

The Borden Star

Borden ★ Dawson ★ Garza ★ Howard ★ Lynn ★ Scurry

Volumn XXXVII

March 17, 2010



Dare to Live Without Limits

By Bryan Golden

Managing Stress

Do you ever feel stressed? Is stress a regular component of your lifestyle? What exactly is stress? What causes it and what can you do to manage and reduce it?

What you experience as stress is the result of your reaction to the events, circumstances, and people you encounter. The more you feel frustrated, a victim, helpless, a target, or picked on, the more you feel stressed.

You are surrounded by potential sources of stress. Your job, family, friends, schedule, traffic, and finances are among the many possible origins of stress you encounter on a daily basis.

The key to managing stress is monitoring and controlling the way you react. Stress affects you mentally and physically. Mental manifestations include irritability, sleeplessness, a lack of focus, emotional swings, a feeling of helplessness, and a short temper. Physical symptoms include elevated blood pressure, ulcers, headaches, weight gain, and aches and pains.

Don't underestimate the destructive effects of stress on you. The consequences of stress can be debilitating. Left unchecked, stress can cut years from your life span and se-

verely undermine your quality of life.

Our innate fight or flight response is responsible for the physiological symptoms. Our bodies are designed to run from or combat any perceived source of stress. Modern society, however, prohibits us from doing either. Stress therefore finds an outlet by affecting us mentally and physically.

If you attempt to manage stress by trying to control your environment, you will only succeed in exacerbating your stress level. You can't change people or circumstances but you do have control over yourself. The only effective strategy for managing and reducing stress is learning how to manage your reaction to your environment.

Unless and until you change the way you react to stress, you will keep experiencing the same symptoms. You can't run away because wherever you go there are stress inducing situations. Only by changing your internal stress handling mechanism will you free yourself from the clutches of stress.

One effective method for managing your stress is constructing a written stress management handbook. The first

(Continued to Page 2)

Lights! Camera! Action! BHS One-Act Play Performs Monday, Competes on Tuesday

The cast and crew of the Borden County High School 2010 One-Act Play production of *Paganini* will take the stage twice next week, and they invite you to share it their revelry.

The Community Performance of the show is set for Monday, March 22nd, at 6:00 p.m. in the Borden County I.S.D. Auditorium. Open to the public, the performance is considered to be the group's dress rehearsal for the District 4-A, Zone Contest set for the next day.

Sands I.S.D. will host the Zone OAP Contest on Tuesday, March 23rd, in their new auditorium. Shows start at 2:00 p.m., and the BHS production is the first show out of five in the contest. It is also open to the public.

This contest will include productions from four other schools in the area. O'Donnell High School's *No Fading Star*, New Home High School's *Mustardseed*, Sands High School's *A Moment in Time*, and Ira High School's *Crimes of the Heart* will follow on the hour. However, the contest manager suggests that spectators arrive at least 15 minutes prior to start times because no late entries will be allowed into the auditorium.

The top two produc-

tions from the Zone Contest will advance to the District 4-A Contest to be held at O'Donnell High School on Tuesday, March 30. BHS is hoping for another great year, following a regional-qualifying, state alternate production of *The Beggar's Opera* last season.

The BHS dark comedy by Don Nigro is a revived show that appeared on the BHS stage back in 2005. Totally revamped and restaged, the play tells the embellished life story of classical violinist "Paganini," played by senior Eric Espinoza. Paganini finds himself caught in the "labyrinth of shame and betrayal" and loses his violin repeatedly, only to have it replaced by a "Violin Merchant," portrayed by junior John Hensley.

Along the way, Paganini falls in love with various women, who all seem to fall under his music's spell. "Angelina" (senior Chasiti Rutherford), "Marina" (junior Krista Tarleton), and "Antonia" (junior Phyneshia Rutherford) each continue to haunt Paganini, even after they all part ways with him.

Various other eccentric characters come and go in Paganini's life, all under the control of the "Clockmaker," played by senior Brendan

Tarleton. The "Apple Wife" (senior D'Nae Johnson) curses Paganini, while "DeFlores" (junior Miles Valentine), the "Murderer" (sophomore Collin Telchik), and the "Man-in-the-Iron-Mask" (freshman Steven Howard) share a jail cell with him.

An assortment of clockworks creations interact with Paganini as well, including a "Clockworks Violinist" (senior Karl Lamming) and a "Clockworks Jack-in-the-Box" (freshman Teryn Soto).

Other characters include "Birdy/Serving Girl" (senior Chelsey Sapp) and "Viola/Mrs. Testa" (freshman Celina Guerrero). Many of the other students also play a variety of other doubled characters.

Technical crew members for the production are senior Chellsie Pigford (Stage Manager), senior Shylo Rinehart (Sound Technician), junior Tony Soto (Light Technician), sophomore Luke Burkett (Stagehand), and freshman Shea Burkett (Props & Costumes Manager).

Kagan Benham, Kobie Benham, Reagan Belongia, & Michael Froman serve as alternates. Darrin & Veronica Ard direct the production.

Break a leg, cast and crew of *Paganini*!

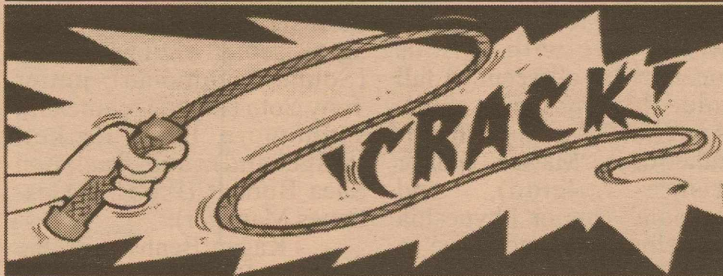
Coyote Baseball



Pictured is the 2010 Coyote Baseball team consisting of (back row left to right) Brendan Tarleton, R.T. Shafer, Matthew Roberson, Karl Lamming, Helio Rosales, Zach Telchik, Quint Shafer, Tanner Richey, Flynn Chapman, Miles Valentine, Kobie Benham, (front row left to right) Collin Telchik, Steven Howard, Luis Andrade, Austin Tyler, Austin Fields and McLayne Hall.



Coyote baseball player, Austin Fields waits for a Denver City pitch in last weeks game in Sundown.



