

# Twin Co-Championships

## Dare to Live Without Limits By Bryan Golden

### **By Coach Richey**

The Borden County boys and Girls track teams shared a dream weekend together as both teams left Levelland, America sharing team titles in the Region I Division II-A track and field championships. The women tied Follett with 72 points apiece and the men tied district rival Grady with 74 points each. This is believed to be the first time in school history for a Borden County track team to win a regional title. This was truly an amazing weekend that when the dust was settled found the Coyotes and Lady Coyotes qualifying 7 boys and 8 young ladies for the State Track meet in Austin, which will take place during the weekend of the 10<sup>th</sup> and 11<sup>th</sup> of May.

The Boys and Girls both came away with team titles, but that is about the only similarity by which they accomplished this feet. The Lady Coyotes managed only 1 point in the field event portion of the meet as Hanna Forbes dropped from 2<sup>nd</sup> to 6<sup>th</sup> in a matter of a few minutes and then appeared to re-take one of the top spots only to have her best jump ruled a foul and ended a disappointing Long Jump for the Lady Coyotes as Hanna finished 6<sup>th</sup> with a jump of 15'7 ½ and Kalyn Massingill fin-

ished 8<sup>th</sup> with a jump of 15'2". That would be the only disappointment those two girls would have the remainder of the track meet. Hanna Forbes had one of the best days in Lady Coyote track history coming away with 3 gold med-als and in this inaugural Division II class season resulted in having 3 regional meet records. Individually, Hanna won the 300 hurdles in a ca-reer best time of 47.14, a race that she led from start to finish. Hanna will carry the fast-est qualifying time to Austin as well. Just before this race, Hanna joined Kalyn, Taylor Gass and classmate Teryn Soto in demolishing the field in the finals after coming into the fi-nals with the  $4^{th}$  fastest time. Hanna did not run in the pre-lims, Karly Etheredge ran in her place. The foursome of Hanna, Kalyn, Taylor and Teryn ran the second fastest time in school history running a region record time of 1:50.0. Before the final race of the day, Taylor Gass stepped on the track and ran a great 1600 meter run coming away with a silver medal and a trip two Austin with a time of 5:52.2. Moments later, Taylor would join Kalyn, Hanna and Tye Basquez in the final event for the girls' portion of the meet.

This foursome ran the fastest time in the prelims running a seasons' best 4:17.88 and needed to duplicate that effort or better to win the overall team championship. Kalyn got the girls off to a great start running a 64.62 out of the blocks followed by another solid leg by Tye as she touched off to Hanna running a 65.3 split. Hanna followed with a 62.08 to take the lead that Kalyn gave and Tye held and extended it to a large mar-gin. Taylor then begin her run toward what hoped to be a team title, but not before some drama would unfold. Happy, with their state qualifying 100 meter dash and 300 meter hurdler closed the gap and Grady with the 200/400 region champion also chasing. The Happy girl took the lead from Taylor with about 130 meters to go, but Taylor would not be denied, she battled back with a gutty effort to surge back in front, but now the Grady runner was closing in, with one more push Taylor was able to hold onto the lead running a 62.9 and giving the ladies the second best time in school history with a 4:15.78 and give the Lady Coyotes 72 points on the day. The only

(Continued to Page 3)

### Purpose

Just about everyone contemplates his or her purpose in life at some point. Some discover their purpose. Others struggle with searching for their purpose, never really satisfied they found it. Then there are those who go through life never giving much thought to what their purpose is.

what their purpose is. Some of the questions people ask themselves are: Who am I? Why am I here? What should I be doing? Where do I want to go? How do I get there? It's the answers to these questions that can lead one to their purpose.

Having a purpose and knowing what it is may be nice, but isn't essential for a meaningful life. It is possible to get so caught up seeking a purpose that you become distracted from maintaining a daily appreciation of what you have. You can be happy without knowing your purpose.

out knowing your purpose. You are unique. Whatever your purpose is, it's unique to you. Your purpose emanates from who you are, combined with what you like. Your purpose can't be based on someone else's purpose. Discovering your purpose requires a lot of introspection. It's possible your purpose may take you in a completely different direction from your current path. Rarely is someone's sense of purpose consistent over time. As you grow older, your perspective changes with experience and knowledge. Therefore, it's to be expected your purpose may shift as well. Don't allow this phenomenon to stress you. Go with your gut feel as to what works for you now.

Your purpose doesn't have to be astounding to be meaningful. Many seemingly mundane purposes have much more of an impact than would be expected. Ordinary endeavors have far reaching effects.

Everything you do to help others is significant. No action is too small. You never know how far your influence will ripple. Touching other lives is a noble purpose. Regardless of what work you are engaged in, it is more important than you realize.

