

The Borden Star

Borden ★ Dawson ★ Garza ★ Howard ★ Lynn ★ Scurry

Volume XXXVII

June 8, 2011



Dare to Live Without Limits

By Bryan Golden

There's Always Something Else

Late for an important meeting, Alice rushed out to start her car on a cold winter morning. As she turned the key, nothing happened. The battery was dead. Fortunately, Alice's husband, Jim, was still home and he jumped the battery to get the car started. Now 10 minutes behind schedule, she hurried off to work. On the highway, she got stuck in traffic for a half-hour.

Alice finally arrived at work and joined the meeting almost an hour late. After the meeting, Ed, one of Alice's best employees, told her he was quitting because he was moving out of state. That afternoon, Alice was notified by human resources that there was going to be a hiring freeze. Any employees that left would not be replaced.

After arriving home that evening, Alice opened a letter from the daycare center announcing that their fees would be going up 20%. Then, as she started to run the dishwasher, it made a grinding noise and stopped. Later that night, Alice received a call from her older son's teacher requesting a meeting because of her son's behavior problems in class.

Although Alice's day is just an illustration, most of us have experienced this scenario. We all go through periods when

problems cascade faster than they can be resolved. As soon as you address one issue, another pops up.

Everything may not happen in one day but may drag out over days, weeks, or months. When you encounter this phenomenon, it's overwhelming. You feel as if you are on a treadmill going faster than you can run.

Everyone experiences this. You may be familiar with the phrase, "When it rains, it pours." Things seem to happen in waves. Encountering this can be very frustrating and lead to frayed nerves and a short temper. Depending on the severity of the onslaught, it can lead to utter exasperation.

Unfortunately, there's no way to predict or anticipate when these barrages will occur. There's no way to escape or avoid them either. Typically, problems have a tendency to occur at the least opportune times, thus magnifying their effect.

So, what do you do? You should concentrate on influencing that which you do have control over; your thoughts, attitude, and behavior. Although a simple concept, it's difficult to apply. This is because an

(Continued to Page 4)

Borden County Coyotes Earn all-District Accolades

Courtesy Lamesa Press Reporter
By Dwight Hines

The Borden County Coyotes were well represented on the all-District 3-1A Baseball Team released this past week.

Borden County had five first-team selections, four on the second team list and three honorable mentions on that list.

Borden County brothers Zach Telchik and Collin Telchik led the Coyotes' first-team contingent at second base and utility player, respectively. Other Coyote sluggers on that first-team list were juniors Austin Fields at short-stop, Quint Shafer at utility player, as well a sophomore Tanner Richey in the outfield. Collin Telchik and Fields also got second-team at pitcher, as well as freshman T.J. Basquez at catcher, junior Quint Shafer at outfield and senior Miles Valentine at designated hitter. Borden County sluggers getting honorable mention are Austin Tyler at first base, sophomore Steven Howard in the outfield and Jared Smith at utility player.

Coyote Zach Telchik earned first-team all-district all three seasons with the Coyotes. A .518 career hitter at Gail, Zach hit .446 with 25 RBIs this season. He also stole 13 bases.

"Zach was very steady because he worked hard at it," Coach Trey Richey said. "He's

a solid intense player. He ended up playing just a little of everything in our infield and he played all them solid, too."

"He's the kind who figures out a way to get on base."

Austin Fields hit .466 with 17 RBIs. He also had 14 stolen bases. On the mound, he went 4-4 with 56 strikeouts.

"He's been a solid leadoff man for us all three years now," Coach Richey said of Fields. "He had to fight the injury bug, which slowed him down a little. He's been averaging 28 stolen bases, but had 15 this year."

Tanner Richey is another Coyote who battles the injury bug this season, but that did not keep him from hitting .535 with 15 RBIs. He also stole 16 bases in 15 games. On the mound, he went 2-0 with a 0.91 ERA.

"He still made some good things happen. He hit the ball well (.500) in district," Coach Richey said of his talented son.

Both Borden County's Collin Telchik and Quint Shafer made this first team list as utility players.

Collin hit .403 with 16 RBIs. He stole 13 bases. On the mound, Collin went 4-3 with one save. He struck out 36 batters and walked 27.

"He'd probably hit a career

high. He was consistent across the board. He played solid defense for us, too."

Quinton Shafer hit .423 with 25 RBIs. He stole 13 bases.

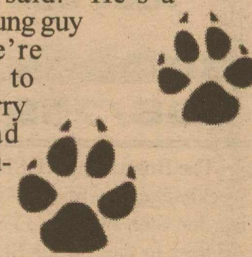
"This was probably his best year of baseball. He was a tough out. He struck out only eight times in 66 (plate) appearances," Coach Richey said.

After earning all-state honors last year at catcher, Miles Valentine was limited this season to designated hitting after a football-related injury but still put up good numbers, including a .318 batting average.

