

The

Borden Star

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Volume XXXV

September 4, 2013



Coyotes Come Up Short in Season Opener

By Coach Richey

The Borden County Coyote football team came up just short in their bid to upset #4 in Division II football rankings, the Newcastle Bobcats. The lead changed hands several times during the course of this nip and tuck battle, but in the end a late turnover mixed with some 4th down magic by the Bobcats proved too much for the Coyotes to overcome.

The game began at 6:00 p.m. on a very hot day. Playing the first ever game on the new field turf surface at Jayton meant that heat and fatigue would play a major role in the outcome of this contest. Newcastle received the opening kick and as stated earlier, 4th down magic for the visiting Bobcats was one of the big keys to the game and that is just how this game took shape early as Newcastle faced a 4th and 13 near midfield. The Bobcats were forced to throw an underneath route because the pressure by Coyotes Frank Banman and Thomas Harrison. The reception was made some 8 yards short of the first down, but three missed tackles later the Bobcats not only had a first down, but the first touchdown of the contest and a quick 6-0 lead over the Coyotes. After an onside kick was recovered by the Bobcats, they looked

poised to add to their lead, but a huge hit by Korbin Martinez forced a fumble deep in Borden County territory. Senior brother Jordan Martinez pounced on the loose pig skin and recovered the ball to thwart the drive. Two plays

later freshman Hunter Jones connected with junior Frank Banman on a 52 yard pass play to tie the contest at 6. Moments later Riley Herridge split the uprights with his kick

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Senior Coyote, Tristan Benavidez (#30) reaches to grab onto a New Castle player headed for the endzone.

Dare to Live Without Limits

By Bryan Golden

Low Expectations

"I probably won't get that promotion." "I don't know if I'll get a good grade on my next test." "I just can't lose weight." "I'm always late for work." "It's hard for me to meet people." "I don't like my job but what else can I do?" "I seem to always have bad luck." "People are always taking advantage of me."

I'm sure you've heard all of the above. You may have even made these kind of statements yourself. The problem with these thoughts is that they put you into a mindset of low expectations. Before anything even happens, you start out anticipating the worst. When your prediction comes true, your belief in low expectations is reinforced.

Unfortunately, this pattern creates a vicious cycle of negative thoughts creating negative results. The person caught up in such a cycle is convinced their attitude results from their experiences, when in reality the reverse is true. What happens to you is effected by your expectations.

People with low expectations object vociferously to any suggestion that they play a role in the circumstances they find themselves in. A failure to recognize the cause and effect relationship between attitude and

results relegates a person to an endless loop of frustration.

You will hear people with low expectations justify their position by claiming they are being realistic and don't want to be disappointed. What they fail to realize is when you aim for the stars and fall short, you will hit the moon. But if you aim for the basement, you'll never get off the ground.

Low expectations serve no purpose other than to limit the chance for success. No one who has ever accomplished anything significant has had low expectations. Goals will be reached only with high expectations.

People fear disappointment. There is also an aversion to failure. It's a real blow to a person's ego to admit having failed. Low expectations serve as a disclaimer. If something doesn't work it's no big deal. After all, there was never any predication of success. When one advertises a probability of poor results, in their mind there can be no failure.

In reality, these people have acknowledged they will fail before even starting. So when low expectations generate poor results, they have simply lived up to their expectations. They

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Coyotes Come Up Short Against Bobcats...

(Continued from Pg. 1)

to give the Coyotes their first lead of the 2013 campaign at 8-6 with 2:50 left in the first quarter.

The Coyote defense forced the ball over on downs deep in their own territory again but a huge penalty ended any hopes of the coyotes extending the lead and they were forced to punt the ball back to the Bobcats. The Coyotes seemed to regain momentum as they recovered another Bobcat fumble near midfield as Korbin Martinez out wrestled a Bobcat for the loose ball. But, the coyotes saw their drive end with an interception. This time the Bobcats capitalized marching 64 yards to paydirt, convert a couple of short 4th down plays before breaking a couple of tackles enroute to a 17 yard touch down run to regain the lead at 14 to 8 with 5:24 left in the 2nd period. Borden County again wasted very little time as freshman Corbin Sumners followed some very nice blocks by Herridge, Martinez, Banman, Tristen Benavidez and Thomas Harrison. He scampered 60 yards untouched to tie the game at 14 with 5:13 left. Again, Herridge split the uprights and the Coyotes regained the lead 16 to 14.

