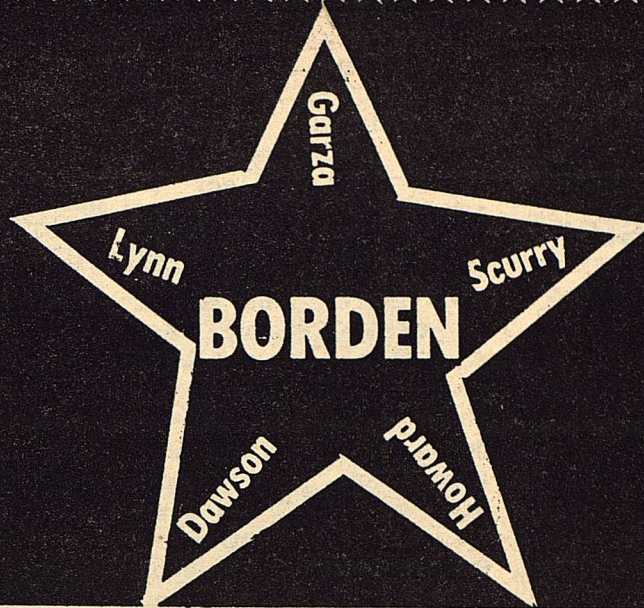


THE

VOLUME XIV



STAR

FEBRUARY 22, 1989

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

LADY COYOTES GAIN REGIONAL BERTH



LADY COYOTES AND THE AREA TROPHY. L-R: Sandy Buchanan, Vida Balague, Elana Himes, Kate Phinizy, Lisha Sternadel, Amy Lewis, Julie Harris, Amanda Anderson, Kandy Belew, Randi Woodward, Rachel Romero, Tracy Ball. Kneeling--Kristi Adcock, Shara Dee Woodward and Elizabeth Garcia.

LADY COYOTES DOMINATE GRANDFALLS 88-9 IN BI-DISTRICT

In one of the most lopsided games in recent times, Borden County's Lady Coyotes defeated Grandfalls-Royalty in bi-district action at Midland Thursday by an amazing 88-9 score. Even more amazing was that the Lady Coyotes held the Cowgirls scoreless for the last 22½ minutes of the game. Grandfalls

hit a 15 footer with 6:23 left on the clock in the second quarter to make the score 26-9. Borden then ran off 62 unanswered points for the 79 point win. A total team effort was responsible for the massacre as twelve people suited up and twelve people got into the scoring column. Borden held a 22-5

first quarter lead and extended it to 44-9 by half-time. In the third quarter, the Lady Coyotes had a 21-0 scoring advantage and a 23-0 in the last.

Leading in scoring was Vida Balague with 25 points, nine coming from the three point line. Also in double figures were Lisha Sternadel with 14 and

Elana Himes with 11. Amy Lewis hit 8 points, Kristi Adcock hit 7 as did Amanda Anderson. Julie Harris and Randi Woodward each made 4, and Kate Phinizy, Rachel Romero, Elizabeth Garcia, and Shara Dee Woodward each made 2. So dominant on defense were the Lady Coyotes, that no one player from Grandfalls-Royalty had more than two points! Julie and Randi tied for honors in field goal percentage as each hit 2 of 2 for 100%. Lisha hit 64% and Vida was next with 61%. Amanda hit 3 of 3 free throws and Amy hit 2 of 2 for 100% for each. Lisha led in steals with an excellent

12 followed by Kristi with 5 and Kate and Elizabeth with 4 each. Randi led in rebounds with 9 followed by Kristi with 7, and Kate and Lisha with 5 each. Kate led in assists with an excellent 6 followed by Vida and Lisha with 4 each. As a team, Borden came up with 40 steals and forced many other turnovers.

This raises the Lady Coyotes record to 26-1 on the year. They face Marathon in Area. Marathon, District 14A come into the game with a 21-4 record.

CONGRATULATIONS to the Lady Coyotes, 1989 Bi-District Champions.

LADY COYOTES WIN OVER MARATHON

A big first and third quarter advantage was all the Lady Coyotes of Borden County needed to gain a 63-40 win over Marathon in Area play in Midland Monday night for another trip to Levelland and the Regional Tournament. Borden jumped out to a 17-6 first quarter lead, dominating inside but Marathon came back with their own inside game in the second quarter and pulled to within 10 by half-time. Borden again pounded inside in the third quarter, outscoring the Lady Mustangs 15-4 with Elana Himes having 10 points inside the

paint. The last stanza saw a one point advantage 16-14, by Borden to hold on to the 23 point win. Once again, as in the bi-district game, a total team effort gained the win for Borden as eleven people got into the scoring column.

Elana led in scoring with 18 points followed by Kate Phinizy and Lisha Sternadel with 9 each. Randi Woodward had 8 followed by Kristi Adcock with 7. Julie Harris had 4, Vida Balague had 3, and Shara Dee Woodward had 2. Amy Lewis,

cont. to pg. 2



STUDENT CONFERENCE with Dawson McAllister

Dawson McAllister tells it like it is!

The DAWSON McALLISTER STUDENT CONFERENCE will be held at the big San Jacinto Church, 801 Tascosa Rd (806)376-7249 in Amarillo on March 3rd and 4th, Friday night, all day Saturday and Saturday night.

A large group of Jr. High and High School students from Borden County and surrounding areas are getting geared-up to attend. Nearly 3,000 students from all over West Texas are expected.

The Borden County group will be staying at the huge Second Baptist Church, phone (806)373-1737, in Amarillo where there is a large gym for recreation during off-hours. Another youth group will be staying there from somewhere in West Texas, also. All students will need to bring sleeping bags or bed-rolls and all necessary shower stuff. Also, if desired,

bring personal snacks and canned drinks.

