

The Borden Star

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Dare to Live Without Limits

By Bryan Golden

Reducing Stress

Each day you are exposed to stress inducing events and people. There are both minor and major situations you have to deal with. What causes stress is very different for every person. You can't judge how you should react to stress by looking at how others handle it.

Regardless of the source of stress, there are techniques for reducing your stress level. All of the following are simple and easy to implement. To be effective, they must be consistently applied.

Stress won't go away by ignoring it. Its effects are cumulative. Low level stress can actually be more insidious than major stress. You adjust to low level stress and accept it as normal. This raises your stress threshold but doesn't mitigate the negative effects.

Stress leads to worry and even panic. Look back at your past and you won't find even one example when worry or panic accomplished anything. This understanding is the first step to letting go of stress induced worry and replacing it with positive action.

One of the root causes of stress is our fast paced

lifestyle. Although technology is beneficial in many ways, it also makes it difficult to escape from stress. Cell phones enable you to be reachable wherever you are. The internet and cable TV bring you news 24 hours a day.

It's a real challenge to find some quiet time to relax and recharge. Give yourself a break. It's OK to turn off your cell phone, TV and computer. Go ahead and have some fun instead.

Eating properly is important. Food is the fuel that keeps your mind and body functioning. If you run out of energy, you are much more susceptible to stress. It's not only necessary to consume the right foods but also to eat at appropriate times. When pressed for time, the first activity to go by the wayside is eating. Skipping meals, using junk food as a meal substitute, and eating while on the run, all have deleterious effects.

A certain amount of stress can't be avoided. Exercise provides a healthy stress release. Regular physical activity is the key. At least three or four times a week is ideal. You don't have to join a health club or use a

personal trainer.

Exercise can be incorporated into your daily routine. Just walking whenever possible can satisfy this goal. Take the stairs instead of the elevator. Park your car at the far end of the parking lot. The more exercise you get, the less stressed you will be.

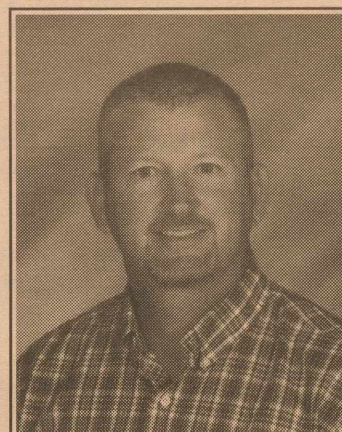
Identify those circumstances you find stressing. Before you encounter them, mentally rehearse not getting stressed out. Then, when they do occur, your reaction will be much more relaxed. The more you practice not letting stress get the best of you, the less it will happen.

Maintain a sense of humor. Laughter is a great stress reducer. Virtually all situations contain a humorous component. Whenever you make a joke it helps you cope. Being too serious all the time encourages burnout.

Count to ten. You heard this when you were a kid. It still works. When you feel stressed, count to ten before reacting. This technique will prevent you from flying off the handle and making circum-

(Continued to Page 2)

Athletic Physicals Scheduled For August 2nd



Trey Richey
Head Coach

We are scheduled to take athletic physicals Saturday, **August 2nd** 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.

Foreign Persons Must Report U.S. Agricultural Land Holdings

(Post, TX) — July 9, 2014 — Garza-Borden County USDA Farm Service Agency (FSA) Executive Director Victor Ashley, reminds foreign persons with an interest in agricultural lands in the United States that they are required to report their holdings and any transactions to the U.S. Secretary of Agriculture.

“Any foreign person who acquires, transfers or holds any interest, other than a security interest, including leaseholds of 10 years or more, in agricultural land in the United States is required by law to report the transaction no later than 90 days after the date of the transaction,” said Ashley.

Foreign investors must file Agricultural Foreign Investment Disclosure Act (AFIDA) reports with the FSA county office that maintains reports for the county where the land is located.

“Failure to file a report, filing a late report or filing an inaccurate report can result in a penalty with fines up to 25 percent of the fair market value of the agricultural land,” said Ashley.

For AFIDA purposes, agricultural land is defined as any land used for farming, ranching or timber production, if the tracts total 10 acres or more.

Disclosure reports are also required when there are changes in land use. For example, reports are required when land use changes from nonagricultural to agricultural or from agricultural to nonagricultural. Foreign investors must also file a report when there is a change in the status of ownership such as the owner changes from foreign to non-foreign, from non-foreign to foreign or from foreign to foreign.

Data gained from these disclosures is used to prepare an annual report to the President and Congress concerning the effect of such holdings upon family farms and rural communities in the United States.

For more information regarding AFIDA and FSA programs, contact the Garza-Borden County FSA office at 806-495-2801 or visit the USDA Web site at <http://www.usda.gov>.

THANK
YOU
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Dare to Live...

(Continued from Page 1)

stances worse.

Get enough sleep. When you are tired, you are more prone to stress. Proper rest is just as important as a good diet. Both are essential for the proper functioning of your mind and body. When you are fatigued, your capability for sound reasoning is diminished. Additionally, you will tend to blow things out of proportion. Children get cranky when they

are tired, adults get stressed.