From the sanitation worker, to the salesperson, to the teacher, to the doctor, to the parent, all are assisting others in one form or another. In spite of the varying amounts of education required, each person is providing a vital service. Whether or not any of the above believe they are living their life's purpose, each is es-

(Continued to Page 4)

2... The BORDEN STAR, Wed., May 1st, 2013

## **Borden County Coyotes Outlast O'Donnell to Earn District Championship**

### **By Coach Edwards**

Scoreboard operators were paid off. busy at O'Donnell on Thursday as Borden Co. Coyotes and O'Donnell combined for 22 runs. Borden County eventually won the offensive battle

14-8 in seven innings. The victory allows the Coyotes to share the district title with Ira as both teams finish at the top of the standings with a 10-2 record.

Borden County won the coin flip which gave the Coyotes the number one seed and a bye in the first round of the playoffs. Ira will be the two seed and Tahoka will be the three seed.

The Coyotes trailed 5-1 af-ter three innings of play, but closed the gap to 5-4 in the fourth inning. Then in the fifth inning, the Coyotes patience of the first saw the Coyotes take an early lead, 1-0. Steven Howard started the

"We started taking pitches because their pitcher was starting to fatigue a bit," Coach Edwards said.

"And it paid off with and explosive fifth inning." Everything was working at

the plate for the Borden County in the fifth. O'Donnell had no answer as the Coyotes scored eight runs.

Borden County went up for good on an RBI single by Mason Coor off <u>Rivas</u>, bringing home Hurricane Richter.

Jared Smith got the win for the Coyotes despite allowing eight runs over seven innings.

rally for Borden County with a single. A stolen base then moved Howard from first to second. Tanner Richey singled, scoring Howard.

O'Donnell answered Borden County top inning with two runs of its own in the first. O'Donnell scored on an RBI single by Candreva and an RBI single by Morales.

O'Donnell brought home three runs in the second inning, and matched that run total in the seventh. In the second, O'Donnell scored on an RBI single by Rivas, plating Castillo.

The Coyotes tacked on another two runs in the seventh. A passed ball scored Kurt Shafer to get Borden Co. Coy-otes Varsity on the board in the inning.



Steelie Sanders (center) was recently awarded theBuilt Ford Tough Scholarship. Presenting the award are Spike Dykes managers Lee Rogers (far left) and Tommy Brown.

## \$1,000 Built Ford **Tough-FFA Scholarship** Awarded to Local Youth

Steelie Sanders, a 2013 graduate of Borden County High School, has been awarded a \$1000 scholarship by Spike Dykes Ford and Ford Motor Company. Sanders' parents are Martin and LaWanda Sanders of Lamesa. Sanders plans to study at

Abilene Christian University. The Build Ford Tough-FFA Scholarship Program is designed to recognize FFA members' talents and accomplishments while encouraging their future academic achievements. The scholarship is one of 530 scholarships awarded by Ford

Division, Ford Motor Company Fund and Ford Dealers to FFA members who are high school seniors planning to attend col-lege in the fall of 2013, or current collegiate students. This program is a part of Ford's overall commitment to the National FFA Foundation.

Additionally, five National \$1,000 BFT-FFA Scholarships are being awarded on behalf of Ford Trucks as a special project of the National FFA Foundation.

Ford has supported the National FFA Foundation since the first F-Series truck was introduced in 1948, and has sponsored the Built Ford Tough collegiate scholarship program since 1997. To date, the program has awarded \$7,645,000 in schol-arships to 7,645 FFA members throughout the country. Ford knows the value of hard work, and believes that hard work should be rewarded. Educating aspiring young people to become the leaders of tomorrow is just another way of ensuring a successful future.

The National FFA Organization is a national youth organization of 557,318 student members as part of 7,498 local FFA chapters in all 50 states, Puerto Rico and the Virgin Islands. The FFA mission is to make a positive difference in the lives of students by developing their potential for premier leader-ship, persona growth and career success through agricultural education. The National FFA Organization operates under a federal charter granted by the 81<sup>st</sup> United States Congress and it is an integral part of public instruction in agriculture. The U.S. Department of Education provides leadership and helps set direction for FFA as a service to state and local agricultural education programs. For more, visit the National FFA Organization online www.FFA.org, on Facebook www.facebook.com/ nationalFFA, on Twitter http://twitter.com/nationalFFA and FFA Nation http://FFAnation.FFA.org.