The Newcastle bunch again answered the bell connecting on a 40 yard touchdown pass play that looked like an interception for Borden County just before a Coyote defender lost his footing. As a result not only was he unable to catch or breakup the pass, but since the defender was on the ground he was unable to stop the receiver after he caught the ball. A Bobcat defender was able to walk into the endzone to regain the Bobcat lead at 20-16 with :55 left in the half.

The Coyotes behind some

nice receptions by Banman, Benavidez and Martinez from Jones saw them move the ball inside the Bobcat 15 yards only in the last play of the half and bring close to the first half with the Bobcats clinging to a 20 to 16 lead over the Coyotes.

The Coyotes got the ball to start the 2nd half and was the theme with their scoring drives all night, they wasted very little time as Sumners set sail on another long run, this time from 35 yards out giving the boys a 22-20 lead over the Bobcats with 8:49 left in the 3rd quarter. Both teams traded defensive stops before the Bobcats connected on a 23 yard scoring strike on another 4th down and long situation to regain the lead at 28-22 with :20 left in the 3rd quarter.

Entering the 4th quarter, Borden County saw both freshman running backs battling cramps so sophomore Thomas Harrison moved into the backfield and senior Michael (Bill) Taylor came in on the line. With the bigger back, the

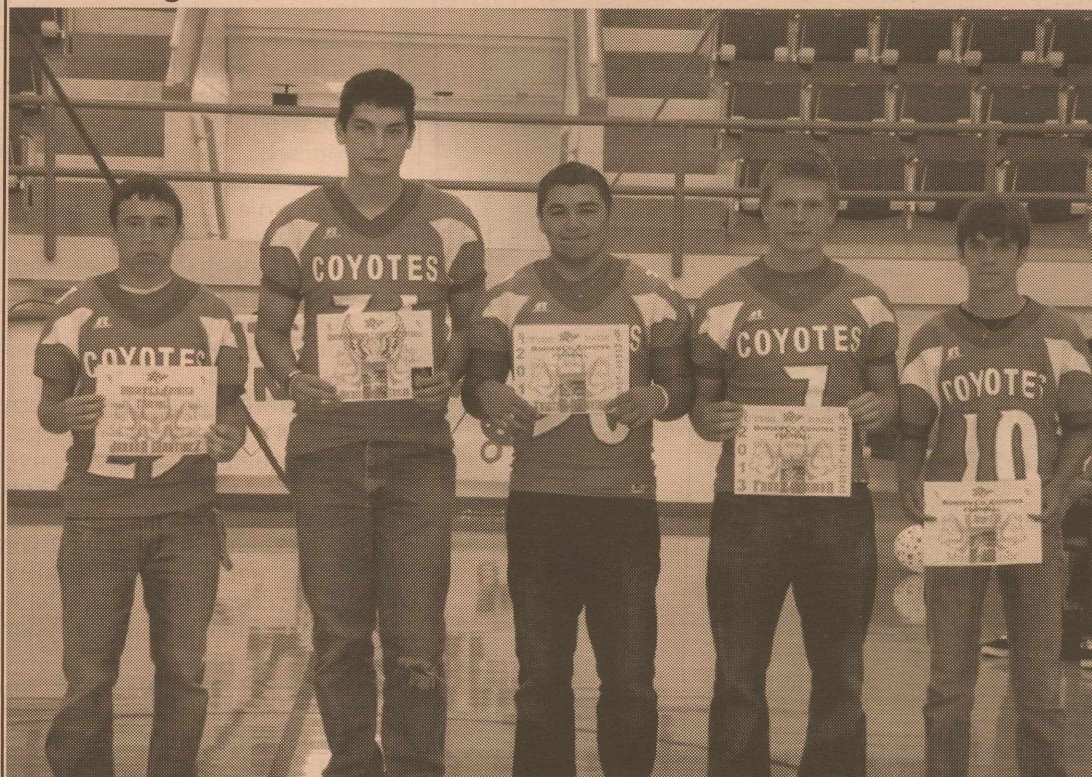
Coyotes used a more punishing attack which allowed them to move deep into Bobcat Territory. On the next play the Coyotes put in Colby Pennell at end and with a nicely executed play action pass play quarterback Riley Herridge found Pennell wide open in the endzone for a 23 yards scoring strike and yet again the Coyotes tied the contest at 28 apiece. The Coyotes tried to fake the extra point but the pass fell just short and with 7:57 left in the contest the teams were back where the game began, tied but this time with 28 points each. The Bobcats answered back as they quickly marched down the field regaining the lead with 6:04 left on a 2 yard run giving the Bobcats a 34 to 28 advantage. Borden County however looked poised to answer right back as Sumners again busted a long run setting up the Coyotes in Bobcat territory. After a couple more runs and a pass attempt the Coyotes tried a play action pass play that unfortunately ended up resulting in a pass

