

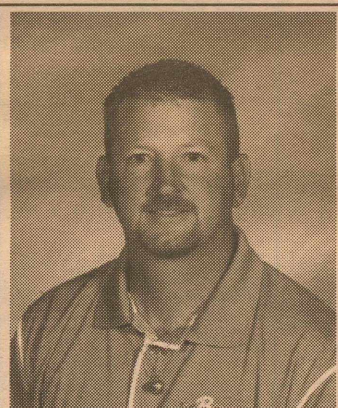
The Borden Star

Borden ★ Dawson ★ Garza ★ Howard ★ Lynn ★ Scurry

Volumn XXXVIII

July 18, 2012

Athletic Physicals Scheduled For August 4th



Trey Richey
Head Coach

We are scheduled to take athletic physicals Saturday, **August 4th at 10:00 AM** in Abilene Texas.

We will depart from Gail at **8:00 AM**. You will need to have your physical form signed and filled out before we leave. The doctor will not sign it if your parent or guardian does not sign it. You will need to wear short and T-shirt for the physical.

We will be at the Action Sports and Physical Therapy clinic in Abilene. The telephone number there is (325)676-5633. The address there is 1717 Pine Street. Easy directions are, as you come in on Interstate 20 you will take the Hardin Simmons exit. Stay

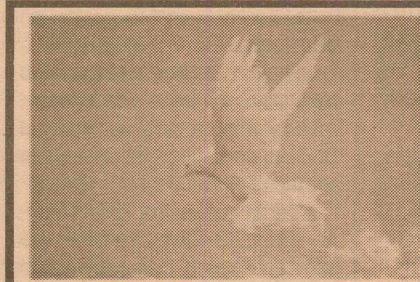
on Pine Street and it will be on your left, just a few blocks past the hospital.

If you would like to meet us there so you can stay and shop in Abilene that would be fine. You will need to bring some money to eat lunch. We will try to be back in Gail by **3:00 PM**.

If you plan to play a sport this year of any kind during the upcoming school year, you are required by our school district to take a physical. The school furnishes the physical at this time. If you cannot make this date then you will need to get a physical on your own and at your expense.

Also you will find I this letter an **Acknowledgment of Rules form** and a **Steroid Form**, read them, have your parent read them, sign them both and bring all of the paperwork with you. The medical release, will allow us to seek emergency treatment for you if there is a need during the school year.

We are truly excited about the upcoming year and we look forward to seeing all of your smiling faces. If you have any questions, feel free to call me at home or on my cell. Trey Richey: (806)756-4417 home and (806)759-3335 cell. Take care and enjoy the remainder of your summer.



Dare to Live Without Limits

By Bryan Golden

Complaining

Is complaining an effective strategy for solving problems? Will complaining improve your situation? Do others enjoy listening to you complain? The answer to all three questions is no. Then why do people complain?

There are a number of reasons a person complains. He or she may be looking for sympathy, assistance, support, or just letting off steam. There are also people who are habitual whiners who are never satisfied or content.

In the case of sympathy, there is an erroneous assumption that if enough other people feel sorry for them, it will somehow improve the complainer's situation. All that will be accomplished is that others will grow tired of their moaning and give them a wide berth. Everyone has their own problems and very few people want to spend their discretionary time listening to the tales of woe of others.

Sympathy seekers tend to dwell on their problems rather than seeking solutions. When potential solutions are presented, they invariably find fault with and summarily dismiss them. These complain-

ers seek attention and monopolize conversations. They look for opportunities to show how their plight is worse than everyone else's.

Spending time with sympathy seekers can be draining. They are consumed with their own situation and show little or no interest in other people. Regardless of how good you may feel, a gripe session with a sympathy seeker will depress your mood.

Some complainers are looking for assistance in solving a problem. In this case they are interested in advice that will lead to a solution. The danger here is that they will indiscriminately seek guidance from anyone. In their attempt to overcome an obstacle, they will try virtually any remedy offered without considering the qualifications of the source.

Following bad advice can exacerbate a problem. Advice seekers that jump from one bad suggestion to another will become frustrated as they fail to solve their problem. The result is the erroneous conclusion that their situation has no solution.