"He started hitting the ball extremely well there toward the end once he started getting stronger and more confident," Coach Richey said.

After starting the year in the outfield, Basquez found a home his freshman year at catcher where he hit .348 and drove in 22 RBIs.

"He's another one of those kids who just seemed to keep getting better and better," Richey said. "He's a solid young guy who we're looking to help carry the load in the future."



Making the Grade!

6th Six-Weeks Beta Achievement

Senior: Bailey Anderson, Joseph McConnell, Kimberly Proulx, Taylor Richey, Tony Soto, Krista Tarleton, Zach Telchik and Miles Valentine; **Junior:** Shaylie Boles, Austin Fields, Aubree Lester, Chance Taylor, Collin Telchik and Austin Tyler; **Sophomore:** Shea Burkett, Hanna Forbes, Tanner Richey and Steelie Sanders; **Freshman:** Brady Dowds, Sydnie Day, Maeghan Herridge and Matthew Proulx; **Eighth Grade:** Bessie Rhodes, and Sean Tucker; **Seventh Grade:** Tatum Richey, Nathan Souder and Caelan Thuett; **Sixth Grade:** Savannah Herridge and Maria Neufeld.

6th Six-Weeks Honor Roll

Senior: Machel Barr and John Hensley; **Junior:** Raegan Belongia, Luke Burket and Quinton Shafer; **Sophomore:** Brady ByBee, Jordan Day, Matthew Roberson, Jared Smith and Riley Smith; **Freshman:** Taylor Gass, Matthew Ham, Mallory McMeans, Mollie McMeans and Kurt Shafer; **Eighth Grade:** Frank Banman, McKenna Campbell and Jaden Huse **Seventh Grade:** Channing Miller, Samuel Raborn and Cheyenne Tucker; **Sixth Grade:** Madison Benavidez, Hayley Gray, Kace Lott and Dylan Murphy; **Fifth Grade:** Preslea Hall, Kable Kleck, Madison Matlock, Harley Merrill, Nicholas Proulx, Trace Richey, Ashlyn Tucker and Brittan Webb; **Fourth Grade:** Micha Bankston, Holden Basquez, Masdison Cole, Katie Gray, Tanner Harrison, Riley Lewis, J.W. Nix, Brooke Swaffar, Emily Todd and Haylee Willborn; **Third Grade:** Nicolas Benavidez, Maegen Bland, Kodie Dowds, Fallon Forbes, Dymon Gomez, Kaitlyn Hamm, Anthony

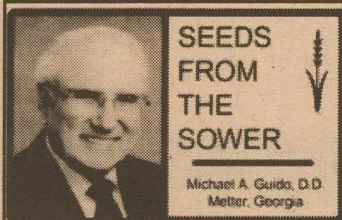
Lopez, Zeke Lott, Makenzie Milhauser, Susie Neufeld, Kenzie Parks, O'Livia Reyes, Jason Robinson and Tatum Treadwell; **Second Grade:** Mason Cole, Haddie Flannigan, Kaci Hudson, Ashlyn Lott, Macy Matlock, Camree Miller, Erin Nix, Jaci Slover, Kennedy Tucker, Brinlie Webb, Justin Willborn and Miles Wilson.

2nd Semester Beta Achievement

Senior: Taylor Richey
Junior: Shaylie Boles and Austin Fields; **Sophomore:** Shea Burkett and Steelie Sanders; **Freshman:** Sydnie Day and Matthew Proulx; **Seventh Grade:** Tatum Richey **Sixth Grade:** Savannah Herridge.

2nd Semester Honor Roll

Seniors: Bailey Anderson, Joseph McConnell, Krista Tarleton, and Miles Valentine; **Sophomores:** Brady ByBee, Jordan Day, Hanna Forbes, Tanner Richey, Matthew Roberson, and Riley Smith; **Freshman:** Maeghan Herridge and Kurt Shafer; **Eighth Grade:** McKenna Campbell and Sean Tucker; **Seventh Grade:** Channing Miller, Nathan Souder and Cheyenne Tucker; **Sixth:** Hayley Gray, Kace Lott and Maria Neufeld; **Fifth Grade:** Preslea Hall, Madison Matlock, Harley Merrill, Trace Richey, Ashlyn Tucker and Brittan Webb; **Fourth Grade:** Madison Cole, Katie Gray, Tanner Harrison, J.W. Nix, Taylor Swaffar and Emily Todd; **Third Grade:** Kodie Dowds, Fallon Forbes, Kaitlyn Hamm, Anthony Lopez, Zeke Lott, Makenzie Milhauser, Kenzie Parks, O'Livia Reyes, Jason Robinson and Tatum Treadwell; **Second Grade:** Mason Cole, Haddie Flannigan, Kaci Hudson, Ashlyn Lott, Erin Nix, Jaci Slover, Brinlie Webb and Justin Willborn.