## **District Champs!**



The Boden County baseball team defeated the O'Donnell Eagles last week which allows them to share the title with the Ira Bulldogs. Members and Coaches of the baseball team are (back row) Coach Edwards, Tanner Richey, Helio Rosales, T.J. Basquez, Michael Taylor, Steven Howard, Kurt Shafer, Coach Richey, (front row) Thomas Harrison, Jared Smith, Tristan Benavidez, Hurrikan Richter, Korbin Martinez, Mason Coor and Jordan Martinez

(Continued from Page 1)

thing left was to see where Anton and Follett finished. If Anton finished 4th and Follett finished 6th then there would be a three way tie for first. If they finished better, then the Ladies would be out of luck. Anton finished 5th, but Follett managed to scratch out the 6<sup>th</sup> spot and as a result they shared the title with the Lady Coyotes. Earlier in the day, the Lady Coyotes got a very valuable point from Tatum Richey who was running both hurdle races in the finals. Tatum looked poised to come away with the bronze medal in the 100 hurdles before hanging a trail leg derailed those dreams, but she managed to finish in 6<sup>th</sup> place in a time of 18.03 and a very valuable point. In the 300's, she hit the last hurdle and just missed scoring as she finished 7<sup>th</sup> in a time of 54.08. Zoie Key also participated in her first regional track meet in the 3200 meter run finishing 10<sup>th</sup> in a time of 14:44.2. Teryn Soto also high jumped, but al-though she finished with the same clearance as the 4<sup>th</sup> place contestant she finished 7<sup>th</sup> on previous misses.

The first race of the day on Saturday may have very well set the tone for the 71 points that the Lady Coyotes scored on the day as the foursome of Cheyenne Tucker, Teryn Soto, Kalyn Massingill and Karly Etheredge came into the 400 relay sitting in 5<sup>th</sup> place, but that was with some bad handoffs on Friday. Saturday, these young ladies cleaned up the hand-offs and as a result dropped their time to a season's best time of 52.48 in just missing the automatic qualifying position by finishing with a bronze medal with their third place finish. After looking at the other three regions however, this group will get to continue their season as they will garner the wildcard spot and run in Austin.

The boys on the other hand took a different approach, unlike the girls who scored 71 of their 72 points in running events, the boys tallied 39 of their 74 points in field events. 38 of those coming in the throwing events alone, with the other point coming in the first field event of the track meet the

boys Pole Vault. Riley ning for Tanner Richey in the Herridge cleared a personal prelims and Korbin Martinez best height of 10'6" to come away with 6<sup>th</sup> place. While Riley was vaulting, Matt Roberson and TJ Basquez were throwing the discus. For five of six throws it appeared that Matt and TJ would go 1-2 in this event, but TJ was passed on the next to last throw and then was unable to regain the second spot and finished a disappointing 3<sup>rd</sup> place with a throw of 135'11", which was a foot shy of the second place several runners in finishing 5<sup>th</sup> throw and then it would later be discovered a couple of feet shy of the wildcard position as well. Meanwhile, Matthew would have a region record with his throw of 143'3" in winning the event, giving the Coyotes 16 big points. These two young men would be joined by Helio Rosales Saturday morning competing in the shot put. TJ and Matt have gone back and forth all year and they would do so again at Regional. Matt having issues staying in the ring was forced to front his throw and with that he managed to put the shot 48'1". Meanwhile, Helio was having the best throws of his career and with his throw of 44'2" Helio would finish 4th place and score 4 big points for the Coyotes. TJ on the other hand, started putting together some good throws and in the end TJ would come away with several solid throws over 49' and would settle for a region record throw of 49' 5  $\frac{1}{4}$ " in winning the event. With a 1-2-4 finish the Coyotes came away with 22 points to finish the field events and head into the running events with a lead in the overall race with 39 points. The Coyotes narrowly missed adding some running event points as the foursome of

Steven Howard, Matt Ham,

Jared Smith and Tristen

Benavidez ran a seasons best

time in the 400 relay at 46.30

to miss the finals by a hun-

dredth of a second. Jordan Martinez ran the 3200 and he

finished just out of the points

with an 8<sup>th</sup> place finish in a time of 11:42.1. Matt Proulx quali-

fied for the finals in the 400,

but with the mile relay quali-

fying for the finals with Matt

Ham, Proulx, Jared Smith run-

we elected to not run Proulx so that he would be fresher for the mile relay knowing that we would most likely need to be third and run a great time in hopes of getting the wildcard.

Before we get to the mile relay, the Coyotes had some business to tend to, and the first order of business was Korbin Martinez in the 800

place for two huge points in a career best time of 2:07.57. Next Tanner Richey would take to the track with the hopes of getting back to Austin in an event he qualified in the year before, the 110 high hurdles. Also in the race was Kurt Shafer, making his region debut. Kurt, ran a seasons best time of 17.28 in finishing 6<sup>th</sup> place and again a big point for Borden County. Richey, who finished second at the Area meet nursing some sore ham-

(Continued to Page 6)



The Borden Coyotes won co-champions of this past weekends Regional track meet in Levelland. The Coyotes tied with Grady scoring 74 points in the meet. Pictured are (left to right) Coach Skelton, Matt Ham, Riley Herridge, Korbin Martinez, Matt Proulx, Jordan Martinez, Tristan Benavidez, Helio Rosales, Tanner Richey, Matt Roberson, T.J. Basquez, Kurt Shafer, Jared Smith, Steven Howard and Coach Richey



