

The Borden Star

Borden ★ Dawson ★ Garza ★ Howard ★ Lynn ★ Scurry

Volume XXXVIII

March 19, 2014

High School and Jr. High Track Teams Successful at Borden County Meet

By Coach Richey

The Borden County men managed to defend their 2013 title for the Borden County Relays by easily outscoring the O'Donnell Eagles in the varsity boys division 126.5 to 107 and Meadow in the JV boys division 127 to 71. The Coyote dominance on the evening for the men was seen in all three relays as both groups won every relay.

On the varsity side the foursome of Matt Ham, Corbin Sumners, Hunter Jones and Tristen Benavidez won with a time of 46.62. This same group also won the 800 relay with a season best time of 1:38.17. Ham joined Matt Proulx, Korbin Martinez and Colby Pennell to easily outdistance the field in winning the final race of the evening the 1600 relay in a time of 3:49.98. Also medaling for the varsity boys was Hunter Jones in winning the long jump with a career best leap of 19'7". Korbin Martinez won the 800 with a season best 2:09.61, and then followed that with a silver medal in the 300 hurdles with a time of 44.87. Matt Proulx finished a close second in the 400 with a time of 54.40, while

Corbin Sumners finished 3rd in the 200 with a career best 23.50. Jordan Martinez making his 2014 debut finished second in the 3200 with a time of 12:20.0. Diego Bernal threw a season best 38'1" in the shot put to finish 3rd.

In the JV boys division the relay foursome for all three relays won all three in convincing fashion, this group of Jayton Lewis, Nathan Souder, Riley Herridge and Steven Carrillo had winning times of 48.65 in the 400 relay, 1:42.84 in the 800 relay and 4:03.2 in the 1600 relay. Herridge also won the pole vault tying a career best of 10'6" while Robert Jordan finished second at 9'6" and second in the 800 with a time of 2:32.2. Jacob Phinizy making his season debut finished with the bronze in the 400 with a time of 65.82. Joel Andrade finished 3rd in the discus with a throw of 94'10" and first in the shot with a put of 35'1". Jayton Lewis finished second in the long jump at 17'7" and third in the triple jump at 36'4". On the girls side, Taylor Gass finished 2nd in the long jump with a 15'2" and 2nd in the 800 and 1600,

while Tatum Richey finished 3rd in both hurdle races to round out the medals for the Coyotes and Lady Coyotes on the evening.

The Borden County Junior High boys and girls track teams both finished runner-up in the Coyote relays Thursday. The Girls finished a distant second to Lubbock Christian Junior high as the LCJH girls' team tallied 157 points to the home town Lady Coyotes 88.

In the boys division, it came down to the 1600 meter relay and the Anton Bulldogs managed to outdistance the young Pups to take the title with a 98 to 93 advantage. Some of the top performances for the Pups during the meet were the 400 meter relay and 800 meter relay teams as they both garnered the gold medal. The 400 relay team consisted of Brian Torres, Payton Merket, Nick Proulx and Ryan Wilborn with a time of 49.98. Torres, Merket and Wilborn were joined by Morgan Wilson who also won the 2400 (9:42.09), in winning the 800 meter relay with a time of 1:48.21.

(Continued to Page 2)



Dare to Live Without Limits

By Bryan Golden

Being Overwhelmed

The proverbial straw that broke the camel's back is an illustration of what can happen when you feel overwhelmed. Each straw by itself is irrelevant. Yet the cumulative weight of enough straw can be unbearable.

Life's events can have the same cumulative impact as the straw. Most situations, by themselves, are manageable. But when you are faced with one problem after another, before you have a chance to resolve each one, it's easy to feel overwhelmed.

Situations can also pile up gradually because of your inattention or failure to deal with them as they occur. Then, seemingly out of nowhere, you become overwhelmed. In this scenario, you don't realize what's happening until everything becomes a crisis.

So, you can become overwhelmed because of circumstances beyond your control that occur quickly or simultaneously. Or you can become overwhelmed because you neglect to handle situations as they arise. Each scenario requires a slightly different strategy.

