

The Borden Star

Borden ★ Dawson ★ Garza ★ Howard ★ Lynn ★ Scurry

Volume XXXVII

March 16, 2011



Dare to Live Without Limits

By Bryan Golden

Information Overload: Avoiding Burnout

Cable TV, satellite TV, hundreds of channels, the internet, millions of web sites, radio, books, and magazines. You are flooded with information on a daily basis: news, advice, opinions, and knowledge. Who's doing what, what's happening to who, reality shows, fantasy shows. Information exists on virtually every topic.

You can easily get overwhelmed by information overload. The internet is a particularly insidious trap. When you're on-line, hours can slip by before you know it, without any identifiable benefits. There's a staggering amount of information that's fascinating, interesting, and intriguing.

How do you avoid becoming overloaded and burned out? Start out by using a triage approach to sorting through information. Information can be divided into three categories. The first category is for information that is essential or helpful to your life. The second category is for information that is of no practical value whatsoever. The third category is information that can cause you harm.

Information which is essential enables you to move closer to your goals, to help others,

to be more productive, to make your life better, or to make the lives of others better. This is the type of information you want to actively seek out.

Information of no practical value is anything that, although interesting, you wouldn't suffer without. Much information falls into this entertaining but useless category.

The third category is the most dangerous. It is any information that causes harm, depression or stress. Unfortunately, much of the daily news falls into this category. Typically, bad news gets much more coverage than good news. Immersion in the daily flood of bad news can sap you of motivation and drive. A quick skimming of headlines will keep you informed without becoming as drained.

Inaccurate or wrong information also falls into this third category. Relying on bad information to guide you toward your goals will have disastrous effects. It's like following a roadmap that shows a highway where in reality there is a cliff.

Use discretion when seeking out information. In order to assess the accuracy, reliability,

(Continued to Page 4)

Borden County Baseballers Lose League Opener to 'Dogs

Courtesy Lamesa Press Reporter
By Dwight Hines

Borden County's path back to the state baseball playoffs started out on the wrong note on Tuesday evening at Ira, where Coach Trey Richey's Coyotes got tamed by the Bulldogs, 9-1, in their District 4-1A diamond opener.

Ira scored one run in the first and second innings, two more in the third and fifth innings and their final three in the sixth.

Borden County, now 6-2 on the year, scored its lone run in the fourth inning.

"Pitching and defense will beat you every time in this game and, unfortunately, we didn't play much defense tonight," Coach Richey said.

Ira star pitcher Kylar Fine did a god job of silencing the Coyotes' bats.

Fine struck out 17 on Tuesday.

"He's started for them now for all four years. We haven't seen anything like him yet this year," Richey said of Fine.

"Nobody's thrown the ball at us this hard yet. He's a big ol' 6-foot-6 kid who can bring it. He just happened to be having one of those nights where he was throwing a lot of strikes."

Borden County managed to get only two hits. They came off the bats of Quint Shafer

and Austin Fields.

Borden County's Miles Valentine drove in the Coyotes' long run.

Fields also was Borden County's losing pitcher at Ira. In six innings of work, Fields struck out eight, walked five and gave up four hits.

"Out of their nine runs, only one was earned," Richey said.

The Coyotes' seven errors did not help Borden County's cause, especially with Ira playing flawless defense.

The Coyotes now are idle until March 17 when they will hit the road to Ralls.

Coyotes second in tourney Borden County won two out of its three games in last weekend's Sundown Tournament to bring home second place.

A 10-run second inning helped the Coyotes clobber Morton, 16-1, in their first game of the three-day tourney.

By striking out five and walking only two, Austin Fields was the winning pitcher in that game

Austin Tyler struck out

three in the final two innings in relief.

Miles Valentine, Zack Telchik, Tanner Richey and Austin Fields had two hits each against the Indians.

One of Valentine's hits was a double. He also had three RBI's.

One of Telchik's hits also was a double. He drove in four RBI's and scored three runs.

Tanner Richey scored two runs and drove in two RBI's.

One of Fields' hits also was a double. He also drove in three RBI's and scored three runs.

The Coyotes lost the second game of that tournament to Crosbyton, 12-2. The Chiefs scored six of their runs in the fourth inning and four more in the fifth.

"We out hit those guy's eight to two, but we also had more errors than they did (8-1)," Coach Richey said.