The Borden County girls track team stands with the champions trophy at last weekends Regional track meet held in Levelland. They were cochampions with Follet. Pictured are (left to right) Coach Richey, Cheyenne Tucker, Zoie Key, Taylor Gass, Teryn Soto, Hanna Forbes, Tye Basquez, Kalyn Massingill, Tatum Richey Coach Skelton and Karly Etheredge

### School Lunch Menu

### May 6-10, 2013

Menu Subject to Change

**Monday -NO SCHOOL** Tuesday - Breakfast:French Toast, Fruit Juice and Milk.

Lunch: Chicken Nuggets, Garden Salad, Baby Carrots, Frech Grapes, Breadstick, and Milk;

Wednesday - Breakfast: Cereal, Fruit Juice and Milk. Lunch: Pizza Dipper, Baked Beans, Tomato & Cucumber Cup, Mandarin Oranges and Milk.

Thursday - Breakfast: Biscuit & Ham, Fruit Juice and Milk. Lunch: Burrito, Oven Fries, Grash Veggie, Fruity Gelatin and Milk.

Friday - Breakfast: Muffin, Fruit Juice and Milk. Lunch: PB&J Sandwich, Garden Salad, Baby Carrots, Apple Slices and Milk.

### \*\*\*\*\*\*

-In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age. or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW Washington, D.C. 20250-9410 or call (800)795-3572 or (202)720-6382 TTY). USDA is an equal opportunity provider and employer.



The Borden Star (USPS or PUBLICATION No. 895-520) is published weekly except Christmas and New Year's week for \$12.00 per year by the Borden Star, PO Box 137, Gail, Texas, POST-MASTER: Send Change of Address to the Borden Star, PO Box 137 Gail, Texas 79738.



### Active Children Need Adequate Nutrients

With warmer weather, many children will become involved in more outdoor activities and sports. During this time it is important that they receive sufficient calories and nutrients to support growth and development. In order to get nutrients that are essential for health, a child's total diet should contain a variety of selections from all the food groups. It is impor-tant to understand that no one food contains all the needed nutrients. If your child only eats hot dogs or hamburgers, you need to incorporate more nutritious foods into their diet to promote normal growth and well being.

Vitamins are probably the most famous group of nutrients. Choosing vitamin-rich fruits and vegetables can make a big difference in your child's over-all health and should be included in any child's daily diet. Having fresh fruit or vegetable snacks is one way of making sure that your child is getting enough servings per day. Chil-dren often find raw fruits and vegetables cut up in fun shapes or with yogurt or ranch dip more appealing than when cooked and served with meals. The recommended servings are 2-4 of fruit and 3-5 of vegetables each day, however, getting at least five servings of fruits and vegetables each day is a good goal to set for your child.

Fruits and vegetables also provide a good source of carbohydrates, which provide energy. However, the best sources of carbohydrates include grains and cereals. Carbohydrates are an important part of a child's diet, especially and active child. Calcium and iron are two

very important minerals that children need to get from their diet. Children need to keep iron stores for periods of rapid growth, stress, injury, or illness. Growing children also need more iron for their size because

they have a higher metabolic rate. Good sources of iron include dried fruit, red meat, whole grain foods, leafy green vegetables, breads and cereals.

Calcium helps to build strong bones and teeth and is essential during this rapid stage of growth. The best sources of calcium include milk and other dairy products (cheese, yogurt, or ice cream), dried beans and nuts, green leafy vegetables and canned fish with bones (salmon).

Protein is another nutrient that is necessary for not only growth but also for building, repairing, and replacing body cells, tissues and enzymes. Some examples of protein-rich foods include fish, poultry, beef, pork, eggs, milk products, dried beans, peas, and some vegetables.

Fat is another nutrient worth mentioning because it provides almost twice as many calories as carbohydrates and protein. Besides providing energy, fats contain essential fatty acids that children need for healthy skin and proper development. Fats give certain foods flavor and do provide some vitamins necessary for health but should be consumed in moderate amounts.

When planning your child's diet, always consider balancing what they eat with a wide variety of foods. Even though some children don't accept new foods into their diets, continue to expose them to new foods. Food habits that are formed now will affect how they decide food choices as adults. A healthy child will grow to become a healthy adult.

If you would like more information about nutrition and servings of foods, please contact the Extension office at (806)756-4336. NOTE: The information in this article also pertains to older youth and adults.

Dare to

Live ...

(Continued from Page 1)

sential to society. Every person makes a difference.

A purpose can be short term or long term. A short-term purpose motivates you for a finite period of time, until a particular goal is reached. For example, a student has graduation as a short-term purpose. While they are in school, getting the diploma is their moti-vation. Upon commencement, the student's purpose changes to something else.

A long-term purpose drives you for a lifetime. It is always there guiding you. It's the main current of your existence. Any deviation from your longterm purpose causes significant frustration. A long-term purpose is what you were born to do.