When events occur non-stop and without letup, often the first reaction is to panic and freeze. Not knowing what to do first, you try to juggle ev-

erything at once while feeling as if you are about to lose your balance at any moment.

The key to dealing with this situation is to prioritize. Since you can only address one issue at a time, you have to decide which circumstances require immediate attention. Sometimes, it seems as if everything is critical. But you, nevertheless, have to pick a starting point for your attention.

Unfortunately, the most critical situation is usually the most difficult to deal with. So, human nature being what it is, people will tend to address one of the least important issues because it's easier. However when you neglect the most critical situation, it will quickly worsen. With enough neglect, a situation will get to a point where it is out of control and the window of opportunity to take corrective action has passed.

For example, the roof on Debra's house has started to leak. Additionally, her car needs an oil change, the kitchen has to be painted, she needs new clothes for a party in three weeks, her son is doing poorly in school, she has a painful tooth ache, and the company she works for is being sold in six months.

(Continued to Page 4)

Borden County Track Results...

(Continued from Page 1)

Wilson, Wilborn and Merket were joined by the silver medal winning Proulx from the 300 hurdles (51.29) in the bronze medal winning 1600 relay with a time of 4:28.68. Also medaling on the day for the Pups was Ryan Wilborn winning the Long Jump with a jump of 17'1 1/2", while Braxton Barnes rounded out the medal winners as he finished with the bronze medal in the shot put with a throw of 35'6".

On the girls' side, medaling for the up and coming young lady Coyotes were the distance trio of Emma Key, Maddie Cole and Paige Holbrook as they finished 2-3-4 in the 2400. Katie Gray won the 800 meter run in impressive fashion with a time of 2:42.90, while all three relays medaled for the Lady Coyotes. The 400 relay team of Ashlyn Tucker, Braylee Walker, Preslea Hall and Rayme Jones finished 3rd (57.03), while Tucker, Walker and Hall were joined by Emma Key for another bronze medal in the 800 relay with a time of 2:03.43. Jones rejoined Hall and Walker along with Key to help this group finish second in the 1600 meter relay with a time of 4:47.96. Preslea Hall finished second in the long jump to receive a silver medal (13'10 1/2") and Brooke Swaffar finished 3rd in the shot put for the bronze medal (26'7 1/2"). These young men and women will be back in action Monday the 24th of March at the Double Mountain Relays in Aspermont.

Results are as follows:

High School Results

Var. Boys Division

Tristan Benavidez: 400 M Relay-1st-46.62; 800 M Relay-1st-1:38.17.

Matt Ham: 400 M Relay-1st-46.62; 800 M Relay-1st-1:38.17; 1600 M Relay-1st-3:49.9.

Michael Taylor: Shot Put-no mark; Discus-no mark.

Matt Proulx: 400 M Run-2nd-54.40; 800 M Relay-1st-3:49.9.

Korbin Martinez: High Jump-6th-5'2"; 800 M Run-1st-2:09.6; 300 Hurdles-2nd-44.87; 1600 M Relay-1st-3:49.9.

Colby Pennell: 200 M Dash-25.5; 1600 M Relay-1st-3:49.9.

Hunter Jones: High Jump-4th-5'4". Long Jump-1st-19'7"; 400 M Relay-1st-46.62; 110 Hurdles-5th-19.09; 800 M Relay-1st-1:38.17.

Corbin Summers: High Jump-5'0"; Long Jump-17'7"; 400 M Relay-1st-46.62; 800 M Relay-1st-1:38.17; 200 M Dash-3rd-23.50.

Deigo Bernal: Shot Put-3rd-38'1"; Discus-no mark.

JV Boys Division

Riley Herridge: 400 M Relay-1st-48.65; 800 M Relay-1st-1:42.84; 1600 M Relay-1st-4:03.2; Pole Vault-1st-10'6".

Nathan Souder: Shot put-no mark; Discus-no mark; 400 M Relay-1st-48.65; 800 M Relay-1st-1:42.84; 1600 M Relay-1st-4:03.2.

Robert Jordan: 800 M Run-2nd-2:32.86; Pole Vault-2nd-9'6".

Joel Andrade: Shot Put-1st-35'1"; Discus-3rd-94'10".