that was intercepted near the goal line with less than 4 minutes to play in the contest. Now, with the heat taking its toll on the entire defensive line the Bobcats finally began to control the line of scrimmage which allowed them to march down the field and push across the score that would be the dagger for the Coyotes extending their lead to 42 to 28 with 1:50 remaining the opening game of the 2013 season. The Coyotes managed a nice drive at the end, but again came away less than 20 yards short as the final buzzer sounded giving Borden County a loss in the season opener for the third consecutive season.

Defensively the Coyotes were lead by senior captain Tristen Benavidez with one caused fumble and 16 tackles, 1 for loss. Tristen also had a catch for 8 yards. Thomas Harrison had 11 tackles 3 for loss and had 4 carries for 17 yards. Frank Banman had 11 tackles and 6 receptions for

(Continued to Pg. 3)

Players of the Week



Coyote Players of the Week are (left to right) Senior Jordan Martinez (fullback/cornerback), Senior Michael Taylor (Center/End), Senior Tristan Benavidez (End/Linebacker), Junior Frank Banman (Center/Linebacker) and Junior Mason Coor (End/Safety).

School Lunch Menu

Sept. 9 - 13, 2013
Menu subject to change

Monday - Breakfast: Oatmeal Round & Yogurt, Fruit Juice and Milk. Lunch: Hamburger, Potato Rounds, Western Beans, Diced Pears and Milk.

Tuesday - Breakfast: Chicken-n-Waffle Stix, Fruit Juice and Milk. Lunch: Tangerine Chicken & Brown Rice, Baby Carrots, Steamed Broccoli, Pineapple Tidbits and Milk.

Wednesday - Breakfast: Sunrise Sandwich, Fruit Juice and Milk. Lunch: Toasted Ham & Cheese Sandwich, Multi-Grain Chips, Salsa (9-12 grade only), Garden Salad, Hot Cinnamon Apples and Milk.

Thursday - Breakfast: Sausage Biscuit, Fruit Juice and Milk. Lunch: Chicken Fajita Salad w/Tortilla Chips & Salsa, Spanish Rice (9-12 grade only), Baby Carrots, Fruit and Milk.

Friday - Breakfast: Cinnamon Roll & Bacon, Fruit Juice and Milk. Lunch: Cheese Pizza, Garden Salad, Green Beans, Apple Slices and Milk.

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Coyotes Fall to New Castle...

(Continued from Pg. 2)

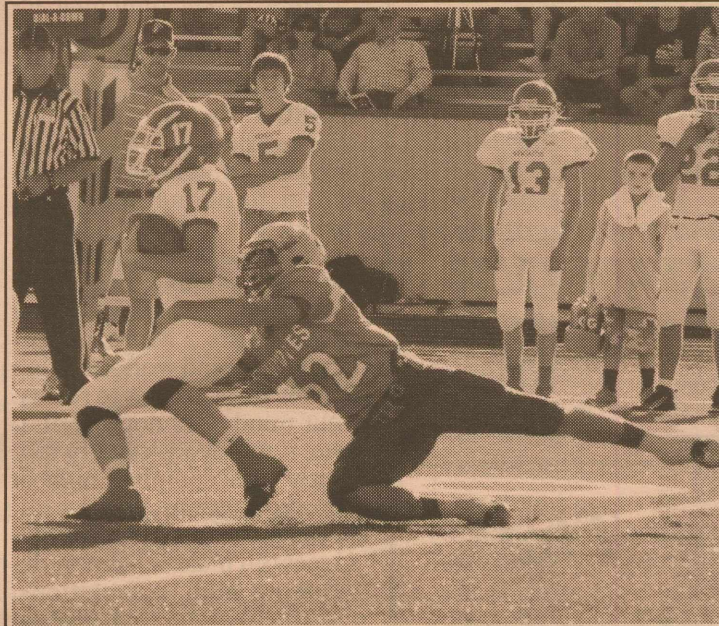
114 yards and a score. Corbin Summers had 7 tackles and had 10 carries for 159 yards and 2 scores. Hunter Jones was in on 7 tackles and had 8 carries for 18 yards and was 11 of 14 passing for 122 yards passing and a score. Korbin Martinez had a caused fumble and fumble recovery was in on 8 tackles 2 receptions for 10 yards. Jordan Martinez had a couple of pass break ups, a recovered fumble and was in on 9 tackles. Riley Herridge had a tackle and was 2 of 7 passing for 28 yards and a score and 2 interceptions. Colby Pennell had 3 tackles and a reception for 23 yards and a score. Nathan Ham had a tackle, Kale Yarbrow was also in on a tackle and Michael along with Kale and Nathan also played some offensive line.