To discover your purpose, think of what it is you would be doing if you didn't need to get paid. How would you spend your time if money did not matter? Don't limit your thoughts with concerns about reality. This is just an exercise to identify what really motivates you.

Identifying your purpose enables you to use it as a guide. You don't have to turn your life upside down. When you are facing choices, knowing your purpose can help you decide which direction to go.

It's great if you understand your purpose. If you can't come up with a purpose, it's OK. A purpose is not a prerequisite for living a happy, satisfying life. Even if you don't have a purpose today, something may reveal itself in the future.

Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com. Ó 2006 Bryan Golden



### **BORDEN COUNTY 4-H** P.O. Box 155 or 140 East Wilbourn, Gail, TX 79738 806)756-4336 julie.smith@agnet.tamu.edu http://borden.agrilife.org Facebook: Borden County Extension and 4-4 From Add April & Enteriors Service in cases to a particle without report to a

### **Borden County 4-H Wins at District** Livestock Judging

Borden County 4-H has place.

been practicing livestock judging for the past several months; 4-Hers learn how to properly evaluate livestock such as beef, swine, sheep and goats. 4-Hers competed on April 20, 2013 in Lubbock at Texas Tech for district competition. 4-Hers competed against over twenty counties and over 200 contestants. 4-Hers from Borden County participating this year throughout the learning process were: Myka Blissard, Colbin Briley, Madison Cole, Kenley Dean, Brooklyn Gray, Hayley Gray, Katie Gray, Tan-ner Harrison, Tatum Harrison, Paige Holbrooks, Kaci Hudson, Rayme Jones, Riley Lewis, Trent Lewis, Payton Merket, Erin Nix, JW Nix, Thomas Nix, Morgan Oaks, Ashlyn Tucker and Kennedy **Fucker**.

### **Junior Division**

Beef: Team placed 2nd-Erin Nix-2nd place; Colbin Briley-3rd place; Brooklyn Gray-8th place and Kaci Hudson-15th

Sheep and Goats: Team placed 7th-Colbin Briley-9th place.

Swine: Team placed 2nd-Trent Lewis-6th place; Erin Nix-7th place and Brooklyn

Gray-13th place. Overall: Team placed 2nd high team-Erin Nix-3rd place; Colbin Briley-6th place and Brooklyn Gray-10th place. Intermediate Division

Beef: Team placed 1st-Madison Cole-6th place; Paige Holbrooks-7th place; J.W. Nix-9th place and Hayley Gray-10th place.

Swine: Team placed 6th-Katie Gray-9th place and Rayme Jones-11th place.

Sheep and Goats: Team placed 6th-Madison Cole-4th place and Rayme Jones-7th place.

Overall: Team placed 4th-JW Nix-6th place; Madison Cole-11 place; Rayme Jones-13th place and Katie Gray-15th place.

**4-H Livestock Judging** 



The Borden County 4-H Livestock judging team recently competed in the district meet. Those attending are (back row left to right) J.W. Nix, Thomas Nix, County Agent-Cody Hill, Paige Holbrooks, Hayley Gray, Avery Price, Katie Gray, Madison Cole, Myka Blissard, Kaci Hudson, (front left to right) Colbin Briley, Riley Lewis, Brooklyn Gray, Trent Lewis and Erin Nix.

The BORDEN STAR, Wed., May 1st, 2013...5



Mrs. Smith's 4th grade class had an exciting visit with county resident, Philena Farmer and her service dog, Moya last Friday. Moya helps Ms. Farmer with with balance.

## Service Dog, Moya, Visits 4th Grade

Morghan Oaks, granddaughter of Philena Farmer, had a special visitor on Monday. YaYa and her service dog, Moya, came to visit Morghan's fourth grade class.

Ms. Farmer showed the class how Moya responded to verbal commands, and answered questions about her training. Moya, a German Shepherd, came to Ms. Farmer from Colorado, where she was trained to help Ms. Farmer with her balance. Ms. Farmer grasps Moya's tall harness handle as she verbally commands the dog to turn left, right, stop and sit. Moya accompanies Ms. Farmer to O'Donnell High School each day where she teaches Math. Moya stays on a blanket beside Ms. Farmer's desk throughout the day.

Mrs. Smith's fourth grade students were amazed at how well trained she was. They were impressed to learn that Moya only goes to the bathroom twice a day: morning and evening. Fourth graders might benefit from a visit to the service dog training facility.



SEEDS FROM THE SOWER Michael A. Guido, D.D. Metter, Georgia

A tourist noticed a man sitting by the ruins of a home that had been blown away by the winds of a tornado. Puzzled he asked, "Was this your home?"

"Yep," he said

"Any of your family blowh away with it?" the tourist continued.

"Yep. My wife and kids," came the reply,

"My goodness, why aren't you out looking for them?" the stranger wondered.