The tip of a bullwhip moves so fast that it breaks the sound barrier; the crack of a whip is actually a tiny sonic boom.

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Think Texas

Agriculture Commissioner
TODD STAPLES

It's a simple formula: education = employment. But right now many Texans are failing to take the first step. In fact, almost half of all Texas high school graduates are not moving on to a college or university. This is troubling because the fastest-growing occupations require an associate or bachelor's degree.

If we want to preserve Texas' prosperous economy, we must first get more students going to college and earning degrees. Not only do the Texas economy and educated Texans benefit from a degree beyond high school, all Texans benefit from an educated society.

Unfortunately, most high school students will not obtain a four-year degree. While some students may not be academically prepared, many students are not enrolling in higher education due to family and financial needs.

So how can we help educate those Texans? Creating a pathway for students that parallels that of their university-attending peers is a start. It's imperative to create parallel pathways for these students to be able to access the education and training necessary to compete with their peers for the jobs of tomorrow.

These pathways can be created with the help of our state's community colleges, which currently enroll more than 50 percent of all students entering higher education.

Many Texas community colleges have developed innovative programs to give students a seamless transition from high school to college. It's outreach programs like these that create parallel pathways to success for students across the state - in both rural and urban communities.

Together - Texans helping Texans - we can ensure that our state remains a top competitor in the global market by increasing education levels and securing a qualified workforce.

Managing Stress...

(Continued from Page 1)

step is to identify and write down everything that causes you stress. Next detail how you react to each of the sources of stress. The handbook is your own private document so be honest about what you react to and how you respond. Different people have varying reactions to the same circumstances. You are only concerned with your own behavior.

For each of your reactions, describe an ideal response that would minimize anxiety. For example, if obnoxious people stress you, your ideal reaction might be to ignore them without getting upset.

Identifying the causes and effects of stress in writing enables you to formulate a stress management strategy. The following are some effective techniques for reducing your

stress.

Take responsibility for your life. Don't blame others. You are the only one who has the power to change things. Make sure that you effectively communicate your feelings and desires. Don't assume that others know how you feel or what you think. Don't take personally the actions of others. If someone treats you poorly, it's because they have a problem.

You don't want to allow frustrations and anger to build up internally. Doing so substantially increases stress levels. You need to restructure how you interpret and react to sources of stress.

With practice you can train yourself to successfully manage and reduce your stress level. Doing so will improve your health and enrich your life.

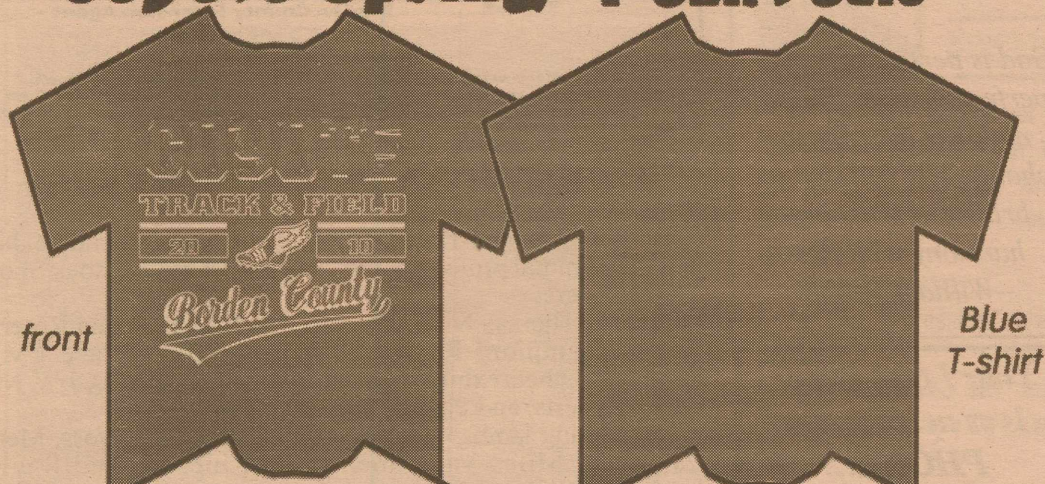


Do Well, Be Well with Diabetes is an educational program for people with type 2 diabetes. The primary goal is to help participants learn how to manage their meal plan and self-care to maintain their blood glucose in the ranges recommended by the American Diabetes Association. The message is that, if you do well, you can be well with diabetes!

Class will begin April 6th at 5:30pm. The course will be six weeks long and classes will be held once a week on Thursday. Classes will be taught by health care professionals in Scurry County. For more information or to sign up, call Meredith Henry at the Extension Office 573-5423.