These are some simple steps you can take to reduce your stress. They only work if you apply them. Be proactive. Stress doesn't have to be overwhelming.

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

USDA Provides 12-Week Progress Update on Disaster Assistance Producers Reminded Sign-Up Deadline Approaching for ELAP

USDA has processed 106,000 payments to farmers and ranchers in 40 states who suffered drought, blizzard, and other weather related losses between October 2011 and passage of the 2014 Farm Bill. More than \$1.2 billion in payments to qualifying farmers and ranchers have been processed. USDA estimated that roughly \$2.5 billion would be provided in disaster relief to cover losses from October 2011 through September 2014. If those estimates prove accurate, it would mean nearly half of all disaster payments have already been provided.

While disaster relief is a critical lifeline that can prevent farmers and ranchers who do not have access to crop insurance from being wiped out by weather-related losses beyond their control, most producers only receive support equal to 60 percent of their actual losses.

USDA disaster programs include:

The Livestock Forage Disaster Program (LFP) and the Livestock Indemnity Program

(LIP) provides payments for grazing losses due to drought and livestock deaths due to adverse weather.

The Emergency Assistance for Livestock, Honeybees, and Farm-Raised Fish Program (ELAP) provides assistance for livestock, honeybees and farm-raised fish losses due to disease (including cattle tick fever), weather, wildfires and colony collapse disorder, or for losses not covered under other disaster assistance programs established by the 2014 Farm Bill.

The Tree Assistance Program (TAP) provides financial assistance to eligible orchardists and nursery tree growers to replant or rehabilitate trees, bushes and vines that were lost or damaged by natural disasters.

Specific program deadlines are as follows:

• 2011-2013 ELAP – Friday, Aug. 1, 2014


• 2011-2014 LFP – Friday, Jan. 30, 2015

• 2011-2014 LIP – Friday, Jan. 30, 2015

• 2011-2014 TAP – Monday, Feb. 2, 2015

Producers affected by adverse weather should contact their FSA county office to make an appointment and learn if they are eligible for disaster assistance. For more information, producers may review the 2014 Farm Bill Fact Sheet, and the LIP, LFP, ELAP and TAP fact sheets online, or visit any local FSA office.

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TEXAS A&M
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Heart and Home...



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Are You Safe in the Sun?

Who doesn't enjoy basking in the warm West Texas sun? We all do! Many of us spend the majority of our time outdoors, which means we are at a greater risk for sun damage or skin cancer. Therefore, we need to protect ourselves from the sun. There are a few simple things you can do to protect yourself from the damaging rays of the sun.

Minimize sun exposure between 10:00 a.m. and 4:00 p.m. when the sun is strongest.

Wear a hat, long sleeve shirts and long pants when out in the sun.

1. Apply a sunscreen before every exposure to the sun, and reapply frequently and liberally every two hours as long as you stay in the sun.

2. Remember to wear sunscreen even on overcast or cloudy days. The sun can be just as damaging on these days as on a sunny day.

3. Beware of reflective surfaces such as sand, snow, concrete and water since these can reflect more than half of the sun's rays onto your skin.

4. Last but not least, re-

member this slogan. SLIP on a long-sleeve shirt, SLAP on a hat, and SLOP on the sunscreen!

Keeping Swimwear in Tip-top Shape

Chlorine from pool water can cause both fiber damage and color loss in swimwear. To keep your swimwear in good condition, follow these simple steps:

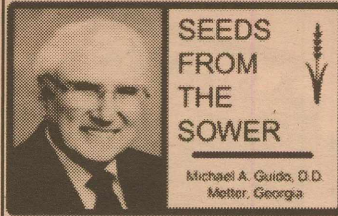
- Rinse the chlorine from swimwear immediately after swimming to avoid color loss.

- Launder or thoroughly rinse items that are frequently wet by pool water, including clothing, towels and outdoor furniture. The chlorine left by the pool water can cause permanent damage if it's not washed out.

- Don't lay towels that are wet with pool water on other textiles, such as beds, carpets or upholstery.

- Line dry or lay your swimwear flat to dry. Don't put it in the dryer.

Source: *The Soap & Detergent Association's Cleanliness Facts Newsletter*



Michael A. Guido, D.D.
Metter, Georgia

Our God is a great and gracious God. We see His greatness when we look into the spacious skies at night and see stars that cannot be counted and know that there are galaxies beyond galaxies. We see His greatness when His Son walked among the sick and healed them, the hungry and fed them, the grieving and comforted them, the distraught and encouraged them.

We see His grace when we look at Jesus on the cross, His resurrection from the tomb when He defeated death, His offer of salvation, His promise of eternal life with Him and His invitation to call on Him "whenever" for "whatever" as long as it is in His name.

David said that God "rescued him because He delighted in him." *Delighted* here means "to be mindful of, to be attentive to, to keep, to protect, to have pleasure in..." Imagine the great value that God placed on David. He had a special place in God's heart and was delivered from God's wrath and his enemies.