"Well, the wind is due to change in a moment," he said, "so I might as well wait right here until it brings them back."

For some, it is easier to wait than to work. It is more convenient to pause than to pursue. It is easier to ponder than to push.

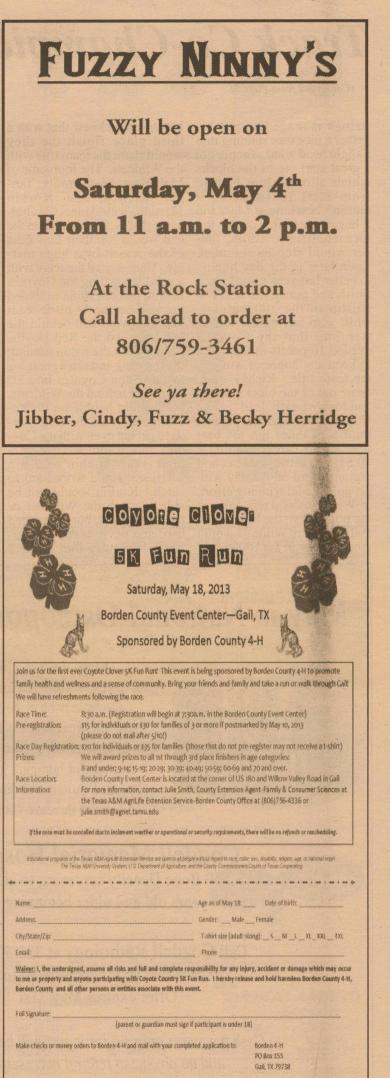
God will not do for us what we can do for ourselves. He will never give His best if we sit and wait when He has given us skills and talents to use to His glory. We must work as though everything depended on us and pray as though everything depended on Him.

> Thought for

the Day

Visit us at: SowerMinistries.org

God warns us that seeking our own brand of contentment apart from Him is futile, for "the bed is too short to stretch out on, the blanket too narrow to wrap around you." -Marsha Crockett



## Track Co-Championships...

(Continued from Page 3)

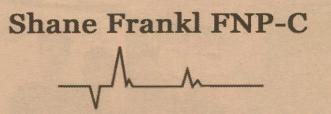
gether a nice race running into a slight head wind. Tanner got a great start out of the blocks which allowed him to lead from start to finish in a season's best time of 14.99 and a huge relief after qualifying for a return trip to Austin. Tanner would step on the track again later in the day hoping to better last year's third place finish and punch his ticket to Austin in the 300 hurdles, while also having the understanding that the Coyotes needed 10 points in the event to keep any hopes of winning the team title. Richey again came out of the blocks strong and took an early lead that he would not relinquish at the first hurdle. Tanner ran his best time of his career running a 40.61 and setting his second region record on the day with his gold medal winning effort.

With one event remaining in the track meet, the boys knew that the Grady Wildcats would

third place finish the they would share the team title with the Wildcats. The foursome of Matt Ham, Matt Proulx, Tanner Richey and Korbin Martinez would meet the challenge that faced them and in the end would run their best time of the season by a huge margin. Ham started the relay with a solid leg setting the Coyotes in third place. Proulx extended the lead on the 4<sup>th</sup> place team but they were still behind the Wildcats and the Red Devils. Richey took the baton running the third leg and ran a great leg to move the Coyotes into 2<sup>nd</sup> place just behind the Wildcats, but a slight bobble on the exchange allowed the Red Dev-ils to get out even with the Coyotes and in turn gave them a lead that anchor Korbin Martinez would work hard to catch. Korbin would not be able to catch the Wildcats or the Red Devils, but he worked

strings managed to put to- but they also knew that with a would be huge as the Coyotes managed a seasons best time of 3:35.75. With this time it was discovered moments later that they would grab the wildcard position and would in turn make the first ever relay from Borden County to run in Austin at the State Track meet.

All in all, what a great week and weekend, on Thursday the Coyotes grabbed a share of the District Baseball title and then won the flip for the number one seed and then the men and women track teams competed amazingly all weekend long and as a result 8 girls and 7 boys will be making a trip to Austin. Congratulations to each and every one of these young Coyotes and Lady Coyotes. What a dream weekend, that will always be remembered by each and every one who competed and watched the magic unfold. God is good, thank you all for your support for the Coyote athletes. Hope hard and never quit. This ef- to see you all in Austin, take most likely win the 1600 relay, fort all the way thru the end care and God bless you all, TR



**Biodentical Hormone Replacement Therapy** Thyroid / Adrenal / Sex Hormone Deficiencies **Preventative Medicine** 

O'Donnell, TX 79351 822 Baldrige Phone: 806-428-3555 Fax: 806-428-3565 Email: info@shanefranklfnp.org www.shanefranklfnp.org



10 N BROADWAY: POST, TX EMAIL: CASEV@RUSHREALTORS.COM

PHONE: 806-549-2103 WWW.RUSHREALTORS.COM

2/2 1,721 sq. foot house, Gail, Tx. \$60,000.00 must be moved 57 acres of grass, Post, Tx. \$60,000.00 \*\*\*\*\* 550 acres of pasture, Snyder, Tx. good hunting, \$830.00 an acre \*\*\*\*\* 1492 state hwy. 207, Ralls, Tx.