Jayton Lewis: Long Jump-2nd-17'7"; Triple Jump-3rd-36'4"; 400 M Relay-1st-48.65; 800 M Relay-1st-1:42.84; 1600 M Relay-4:03.2.

Caelan Thuett: Shot Put-no mark; Discus-no mark.

Steven Carrillo: 400 M Relay-1st-48.65; 800 M Relay-1st-1:42.84; 1600 M Relay-1st-4:03.2.

Dylan Murphy: 3200 M Run-4th-13:33.64.

Var. Girls Division

Laura Phinzy: 100 M Dash-no time; 200 M Dash-no time.

Zoie Key: 3200 M Run-DNF injured.

Tatum Richey: Long Jump-4th-14'9"; Triple Jump-4th-30'7"; 300 M Hurdles-3rd-58.1; 100 M Hurdles-18.58.

Kylee Dean: 400 M-74.21.

Taylor Gass: Long Jump-2nd-15'2"; 800 M Run-2nd-2:39.1; 1600 M Run-2nd-6:13.5.

Sydney Jordan: 200 M Dash-32.82.

JV Girls Division

Hayley Gray: Shot Put-no mark; Discus-no mark.

Lexi Cheatham: Shot Put-no mark; Discus-no mark.

Maddie Benavidez: Shot Put-no mark; Discus-no mark.

Jamayleigh Gray: Shot Put-no mark; Discus-no mark.

Jr. High Results

Boys Division

Braxton Barnes: Shot Put-3rd-35'6"; Discus-6th-96'1".

Brian Torres: 400 M Relay-

1st-49.98; 800 M Relay-1st-1:48.21.

Thomas Nix: 800 M Run-6th-2:46.04.

Kable Kleck: Discus-no mark; Shot Put-no mark; 100 M Dash-no time.

Clayton Addison: Discus-no mark; Shot Put-no mark; 100 M Dash-no time.

Ryan Wilborn: 1600 M Relay-3rd-4:28.68; Long Jump-1st-17'1 1/2"; Triple Jump-no mark; 400 M Relay-1st-49.98; 800 M Relay-1st-1:48.21.

Morgan Wilson: 1600 M Relay-3rd-4:28.68; 2400 M Run-1st-9:42.06; Long Jump-6th-15'7 3/4".

Payton Merket: 1600 M Relay-1st-4:28.68; 800 M Relay-1st-1:48.3; Long Jump-4th-15'10 3/4"; 400 M Relay-1st-49.98.

Riley Lewis: 400 M Run-73.3; Long Jump-no mark.

JW Nix: 800 M Run-8th-2:47; 100 M Dash-no time.

Tanner Harrison: Shot Put-no mark; Discus-no mark.

Girls Division

Paige Holbrook: 2400 M Run-4th-10:33.57; 1600 M Run-6th-7:07.

Preslea Hall: Long Jump-2nd-13'10 1/2"; 400 M Relay-3rd-57.03; 800 M Relay-3rd-2:03.43; 1600 M Relay-2nd-4:47.96.

Brayler Walker: 400 M Relay-3rd-57.03; 800 M Relay-3rd-2:03.43; 1600 M Relay-2nd-4:47.96.

MJ Van Der Bank: 100 M Dash-5th-15.86; 200 M Dash-35.1.

Harley Merrill: 800 M Run; 1600 M Run-3rd-7:04.

Ashlyn Tucker: 800 M Relay-3rd-2:03.43; 400 M Relay-3rd-57.03.

Brooklyn Cheatham: Shot Put-no mark; Discus-no mark.

Karly Bell: 800 M Run-6th-2:59.69.

Katie Gray: 800 M run-1st-2:42.90.