Collin Telchik was the losing pitcher after pitching the first three and two-third innings, striking out four and

(Continued to Page 4)

Burn Ban

A Burn Ban remains in effect for
Borden County until further notice.

Coyote Baseball...

(Continued from Page 1)

walking five.

Quint Shafer went three-for-five in that game for the Coyotes, driving in one RBI and scoring two runs.

Miles Valentine, Zack Telchik, Tanner Richey and Austin Fields had two hits each.

Both of Valentine's hit were doubles.

Telchik also had a double and drove in three RBI's.

Tanner Richey also drove in two RBI's and scored three runs.

Fields also scored three runs.

Fields also scored three runs.

The Coyotes finished up play in that tournament by slugging out an 11-4 win over Sundown on Saturday evening.

By pitching the first five and two-third innings, Tanner

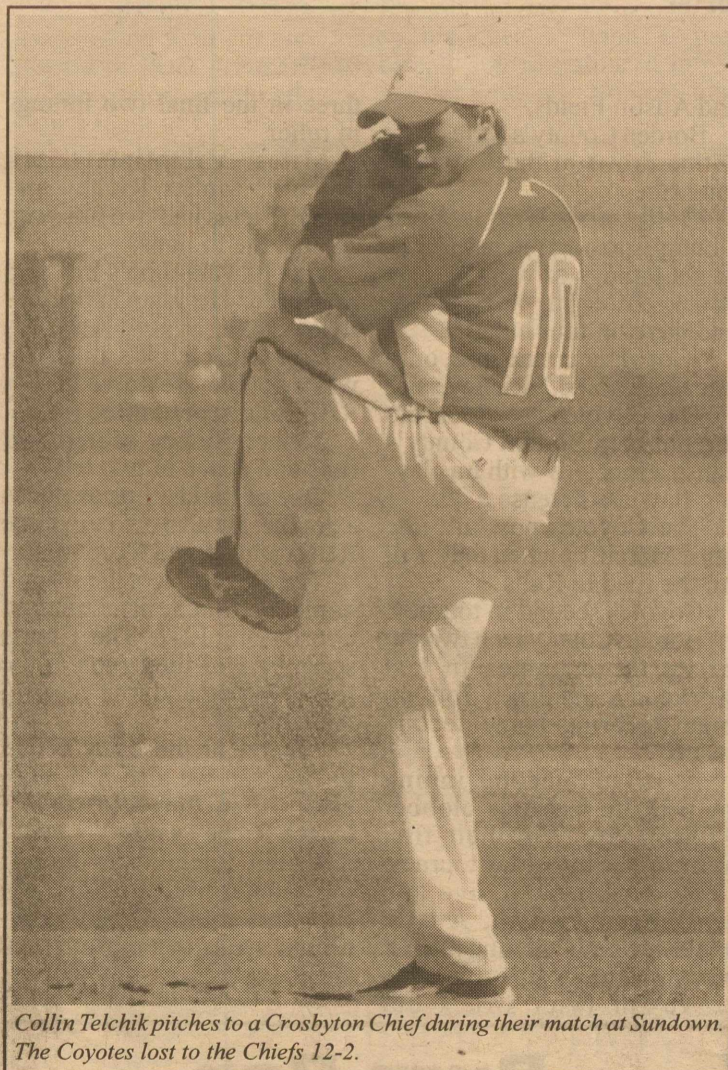
Richey was the winning pitcher. He struck out seven and walked four.

Jared Smith went two-for-two at the plate in that game with a RBI and also scored a run.

Quint Shafer, Zack Telchik, Steven Howard, Tanner Richey and Austin Fields had one hit each against the Roughnecks.

"After committing eight errors and giving up 11 free passes against Crosbyton in the game before, our guys came back and responded pretty well in our last game against Sundown," Coach Richey said.

"We fielded it extremely well in our last ball game with only one error. We also did a good job of putting the ball into play. Our guys responded well after one of our first biggest negatives of this season."



Collin Telchik pitches to a Crosbyton Chief during their match at Sundown. The Coyotes lost to the Chiefs 12-2.

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, POSTMASTER: Send Change of Address to the Borden Star, PO Box 137 Gail, Texas 79738.



Borden County Senior David Rodriguez performs the High Jump at the Highland track meet recently.