4/4, 4435 sq. ft. house on 6.57 acres \$326,000.00

\*\*\*\*\*

711 W. 13th, Post, Tx. 4/2 1,262 sq. ft. residence \$56,000.00

\*\*\*\*\*\*

509 W. 7th., Post, Tx. 3/2, 1,456 sq. ft. residence

\$80,000,000 \*\*\*\*\*

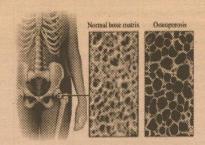
516 W. 8th, Post, Tx.

3/1 1,371 sq. ft. residence

\$85,000.00

510 CR 280 #A. Post, Tx. 5/3 2,892 sq. ft. residence on10 acres \$191,000.00

## May is National Osteoporosis Month



Osteoporosis is a disease of the bones. It happens when you lose too much bone, make too little bone or both. As a result, bones become weak and can break from a minor fall or, in serious cases, even from simple actions, like sneezing or bumping into furniture. There are also, medications and diseases that can cause bone loss and increase your risk of osteoporosis.

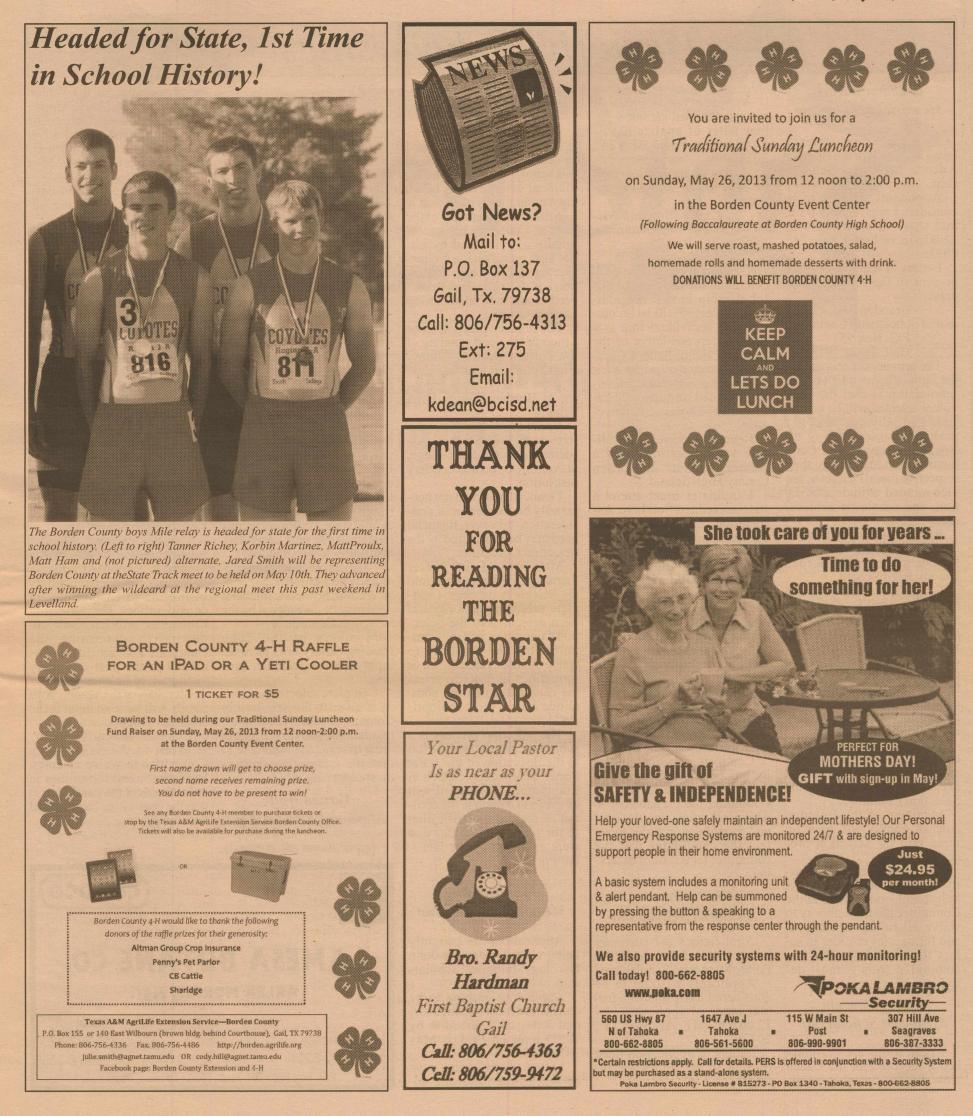
### **Cogdell Memorial Hospital**

is offering a \$50 Bone Density screening to all men and women age 50 years old and older beginning May 1st