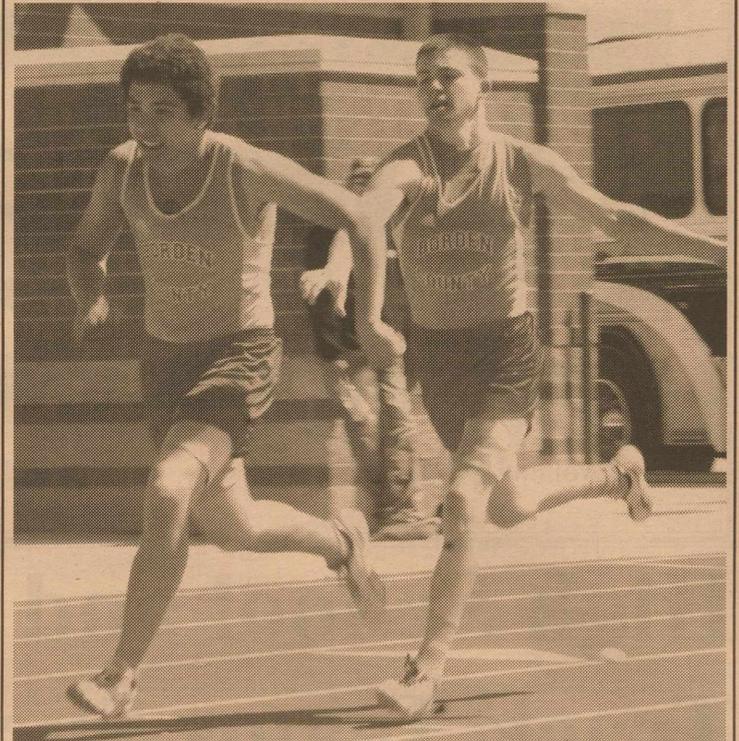
Maddie Cole: 2400 M Run-3rd-10:26.65.

Emma Key: 800 M Relay-3rd-2:03.43; 1600 M Relay-2nd-4:47.96; 2400 M Run-2nd-9:37.01; Long Jump-11'4".

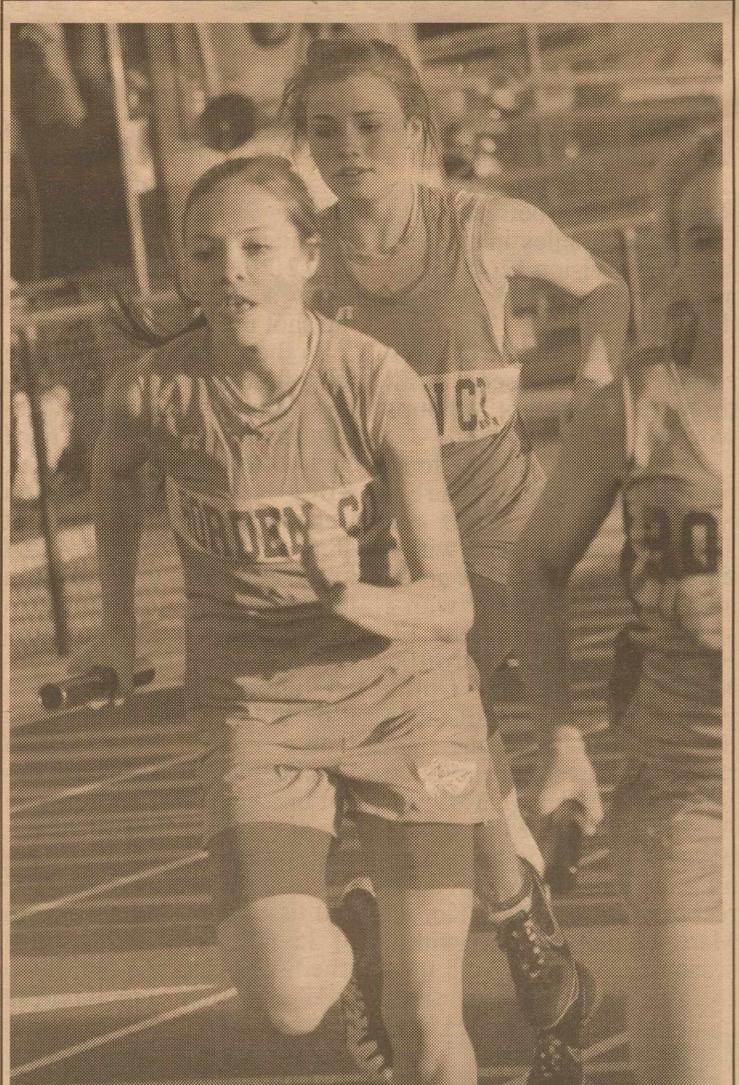
Rayme Jones: 400 M Relay-3rd-57.03; 1600 M Relay-2nd-4:47.96; High Jump-6th-4'0".