The deadline for pre-registration has already passed. So, the cost will be \$23.00 per person at the door. Each student is responsible to bring their own money for 6 meals. We will stop at places like McDonald's, Dairy Queen, etc., whatever is handy. Those kids who worked at the HAMBURGER-LUNCH SALE will be given their split of the money earned there to pay for their \$23.00 tuition and their meals.

Four to six youth leaders from the Baptist Church's in Gail and Vincent, Texas will be in attendance with the young people at all times.

Dawson McAllister is a man with a great gift of teaching the Christian faith to our nation's youth. He knows how to communicate with young people. He's dynamic. He's humorous. He's straight-forward. His deep conviction in the power of God's Word will help students to know and understand God's answer's to their problems. The topic for this year's conference is entitled "RELATIONSHIPS: SELF-IMAGE, LONLINESS, LOVE & TEMPTATION. Each registered person receives a teaching manuel authored by Dawson, which will help reinforce God's truth.

Again this year, Al DENSON(!!!) will be doing the music. He is awesome too! His music is exciting. It's fun! It's worshipful. And it's music that kids can get into. (Extra money may be brought along for tape and T-shirt/sweatshirt purchase.) Al will give a concert on Saturday night to conclude the

conference. Wait 'till you hear it! It will be dy-no-mite!!

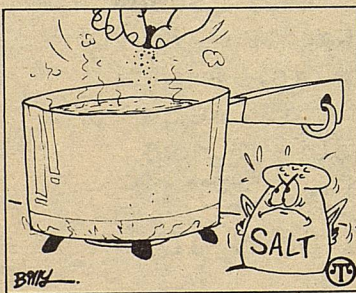
The Borden County group will collect at the Baptist church in Gail at 11:30 a.m SHARP! On Friday, March 3rd. There is no school in Borden County that day. A free lunch will be provided at the church for all those going to the conference. Departure from Gail will be at 12:30 p.m. We will arrive back in Gail after the conference sometime during the late afternoon on Sunday.

Kid's, if you plan on going, you MUST TELL one of the below-mentioned youth leaders by Wednesday, March 1st! so enough vehicles can be arranged. Unless of course, you want to ride on the luggage rack or in the trunk! (ha)

Parents, please join us in praying for this conference and in encouraging our kids to attend and bring their friends. We personally know Dawson McAllister and have witnessed his ministry and impact with kids. His ministry stands on a solid Bible foundation.

For more information please contact Verna Adcock (school 856-4314; home, 399-4461), Gaylon & Janine Williams (399-4525) or Mike & Susan Stephens (399-4511). Make plans early!!!

/s/Susan Stephens



Increase the amount of herbs when cooking without salt to expand your taste pleasure.

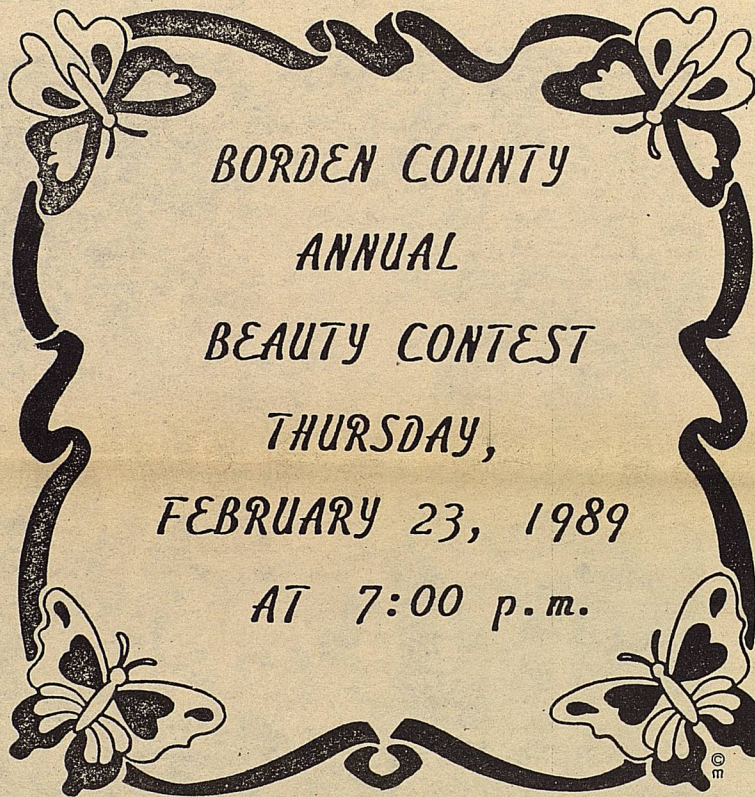
REGIONAL WIN

cont. from pg. 1

Elizabeth Garcia, and Amanda Anderson each had 1 for the total. Randi and Kristi led in field goal percentage with 100% each, hitting 4 of 4 and 3 of 3 respectively. Shara Dee also had 100% making her only attempt. Elana was next with 60%. Kate led in free throw percentage with 100% making 2 of 2. Kate and Lisha tied for honors in steals with 6 each. Elizabeth was next with 4. Kristi had the most rebounds with 7 followed by Elana and Lisha with 6 each. Lisha led in assists with 5 as Kate, Vida, and Shara each

had 3.

With the win, Borden County advances to the Regional Tournament in Levelland this weekend. They will play Friday night at 8:30 against the winner of the Sundown-Lorenzo game. The Lady Coyotes' record now stands at 27-1 for the year. Should they win Friday night, they will play at 11:00 Saturday morning. The winner of that game will play Saturday night at 7:00 for a trip to state. CONGRATULATIONS to the Borden County Lady Coyotes, Area winners!



NON-DISCRIMINATION NOTICE

At Borden County I.S.D., all students have equal access to all vocational programs as allowed by TEA regulations.

No child will be discriminated against because of race, sex, color, national origin, age or handicap.

The lack of the English language will not be a barrier to enrollment, there are classes available to students with limited English skills.