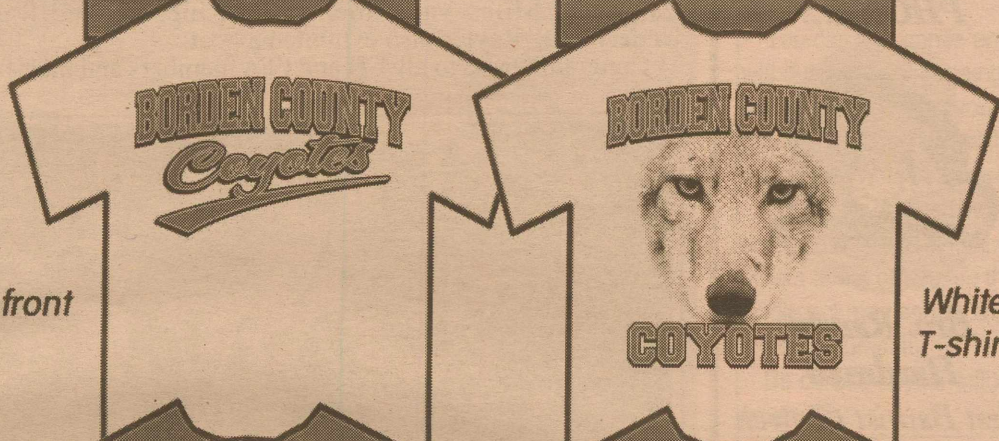


Coyote Spring T-Shirt Sale



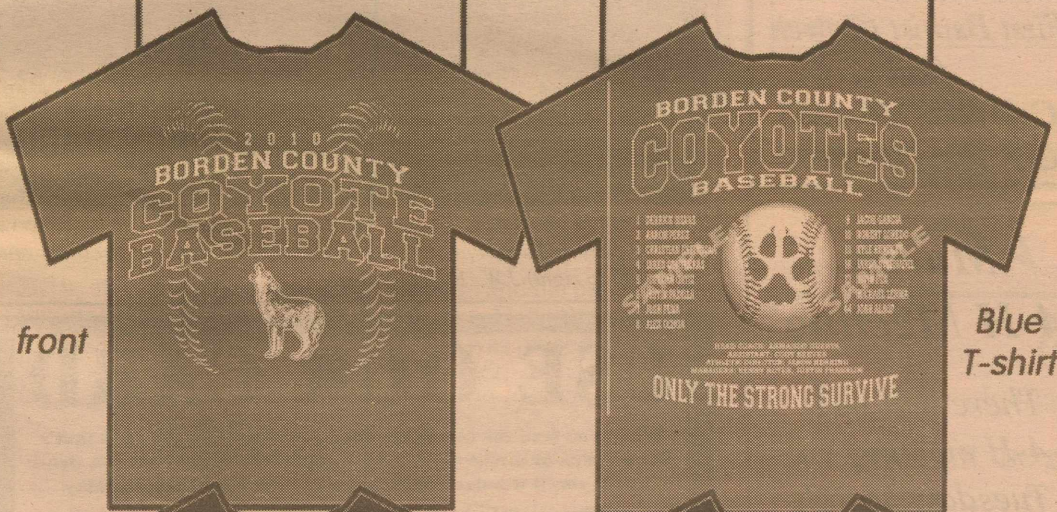
front

Blue T-shirt



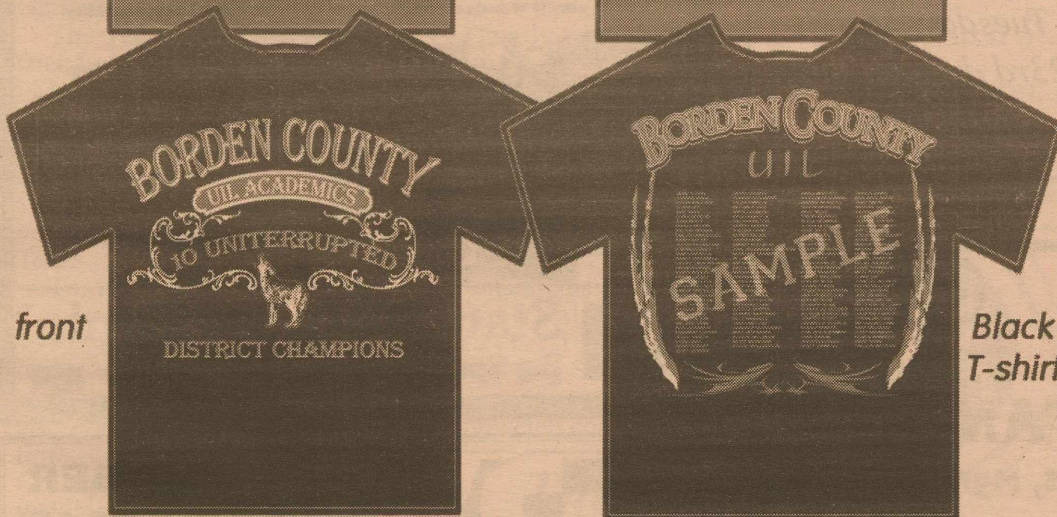
front

White T-shirt



front

Blue T-shirt



front

Black T-shirt

Don't Mess With Texas Scholarship Program Begins

AUSTIN, Texas—Texas high school seniors can earn cash for college by composing a 350-word essay suggesting additional measures to be used in the state's fight against litter.

Dow Chemical Company is partnering with Keep Texas Beautiful to sponsor the 2010 Don't Mess with Texas Scholarship Program. High school seniors are encouraged to submit essays explaining how they tackled a litter-related problem in their own school or community. The grand-prize winner will receive \$3,000 for college tuition, while two second-place winners will receive \$1,000 each.

The Texas Department of Transportation spends millions of dollars each year to pick up litter along Texas highways, and research shows those most likely to litter are young Texans.

"If you don't tolerate litter, and if you've ever done something about it, you have a great shot at winning," said Doris Howdeshell, Travel Information Division director for the Texas Department of Transportation, which manages the

Don't Mess with Texas Scholarship Program.

"Here at Dow, we know that ensuring the health and sustainability of our environment takes a commitment from everyone, but particularly our youth," said Community Relations Manager Trish Ritthaler. "We're proud to sponsor a program that encourages high school seniors to come up with great ideas for litter prevention while enabling the winners to get support in furthering their educations."

Eligible high school seniors must plan to pursue a two- or four-year degree at a Texas university or college. Essays must be 350 words or less and will be accepted starting March 8. Apply online, download an application, and view complete rules at

DontMessWithTexas.org. Completed applications and essays must be submitted online or postmarked by April 16, 2010. Mailed entries should be sent to the Don't Mess with Texas Scholarship Program c/o EnviroMedia Social Marketing at 1717 West 6th Street, Suite 400; Austin, TX 78703.


NAME: _____
 HOME PHONE: _____
 CELL PHONE: _____
 METHOD OF PAYMENT: CHECK CASH

STYLE	Design	YM	YL	S	M	L	XL	*XXL	*XXXL	QTY.	PRICE EACH	LINE TOTAL \$
SHORT SLEEVE T	UIL Academic										X \$17	\$
	Track										X \$17	\$
	Baseball										X \$17	\$
	Coyote Pride										X \$17	\$
*Add \$3.00 for every XXL and XXXL Shirt												
TOTAL NUMBER OF T-SHIRTS ORDERED												TOTAL \$

Orders due March 26 @ 3:30 P.M. -- Delivery March 31

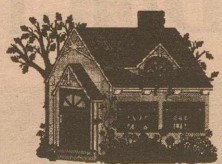
Student Name: _____
 Student Grade: _____ Teacher: _____

Order Form also available at www.bcisd.net
 All proceeds benefit the Class of 2010


 Texas A&M System

Heart and Home ...
 by Julie Smith
 Borden County Extension Agent-Family and Consumer Sciences

Educational programs of the Texas AgriLife 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



Fats: Facts, Fables, and Frank Advice

Fats are downright confusing. The scientific thinking about good fats and bad fats seems to go up and down like hemlines and hot stocks. But some fat facts are tried and true, and knowing them can help your health. So test your knowledge: Which of these statements are fat facts and which are big fat fables?