Coyote Tracksters Sweep Klondike's Cougar Relays

Courtesy Lamesa Press Reporter
By Dwight Hines

Last Friday's Klondike Cougar Relays turned out being a clean sweep for Borden County, which ended up winning both high school track meets.

With their 99 points, Borden County won the high school girls division. Ropes finished second in the final girls standings with their 79 points, while Klondike came in third with its 69 points.

By rolling up 182 points, Borden County also won the

boys division in the Cougar Relays. Grady came in second with its 119 points, while Klondike came in third I the final team stands with 93 points.

The Cougar Relay results are as follows:

Girls Division- Final Team Standings: 1. Borden County-99.2, Ropes-79.3, Klondike-69, Grady-64.5, Wellman-Union-56, Sterling City-55.7,

(Continued to Page 3)

School Lunch Menu

March 21 - 25, 2011

Menu subject to change

Monday - Breakfast: Waffles Sticks, Fruit Juice and Milk. Lunch: Chicken Fajitas, Pinto Beans, Corn, Mandarin Oranges and Milk.

Tuesday - Breakfast: Muffin, Fruit Juice and Milk. Lunch: Breaded Chicken, Mashed Potatoes, Green Beans, Roll, Applesauce Cup and Milk.

Wednesday - Breakfast: Oatmeal & Toast, Fruit Juice and Milk. Lunch: Meatballs w/ Gravy & Noodles, Mixed Vegetables, Canned Taters, Bread, Cookie and Milk.

Thursday - Breakfast: Cereal & Graham Cracker, Fruit Juice and Milk. Lunch: Hot Dog, Salad, French Fries, Fruit and Milk.

Friday -Breakfast: Breakfast Pizza Bagel, Fruit Juice and Milk. Lunch: Pizza, Salad, Pineapple Tidbits, Fruit Snacks 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.

USE OUR CARD

When you feed the family, pay the easy way with the card that's like a check or credit card, only cheaper. Once you have our debit card, you'll wonder how you got by without it. See us today.



Benefits of The Master Money Card:

- ✓ Doubles as your ATM card
- ✓ Accepted anywhere you see the MasterCard symbol, yet there are no credit charges.
- ✓ Money to pay for your purchases is deducted from your checking account.

State National Bank
Big Spring Lamesa O'Donnell **FDIC**

THANK YOU FOR READING THE BORDEN STAR

Coyotes Succeed at Klondike Relays...

(Continued from Page 2)

Lubbock Christian-43, Dawson-40, Sands-30 and Christ the King-26.

100 Meters: 6th place-Stefanie Cooley-14.50.

200 Meters: 1st-Aubree Lester-27.81 and 6th place-Teryn Soto-31.64.

3,200 Meters: 1st place-Taylor Gass-14:32.85.

400 Meter Relay: 6th place-57.44-Machelle Barr, Kalyn Massingill, Teyn Soto and Stefanie Cooley.

800 Meter Relay: 1st place-1:57.61-Hanna Forbes, Kalyn Massingill, Teryn Soto and Aubree Lester.

1,600 Meter Relay: 1st place-4:42.49-Hanna Forbes, Taylor Gass, Stefanie Cooley and Aubree Lester.

300 Meter Hurdles: 3rd place-Hanna Forbes-53.56.

Shot Put: 3rd place-30'2"-Raegan Belongia.

Discus: 1st place-93'10"-Raegan Belongia.

Triple Jump: 6th place-Aubree Lester-31-4³/₄.

High Jump: 3rd place-Teryn Soto-4'8" and 5th place-Krista Tarleton-4'6".

Boys Division-Final Team Standings: 1. Borden County-182, 2. Grady-119, 3. Klondike-93, 4. Dawson-57 and 5. Wellman-Union-46.

100 Meters: 3rd place-Joseph McConnell-11.74.

400 Meters: 1st place-David Rodriguez-53.14, 4th place-T.J. Basquez-1:02.93 and 5th place-Matt Proulx-1:02.98.

3,200 Meters: 4th place-Luke Burkett-12:04.93 and 6th place-Zach McMeans-13:34.92.

400 Meter Relay: 1st place-46.31-Steven Howard, John Hensley, Austin Fields and David Rodriguez.

800 Meter Relay: 1st place-1:39.87-Austin Fields, John Hensley, Steven Howard and Quint Shafer; 4th place-1:44.25-Matt Ham, T.J. Basquez, Matt Proulx and Luke Burkett.