If you believe you have been discriminated against, contact James McLeroy, Superintendent of Schools; or Mickey McMeans, Principal; or Ben Jarrett, Elem. Principal, at 915/856-4313.

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CO-EDITORS

Verna Adcock
Clarajane P. Dyess

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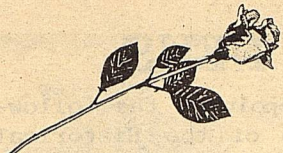
Let's Pull Together

AND GET BEHIND THE LADY COYOTES

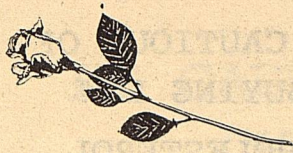
IN THE REGIONAL TOURNAMENT!

From The Borden County Booster Club



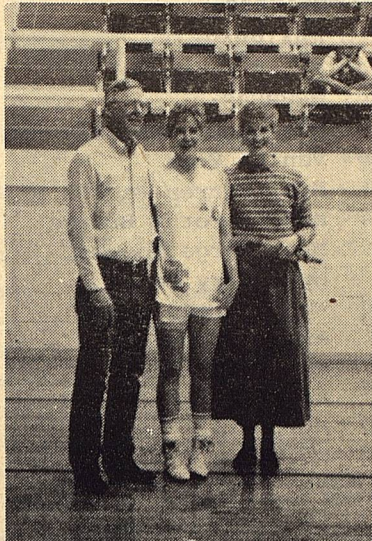


THANKS MOM & DAD



Five Borden County seniors honored their parents by presenting to them a Red Rose during half-time of the last home district game.

This has been a long standing tradition at Borden County. The Red Rose symbolizes the love and appreciation each senior feels for their parents for all their love, time and support they have given to them from kindergarten through the more complicated teenage years.



KATE PHINIZY with her parents, **Bill & Mary John Phinizy.**



ELANA HIMES with mom and dad, **Jack & Terri Himes.**



ELVIRA BALAGUE and her parents, **Mr. & Mrs. Juventino Balague.**



LANCE LATIMER with his parents **Ricky & Kay Evans.**

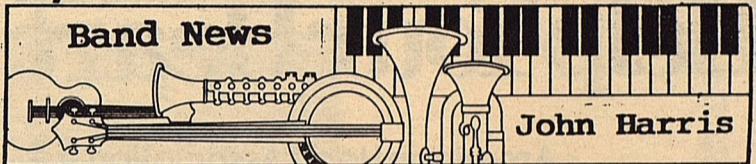


SANDY BUCHANAN with parents, **Bill & Dorothy Buchanan.**

10 Steps to Prevent Alcohol Use

1. Talk to your child about alcohol. Parents can intervene to help change mistaken ideas their children may have obtained from peers and the media such as "everybody drinks."
2. Learn to really listen to your child. Children are more likely to communicate when they receive positive verbal and nonverbal clues that show their parents are listening.
3. Help your child feel good about himself or herself. Self regard is enhanced when parents praise efforts as well as accomplishments and when they correct by criticizing the action rather than the child.
4. Help the child develop strong values. A strong value system can give the courage to make decisions based on facts rather than pressure from friends.
5. Be a good role model or example. Parents' drinking habits and attitudes may strongly influence their children's perceptions about alcohol.
6. Help your pre-teen deal with peer pressure. Children who have been taught to be gentle and loving may need parental "permission" to assertively say "no" to negative peer pressure.
7. Make family policies that help your child say "no." It's helpful when parents verbalize specific family rules against alcohol use by minors and the consequences of breaking those rules.
8. Encourage healthy, creative activities. Hobbies, school events and other activities may prevent children from experimenting with alcohol, tobacco or other drugs out of boredom.
9. Team up with other parents. When parents join together in support groups, they can take steps that will reinforce the guidance they provide at home.
10. Know what to do if you suspect a problem. Parents can learn to recognize the tell-tale signs of alcohol abuse and even experimentation.

Courtesy of the Office for Substance Abuse Prevention. For further information, contact the National Clearinghouse for Alcohol and Drug Information, P.O. Box 2345, Rockville, MD 20852.



The 1988-89 Band Officers were elected as followed:

President
Sandy Buchanan

Reporter
Shane Kemper

Vice President
Felicia Valquez

Head Librarian
Randi Woodward

Secretary
Julie Harris

Librarian
Shara Dee Woodward

Treasurer
Kristi Adcock

Librarian
Kristin Monger

PARENTS CLUB MEETING
Thursday, March 2nd
2:00 p.m. in the
Conference Room.
Easter plans to be
discussed.

SCRIPTURE

"Train a child in the way he should go, and when he is old he will not turn from it."
Proverbs 22:6



SCHOOL LUNCH MENU

February 27 - March 1-3, 1989

Monday	Burritos Pinto Beans Fruit Milk	Salad Bar
Tuesday	Sliced Ham Vegetable Salad Potatoes Fruit Cobbler Bread Milk	Salad Bar
Wednesday	Green Enchiladas Buttered Corn Fruit Hot Bread Milk	Salad Bar
Thursday	Hamburgers with the trimmings French Fries Cookies Milk	Salad Bar
Friday	No School	

February 1989

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
JANUARY 1989 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31	FEBRUARY 1989 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 31		1	2	3 H.S. Basketball Dawson - T - 5:00	4
5	6 J.H. Basketball Klondike - H - 6:00	7 H.S. Basketball Klondike - H - 5:00	8	9	10	11
12	13 Begin Teams Grades 3, 5, 7, 9	14 Teams Testing Grades 3, 5, 7, 9	15 Teams Testing Grades 3, 5, 7, 9	16 6:30 p.m. BI-District Girls Basketball Playoff Borden/Grandfalls Chapparral Center Midland College	17	18
19	20	21	22	23	24	25 Solo Ensemble Texas Tech Grades 7 - 8
26	27	28				29 Solo Ensemble Texas Tech Grades 9 - 12

S & L PROMOTES NEW VP

Snyder Savings & Loan Association president J.B. Tate Jr. has announced the promotion of assistant secretary Jeffrey Martin to assistant vice president.