It's best to eat as little fat as possible. Big fat fable! Fats are part of a healthful diet. Your cells need fat to function. Fat provides energy and helps keep you insulated. Your body also makes certain hormones from fat. Plus, including a little fat in your meal helps your body absorb lycopene, a component in fruits and vegetables that some research suggests may help prevent cancer and heart disease. Those are terrific reasons to toss some avocado into your salad, drizzle a little olive oil on veggies.

Frank advice: Many people eat way too much fat. Figure out your daily fat limit with this cool calculator from the American Heart Association: <http://www.myfatstranlator.com/>. Make your fats count by choosing healthful ones, found in nuts, seeds, avocados, fish, and mono-unsaturated oils such as olive and canola.

Trans fats are bad for your heart. Fat fact! Trans fats, like saturated fats, raise blood cholesterol. They're found in products containing partially hydrogenated vegetable oils. Saturated fats are most prevalent in animal foods, such as red meats, cheese, butter, and other full-fat dairy products.

Frank advice: To protect your heart, read nutrition labels and choose foods low in saturated fat and free of trans fat whenever possible. Be sure you don't replace trans fat with saturated fat or vice versa. Instead, look for heart-healthy canola and olive, oils. Find tips

for slashing saturated fat at 5 ways to cut back on saturated fat.

Eating fat sabotages weight loss efforts. Big fat fable! A recent study found that people who consumed a diet containing 40 percent of calories from fat lost just as much weight as people who consumed 20 percent of calories from fat. Some people find a meal plan that includes a moderate amount of fat is easier to follow. But remember, all fats are high in calories.

Frank advice: It's soooooo easy to overdo it on fats and wind up consuming too many calories. The American Heart Association recommends that overweight people get no more than 30 percent of total calories from fat. Here are simple ways to cut fat calories:

- * Use cooking spray for sautéing.
- * Trim visible fat from meats.
- * Top casseroles with a small amount of a flavorful cheese like Parmesan or feta instead of a larger amount of mild-flavor cheese.
- * Replace some of the fat in baked goods with applesauce or prune puree — you'll be surprised by how moist and flavorful your favorite goodies are.

Source: General Mills Eat Right America web site <http://www.eatrightamerica.com>

Thought for the Day

God is perfect love and perfect wisdom. We do not pray in order to change His will, but to bring our wills into harmony with His.
 --William Temple



*Your Local Pastor
 Is as near as your
 PHONE...*



**Bro. Randy
 Hardman**
 First Baptist Church
 Gail
 Call: 806/756-4363
 Cell: 806/759-9472

March 4-H Meeting


*There will be a
 4-H meeting on
 Tuesday, March
 23rd during lunch
 in the school
 conference room.*





LAMESA BUTANE CO.
ARLEN MORRIS, Mgr.

Long Distance 1-800-772-5201	Local 806/872-5200 806/872-5356
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P.O. Box 382 • 501 South Lynn • Lamesa, Texas 79331


On the Wild Side of Life
 by Cody G. Hill
 Borden County Extension Agent —
 Agriculture



Educational programs of the Texas AgriLife 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.

Houston Stock Show Results

Borden County 4-H and Gail FFA members recently exhibited their animal projects at the 2010 Houston Livestock Show. Results are:

Steers: Thomas Nix — 2nd place MW Simbrah and Reserve Breed Champion; Raylea Underwood — 9th Place LMW Chianina. Others exhibiting steers were Flint Roberts, J.W. Nix, Lacey Roberts, and Payton Merket.

Exhibiting lambs were Kagan Benham, Kylie Voss, Merik Valentine, Miles Valentine, Shylo Rinehart, and Raylea Underwood. Raylea also exhibited a goat.

Congratulations to all 4-H and FFA members and their families!



Reserve Breed Champion: Thomas Nix (far left) is pictured with his Reserve Simbrah Breed Champion. Also pictured with Thomas are brothers and sister, (left to right) J.W., Erin and Ben.

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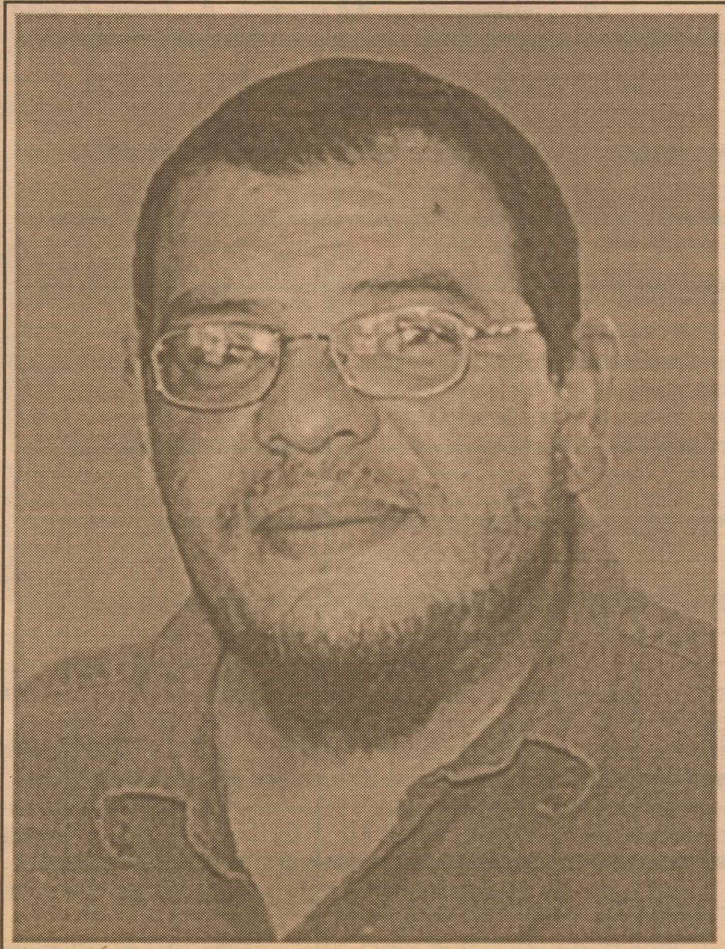

State National Bank
 Big Spring Lamesa O'Donnell 



**MEMBER
2010**

TEXAS PRESS ASSOCIATION

Obituary



Tommy Soto
1968 - 2010

Tommy Soto, Jr., 41, of Gail, died on Friday, March 12, 2010, in a Lubbock hospital. Funeral services were held at 2:00 PM, Tuesday, March 16, 2010 at the Nalley-Pickle & Welch Rosewood Chapel with Brother Randy Hardman, pastor of First Baptist Church in Gail, officiating.