The Coyotes will next host the Garden City Bearcats Friday for the home opener of the 2013 season.

The Junior Varsity played host to the Rotan Yellowhammers on Tuesday and came away just short getting some solid play from its young group as well lead by first time quarterback Mason Coor who connected on a touchdown reception to Robert Jordan. Mason also had an interception from his safety position. Jayton Lewis added some nice runs with a pair of scores the longest a 68 yarder, while also playing some good defense from his corner position. Also contributing was Braxton Coor at center and defensive end, Hunter Huse at Center and defensive end, Diego Bernal playing some linebacker, and Guard. Diego caught a pass late in the game and carried 4 yellowhammers just a yard short of a first down that would have allowed the Coyote JV one last play to have a chance to win the contest trailing 26-18. Dylan Murphy played offensive end and cornerback, Jordan played some end, quar-

terback, and cornerback. Steven Carrillo played running back and defensive corner and end while Nathan Souder played fullback, end and defen-

sive end making several nice plays as did the entire group. Playing with a lot of heart, the Coyote JV lost their season opener 26-18.



Sophomore end, Thomas Harrison (#32) stops the New Castle offense from gaining more yards. Harrison had 11 tackles and 4 carries for 17 yards against the Bobcats.

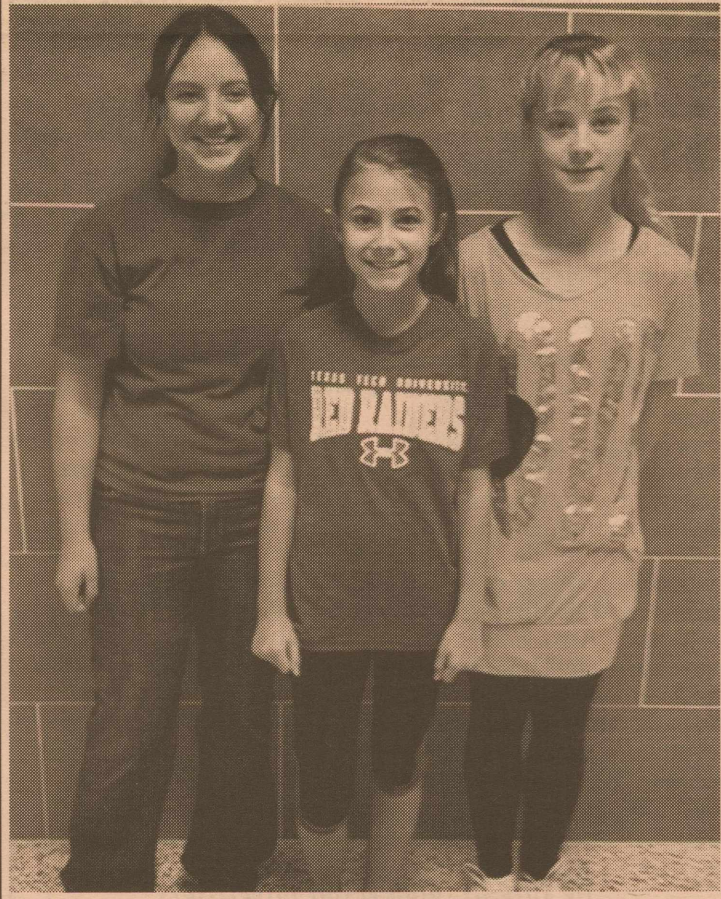


Coyote, Korbin Martinez (#27) brings a powerful punch to a defending Bobcat. He had a total of 8 tackles for the Coyotes, a caused fumble, a fumble recovery and 2 receptions for 10 yards.