Complainers in search of

advice must be very selective in whom they approach. Only those who have successfully solved similar problems or who have appropriate expertise should be sought out. When the right person is identified, they should be asked for advice directly rather than complaining to them.

Perhaps a complainer is looking for support. They may be overwhelmed by unexpected events or overloaded with responsibilities. This type of complainer is likely looking for help rather than advice. If you are so inclined, offer to lend a hand.

Even when they are helped out, some complainers always wind up in another crisis situation. Helping them out again will only improve their situation temporarily. Without a change in strategy, they will soon become immersed in another crisis.

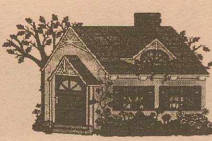
Complainers who are incessant whiners find fault with virtually everything. They complain about their lives, other people's lives, the weather, politics, religion, society, etc. Everything they comment on is

(Continued to Page 2)

AgriLIFE EXTENSION
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

Getting Back to the Basics of Home Canning

With summer comes the wonderful bounty of fresh garden produce. Do you have squash and tomatoes running out of your ears? If so, have you thought about home canning? It is a lost art, and an enjoyable hobby, however, it is important to follow some basic safety when canning food.

Safe Canning Methods

There are two safe ways of canning, depending on the type of food being canned. These are the boiling water canner method and the pressure canner method. The boiling water bath method is safe for fruits, tomatoes and pickles, as well as jam, jellies and other preserves. In this method, jars of food are heated completely covered with boiling water (212°F at sea level).

Pressure canning is the only safe method of canning vegetables, meats, poultry, and seafood. Jars of food are placed in 2 to 3 inches of water in a pressure canner which is heated to a temperature of at least 240°F. This temperature can only be reached by a pressure canner.

Unsafe Canning Methods



An old out-dated method of canning - the open-kettle method - is now considered unsafe. In this method, foods were heated in a kettle, then

poured into jars and a lid was placed on the jar. No processing was done. With this method there was often spoilage, because bacteria, yeasts and molds that contaminated the food when the jars were filled were not killed by further processing. The growth of these microorganisms, in addition to spoiling the food, often caused sealed lids to become unsealed late. This method is a very real danger for botulism.

Steam canning is not recommended at this time for either acid or low acid foods. Processing time for use with current models have not been adequately researched. Today's steam container looks like an upside-down boiling water canner. One should never use microwave ovens, electric ovens, slow cookers, crock pots or the sun to process canned goods.

For more information safe food preservation and new recipes for canned goods, contact the Extension office at (806)756-4336. We will be offering a Preserving the Harvest Training on Tuesday, August 14th at 6:00 p.m. in the Borden County Events Center. More details will be coming soon.

Source: *So Easy to Preserve*


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SEEDS FROM THE SOWER
Michael A. Guide
Metter, Georgia

An elderly man noticed a young boy who was walking his rather strange looking dog. Puzzled, he asked, "What kind of dog is that?"

"A genuine police dog," came the quick reply.

"He doesn't look like a police dog to me," said the man.

"Of course not! He works undercover so no one will recognize him," answered the boy.

During these turbulent times when we are fearful of terrorists, our government needs people who work "under cover." But not the Lord Jesus Christ, our Savior.

Those who are Christians begin their new life in Him with a confession of faith. Being saved begins with a confession followed by becoming a disciple. Being a disciple demands that others see the life of Christ lived through us.

Confession is not only something that the Christian says; it is also something that a Christian does.

Do others see the love of Jesus in your life?

Visit us at: www.SowerMinistries.org

Dare to Live...

(Continued from Page 1)

flawed. All of life is tainted. Their glass is always half empty and probably leaking. These people are not happy unless they are unhappy.

Whiners will never be satisfied. They don't want sympathy, solutions, or help. They just want to complain. These people will never change and their minds are closed to new ideas. Your only option is to limit exposure to their griping.

Complaining is unproductive and destructive. If you have problems, find solutions. If you need help, ask. Occasional complaining to seek understanding or let off steam is ok. But don't make it a way of life or a topic of every conversation.

Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com. © 2005 Bryan Golden



Wendy Marie Cozart and Benny Ray Allison

Cozart-Allison Announce Wedding Plans

Wendy Marie Cozart and Benny Ray Allison have announced their wedding plans to family and friends.

