDs)**—New DMARDs work to slow or even halt the progression of the disease. These new DMARDs will also be used to treat other types of arthritis.

The Arthritis Foundation encourages people to take steps known to improve symptoms and limit disability, including:

- Get an early and accurate diagnosis.
- Work with a physician to design an appropriate treatment program, including medication, exercise and diet.
- Obtain education and self-help strategies.
- Call the Arthritis Foundation for free information at 1-800-283-7800.

**Meet Your Future
With A Straight Face
Buckle Up**

most attachments.

Bump Heads—Bump heads automatically advance the cutting line on a string trimmer. When the line wears down during trim-

ming, just tap the cutting head on the ground once or twice to get more line. Automatic bump heads are found on most high-quality trimmers.

Ryobi brand string trimmers have been named Best Buys by the top consumer magazines and are available at all major home centers.

For more information about trimmers and other lawn and garden products, call Ryobi at 800-345-8746 or log onto the website at www.ryobi.com.

Celebrate Spring With A Make-Ahead Brunch

Springtime is filled with celebrations. Whether your family gets together to share a Sunday meal, a holiday, Mother's Day, or to celebrate a graduation, brunch is a wonderful way to recognize a special occasion. This make-ahead menu ensures that you will have plenty of time to enjoy your guests.

Welcome Spring with this easy to prepare brunch bursting with the flavors and colors of the season. With the fiber and nutrition of a whole grain crust, Springtime Brunch Pie is a delicious and easy main course that can be made ahead and reheated in the microwave oven. Moist and flavorful Strawberry Banana Bread combines the goodness of fruit and oatmeal—a whole grain ingredient that can be a low fat source of soluble and insoluble fiber while adding great flavor, texture and nutrition.



Springtime Brunch Pie is a delicious entrée that combines a flavorful filling with the wholesome goodness of an oatmeal crust.

Wonderfully tangy and sweet Festive Fruit Salad blends the convenience of canned fruit with readily available fruits of the season. Complete your brunch menu with your favorite fresh or frozen steamed vegetables seasoned with fresh herbs and a squeeze of lemon.

Serve a variety of refreshing drinks such as flavored coffee and iced teas along with chilled orange and tomato juices. Serve the cool drinks in tall glasses and garnish them with mint sprigs, fruit slices or long-stemmed maraschino cherries for a festive look.

Decorate your table with an arrangement of flowers from the garden—colorful tulips, daffodils, lilies and greens. No matter what the occasion, this wonderful make-ahead brunch, complete with nutritious whole grain oats, fruits and vegetables, creates an instant celebration.

Springtime Brunch Pie

This incredibly beautiful and delicious main course will take center stage!

Crust

- 1 cup 3 Minute Brand® Old Fashioned or Quick Oats
- ¼ cup all-purpose flour
- ¼ teaspoon salt
- 3 oz. cream cheese, softened
- 2 tablespoons olive oil

Filling

- 4 oz. bulk Italian sausage
- 1 tablespoon chopped onion
- ½ cup diced tomatoes
- ½ teaspoon Italian seasoning
- ¼ teaspoon salt
- ¼ teaspoon ground pepper
- 1 cup half-and-half
- 2 eggs
- 1 cup shredded mozzarella cheese
- Green pepper rings for garnish, optional

Crust

Preheat oven to 375°F. Combine oats, flour, salt, cream cheese and oil until blended. Press mixture evenly onto sides and bottom of a 9-inch glass pie plate.

Filling

Cook sausage and onions in skillet until browned, drain. Add tomatoes, Italian seasoning, salt and pepper. Combine half-and-half, eggs and cheese in small bowl; pour over meat mixture. Stir to combine; pour into prepared crust. If desired, garnish with rings of green pepper. Bake 40 to 45 minutes or until set. Let stand 5 minutes before serving.

Note: Pie may be prepared and baked ahead of time and reheated in the microwave oven on "HIGH" for

6 to 8 minutes or until heated through, rotating plate every 2 minutes.

Makes 6 servings.

Strawberry-Banana Bread

This fragrant and delicious bread freezes well. Just thaw at room temperature several hours before slicing and serving.

- 1½ cups all-purpose flour
- 1 cup 3 Minute Brand® Old Fashioned Oats or ¾ cup 3 Minute Brand® Quick Oats
- 1 cup sugar
- 1 teaspoon ground cinnamon
- ½ teaspoon baking soda
- ½ teaspoon salt
- ½ cup chopped walnuts, optional
- 1 cup mashed strawberries*
- ¾ cup mashed banana
- ¾ cup vegetable oil
- 2 eggs

Preheat oven to 350°F. Lightly grease two 8x4x3-inch pans or one 9x5x3-inch pan. Combine flour, oats, sugar, cinnamon, baking soda, salt and walnuts, if desired, in bowl. In separate bowl, combine strawberries, banana, oil and eggs; add to flour mixture and stir just until moistened. Spoon batter into prepared pan(s). Bake until toothpick inserted in center comes out clean, 50 to 55 minutes for smaller loaves, 60 to 65 minutes for large loaf. Cool 15 minutes in pan; remove to wire rack to cool completely. Serve with strawberry butter, if desired.

*Fresh or frozen whole, unsweetened strawberries, thawed, may be used. Makes 2 small loaves or 1 large loaf.

Strawberry Butter

The crowning touch when served with Strawberry Banana Bread, bagels or English Muffins.

- ½ cup (1 stick) butter or margarine, softened
- 2 tablespoons strawberry preserves

Beat butter and preserves until well blended and smooth. Spoon into serving dish or mold into a heart shape, place on a plate and chill until ready to serve.

Festive Fruit Salad

This quick and easy fruit salad makes any meal a celebration.

- 1 can (20 oz.) pineapple chunks in natural juice, drained (reserve juice)
- 1 can (11 oz.) mandarin oranges, drained
- 1 cup sliced bananas
- 1 cup sliced peaches
- 1 cup sliced kiwifruit
- 1 cup sliced fresh strawberries
- ½ cup fresh blueberries
- ¼ cup sliced or slivered almonds
- ½ cup plain non-fat yogurt
- ¼ cup powdered sugar
- 2 teaspoons orange juice
- ¼ teaspoon almond extract

Combine pineapple, oranges, bananas, peaches, kiwifruit, strawberries, blueberries and almonds in large bowl. Combine ½ cup reserved pineapple juice, yogurt, powdered sugar, orange juice and almond extract in small bowl; stir until well mixed and powdered sugar is dissolved. Pour over fruit and stir gently. Chill 1 to 2 hours, stirring twice. Makes about 8 cups.