Mr. and Mrs. George Chanzuk of Canada decided to keep all the empty cereal boxes and food jars from which they fed their daughter, Shawana.

In her first year she ate 182 pounds of groceries. This included 569 jars of food.

Interesting, isn't it? Babies need food. So do believers.

You eat, rest and exercise for the good of your body. But do you leave your souls undernourished? Bodily health is important. Soul health is more important.

The Bible says, "Like newborn babies, crave spiritual milk, so that by it you may grow."

Visit us at: www.TheSower.com

Lady Coyotes Play in Sands Spring League

By Chris Cooley

The Lady Coyotes played five nights in May (2 games a night) to get some basketball playing time before the end of school. The Ladies did an excellent job playing together to end up with an 9-1 record.

The line up changed some nights with other commitments the girls had but the Seniors of Stefanie Cooley, Aubrey Lester and Raegan Belongia were there for every game. Juniors Kylie Voss, Teryn Soto and Kaylyn Dean; Sophomores Taylor Gass, Mollie McMeans and Mallory McMeans made up the rest of the roster. They played the teams from Loop (won 28-16),

Grady (won 24-22; lost 24-32), Sterling City (won 52-26), Garden City (won 40-25), O'Donnell (won 36-7), Wellman-Union (won 52-22), Sands (won 61-11), Forsan (won 24-18; won 39-22).

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THANK FOR YOUR SUPPORT WITH OUR BARBECUE FUNDRAISER
LAST WEEK!

Tye Basquez, Cassie Gaines, Celina Guerrero, Mollie McMeans, Zach McMeans

attending the June 20-26 WTAMU Speech and Debate Camp

Now it's time for the ever popular.....

CARWASH FUNDRAISER



Wednesday, June 15

9 a.m.-2 p.m.

First Baptist Church parking lot

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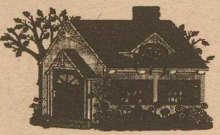


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AgriLIFE EXTENSION
Texas A&M System

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

Golden Rule Applies to Driving Too

The Golden Rule – do unto others as you would have them do unto you – seems easily forgotten once the rubber meets the road.

According to figures from the National Highway Traffic Safety Administration, about 1,500 people are hurt or killed each year in this country because of aggressive driving. Anyone can become an aggressive driver.

In fact, successful men and women of all types have been known to snap and commit violence with their vehicles. These actions usually stem from another stressful situation in a person's life, such as job loss or divorce. This kind of behind-the-wheel behavior can range from annoying to causing accidents that result in serious damage to people, places and things, he said.

In its most extreme forms, aggressive driving is known as road rage. Information from the AAA Foundation for Traffic Safety stated that road rage can result in the most extreme acts of aggression, such as physical assault, that occurs as a direct result of a disagreement between drivers.

Whether it's your own or someone else's aggressive driving, recognizing the symptoms and knowing how to react are key to reducing the behavior. Here are a few suggestions for keeping it cool:

- Keep it cool. Don't take out your frustrations on other drivers. That can lead to violence or even a crash.
- Pay attention to the road while driving. Leave the reading, eating or phoning to more appropriate times.
- Don't tailgate. This can cause crashes that result in deaths or serious injuries.
- Keep inside your own lane. Don't block the passing lane or weave in and out between lanes. If other drivers want to pass you, let them.
- Don't run red lights or enter an intersection on a yellow light.
- Keep speed even. Don't go faster or much slower than the

speed limit or drive too fast in unsafe conditions, such as when the road is wet or slick.

- Use your directional signal, even when changing lanes. Don't cut anyone else off.

Stress can trigger aggressive driving too, the following steps can help to reduce that stress:

- Alter your schedule and your route to help avoid getting caught in traffic congestion.
 - Relax. Try listening to soothing music on the car's radio or practicing a looser grip on the wheel. Even taking deep breaths can help.
 - Don't drive if you are angry, tired or upset.
 - Make sure your driving conditions are comfortable. Use the car's air conditioner; sit on a pillow or soft seat cover for more comfort.
- Here are a few tips if you need to deal with another driver's aggressive actions:
- Do everything you can to get out of the way.
 - Don't let your pride take over. Don't speed up or attempt to block attempts of other cars to pass.
 - Avoid eye contact.
 - Don't use angry gestures or honk the horn.
 - Report serious aggressive driving to the authorities. Have a passenger call the police or pull over to make the cell phone call yourself.

Drivers can be fined up to \$200 for each moving violation associated with aggressive driving.

That's not all. According to the Texas Department of Transportation, insurance companies can raise the rates of drivers who have multiple moving violations.