1,600 Meter Relay: 1st place-3:45.83-David Rodriguez, Austin Fields, Steven Howard and Tanner Richey.

110 Meter Hurdles: 2nd

place-15.93-Tanner Richey and 4th place-17.50-Austin Tyler.

300 Meter Hurdles: 2nd place-44.46-Tanner Richey and 5th place-48.58-Austin Tyler.

Long Jump: 2nd place-Tanner Richey-17-11¹/₂; 3rd place-Steven Howard-17-¹/₂ and 5th place-Matthew Ham-15-9.

Shot Put: 1st place-Matt Roberson-40-6¹/₂; 2nd place-Helio Rosales-39-1¹/₄ and 3rd place-T.J. Basquez-38-5.

Discus: 2nd place-Matt Roberson-105-6¹/₂.

Triple Jump: 3rd place-Austin Tyler-34-10; 4th place-Quint Shafer-34-8 and 6th place-Collin Telchik-33-6¹/₂.

High Jump: 1st place-Quint Shafer-5-6.



Teryn Soto (far left) wins the 200 Meter dash in the Klondike Relays. She came in 6th place with a time of 31.64

Subscribe to the

Borden Star
"Your" Hometown
Newspaper



Only \$12.00
12 months
P.O. Box 137
Gail, TX 79738
806/756-4313 ext. 275



LAMESA BUTANE CO.
ARLEN MORRIS, Mgr.

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

Aflac

Shirley M Bennett
Agent
An Independent Agent Representing Aflac

PO Box 152
Gail, TX 79738 0152
325.277.7983 cell
806.756.4326 home office
shirley_bennett@us.aflac.com
aflac.com

Golfers Compete in Loop Invitational

The Borden County boys' and girls' golf teams recently traveled to Loop to compete in the Loop Invitational Golf tournament. Overall, the boys' team placed 5th at the tourney.

The results are as follows:
Girls division: 5th place-Machelle Barr-110; 9th place-

Krista Tarleton-115 and 13th place-Teryn Soto-129.


Boys division: 5th place-Michael Froman-90; tied for 12th place-Austin Fields-99; 27th place-Jared Smith-110; 35th place-Matthew Ham-124 and 40th place-Zach McMeans-135.

CAPROCK WEED SPRAYING

RESIDENTIAL LAWN SPRAYING



- Flea & Tick
- Pre-Emergent Weed Control
- Post Emergent Weed control
- Lawn Fertilizer

CALL FOR FREE ESTIMATES
CODY NOWLAIN OWNER/OPERATOR
806/407-8850



 AgriLIFE EXTENSION

Texas A&M System


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

Walk Across Texas to Kick Off March 22nd

For the thirteenth year, we are holding the *Walk Across Texas* program here in Borden County. *Walk Across Texas* is an eight-week program that will spark some friendly competitions among friends and coworkers. Teams of eight will compete to see who can log the most miles walking, jogging, or even biking. The kickoff for Borden County will be Tuesday, March 22nd.

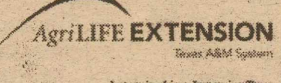
Teams will keep track of their miles, which will be posted in the Extension office, and published in the *Borden Star* and on our web site.

Many people are unaware of the positive benefits of exercise. According to the American Heart Association, heart disease is the number 1 problem in the United States. The risk of heart disease could be significantly reduced by regular exercise.

According to the Texas department of Health, the positive effects of physical activity are not limited to lowering the risk of heart disease. Not only does regular exercise help relieve stress and anxiety, "physically active people outlive inactive people," a TDH report stated.

Participating in *Walk Across Texas* is not only a great way to get involved with our community, it's a healthy habit. To participate in *Walk Across Texas*, simply log in online at <http://walkacrosstexas.tamu.edu> and register yourself. You can also form a team of 8 members and have the team captain register each team member on the site. (If you need assistance, please contact the Extension Office.)

We hope everyone will dust off their walking shoes and hit the trail to participate in this worthwhile program. Perhaps we can beat last year's mileage of 1600 total miles! For more information, call the Extension office at (806)756-4336 or visit the *Walk Across Texas* website listed previously.




 AgriLIFE EXTENSION

Texas A&M System

Improving Lives. Improving Texas.

**Walk Across Texas will kick off in
Borden County on Tuesday, March 22, 2011!**

For more information visit <http://walkacrosstexas.tamu.edu> or call (806)756-4336.