Brooke Swaffar: Shot Put-3rd-26'7 1/2".

1st Place Relay



Jayton Lewis (right) and Nathan Souder (left) make a smooth exchange of the baton during the sprint relay at last weeks' Borden County Relays. The team placed 1st with a time of 48.65.



Junior high tracksters Braylee Walker (back) hands the baton off to Preslea Hall in the 400 M Relay. The team placed 3rd.

Coyotes Dominate With a Win Over the Cardinals 15-2

The Borden County Coyotes refused to relinquish the lead after grabbing it early against the Cardinals, recording a 15-2 victory on Wednesday at Hermleigh.

The game was decided quickly as the Coyotes Varsity exerted its will early with 12 runs in the first three innings.

A groundout by Kurt Shafer and an error during the first inning and an RBI single by Hunter Jones, a sacrifice fly by Kurt, and an RBI double by Kace Lott in the second inning fueled the Borden County offense early.

Kace had two extra-base hits for the Coyotes.

The Borden visitors got the win thanks in large part to Hurricane Richter's dominant, nine-strikeout performance. Hurricane allowed no

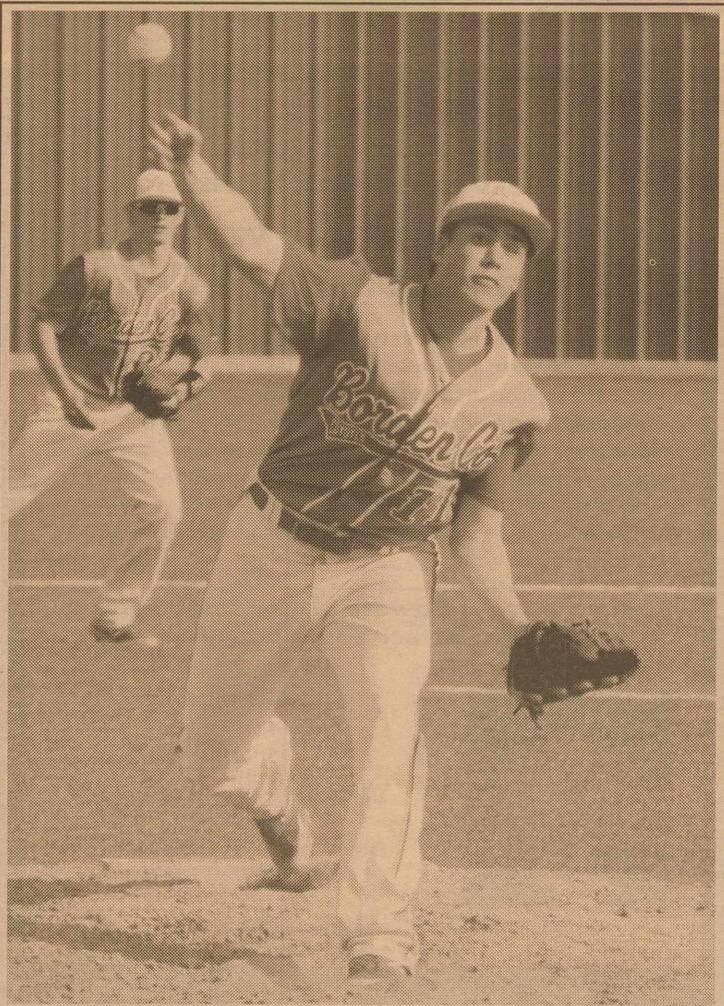
earned runs, three hits and one walk over four innings.

Bowser took the loss for Hermleigh. He lasted just two innings, walked two, struck out five, and allowed three runs.