The family will receive friends from 6:30 PM to 8:00 PM, Monday, March 15, 2010, at the funeral home.

He was born on November 6, 1968, in Big Spring, Texas and married Charla Buchanan on March 14, 1987 in Vincent, Texas.

Tommy graduated from Coahoma High School in 1987. He was a jack of all trades and had a very giving heart and enjoyed helping others. He was currently a full time student at Western Texas College in Snyder studying welding.

Survivors include his wife, Charla Soto of Gail; four children, Trey Soto and Christina Soto both of San Angelo and Tony Soto and Teryn Soto both

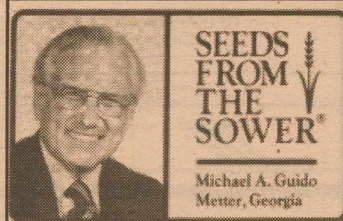
of Gail; his parents, Tommy, Sr. and Ruth Soto of Big Spring; and his paternal grandmother, Doro Soto of Slaton.

He was preceded in death by a brother, Armando Soto; his maternal grandparents, Rafael and Marciala Luevanos; and his paternal grandfather, Jesus Soto.

The family suggests memorials to the Borden County Booster Club Scholarship Fund, P. O. Box 95, Gail, Texas 79738, the Borden County EMS, P. O. Box 95, Gail, Texas 79738 or to the First Baptist Church, P. O. Box 257, Gail, Texas.

Arrangements under the direction of Nalley-Pickle & Welch Funeral Home & Crematory of Big Spring. Online condolences can be made at: www.npwelch.com

*The
Borden
Star*



A grumpy passenger was bawling out the bus driver. When he got off the bus, another passenger shouted, "You left something!"

"What?" he asked.

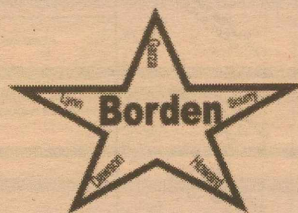
"A bad impression," she answered.

The words you say and the deeds you do leave their mark for good or evil.

You can't be gentle and good, without the world being better because of you. And you can't be grouchy and godless, without the world being worse because of you.

Others are affected by what you are, and say and do. And these others affect others, so that your single act may spread through a nation of humanity.

Be careful of your influence. It never dies.



CONGRESSMAN RANDY NEUGEBAUER

DO YOU HAVE A PROBLEM WITH A FEDERAL AGENCY?

WANT TO STATE YOUR OPINION ON AN ISSUE AFFECTING DISTRICT 19?

Congressman Randy Neugebauer invites you to the next Mobile Congressional Office Hours:

Tuesday, March 23, 2010 | 10:00am - 11:00am

Borden County Courthouse - 1st Floor
Gail, TX

Mobile Congressional Office Hours are neighborhood office hours open to the public so you can meet with my staff and share your ideas, concerns, and feedback. Representatives will be available to assist with veterans' benefits, social security concerns, and many other issues.

Join us so we can work together to make Congress work for you!



19th CONGRESSIONAL DISTRICT

Thank You

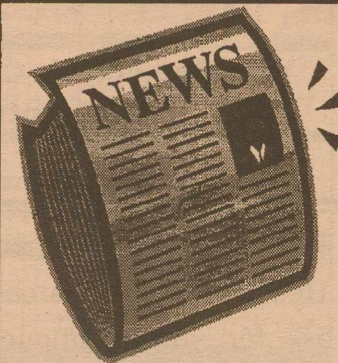
We sincerely thank everyone who came and helped fight the grass fire on our property on Friday March 5th. We do appreciate it greatly

Thank you, Doyle & Shirly Newton
Newton Ranch



403 N. Austin Avenue
Lamesa, Texas 79331
806-872-8335 Fax: 806-872-8336

3rd & 4th generations still serving this area.



Got News?

Mail to:

P.O. Box 137
Gail, Tx. 79738

Call: 806/756-4313

Ext: 275

Email:

kdean@bcisd.net

Poka Lambro Annual Meeting Set For March 25

Poka Lambro Telephone Cooperative, Inc. is set to host their 59th Annual Membership Meeting - Thursday, March 25, 2010. The meeting will be held at Poka Lambro's main business office located 11.5 miles north of Tahoka, Texas on US Hwy 87.

Member registration will begin at 11:00 a.m. - followed by lunch at 12:00 noon. The business meeting will begin at 1:00 p.m. One important item of business on the agenda will be the election of two directors

of the Cooperative.

Other meeting highlights will include the reports of officers and directors and the presentation of Poka Lambro Scholarships. All Poka Lambro Telephone Cooperative members are encouraged to attend the meeting. Members may pick up door prize cards when registering at the meeting. Members must be present to win door prizes.

For additional information please contact Amy Preston at 1-800-422-2387.

Drive Safely.
Watch for our playing children.

I would like to thank the voters of Borden County for your support and confidence in the Democratic Primary held on March 2nd.

Ross D. Sharp

Your Democratic Candidate for Borden County Judge.

Paid Political Advertisement, Ross D. Sharp, Treasurer

Thank you for your vote in my bid for County Treasurer in the March Primary Election! I now ask for your continued support and vote in November's General Election. It would be a great honor to have the opportunity to serve the citizens of Borden County. Your vote can and will make a difference!