Walk Across Texas!

Educational programs of Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age or national origin.



BRANON

 FUNERAL HOME

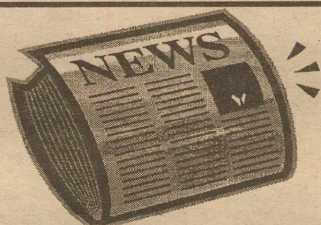
403 N. Austin Avenue
 Lamesa, Texas 79331
 806-872-8335 Fax: 806-872-8336

3rd & 4th generations still serving this area.

Thought for the Day

*Life becomes harder for
us when we live for
others, but it also
becomes richer and
happier.*

 Albert Schweitzer



Got News?

Mail to:
 P.O. Box 137
 Gail, Tx. 79738
 Call: 806/756-4313
 Ext: 275
 Email:
kdean@bcisd.net

Dare to Live...

(Continued from Page 1)

and validity of any information, you must know what the source is as well as its credibility. It's difficult to find truly objective information.

The time you have each day is finite. The amount of memory you have for absorbing new information is also finite. So you must be discriminating when deciding what information to expose yourself to. Information can be intoxicating. You can sit and subject yourself to it without having to expend much effort.

Information overload can elicit a multitude of emotions. Depression, anxiety, frustration, and stress can all result from constant overexposure. At the very least, uncontrolled exposure to information can rob you of time that could be better spent working toward your goals.

Having goals is a valuable

asset in deciding how to best utilize your time. When determining what information is truly useful, apply the goal test. If the information helps you move toward your goals, it is valuable to you. Time is so short and goes by very fast. If you're not constantly vigilant, you will expend it without realizing any meaningful benefit.

Be selective when deciding what information to devote your attention to. Seek out information that helps you and makes you feel good. It's OK to tune out all the rest.

*Bryan is a management consultant, motivational speaker, author, and adjunct professor.
 E-mail Bryan at
bryan@columnist.com © 2004
 Bryan Golden*



March 2011 4-H Calendar



- 21 Clothing Project 3:45 to 5:15 in Home Ec Lab
- 22 Clothing Project 3:45 to 5:15 in Home Ec Lab
- COUNTY FASHION SHOW ENTRIES DUE BY 5:00 P.M.**
- 24 Photography Project 3:45 to 5:15 in Home Ec Lab
- COUNTY PHOTOGRAPHY ENTRIES DUE BY 5:00 P.M. (Jr/Intermediate 4-H'ers)**
- 28 County Fashion Show at 6:00 p.m. in the District Courtroom in the Courthouse



Telephone Cooperative, Inc.

PO Box 1340
 Tahoka, Texas 79373
 806-924-7234 800-422-2387
www.poka.com

PUBLIC NOTICE

Poka Lambro Telephone Cooperative, Inc. is a quality telecommunications services provider providing basic and enhanced services at reasonable rates within its service territory. Basic services are offered at the following rates:

Monthly Rates for Aten, Ausborne, Fletcher Carter, Gail, Hatch, Loop, Nelms, New Home, Patricia, Punkin Center, Southland, Union, West Lakes & Wheatley	
Single Party Residence	\$ 9.35
Single Party Residence (O'Donnell)	\$10.45
Single Party Business	\$16.40
Emergency 911 Service Fee	\$.50
Tone Dialing Service	No Charge

Poka Lambro provides voice grade access to the public switched network, unlimited local usage, dual tone multi-frequency signaling, access to toll service, access to interexchange carriers, and access to 911 emergency services. Poka Lambro also provides access to operator services as well as access to directory assistance services. Each local exchange service line is provided with a primary directory listing and receives an annual Poka Lambro telephone directory free of charge. Poka Lambro's basic local service also provides access to telecommunications relay service and the ability to report service problems 24 hours a day/seven days a week.

Qualifying low-income individuals subscribing to residential service who are eligible for Lifeline and Link Up telephone assistance programs will receive discounts off of basic local charges and are eligible for toll blocking at no charge. Additional information may be obtained by contacting the Poka Lambro business office.

Basic services are offered to all consumers in the Cooperative's service territory at the rates, terms and conditions specified in the Cooperative's tariff on file with the Public Utility Commission of Texas (PUC). If you have questions regarding Poka Lambro's services or rates, please call 806-924-7234 or toll free 800-422-2387.