Borden County added seven more runs in the top of the third. The inning got off to a hot start when Tristen Benavidez singled, which allowed Thomas Harrison to cross home plate. That was followed up by Corbin Sumners's single, bringing home Tristen.

The Coyotes built upon its lead with three runs in the fourth. An error scored Corbin and Mason Coor to get the visitors on the board in the inning. That was followed up by Kurt's single, scoring Hunter.

The Coyotes gained another win for the season with the 15-2 win over Hermleigh.



Borden County pitcher, Hurricane Richter strikes out 9 players during last week's game against the Hermleigh Cardinals at Hermleigh. The Coyotes defeated the Cardinals 15-2.

School Lunch Menu

March 24-28, 2014

Menu subject to change

Monday - Breakfast: Muffin, Fruit Juice and Milk. **Lunch:** Cheese Enchiladas, Spanish Rice (9-12 grade only), Refried Beans, Garden Salad, Salsa, Hot Cinnamon Apples and Milk.

Tuesday - Breakfast: Cereal & Animal Crackers, Fruit Juice and Milk. **Lunch:** Chicken Nuggets, Mac & Cheese, Garden Salad, Green Beans, Apple Slices, Rice Crispy and Milk.

Wednesday - Breakfast: Pancake & Sausage, Fruit Juice and Milk. **Lunch:** Corndog, Potato Rounds, Veggie Cup, Fresh Fruit, Chocolate Chip Cookie (9-12 grade only) and Milk.

Thursday - Breakfast: PB&J, Fruit Juice and Milk. **Lunch:** Grilled Cheese, Veggie Soup, Baby Carrots, Fruit Cup and Milk.

Friday - Breakfast: Mini Corn Dogs, Fruit Juice and Milk. **Lunch:** Hamburger, Hamburger Salad, Corn, Sliced Peaches and Milk.

This institution is an equal opportunity provider.

THANK YOU FOR READING THE BORDEN STAR

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Heart and Home...



Julie Mumme Smith

Borden County Extension Agent - Family & Consumer Sciences

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Facebook: Borden County Extension and 4-H

Blog: <http://agrilifeextensionbordenfcs.wordpress.com>

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Build Strong Muscles at Any Age

Strong muscles for children.

Even young children can be more fit with strength training. But they don't need to train in the gym with weights or machines. Experts say that kids should build their muscles by playing. The Centers for Disease Control and Prevention (CDC) suggests doing gymnastics, playing on a jungle gym or climbing trees.

Strong muscles for teens.

Training with weights, machines or resistance bands can help teens get stronger. It will build endurance. Strength training can also improve sports performance. But remember that teens are still growing. To be safe, they should work with a youth trainer or coach. Ask for help in a school training room, through a sports club or at a local YMCA.

Strong muscles for adults.

The CDC says adults should do strengthening exercises two days a week. Be sure to hit all the muscle groups! These are your legs, hips, back, chest abdomen, shoulders and arms.

You can do this at home or at the gym. Watch **short videos from the CDC about the safe way to do popular exercises at <http://www.cdc.gov/physicalactivity>.**

Strong muscles for older adults.

Some of the best news is for older adults who want to get stronger. In your 70s? 80s? 90s? It's not too late! Research shows that you can still build or maintain strong muscles and lean body mass. Strengthening activities can help prevent the muscle loss related to age. Try light weight lifting, resistance bands, yoga or Pilates. Gardening, yard work or mowing the grass count, too!

Strong muscles for people with disabilities.

If you have special needs, strength building has special benefits. It can help prevent muscle loss or injuries. In some cases, it may slow the progression of a disease or condition. Trainers can create programs to meet your goals.

Source: Eat Smart, Move More North Carolina March e n e w s l e t t e r

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Borden County 4-H News



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.

4-H Photography Project

4-H Photography will meet Monday, March 24th after school until 5 in the Extension Office. This is also the County Deadline for entries – please bring photos and completed labels with you to this meeting. Details about the Junior and Intermediate contest can be found at: <http://d24-h.tamu.edu/events/photography/> Details about the Senior contest can be found at: http://texas4-h.tamu.edu/photography_contest

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Legal Notice

STATE OF TEXAS
COUNTY OF BORDEN

The Borden County Commissioners' Court will receive bids until 9:00 a.m., March 25, 2014 for the purchase of a used water truck to be used by Borden County Precinct #3. Bids will be opened and considered in the Borden County Commissioners' Courtroom in the County Courthouse. Specifications may be obtained at the office of the County Judge by calling 806/756-4405 or by email at bordencj@poka.com.