In Christ we have the same deliverance. He takes God's wrath from us in the salvation He provides for us and He also rescues us from the power of Satan who would defeat us. He is with us now just as He was with David three thousand years ago.

Christ living in us gives us His presence and power. When we call upon Him and trust in Him, we can be assured that He "is attentive to us, will keep us, protect us and take great pleasure in us" because He delights in us just as He did David.

Visit us at Guido Gardens, Metter, GA

**The
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Texas Stories

A Showcase of the Texas Spirit
Tumbleweed Smith

Backstage at Speeches

I've been making speeches to various groups since 1973 when I made my first chamber of commerce speech in Dumas, Texas. Of all the things I do to make a living (newspaper column, radio program, producing commercials and documentaries), I guess speaking is the most fun. It is fantastic to look out at a room full of people and see them smiling and laughing. I love to see lots of teeth as I glance at a happy audience from the podium or stage. All my speeches are about Texas humor and I've spoken in nearly a dozen states and four foreign countries. It's not quite correct to call them speeches. They are more like audio presentations. I use the voices of some of the humorous people I've interviewed the past 45 years. In a 35-minute speech I'll use about 15 recorded voices of people telling stories or mentioning first person experiences. I do a 55-minute one-man show that is the same format as speeches, only longer, with more voices. Most of the time the audience doesn't know where the other voices are coming from. I'll introduce a segment, then another voice comes over the PA system. After a speech I've actually had people ask me if I do all the voices. The recorded voices are coming from an Ipod my wife Susan is operating. Usually she sits near me at a speech or near the stage when I do my one-man show. She has just been operating the equipment a few years. I used to do it. I like it this way better. When I first started speaking I used jokes. When I was asked to speak at a Petroleum Short Course at Texas Tech in the mid 70's I knew oilmen would be in the audience so I got a bunch of

my interviews with funny guys in the oil patch, edited them down and put together a program. It went over big. I went home and created a program of humorous Texans from all over the state. My first audience with this new show was my wife and two sons in our living room. They laughed all the way thru it. I was encouraged and have used the voices ever since. We have had some experiences. Once the electricity went off at a chamber banquet in Van Horn. Someone brought in a generator. Another time we made a speech on an outdoor stage that had a street in front of it. The audience was in pickup tailgates and lawn chairs across the street. Occasionally a vehicle would pass in front of the stage and the driver would wave and shout greetings to his friends. In Lubbock I was giving a presentation to a historical group and they had come from a party with free flowing alcohol. I usually love a well-oiled audience, but this one was rowdy. Nobody was listening. About 20 minutes into my speech the organizer came up and asked me how much longer I was going to be on stage. I think if she had a hook she would have yanked me off. My most recent speech was to the Texas Retired Teachers Association's annual convention in Dallas. I discovered the shirt I had chosen to wear for the speech had French cuffs but I had no cuff links with me. Susan whipped out the dental floss, threaded it through the cuff link openings and none of the 1100 people in the audience knew anything about my customized cufflinks. *Tumbleweed Smith lives in Big Spring with his wife Susan. Contact him at 432 263-3813 or tumbleweedsmith.com*

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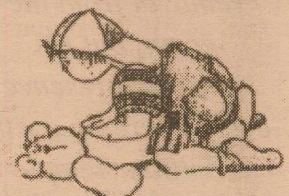
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"Mail Bag"

It's Okay To Say 'I Don't Know,' So Long As You Find Out

Why is it that some people won't stop to ask directions when they get lost? It's okay to say, "I don't know." *Finding out* is what's important—obtaining the complete, accurate information you need to get where you're going.

The same is true with your mail. About 14 percent of Americans (45 million people) move each year, so for many of us it's almost impossible to keep up with the addresses of every family member, friend, and colleague. It's okay not to know—but it's absolutely vital to *find out* before you drop your letter in the mailbox, counting on the Postal Service™ to get it delivered.

Here are some tips on addressing your mail that will help the Post Service deliver for you!

- Type the address or print it legibly, in permanent ink, and in capital letters if possible, so it can be read at arm's length.

- Use a Post Office Box or a street address, but don't use both. For the street address, always include the apartment or unit number, building number.

- Make sure to include the directional (N,E, SW) if applicable.

- Save the last line for the

city, state, and ZIP Code™. If you don't know the ZIP Code, go to www.usps.com and click on "Find a ZIP Code."

- Always include a return address in the upper left-hand corner on the same side of the mailpiece as the delivery address.

For more information on proper addressing, or to check your ZIP Code or state abbreviation, visit your local Post Office™, call 800-ASK-USPS (800-275-8777) or go to the Postal Service™ web site at www.usps.com.



Got News?

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Ext: 275

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kdean@bcisd.net

**COYOTE
COUNTRY STORE
GRAND RE-OPENING**

Monday, July 21st

Coyote Country friends and neighbors are invited to stop by and enjoy new as well as classic menu items, expanded seating, central AC and the best of Borden County hospitality!

Thought for the Day

The ascension of Christ is his liberation from all restrictions of time and space. It does not represent his removal from the earth, but his constant presence everywhere on earth.
-William Temple

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