Martin's promotion was officially approved during the institution's annual stockholders' meeting in which officers and directors were re-elected, Tate said.

Martin, 25, is a Fluvanna native who graduated from Borden County High School and earned a bachelor's degree in agricultural economics from Texas Tech University in



JEFFREY MARTIN

1987.

He joined Snyder Savings & Loan in November of 1987.

BE CAUTIOUS OF BUYING LOW CHOLESTEROL EGGS

You've read all the claims on various food product labels--low salt, low fat, low calories, low cholesterol. Yet another product is surfacing--- low cholesterol eggs--- and buyers need to be cautious.

Consumers should not be misled by a simple statement such as 'lower in cholesterol' that may appear on egg cartons.

Any statement of this type requires a firm to declare a full nutritional label which must be approved by the Food and Drug Administration. That label should disclose the cholesterol level.

With all the concern about dietary cholesterol and fat these days, how do eggs shape up?

Recent analyses indicate large eggs contain about 210 milligrams (mg) of cholesterol. Tests dating back to 1976 show large eggs to have 274 mg of cholesterol.

At the same time, tests show large eggs containing 5.2 grams of fat, down from the 5.8 grams reported in 1976.

Why the reductions?

There are a number of possible explanations for the reduced levels

cont. from pg. 4

COURTHOUSE NEWS

The Commissioners' Court appointed the following listed people as members of the Historical Committee.

CHAIRMAN:

Mr. C.C. Nunnally

MEMBERS:

Mrs. C.C. Nunnally
Van L. York

Mrs. Warren Beaver
Mrs. Dorothy Browne

Mrs. Marge Toombs

Mr. Larry Smith

Mrs. Norman Sneed

Mr. Doug Isaacs

Mrs. Rube Smith

Mr. Bill Phinizy

Mrs. Bill Phinizy

Mr. Mike Toombs

Mr. Joel Dennis

Mrs. Joel Dennis

Mrs. Edna Miller

Mr. Ralph Miller

Mr. Buster Taylor

Mrs. Borden Gray, Sr.

Mr. Vivian Clark

Mrs. Vivian Clark

Mrs. Ruth Weathers

Mrs. Joe Gilmore

Mrs. Doris Rudd

Mrs. Bill Stephens

Mr. Aubrey Rogers

Mrs. Roy Reeder

Mrs. Oscar Telchik

Mrs. Frances Bennett

Mrs. Bert Dennis

Mrs. Irene Creighton

Kenny Bennett

LADIES, LADIES, LADIES

Christian Fellowship

BRUNCH

SPEAKER/SINGER: Jacquie Hopper of Okla. City

Saturday, March 4, 1989

9:00 a.m.

FARM BUREAU BUILDING

1602 Lubbock Highway

Lamesa, Texas

\$4.00

Sponsored by: BETHANY CHAPEL MINISTRIES
Jody Boudreaux, Pastor

We cordially invite the ladies of your area to join in this time of christian fellowship and spiritual refreshing

Reservations are required by
March 2, 1989, 5:00 p.m.

Please call the following for your reservations:

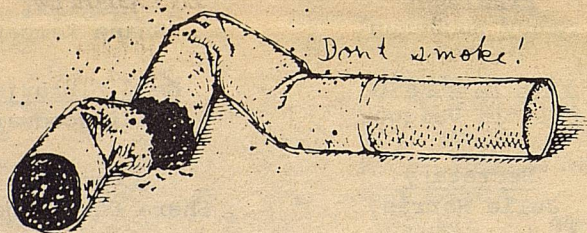
806/872-2834 (10 a.m-5 p.m)

or after 5 p.m -872-5223 or 872-8040.

Help Your Heart

American Heart Association

Children and Smoking



Each year cigarette smoking contributes to the deaths of about 325,000 people in the United States, says the American Heart Association. Almost two-thirds of them die from heart and blood vessel diseases.

There are more than 54 million smokers in the nation. The shocking fact is that more than 3 million of them are teen-agers. More adults are quitting, but children continue to start smoking. To reduce the death and disability from cigarette smoking, smoking among children must be discouraged.

Young people usually begin to face pressure to smoke between the ages of 12 and 14, when they may move away from their families and closer to their friends. It's also a time when young people are more likely to rebel against adult authority and are willing to take more risks.

Teen-agers themselves suggest that pressure from their friends is a major reason they start smoking. Teens who smoke are more likely to have friends who smoke.

Of course, the family is also a major influence. If one or both parents smoke, a child is more likely to smoke. And in families where older brothers or sisters smoke, there is an even greater chance

that the younger child will acquire the habit.

Studies have shown that children of parents who smoke, especially infants, have more lung illnesses (bronchitis and pneumonia) than children of parents who do not smoke.

When they are exposed to smoking, children are often allowed to touch and handle cigarettes, ashtrays and other smoking materials. This may lead to imitation while they are young and smoking when they are older.

Help your child's heart! Do not allow smoking in your home. If you need to smoke, don't do it in front of the children. Don't let children see or handle smoking materials. Ask other adults who visit your home not to smoke, even if your child is still an infant. Be firm in enforcing "no smoking" rules in your home because it emphasizes to children that smoking is harmful.

Support school and community anti-smoking efforts. Schools can teach children how to resist peer pressure to smoke. That pressure may be especially influential on those youngsters who grew up in homes where smoking was accepted. Therefore, set a good example. Don't smoke.