The couple will wed on August 18 at the First Baptist Church in Lamesa.

Cozart is the daughter of Rusty and Betty Cozart and the granddaughter of the late Glenn and Emma Lee Cozart and the late W.D. and Ruby Franklin.

The future bride is a 1999 graduate of Klondike High School. Cozart graduated from Midland College in 2003 with a degree in Mathematics.

She is employed by Fulbright and Casselberry in Lamesa. Allison is the son of Ray and Lisa Allison and Denise and Robert Lieb and the grandson of Darlene Allison and the late Raymond Allison and Benny and Barbara Frasier.

The bridegroom is a 1998 graduate of Sterling City High School. He also graduated from Wayland Baptist University in 2011 with a degree in Justice Administration.

Allison is employed by the Borden County Independent School District in Gail.

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Big Spring Lamesa O'Donnell



Texas Stories

A Showcase of the Texas Spirit
Tumbleweed Smith

The Etiquette School of Southeast

Vicki Bauer runs the Etiquette School of Southeast Texas in Winnie.

"You know, NASA put men on the moon, but before the astronauts went to the White House they had to go through me."

She says manners are those things our parents taught us. "The common courtesies, the do unto others as they would do unto you. But etiquette has to do with written rules." Let's say you're at a dinner party and you want to do the right thing, so you make the letter b with your left hand and the letter d with your right hand. It's a good way to remember that the bread is on the left and the drink is on the right. When Vicki teaches corporate, she does bmw: bread, meal, water.

Vicki is a former teacher and school administrator who teaches and writes about manners and etiquette. "I have a lovely home with lots of china and silver and crystal that I don't use all that much any more since the kids are gone. I like detail and decorum and love entertaining and providing hospitality."

She is certified and qualified to teach how to act in social situations. She gives lessons in her home located on the Bauer Ranch just outside of Winnie. Her house is nestled among large oak trees. Nearby is a pool surrounded by chairs. The place has a barn for events.

"I've had parents drive their children here for an hour or an hour and a half lesson. It's a priority with those parents. To me, it's the same as Little Drib-

blers or Pee Wee Football or whatever. It's what you value. I teach kids lifelong skills." About half of her teaching focuses on dining etiquette. "You know the story is told about the CEO that had to hire a vice president. He had a lot of applicants and finally narrowed it down to two people. He could not decide. Both candidates had impeccable credentials and either one would have been an asset to the company. The CEO decided to take the two out to dinner. At the time it became very apparent whom he was going to hire. He chose the one who knew how to use silverware. So those table manners go a long way."

Vicki has a formula for setting the table. "Fork, four let-

ters, goes on the left, which has four letters. Knife, five letters, goes on the right, which has five letters. Spoon, five letters. It's easy. Water glass always at the tip of the knife."

When she started her etiquette school, she had just retired from her school administrator's job and was contemplating what to do for the next phase of her life. "I asked myself 'what am I good at?' I knew I could teach just about anybody anything. I looked into the American School of Protocol about becoming an etiquette consultant because I thought we were losing the proper way to act. Our culture is so casual these days. But there's still that need for civility."



'Two Tenors' to Perform at First Baptist Church

The "Two Tenors" will be at First Baptist Church in Gail on July 29th at 11:00 during the morning service.

A very talented duo, they play many different instru-


ments as well as sing. In recent years the 'Two' have even performed for the Queen of England.

Come join us and enjoy their music.



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Obituary

Bill (William) Ludecke

1928 - 2012

Bill (William) Ludecke 83 of Borden County was born October 16, 1928 in Jones County near Hamlin, Texas. His parents were William and Annie Ludecke. He started farming at a young age and continued farming as long as he could climb on a tractor. He moved to the Mesquite Community in Borden County in the early 1950's. He married Sadie Smith Ludecke on October 2nd, 1970 in Big Lake, Texas. Bill served in the National Guard at Stamford and Lamesa.

He is survived by his wife,

Sadie of Borden County; one sister, Ida Faye Owens of Anson; and several nieces and nephews. He is also survived by a special caregiver Susie Banman and Lisa Ludecke niece and caregiver. He was preceded in death by his parents, three brothers and one sister.