> Call Cogdell Radiology at 325/574-7441 to schedule your appointment today! Offer expires May 31st

Cash payments only, no insurance will be filed, and no physician referral necessary

The BORDEN STAR, Wed., May 1st, 2013...7



## **Memorial Scholarships**

### **Brandon** Adcock **Memorial Scholarship**

Applications are currently being accepted for the Brandon Adcock Memorial Scholarship

Applicants wishing to be considered must submit a formal letter of application by 12:00 p.m. on Friday, May 24<sup>th</sup>, 2013

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 individual that is a positive representative of the Borden County School Community as evidenced by their respective moral character, service-minded attitude, dedication, and scholastic achievement.

Recipients must be a candidate for graduation or be a former graduate of Borden County High School.

Candidates must attend a state-accredited/Southern Association accredited college, university, or post-secondary institution to be eligible for consideration. The Selection Committee will have sole authority to determine the candidate's eligibility status related to the post-secondary institution to be attended.

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

Members of the Brandon Adcock Family will have no input into the selection process.

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

### **Caden** Nowlain **Memorial Scholarship**

Applications are currently being accepted for the Caden Nowlain Memorial Scholar-

### ship. Applicants wishing to be considered must submit a for-P.O. Box 95 mal letter of application by

12:00 p.m. on Friday, May 24th, 2013 Letters of application must

be sent to the following address: Caden Nowlain Me-

morial 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 individual that is a positive representative of the Borden County School Community as evidenced by their respective moral character, service-minded attitude, dedication, and scholastic achievement.

Recipients must be a candidate for graduation or be a former graduate of Borden university, or post-secondary County High School.

Candidates must attend a state-accredited/Southern Association accredited college, university, or post-secondary institution to be eligible for consideration. The Selection Committee will have sole authority to determine the candidate's eligibility status related to the post-secondary institution to be attended.

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

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

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

### J. Pat Porter **Memorial Scholarship**

Applications are currently being accepted for the J. Pat Porter Memorial Scholarship.

Applicants wishing to be considered must submit a formal letter of application by 12:00 p.m. on Friday, May 24th,

2013. Letters of application must be sent to the following address:

### J. Pat Porter Memo- dress:

Gail. Texas 79738

The primary criteria used to determine the recipient of this scholarship is that the individual selected will be an outstanding individual that is a positive representative of the Borden County School community as evidenced by his/ her high moral character, service minded attitude, dedication and determination to succeed along with maintaining passing grades.

Potential recipients must be a member in good standing of the current Borden County High School graduating class or must be a previous graduate of Borden County High School.

state-accredited/Southern Association accredited college, institution.

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

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

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

### John Harding **Memorial Scholarship**

Applications are currently being accepted for the John Harding Memorial Scholarship

Applicants wishing to be considered must submit a formal letter of application by 12:00 p.m. on Friday, May 24<sup>th</sup>, 2013.

Letters of application must be sent to the following ad-

John Harding Memorial Scholarship Committee P.O. Box 95

Gail, Texas 79738

The primary criteria used to determine the recipient of this scholarship is that the individual selected will be an outstanding individual that is a positive representative of the Borden County School Community as evidenced by their respective moral character, service-minded attitude, dedication, and participation in school activities as a student of Borden County High School.

Recipients must be a candidate for graduation or be a former graduate of Borden County High School.

Candidates must attend a Candidates must attend a state-accredited/Southern Association accredited college, university, or post-secondary institution to be eligible for consideration. The Selection Committee will have sole authority to determine the candidate's eligibility status related to the post-secondary institution to be attended.

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

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

Complete selection authority is given to the Scholarship committee to waive all rules. regulations, and formalities in order to select the candidate(s) that the committee feels is most deserving.

### Vernon Wolf **Memorial Scholarship**

Applications are currently

being accepted for the Vernon Wolf Memorial Scholarship.

Applicants wishing to be considered must submit a formal letter of application by 12:00 p.m. on Monday, May 24<sup>th</sup>, 2013.

Letters of application must be sent to the following address:

Vernon Wolf 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 a resident of Borden County that is a positive representative of the Borden County School Community as evidenced by their moral character, dedication to maintaining good grades, and participation in school activities as a student of Borden County High School. Financial need will also be considered in this selection process.

Recipients must be a candidate for graduation of Borden County High School.

Candidates must attend a state-accredited/Southern Association accredited college, university, or post-secondary institution to be eligible for consideration. The Selection Committee will have sole authority to determine the candidate's eligibility status related to the post-secondary institution to be attended.

Members of the Vernon Wolf family will have no input in the selection process.

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