Branon Funeral Home

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Phone: 872-8335

403 N. Austin - Lamesa

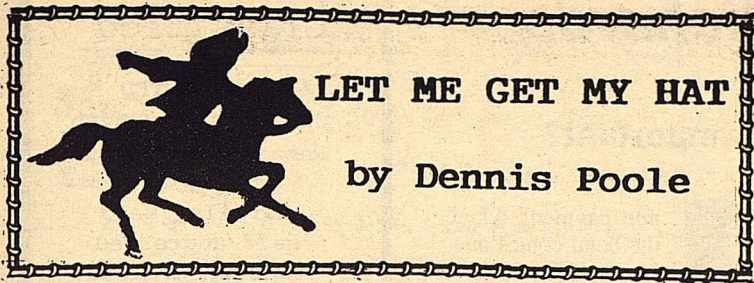


Security State Bank

Big Spring, Texas

Member F.D.I.C.

1411 Gregg



BE CAUTIOUS OF BUYING LOW CHOLESTEROL EGGS

cont. to pg. 5

TICK-TRANSMITTED DISEASE POPPING UP IN TEXAS

A tick-transmitted human health problem called Lyme disease has been reported recently in Texas and 31 other states.

About 30 cases have been reported in Texas, making incidence still relatively low in the state but a concern, nevertheless.

One of the "hot spots" is Northeast Texas.

It is causing concern because it's also popping up randomly all over the state. No one knows what it's going to do.

The disease, transmitted by certain ticks, is now more common than Rocky Mountain Spotted Fever.

Bexar and Kendall counties have reported one case each, along with Victoria and Nueces counties, according to the Texas Department of Health.

The disease was identified in Sweden initially in 1909, and still exists there. In the United States, it was identified first in 1975 in Lyme, Conn.

School children and adults living at Lyme complained of symptoms resembling rheumatoid arthritis. Dr. Allen Steere of Yale University Medical School investigated the cases and named the new disease "Lyme arthritis."

Early symptoms include profound fatigue, stiff neck, flu-like symptoms, headache, chills, fever, and muscle aches. Without treatment, during the second stage which can occur within weeks to months, it may affect the heart and nervous system. The third or chronic arthritic stage can begin up to a year or more after a bite.

People who have been bitten by a tick should

watch that spot for several weeks. If a rash appears, they should call their physician immediately.

Other precautions include not handling sick deer or rodents. Don't try to treat a sick deer. Call the game warden or animal control officer.

All ticks should be removed only with tweezers or small forceps. Grasp the tick as close as possible to its mouth, or the part that's sticking into the skin.

Pull the tick out in a smooth, steady upward motion.

After the tick is removed, the bite should be treated with rubbing alcohol or iodine.

Ticks can be disposed of in alcohol or by flushing down the drain.

Feb. 23-26 -- 52nd Charro Days Fiesta, Brownsville. A colorful celebration of the charro horseman of Mexico, a man of great riding skills, combines the charm and culture of this two-nation area. Activities reflect the city's pride in its Mexican heritage with international parades, balls and street dances, elaborately costumed entertainers, golf tournament and mariachis. Charros compete in charreadas, the traditional Mexican rodeo. Complete program from Charro Days, Box 3247, Brownsville 78520 (512/542-4245).

of cholesterol and fat in eggs today. Changes in feed, management and breeding practices as well as more sophisticated analytical methods for measuring dietary cholesterol may all account for the lower levels.

FDA will likely release regulations next year regarding cholesterol labeling claims. Even if eggs

have lower cholesterol, they cannot be labeled "low cholesterol" or "reduced cholesterol" with meeting FDA definitions.

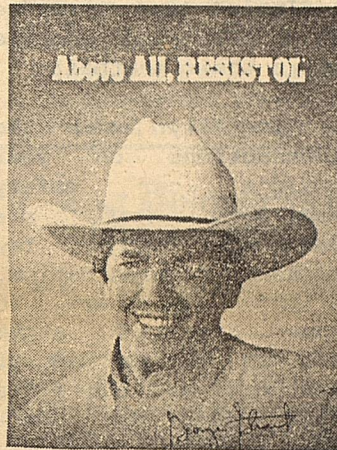
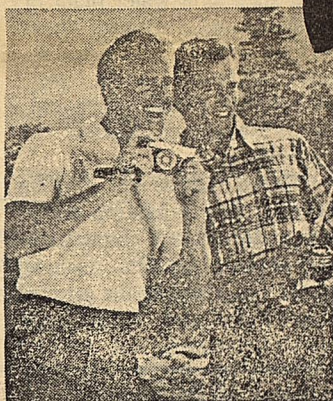
Expected definitions include "low cholesterol" less than 20 mg per serving, and "reduced cholesterol"--75 percent reduction from the original.

Because of the increased attention to

healthy diets and the fact that people with high serum cholesterol levels need to control their dietary cholesterol and fat intakes, the market for low cholesterol and low fat foods continues to expand. However, consumers need to be cautious of product labeling and various claims that may or may not be true.

CONGRATULATIONS TO THE LADY COYOTES

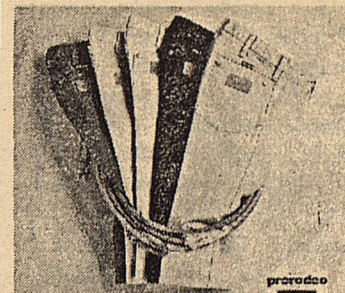
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in Colors!

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Men's & Boys



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(806) 872-5388
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Three Seconds to Save a Life

Take a moment to think...how much time does it take to buckle your seatbelt? Now compare that to the years often spend rehabilitating head-injured individuals who must struggle to regain the skills they have lost in an automobile accident. Skills such as brushing their teeth and feeding themselves, skills you and I simply take for granted.

"'Buckle up' becomes almost cliché," says Dr. Alton Hodges, Regional Director for New Medico Head Injury System. "But the few seconds it takes to buckle up is such a small price to pay. Everyday I see the struggle a person must go through in order to regain skills they've lost; I see them trying to piece their lives back together after a serious car accident. It could have been prevented."