Bill passed away July 13, 2012 and according to his wishes no services will be held.

Please celebrate the life of Bill by visiting www.combestfamilyfuneralhomes.com.

CALENDER FOR DEMOCRATIC-REPUBLICAN PRIMARY RUN-OFF ELECTION

JULY 31, 2012

Authority conducting elections

Political Party-County Chairs

Now accepting application for early voting by mail

July 24, 2012	First day to vote early in person Vote early in the Clerk's Office in Borden County Courthouse
July 27, 2012	Last day to vote early by personal appearance
July 31, 2012	ELECTION DAY



MEMBER
2012

TEXAS PRESS ASSOCIATION

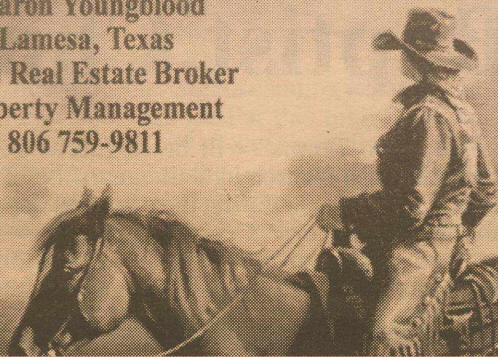
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*Looking for mineral rights
for sale*

AW1-9
Prescribed by Secretary of State
Section 42.003(b), Texas Election Code
3/2007

NOTICE OF CONSOLIDATED PRECINCT

Notice is hereby given to the registered voters of Precinct ALL that this precinct has been consolidated with
Precinct 4 Voting in the Court House election will be conducted at
117 E. WASSON GAIL TX
(location)

for voters residing in Precinct ALL

Sharon D. Sharp
Signature of County Judge

Date 6/6/12

AVISO DE PRECINTO CONSOLIDADO

Por lo presente se les da aviso a los votantes registrados del Precincto ALL que este precincto se ha
consolidado con el Precincto 4 La votación en la elección Court House se manejará en
117 E. WASSON GAIL TX
(sitio)

para los votantes que residen en el Precincto ALL

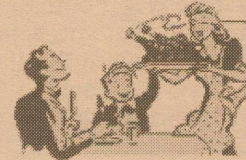
Sharon D. Sharp
Firma del Juez del Condado

Fecha 6/6/12



Feeding Your Family Educational Program Series

Menu Planning and Recipe Selection



Monday, August 6 at 6:00 p.m.

Borden County Extension Office

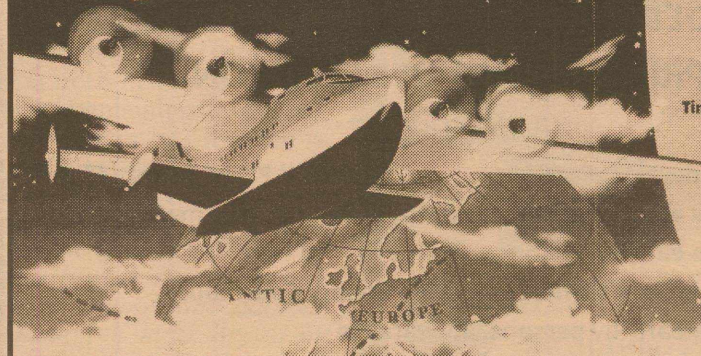
Every day we struggle with planning and preparing tasty, healthy and inexpensive meals for our families. The first of the series in Feeding Your Family will be on Monday, August 6th at 6:00 p.m. in the Borden County Extension Office. This program will focus on how to plan menus, select recipes, build grocery lists, and stock the pantry/refrigerator. There will be a one time fee of \$10 (this will allow you to attend all programs in the Feeding Your Family series for 2012).

We will seek to provide all reasonable accommodations for all persons with disabilities for any Extension program. We request that you contact your Texas AgriLife Extension Service office as soon as possible to advise of auxiliary aid that you will require.

For more information, please contact Texas AgriLife Extension Service-Borden County at (806)756-4336 or email julie.smith@agnet.tamu.edu.

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

Come fly with VBS!



Place: **First Baptist Church
Gail, Texas**

Date: **July 29th - August 2nd**

Time: **6 p.m. - 8 p.m.**



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