The Borden County Commissioners' Court reserves the right to reject any and all bids and to waive all formalities.

BY THE ORDER OF THE
BORDEN COUNTY COMMISSIONERS' COURT

Ross D. Sharp
County Judge
Borden County

NOTICE OF PUBLIC MEETINGS

For FY 2015-18 Rural Transportation Improvement Program (RTIP) Abilene District

The Texas Department of Transportation will conduct public meetings on the following dates:

6:30-7:30 p.m. April 1: Aztec Theater, 141 S. Main Street, Albany, Texas 76430.

6:30-7:30 p.m. April 3: Dora Roberts Community Center, 100 Whipkey Drive, Big Spring, Texas 79720.

6:30-7:30 p.m. April 8: United Way Building, 2311 Avenue T, Snyder, Texas 79549.

The purpose of these meetings is to receive comments on the FY 2015-2018 Rural Transportation Improvement Program for the Abilene District. The district includes Kent, Stonewall, Haskell, Borden, Scurry, Fisher, Jones, Shackelford, Howard, Mitchell, Nolan, Taylor and Callahan Counties. The TIP is a mechanism used by TxDOT and FHWA to fund projects for the next four years and includes all federally funded projects. This meeting is being held pursuant to Title 43, Texas Administrative Code, Section 16.102, which calls for an opportunity for public comment concerning the program.

Persons wishing to speak at

the hearing may register in advance by notifying Kristi Barron at (325) 676-6811 not later than March 31, 2014, or they may register at the hearing location beginning at 6 p.m. on the day of the hearing.

Persons with disabilities who plan to attend this meeting and who may need auxiliary aides or services such as interpreters for persons who are deaf or hearing impaired, readers, large print or Braille are requested to contact Kristi Barron at (325) 676-6811 two (2) weeks prior to the meeting so that appropriate arrangements can be made.

Written comments may be submitted to the Texas Department of Transportation, Attention: Blair Haynie, P.E., 4250 N. Clack, Abilene, Texas 79601, or by email at Blair.Haynie@txdot.gov. To be considered, a 10-day public comment period to submit written comments will close at the Abilene District office by 5 p.m. on Friday, April 18, 2014.

Help Wanted

The Blue Paw is seeking part-time or full-time help. Please call 806/756-4464 or 432/661-1264 for more information.

Got News?

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Dare to Live...

(Continued from Page 1)

Debra feels overwhelmed. So she goes shopping for her new clothes. Rather than prioritizing and going to the dentist first, Debra takes a painkiller and then picks the task of lowest importance. After she gets her clothes, Debra will feel just as overwhelmed as before since all of the pressing issues are still there.

As an outside observer, it is easy to see what Debra should do first. She should tend to her tooth before she risks losing it. If Debra neglects her roof, more serious damage will occur. Then she has to get her son back on track before he falls too far behind. Once these immediate issues are dealt with, Debra will have a little more breathing room and feel less overwhelmed.

But when you are the one feeling overwhelmed, your perspective becomes cloudy. You become stressed out and don't want to deal with anything. Avoidance, however, will allow things to get worse.

When overwhelmed, you have to address the most critical situation first. Then focus your energy on one task at a time. Once you have done everything you can for the most important problem, move on to the next pressing situation. Resist the temptation to begin with the least significant challenge.

When you take this approach, you will start to feel better because you are taking action on the most pressing problems. The more proactive you are, the faster you will overcome the obstacles in front of you.

Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com. © 2007 Bryan Golden



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While markets and lifestyles may change, it's likely your long-term financial goals have not. That's why it's so important to take advantage of our free portfolio review at least once every year. Together, we'll assess how changes in your career, aspirations and goals can impact your investments and discuss whether adjustments are necessary to help keep you on track to where you want to be long-term.

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