Most of us know that every day, hundreds of deaths occur in automobile accidents; thousands of people are seriously disabled as a result of unsafe car design, careless drivers and improper use of child safety seats. But do we ever take the time to think that we can prevent these numbers from growing? Most people don't realize the high risk they take when they sit behind the wheel of a car and don't know the facts.

According to the National Head Injury Foundation, approximately 250,000 people will sustain a severe head injury in car accidents this year,

70-90,000 persons will lapse into coma and more than 140,000 Americans will die as a result of head injuries. Now, isn't it worth your time to think?

Before you operate a motor vehicle, follow these preventative tips:

°Insist that everyone in your automobile wears their seatbelt.

°Carefully read the instructions on your child's car safety seat—some seats are designed only for backseat transportation.

°Know the laws in your area—each state differs in the use of seatbelts and the fines for those who don't obey the law.

°More accidents occur when speeding is involved; drive the posted speed limit.

°Demonstrate good driving skills when operating your automobile—remember, someday your children will be behind the wheel and they will imitate your driving habits.

°Use caution and common sense whenever you operate or are a passenger in a motor vehicle: wear your seatbelt. Make the

Ask Ann Richards

Why are bond ratings important?

Editors Note: State Treasurer Ann W. Richards each week answers questions about personal finance and state government. These questions are compiled from various letters to the State Treasury. Answers are not intended to take the sound advice of reputable financial advisers or other professional counselors.

*If you have a question to ask, write to:
Ask Ann Richards
PO Box 12608
Capitol Station
Austin, Texas 78711*



non-payment when the bond comes due is very low. A "D" rating is the lowest grade, indicating the borrower has defaulted on its repayment at some time.

In a sense, the city's bond rating is its credit rating. The

better the bond rating, the lower the interest the city will have to pay on the loan. That means less money out of the taxpayer's pocket, since it is usually through taxes that the loan is repaid.

I'm ready to move out of my apartment and into a house, but I'm not sure whether to buy or to rent. I know a lot of it has to do with the market in the area where I am planning to move, but how do I find out what that market it like?

Market considerations are certainly important when deciding whether to rent or buy a home. However, there are a number of other important factors to consider as well.

Contact the Real Estate Center at Texas A & M University. The center conducts research into the very areas about which you are asking. If they can not tell you the answer, they can tell you where to find it. Call (409) 845-2031 or write: The Real Estate Center, Texas A & M University, College Station, Texas, 77843-2115.

When I read about my city's bond rating dropping, what does that mean?

It is important to understand what a bond is, and how the rating system works.

There are different types of bonds, but generally, bonds are loans issued to help governments pay for improvement projects, such as a water plant or roads. A bond certificate shows the loan amount, how much interest will be paid, when repayment will be made and the collateral pledged if payment can not be made.

Bond ratings are grading systems used in judging the financial condition of corporations and municipalities issuing bonds. It's a bit like the government's report card. "AAA" is the highest, meaning the risk of

roads a safe place.

The professionals at the New Medico Head Injury System urge you to use these car safety tips. They are available to provide you with more information on head injury and head injury rehabilitation, if you call the New Medico Head Injury

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WHY AEROBIC EXERCISE IS SO GOOD FOR YOU

If you've been swimming up a storm, jogging in circles around the park or pumping the bicycle pedals to lose weight, congratulations! By now, you've probably discovered that the pounds can come off with regular aerobic exercise.

According to Cindy Everett, Fitness Specialist of The Center for Cardiac Rehabilitation & Fitness at Methodist Hospital, aerobics and muscle strengthening exercises are the best combination for overall fitness and that well-toned look.

Everett has more good news about aerobic activity - and some important benefits you might not think about. Here are a few of the not-so-well-known advantages of aerobic exercise:

-The risk of heart attack is decreased.

-The heart pumps more blood with each stroke, so it doesn't have to work as hard.

-More oxygen reaches other areas of the body, so you can be more active without getting fatigued or winded.

-Blood pressure is lowered.

-Blood levels of triglycerides are decreased and high-density lipoprotein (HDL) - the "good cholesterol" - is increased. Research is showing that HDL can lower the risk of heart disease by carrying cholesterol to the liver, where it's excreted.

-The body's clot-dissolving ability may improve, lowering the chances of potentially fatal blood clots.

-The urge to smoke or overeat may be suppressed.

-Circulation to the skin is improved.

-You develop more muscle tissue, which looks leaner than fatty tissue.

-The risk of osteoporosis is decreased.

-The immune system becomes stronger.

-Digestion is more efficient.

-Aerobic exercise is a natural tranquilizer, stress-reducer and sleep-enhancer. It also contributes to a sense of well-being and a feeling of control over your life.

NOTES FROM HOME

By Debra Pollard

Home Demonstration/CEA

LESS BEEF FAT, GREAT FLAVOR

Since February has been designated as both National Meat Month and National Heart Month, this is a good time to evaluate family meat preferences and preparations.

Trimming fat from meat before cooking reduces calories and cholesterol but does not alter tenderness, juiciness and flavor.

Researchers at Texas A&M University found that meat with the fat trimmed after broiling retained 19 percent more fat than meat trimmed before broiling.

A study by professional tasters compared matched pairs of choice-grade beef cuts, half

with the fat trimmed before cooking and half with the fat trimmed afterwards.

Meats trimmed before cooking retained their flavor, tenderness and juiciness without the extra fat.

Good flavor with less fat is not the only advantage of trimming before you cook. Pre-trimming eliminates the need to remove the fat from juices to be used in sauces.

The lean beef campaign is putting more fat-free meat in retail cases. Selecting well-trimmed meats or trimming the fat at home before you cook is a good way to have you meat and less fat, too.