For more information visit the Web at:

- AAA Foundation for Traffic Safety: <http://www.aaafoundation.org/>
- National Highway Traffic Safety Association: <http://www.nhtsa.dot.gov/>
- Texas Department of Transportation: <http://www.dot.state.tx.us/trafficsafety/>

Dare to Live...

(Continued from Page 1)

endless string of problems has a cumulative effect. Before you fully resolve one issue, another hits you. Each blow erodes your resistance and tolerance. You then get to a point where even the smallest problem seems overwhelming and more than you can handle. It's not unusual to feel as if you are on the edge, ready to lose your grip at any moment.

Since you can not stop the problems, you may as well condition yourself to survive them. It helps to categorize problems into two groups. Annoyances that are a pain in the neck but can be readily resolved are one group. Major issues requiring prudent decisions comprise the other. You'll discover most of the issues facing you fall into the first group with relatively few landing in the second. Items in this latter category should be given priority.

Compartmentalize your problems. Handle one problem at a time, formulate a plan of action, take action, then leave it, and move on to the next one. Make the best decisions you can and don't second guess yourself later. This proactive approach helps reduce stress and prevents you from becoming overwhelmed. The strategy of taking action transforms you from a victim to a master of your fate.

Address the most pressing issues first, do what you can, and live one day at a time.



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



Extension's Family and Consumer Sciences Web site also has more information on traffic safety. Go to <http://fcs.tamu.edu/> and click on the link to Safety.

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





Borden County 4-Hers (back row left to right) Thomas Nix, J.W. Nix, Kable Kleck and (front left) Kelby Kleck attended the North Region Leader Lab at South Plains College in Levelland May 31-June 2. County Extension Agent Julie Smith attended as an agent chaperone.

Thought for the Day

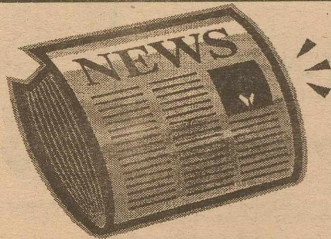
To have a good friend is one of the highest delight of life; to be a good friend is one of the noblest and most difficult undertakings.
-Unknown

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Call: 806/756-4313
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Email:
kdean@bcisd.net

Burn Ban

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



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3rd & 4th generations still serving this area.

Legal Notice

NOTICE TO CONTRACTORS OF PROPOSED

TEXAS DEPARTMENT OF TRANSPORTATION (TxDOT) CONTRACTS

Sealed proposals for contracts listed below will be received by TxDOT until the date(s) shown below, and then publicly read.

CONSTRUCTION/ MAINTENANCE/BUILDING FACILITIES CONTRACT(S)

Dist/Div: Abilene

Contract 6226-79-001 for DEMAND MBGF in HOWARD County, etc will be opened on June 28, 2011 at 1:30 p.m. at the District Office for an estimate of \$226,430.37.

Plans and specifications are available for inspection, along with bidding proposals, and applications for the TxDOT Prequalified Contractor's list, at the applicable State and/or Dist/Div Offices listed below. If applicable, bidders must

submit prequalification information to TxDOT at least 10 days prior to the bid date to be eligible to bid on a project. Prequalification materials may be requested from the State Office listed below. Plans for the above contract(s) are available from TxDOT's website at www.txdot.gov and from reproduction companies at the expense of the contractor.

NPO: 36636
State Office

Constr./Maint. Division
200 E. Riverside Dr.
Austin, Texas 78704
Phone: 512-416-2540
Dist/Div Office(s)

Abilene District
District Engineer
4250 N. Clack
Abilene, Texas 79604-0150
Phone: 325-676-6800

Minimum wage rates are set out in bidding documents and the rates will be part of the contract. TXDOT ensures that bidders will not be discriminated against on the grounds of race, color, sex, or national origin.

AgriLIFE EXTENSION

Texas A&M System

Rain Water Harvesting Workshop

LOCATION: Borden County Event Center in Gail, TX

DATE: Thursday June 23, 2011

TIME: 6:00 pm to 8:00 pm

FEE: \$15.00 Dinner will be served

RSVP: Monday June 20, 2011

SPEAKER: Nick Kenny -Texas AgriLife Extension
Amarillo, TX

Learn how to build and develop rain water harvesting equipment for your home and (or) Barns.

Sponsored by
Texas AgriLife Extension in Borden County

For more information contact Cody Hill or Julie Smith at the Borden County Extension Office 806-756-4336

Borden County
P. O. Box 155
140 E. Wilbourn
Gail, Texas 79738

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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

Conservation Group Meeting

The Upper Colorado Soil and Water District will be holding their Local Work Group (LWG) meeting this Friday, June 10th. The group will discuss and prioritize local resource concerns. The meeting will take place at the DCOS Community Room at American State Bank at 10:00am. Anyone is welcome to attend

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