Elect Sharlot A. Stone
Democratic Candidate
for
Borden County Treasurer

Pd Pol. Adv. by Sharlot A. Stone, Campaign Treasurer

REPUBLICAN PRIMARY March 02, 2010		PLAINS 1	SOUTH GAIL 2A	VEALMOOR ACKERLY 2B	MURPHY 3A	FAIRVIEW 3B	NORTH GAIL 4A	SHELLINGS 4B	EARLY	TOTAL
TOTAL VOTES CAST		9	16	13	4	24	6	7	22	101
UNITED STATES REPRESENTATIVE DISTRICT 18	RANDY NEUGEBAUER	7	12	10	1	21	6	7	15	79
GOVERNOR	KAY BAILEY HUTCHISON	1	5	3	1	4	0	0	4	18
	RICK PERRY	6	8	5	3	12	4	4	11	58
	DEBRA MEDINA	2	2	5	0	3	2	3	6	23
LEUTENANT GOVERNOR	DAVID DEWHURST	9	11	8	2	20	6	6	16	78
ATTORNEY GENERAL	GREG ABBOTT	9	10	7	2	16	6	6	14	70
COMPTROLLER OF PUBLIC ACCOUNTS	SUSAN COMBS	9	11	8	1	19	6	7	18	79
COMMISSIONER OF THE GENERAL LAND OFFICE	JERRY PATTERSON	7	9	7	0	17	6	6	13	65
COMMISSIONER OF PAROLE	TODD STAPLES	9	11	8	2	18	6	6	16	76
RAILROAD COMMISSIONER	DAVID PORTER	7	6	9	1	15	3	5	14	60
	VICTOR G. CARRILLO	1	6	1	1	6	2	1	2	20
JUSTICE SUPREME COURT PLACE 3	RICK GREEN	0	4	1	0	1	0	1	1	8
	JEFF BROWN	0	1	1	0	3	0	0	6	11
	REBECCA SIMMONS	0	2	0	0	4	0	1	3	10
	DEBRA LEHRMANN	2	1	1	0	1	1	1	0	7
	JIM MOSELEY	5	1	4	1	6	3	3	1	24
RICK STRANGE	1	1	0	0	2	1	0	4	9	
JUSTICE SUPREME COURT PLACE 1	PAUL GREEN	8	9	6	1	16	6	5	13	64
JUSTICE SUPREME COURT PLACE 2	EVA GUZMAN	5	9	7	1	13	4	5	11	55
	ROSE VELA	4	0	1	0	4	1	0	3	13
JUDGE COURT OF CRIMINAL APPEALS PLACE 2	LAWRENCE "LARRY" MEYERS	8	8	6	1	16	6	6	12	63
JUDGE COURT OF CRIMINAL APPEALS PLACE 5	CHERYL JOHNSON	8	9	6	0	17	6	5	12	63
JUDGE COURT OF CRIMINAL APPEALS PLACE 8	MICHAEL E. KEASLER	8	9	5	1	16	5	5	12	61
MEMBER STATE BOARD OF EDUCATION DISTRICT 16	BOB CRAIG	6	9	5	0	17	4	2	8	51
	RANDY RIVES	2	4	5	1	2	2	1	5	22
STATE REPRESENTATIVE DISTRICT 18	DAVID ANDREWS	4	6	3	0	11	3	0	5	32
	JIM LANDTROOP	5	4	6	1	10	3	5	10	44
JUDGE 11th COURT OF CRIMINAL APPEALS PLACE 3	TERRY MCCALL	6	11	5	1	16	6	5	10	60
COUNTY JUDGE	DON RURNALLY	5	2	6	3	12	5	3	9	45
	BORDEN GLEN GRAY	4	9	3	1	11	1	3	12	44
COUNTY TREASURER	LONNIE A. DOYLE	4	10	6	2	18	5	4	11	60
REPUBLICAN PRIMARY March 02, 2010		PLAINS 1	SOUTH GAIL 2A	VEALMOOR ACKERLY 2B	MURPHY 3A	FAIRVIEW 3B	NORTH GAIL 4A	SHELLINGS 4B	EARLY	TOTAL
BALLOT PROPOSITION #1 PUD #1	YES	8	10	11	2	17	6	7	14	75
	NO	1	1	0	2	3	0	0	2	9
BALLOT PROPOSITION #2 CENTRALIZED GOVERNMENT BUDGET	YES	8	10	10	1	18	6	7	16	76
	NO	0	2	0	1	2	0	0	0	5
BALLOT PROPOSITION #3 OUTING BEHALF HOME TAXES	YES	9	12	11	3	18	6	7	16	82
	NO	0	1	0	1	3	0	0	0	5
BALLOT PROPOSITION #4 MAYORAL POSSESS IN THE GOOD	YES	9	13	10	2	20	6	7	17	84
	NO	0	0	0	1	1	0	0	0	2
BALLOT PROPOSITION #5 MAYORAL BUDGET	YES	6	8	8	2	16	6	4	11	67
	NO	2	4	2	1	5	0	3	4	21

Texas Stories

A Showcase of the Texas Spirit
Tumbleweed Smith

A New Home For Sale at Cost

Two days after Christmas in 2005, a fire destroyed some eighty homes in Cross Plains. One person died. David Estes, president of the Texas Heritage Bank in Cross Plains says the spirit of the people was high after the fire. "The attitude was to jump in and get everything cleaned up and offer help where needed to rebuild so they could maintain the lifestyle they've always enjoyed. Very people moved out of town. They stayed and started putting their lives back together."

Pat Stephens, Executive Director of the Cross Plains Area Housing Initiative, says the fire was scary. "You didn't know what was happening. There was no rhyme or reason as to what house it hit. The wind changed directions several times."

There is a heightened sense of awareness in Cross Plains now. When there is a even a small grass fire and the fire trucks start running with sirens, people pay attention. Pat says if you smell smoke in the air, it brings it all back to you. "It's something you won't ever forget." David says the things fire victims miss most are their personal effects, like family photos.

The First Methodist Church was destroyed in the fire. It has since been rebuilt. The charred cross from the original building is part of a dramatic display on a wall in the new fellowship hall. "They took the remains of that cross and put a silhouette of a cross behind it," says Pat. "Then there are pictures of the church before the fire, pictures of people fighting the fire, then they have pictures of the rebuilding of the

church." The fire created a demand for houses, since 90 families were displaced.

Four houses across the street from the school burned. A group was formed to buy the four lots with the idea of building new homes on them. The first one is ready now and an open house for it is slated for March 20. The three bedroom, two-bath brick house is being sold at cost. The asking price is \$125,000. The 1,500 square foot home has custom cabinets throughout, a privacy fence and a sprinkling system in the yard. "It is a very nice home," says David.