RADON PREVENTION IN NEW HOMES

Many of the same techniques used to tighten up homes for energy efficiency also help to reduce the likelihood of a radon problem.

The Environmental Protection Agency and the National Association of Home Builders Research Foundation have produced information that guides a builder in choosing techniques that will reduce the likelihood of radon entering a new home. These techniques focus on closing radon entry points and reducing the air pressure effects that draw radon from surrounding soil.

Some of the most common measures used in new construction include:

°placing a continuous, six-mil polyethylene vapor barrier under the slab. Lap seams 12 inches, tape or seal plumbing penetrations and avoid puncturing the barrier during the concrete pour.

°sealing floor and

wall joints and control joints with flexible expansion joint materials that are they covered with a half inch of good quality, noncracking polyurethane caulk.

°installing drains so they drain to daylight or a sewer.

°sealing sumps at the top.

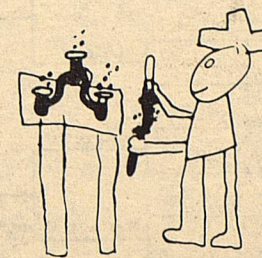
°sealing or capping tops of hollow-block foundation walls.

°carefully sealing or taping ductwork routed through a crawl space or beneath a slab, especially return-air ducts.

°placing a continuous six-mil polyethylene vapor barrier on the soil in a crawl space and sealing seams and edges to foundation walls.

°choosing appliances that use outdoor air for combustion.

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Probably the most celebrated diamond in the world is the Koh-i-noor, presented to Queen Victoria in 1850 by the East India Company.

AT&T ANNOUNCES PRICE CHANGES FOR LONG DISTANCE CALLS WITHIN TEXAS

AT&T announces April 1, 1989, price changes for Long Distance Service (MTS) within Texas. AT&T's prices for long distance calling within Texas will be increased by two cents per minute for calls under 82 miles in distance and one cent per minute for calls that are 82 miles or greater in distance. AT&T's current discounts of 25% for evening calls and 40% for night and weekend calls will remain in effect. The price increases are expected to produce approximately \$22.8 million, which is nearly 2.9% of AT&T's annual revenues for Texas Long Distance Service.

This represents the first AT&T price increase for long distance calls within Texas. AT&T's long distance prices for calls within Texas have been reduced overall by about 12% since 1986.

The Long Distance Service price changes will also impact AT&T's PROSM WATS Texas offering, which offers subscribers a 10% discount on all long distance calls within Texas. These price changes are expected to produce approximately \$661,000, or about 3.5% of the annual revenues for AT&T's PROSM WATS Texas offering.

Prices for AT&T's REACH OUT[®] Texas offering will also change. The price for initial hour usage will increase from \$12.55 to \$12.95; the additional hour price will increase from \$11.40 to \$12.00. These price increases are expected to produce approximately \$364,000, or about 2.1% of the annual revenues for AT&T's REACH OUT[®] Texas offering.

AT&T's tariffs implementing these changes will be filed with the Public Utility Commission of Texas on March 1, 1989, with an effective date of April 1, 1989. The combined price increases are expected to produce approximately \$23.9 million, which is approximately 2.4% of AT&T's annual revenues for all Texas intrastate services.

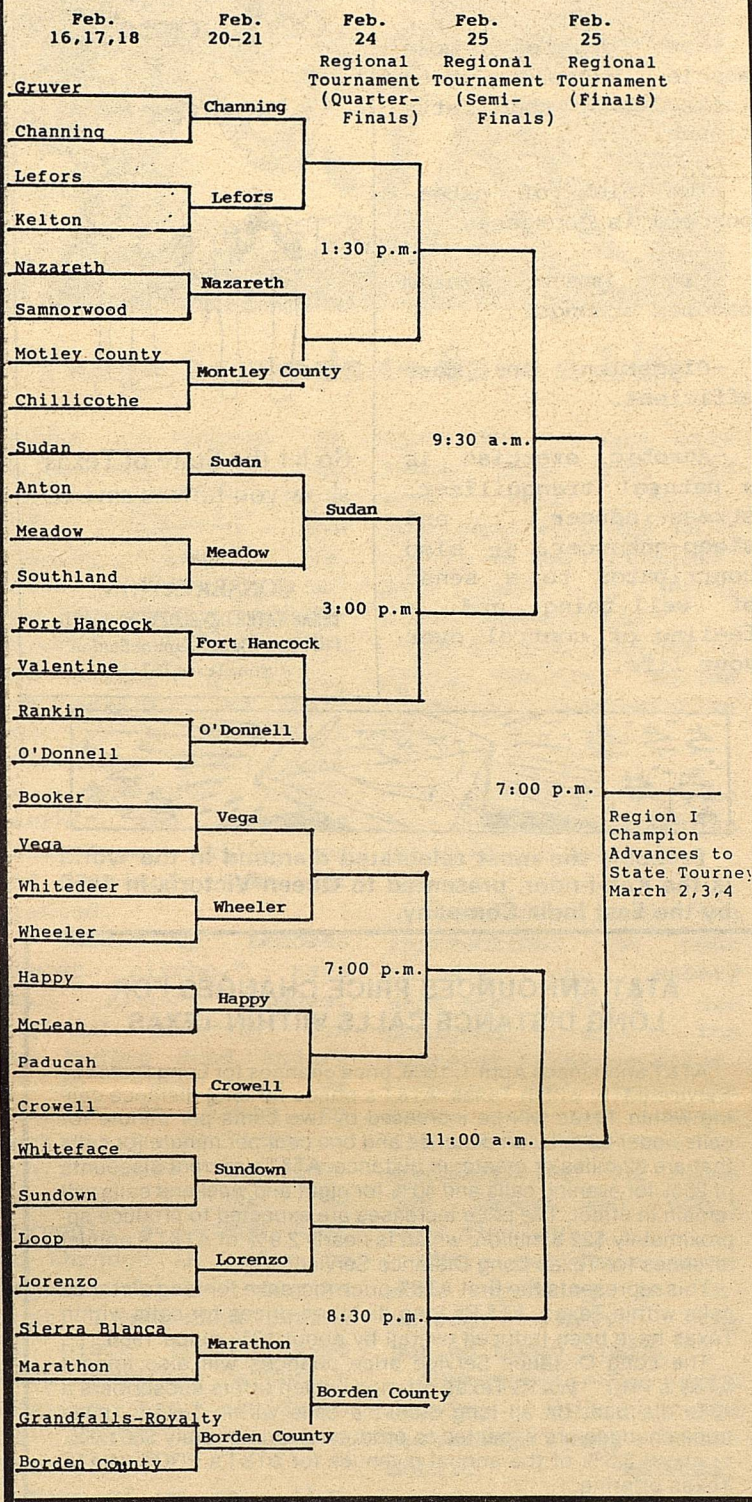
If you have questions regarding these price changes please call AT&T's service consultants at 1-800-222-0300 for residential customers or 1-800-222-0400 for business customers. Persons who have questions regarding this tariff filing may also contact the Public Utility Commission of Texas in writing, at 7800 Shoal Creek Blvd., Suite 450N, Austin, Texas 78757, or by calling the Public Information Office at 512-458-0223, or 512-458-0227, or 512-458-0221 teletypewriter for the deaf.

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the Cosmetology program has been set for March 1 from 8:00 to 12:00 and 1:00 to 5:00 p.m. Transfer students at any level of their training are welcome along with all first time enrollees. For more information, please call 806/872-2223 or come by the campus office located at 1810 Lubbock Hwy.

**TEXAS TALK TO
GOVERNOR
CLEMENT'
OFFICE
TOLL--FREE**

Last month, Governor Bill Clement's Office helped 836 Texans cut through the bureaucratic red tape with an innovative Citizens Assistance Hotline.

From 8 a.m. to 5 p.m. weekdays, hotline staff members provide information to anyone who calls 1-800-252-9600 (463-1780 in Austin).

The department helps people obtain information or assistance on a variety of topics ranging from obtaining the address of their state legislators to how to get a copy of a birth certificate.

The hotline also serves as a liaison between the public and state agencies or programs.

During the legislative session, hotline workers expect to field thousands of telephone calls about pending legislation. A summary of the legislative queries will be presented to the governor for his consideration as he reviews bills sent to his office by lawmakers.

REGISTRATION DEADLINE MARCH 1.

Cosmetology offers a rewarding career upon completion of a two year certificate program offered by Howard College's Lamesa campus.

Applications are now being accepted for this part-time program taught by Connie Edwards. Compared to other Cosmetology training programs, the cost of the program offered at the Lamesa campus is minimal.

Total cost for the entire program is approximately \$1300 with only \$413 due on the date of registration. The remainder is due on in four installments,

each due at the time of re-enrollment. Some financial aid may be available.

Registration date for

GO BIG BLUE

Public Notice

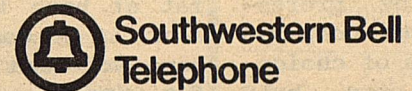
On November 9, Southwestern Bell Telephone Company filed a tariff which proposes to prevent local exchange calling over interstate, unrestricted, multi-jurisdictional, WATS Access Lines (UWALS) and intrastate WATS Access Lines (WALS).

UWALS are provided to interexchange carriers for their use in the provision of interexchange interstate and intrastate long-distance and WATS-type services. Similarly, WALS are designed for use in the provision of interLATA and intraLATA WATS services. The UWALS and WALS were not intended to allow local exchange calling.

If these proposed tariff changes are approved, the blocking of local exchange calls over intrastate WATS access lines and UWALS will take place within 30 days. This proposed tariff change will not result in the blocking of local calls placed to an 800 Service number.

The Public Utility Commission (PUC) of Texas has assigned this matter to Docket 8421. A hearing on the merits of these proposed tariff changes is scheduled for March 13, 1989.

Persons who wish to intervene or otherwise participate in these proceedings should mail a request to the Public Utility Commission of Texas, 7800 Shoal Creek Boulevard, Suite 400N, Austin, Texas 78757 by February 27, 1989. Further information may also be obtained by calling the PUC Public Information Office at (512) 458-0223 or (512) 458-0221, teletypewriter for the deaf.



To all customers of
Southwestern Bell Telephone Company:

Public Notice

On December 22, 1988 Southwestern Bell Telephone Company filed with the Public Utility Commission of Texas several proposed changes in its Universal Emergency Number Service (911) Tariff. These proposals include:

- a. deletion of the current regulation which restricts E911 Service to a single exchange area which has 50,000 exchange access arrangements or more;
- b. revising the tariff text to clarify that costs associated with network rearrangements required to accommodate the 911 code may result in additional charges to be determined on an individual case basis;
- c. a text addition to clarify that telephone company provided Public Safety Answering Equipment is required when a service includes Automatic Location Identification (ALI); and
- d. a text addition to explain emergency ringback.

The application is styled Docket No. 8565, Application of Southwestern Bell Telephone Company for Approval of Amendment of Universal Emergency Number Service (911) Tariff. It is anticipated that Docket No. 8565 will be evidentiary in nature.

The public may intervene or participate in this docket but it is not required to do so. Anyone who wishes to intervene in this proceeding or comment on the relief sought by Southwestern Bell Telephone Company should contact the Public Utility Commission of Texas, 7800 Shoal Creek Blvd., Suite 400N, Austin, Texas 78757 or call the Public Utility Commission Information Office at (512) 458-0010 or (512) 458-0221, teletypewriter for the deaf. Motions to intervene in this proceeding must be filed with the Commission's filing clerk by April 12, 1989.