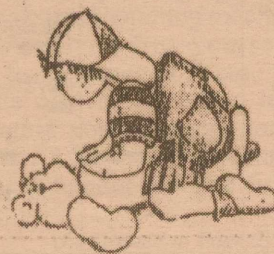
There are some attractive incentives for the buyer. The bank is offering a low down payment, lower interest rate and long term fixed rate financing in house. "If someone wants the house, we want to help them get it," says David. In addition, the Housing Initiative is putting up money for closing costs.

Local contractors built the home and appliances and building materials were all bought through the local Higginbotham Lumber Company. The open house March 20 will feature barbecue and live entertainment. "We want people to see the fruits of our labors," says David. "When this one sells, we plan to build others."

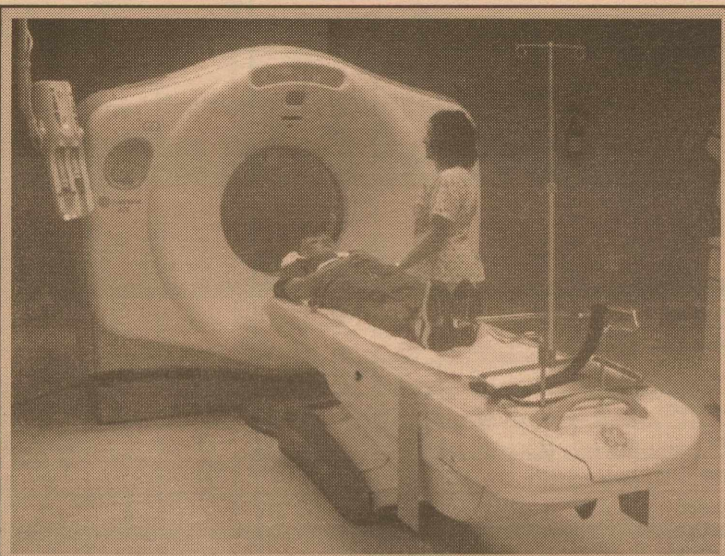
This first home took about nine months to build. They plan to build the others in six or seven months for each one. David says the whole idea behind building the new homes is to help alleviate the housing shortage that developed from the fire.

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DEMOCRATIC PRIMARY March 02, 2010		PLAINS 1	SOUTH GAIL 2A	VEALMOOR ACKERLY 2B	MURPHY 3A	FAIRVIEW 3B	NORTH GAIL 4A	SNELLINGS 4B	EARLY	TOTAL
TOTAL VOTES CAST		30	26	9	4	14	23	14	101	221
UNITED STATES REPRESENTATIVE, DISTRICT 19	ANDY WILSON	12	5	6	1	4	14	6	36	84
GOVERNOR	FELIX (RODRIGUEZ) ALVARADO	2	0	0	0	0	0	0	2	4
	FAROUK SHAMI	1	1	1	0	1	1	1	7	13
	BILL DEAR	0	0	0	0	0	0	0	3	3
	ALMA LUDIVINA AGUADO	0	1	1	1	0	1	0	3	7
	BILL WHITE	21	9	5	2	6	11	7	33	94
	STAR LOCKE	1	0	0	0	1	1	0	1	4
CLEMENT E. GLENN	1	2	0	0	0	0	1	9	13	
LIEUTENANT GOVERNOR	LINDA CHAVEZ-THOMPSON	8	4	0	2	3	4	3	21	45
	MARC KATZ	6	1	3	0	2	5	3	12	32
	RONNIE EARLE	6	2	3	0	2	5	1	19	38
ATTORNEY GENERAL	BARBARA ANN RADNOFSKY	17	5	6	2	4	12	7	37	90
COMMISSIONER OF THE LAND GENERAL OFFICE	BILL BURTON	17	5	6	0	5	14	7	46	100
	HECTOR URIBE	5	1	0	0	1	1	1	8	17
COMMISSIONER OF AGRICULTURE	HANK GILBERT	16	8	5	1	4	11	9	37	91
	RICHARD "KINKY" FRIEDMAN	6	3	1	2	2	4	4	25	47
RAILROAD COMMISSIONER	JEFF WEEMS	17	7	7	1	5	14	6	41	98
JUSTICE, SUPREME COURT, PLACE 5	JIM SHARP	17	7	7	1	3	15	7	47	104
JUSTICE, SUPREME COURT, PLACE 5	BILL MOODY	18	6	7	1	5	14	8	42	101
JUSTICE, SUPREME COURT, PLACE 5	BLAKE BAILEY	17	6	7	1	6	14	7	40	98
JUDGE COURT OF CRIMINAL APPEALS, PLACE 6	KEITH HAMPTON	18	6	7	1	4	15	6	37	94
STATE REPRESENTATIVE, DISTRICT 88	JOE HEFLIN	18	11	7	1	6	18	9	62	132
COUNTY JUDGE	ROSS D. SHARP	14	10	2	4	2	12	5	75	128
	DENNIS POOLE	16	12	7	0	7	11	8	26	87
DISTRICT CLERK	JOYCE HERRIDGE	22	14	8	2	11	18	10	78	163
COUNTY TREASURER	SHARLOT A. STONE	14	8	5	3	11	14	9	56	120
	TONY ISAACS	15	15	4	1	3	8	4	42	92
COUNTY COMMISSIONER, PRECINCT 1	RANDY ADCOCK		11	8					27	46
COUNTY COMMISSIONER, PRECINCT 4	JOE BELEW						16	13	32	61
JUSTICE OF THE PEACE	JANE JONES	21	15	8	2	11	20	13	86	176



Did you know that the Radiology Department at Cogdell Memorial Hospital uses the most up to date technology currently available? Our CT scanner is a GE LightSpeed VCT 64 Slice series. It can accommodate larger patients, has a faster rotation time for shorter breath holds, and a reduced need for sedation. The scanner allows our Radiologists to diagnose stroke patients within minutes of arrival into the hospital. Other added capabilities include:

- 3D reconstruction
- Calcium Scoring Tests
- Angiograms

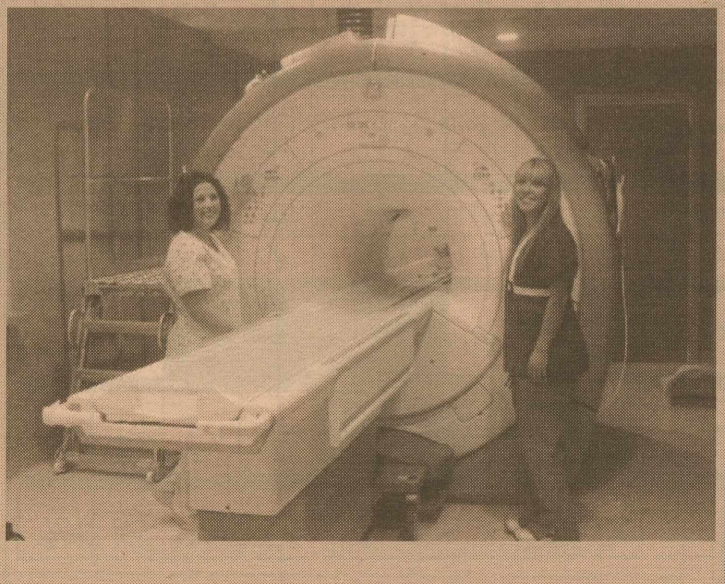
Our GE Signa Hde MRI system is the same model used to scan over 600 athletes in a two week span in the 2008 Beijing Olympic Games. Our digital MRI allows the performance of a wide and complex range of procedures such as:

- Abdominal and pelvic exams
- Angiographies
- MRA (Magnetic Resonance Angiography) of the head, abdomen and lower extremities.
- Brain, orbits, pituitary, IAC, spine, extremities and joints

Other services and exams include:

- 3D/4D and 3D/HD Ultrasounds
- General Radiography
- Bone Density
- Nuclear Medicine
- Mammography (Texas Department of Health Accredited and FDA Certified)
- General and Vascular Ultrasound

Outpatient services are available 8am-5pm Monday through Friday. Technologists are on-site or on call after hours and on weekends. For more information call 325 574-7441 or 325 574-7442.



Agricultural Conference Set for March 31 in Snyder

SNYDER - The Texas AgriLife Extension Service will conduct the multi-county Lower Rolling Plains Ag Conference from 8:30 a.m. to 4:30 p.m. on March 31 at the Scurry Coliseum located at 900 E. Coliseum Drive in Snyder.

The program will address a number of topics of interest to area producers, said Greg Gruben, AgriLife Extension agent in Scurry County.

"The program will touch on everything from cotton economics to quail management," Gruben said. "We want to provide the latest information available on topics affecting crop and livestock producers in this region, though much of the information is applicable almost anywhere in Texas."

Morning topics will include: Cotton Economics, Laws and Regulations, Weed Resistance to Herbicides - Why and How, and Grain Economics.

Following a catered lunch, the program will split into two concurrent sessions.

Session A presentations will be: Cotton Weed Management/Volunteer Cotton Management, Fertilizer Management-Goals for Economic Yields, Grain Sorghum Production and Integrated Pest Management Update.

Session B presentations will be: Providing Proper Supplementation with Available Forage, Individual Plant Treatment Recommendations for Invasive Range Plants, Quail Management Update, Forage Sorghums and Vaccination/Trichomoniasis Update.

Six Texas Department of Agriculture continuing education units will be offered (four general, one laws and regulations and one integrated pest management).

Also, persons needing a

Texas Department of Agriculture pesticide applicator's license can receive the necessary training from 9 a.m. to noon with the testing to follow at 1 p.m. For this training, RSVP by March 25 by calling 325-573-5423.

Individual registration for the conference is \$15 at the door (includes lunch).

For more information and to register, call the AgriLife Extension offices in Mitchell County at 325-728-3111, Nolan County at 325-235-3184 or Scurry County at 325-573-5423. Or call the integrated pest management entomologist's office at 325-236-9011.

AgriLife Extension offices involved with conducting the program are in Borden, Fisher, Garza, Mitchell, Nolan and Scurry counties.

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March 2010



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1 4-H Clothing Project, Home Ec Room, 3:33-9:00 Coyotes vs. Paducah BB Regional Ctr Finals @ Italeou 6:30 pm	2 4-H Clothing Project, Home Ec Room, 3:33-5:00	3 TAKS—4 th Writing; 7 th Writing; 9 th Reading; 10 th ELA; Exit Level ELA Youth Board Meeting in Conference Room	4 Sands Mustang JH Relays @ Ackerly Baseball Tourney @ Sundown, O'Donnell, 12:00; Crosbyton, 3:00	5 Sands Mustang HS Relays @ Ackerly ACT Registration Deadline for April 10 th Test Possible Boys' Playoff game	6 Plains UIL Meet Baseball Tourney @ Sundown, Denver City JV, 9:00; Sundown, 6:00 Possible Boys' Playoff game
7	8	9	10	11 Dragon JH Relays @ Dawson	12 Dragon HS Relays @ Dawson	13 Baseball @ Kress, 1:00 & 4:00 Blackland Divide HS Relays @ Roscoe
SPRING BREAK!!!!						
14 Daylight Savings Time Begins @ 2 a.m.	15 UIL CX Debate State Meet	16 Baseball @ Big Spring, Lamesa JV, 4:30; Big Spring JV, 7:00 CX Debate State Meet	17	18	19 Baseball @ Snyder (WTC), Albany, 5:00 (tentative) PROGRESS REPORTS	20 Piper HS Relays @ Hamlin
21	22 (Possible) OAP Community Performance 6:00 pm Golf @ Big Spring	23 Cool Clovers 4-H in Conf. Room 11:30-12: JH/HS 4-H in Conf. Room 12:30-1 Zone OAP @ Sands	24	25 CDE Judging Tarleton CDE Judging TTU Lubbock Roby JH Invitational @ Roby	26 CDE Judging WTAMU Canyon Roughneck HS Relays @ Sundown	27 * Baseball vs. Tahoka @ Snyder (Moffett), 2:00 CDE Judging Clarendon Roby HS Invitational @ Roby
28	29 Fun with 4-H after School 3:45-5 @ Show Barn JH District Track Meet @ O'Donnell Golf @ Lamesa	30 District OAP @ O'Donnell	31 District UIL LD Debate Meet-Wellman	* Denotes District Baseball Game March 8 th - 13 th Houston Stock Show (Lams & Goats) March 9 th - 12 th Houston Stock Show (Steers) March 15 th - March 19 th Houston Stock Show (Swine) March 18 th - March 26 th Star of Texas Fair, Austin April 1 - District UIL Meet - Loop		