Team Building



Mrs. Sue Jane Mayes has put a twist on game days here at Borden County. Each Friday, 6th and 7th grade English students will participate in a team building activity to underscore the importance of teamwork. This past week, students were given an allotted time period to complete a 150-piece jigsaw puzzle. (Above; left to right) 7th grade winners: Carlie de Ax, Kaile Hernandez, Reina Hernandez and Kelbie Kleck. (Below; left to right) 6th grade winners: O'Livia Reyes, Hailey Lowery and Kaylee Walker.



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Back-to-School Wardrobe: Keeping it in A+ Condition

The start of a new school year invariably means a new wardrobe. But, clothes that are bright and promising at the onset of the semester may soon fail to make the grade. While everyday wear and tear does take its toll, here are a few tips for helping keep the new school wardrobe in A+ condition.

Clothes that turn grey and dingy look old before their time. Improper laundry procedures, including insufficient detergent and water temperature that's too low, are common culprits. Improper sorting (clothes that are not separated by color and by heavy soiled versus light soil) can cause dirt and dyes to transfer from one item to another. If soil transfer occurs, rewash using additional detergent, the hottest water that's safe for the fabric and a bleach that's safe for the fabric. If color transfer occurs, don't dry the item. Quickly rewash with detergent and a bleach safe for the fabric, or use detergent and a dye/color remover purchased from the grocery or discount store.

As preventative measures, use the recommended amount of detergent for the load size, properly sort laundry and use the hottest water that's safe for the fabric. Also, consider using dye magnet laundry sheets or a detergent that's formulated to preserve colors. Dye magnet laundry sheets are embedded with dye catchers that grab and hold particles of dye and

other foreign materials in the wash water. Detergents that preserve colors contain ingredients that bind or react with dyes so they cannot easily be redeposited onto fabrics in the load.

Color loss or fading is irreversible. Common causes are unstable dyes, water that's too hot, improper use of bleach and applying undiluted bleach directly onto fabric. Unstable dyes most commonly occur with neon and fluorescent colors, as well as bright reds, greens, blues, purples, pinks, black and peach. To remove excess dye, new items in these colors should be washed separately the first few times. There are also some great products on the market to reduce dye transfer/bleeding/fading, such as the Shout Color Catcher sheet.

Wrinkles make a garment look unkept, which tends to make it look older. To avoid or minimize wrinkles in permanent press or synthetic fabrics, use the permanent press cycle on both washer and dryer. Remove items from the dryer as soon as it stops. Then hang or fold them. Wrinkle releasing sprays are also great for helping to keep clothes looking neat.

If you would like more information on clothing care, please contact the Extension office at (806)756-4336.

Source: *The Soap and Detergent Association Cleanliness Facts Newsletter*

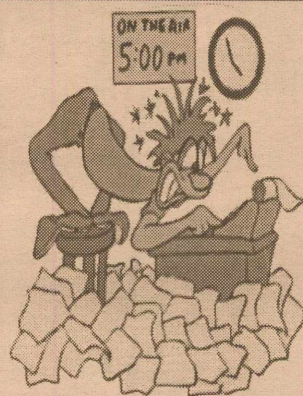
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Thought for the Day

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-Unknown

The Borden Star



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Dare to Live...

(Continued from Pg. 1)

have convinced themselves that everything is ok because their expectations are constantly met.

These people limit their accomplishments by expecting so little of themselves. Rather than living without limits, they condition themselves to live with restrictions. These self-imposed limitations then start to feel so normal they don't realize they exist.

The mind is programmed by low expectations to expect and be satisfied with mediocre or poor results. More importantly, the mind works to bring the low expectations to reality. Your mind does not discriminate, it will work equally diligently to accomplish high or low expectations.

People who are consistently successful make a habit of developing high expectations, regardless of the challenges at hand. They don't get discouraged if results should fall

short. They redouble their efforts and keep going.

Since you are capable of much more than you realize, why would you want to short-change yourself by aiming low? Don't be afraid of failure. Aim as high as you can. Expect great results. Before you get started, anticipate a positive outcome. Believe in your own potential.

People with high expectations will always outperform those with low expectations. Every winner expected to win at the outset. Frustrated people tend to lack a belief in their potential. You have complete control over your expectations. So next time you face a challenge, expect the best.

Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com. © 2006 Bryan Golden



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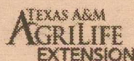
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4-H Food & Nutrition Project

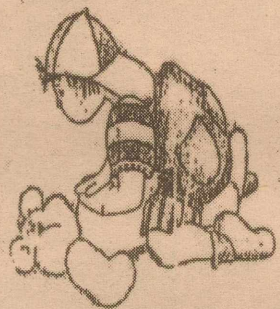
4-H'ers interested in the Food and Nutrition project should make plans to attend the Food and Nutrition Workshop after school from 3:45 to 5:00 p.m. on Monday, September 16, Monday, September 23 and Monday, September 30 in the Borden County Event Center. This project is for all 4-H youth that are interested in learning about basic nutrition, eating healthy, basic food preparation skills, and much more. For more information, please call Julie at the Texas A&M AgriLife Extension Service-Borden County Office at 806-756-4336 or email at julie.smith@agnet.tamu.edu

4-H Kickoff Meeting

We will hold the 4-H Kickoff Meeting on Monday, September 16 at 6:00 p.m. Details are still in the works – but please hold the date!

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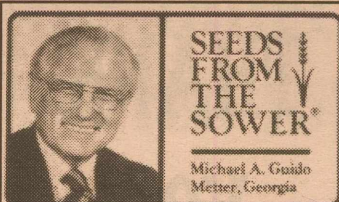


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'4 Heaven Sake' to Perform at First Baptist Church

Christian gospel group, 4 Post, Cactus Theater in Lubbock and many churches in the surrounding area. *Heaven Sake*, will perform on Sunday, September 15th at First Baptist Church in Gail. The concert will begin at 6:00 p.m. in the Fellowship Hall.

The group has performed at Ragtown Gospel Theater in Lubbock and many churches in the surrounding area. Sandwiches, ice cream and desserts will be served following the concert. Please join us for an evening of fellowship and music.

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**Notice of Public Hearing on Budget
Borden County Appraisal District**

The Borden County Appraisal District will hold a public hearing on a proposed budget for the 2014 fiscal year.

The public hearing will be held on September 12, 2013 at 8:00 AM at the Borden County Courthouse located at 117 East Wasson Ave, Gail, Texas.

A summary of the appraisal district budget follows:

The total amount of the proposed budget.	\$255,660.00
The total amount of increase/decrease over the current year's budget.	\$10,450.00
The number of employees compensated under the proposed budget	2 <i>(Full-time equivalent)</i>
The number of employees compensated under the current budget.	2 <i>(Full-time equivalent)</i>

The appraisal district is supported solely by payments from the local taxing units served by the appraisal district.

If approved by the appraisal district board of directors at the public hearing, this proposed budget will take effect automatically unless disapproved by the governing bodies of the county, school districts, cities and towns served by the appraisal district.

A copy of the proposed budget is available for public inspection in the office of each of those governing bodies. A copy is also available for public inspection at the appraisal district office.



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Join Cub Scouts for only \$10 for the rest of the year Tuesday, September 24th anytime between 5:00 and 7:00 PM at the First Baptist Church in Gail.

Have any questions or unable to attend?
Please contact, District Executive, **Brian Sweeney** at 432-212-3577 or Brian.Sweeney@Scouting.org.

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Texas Stories

A Showcase of the Texas Spirit
Tumbleweed Smith

An Ultra Bike Race in the Mountains

Dex Tooke of Del Rio is an ultra marathon bicycle racer. In 2011 he successfully completed the most grueling bicycle race in the world, the Race Across America (RAAM). He rode from California to Maryland, a distance of 3,000 miles in just twelve days. "It's practically non-stop," says Dex. "I averaged two hours of sleep a day during those twelve days. I was on the bike most of the time." He was only the 6th person in his age category to finish the race. Dex is 63. He wrote a book about his experience titled UNFINISHED BUSINESS. It chronicles both his 2010 and 2011 races. In 2010, he was 180 miles short of the finish line when the mandatory time limit ran out. Less than 300 people in the world have completed the race within the time limit. Dex does five or six ultra marathons a year, most of which require riders to ride 500 miles in one day. To stay in shape he rides between seventeen and twenty thousand miles a year. To do that he has to average fifty miles every day. I interviewed Dex on a Saturday morning after he had ridden fifty miles. He was going to ride another fifty miles later that day.

When he was twenty-eight, Dex was out of shape. He started exercising and running half marathons, then full marathons, then triathlons. "Then I discovered the ultra world and can't seem to get out of it," says Dex. He is fully employed, by the way, working for a company that manufactures heating elements. This October, Dex is going to be the race director of an ultra bike race called NO COUNTRY FOR OLD MEN. It's a

383-mile race through the Big Bend country that has a 32-hour time limit (383 was his race number in RAAM). He says the Texas mountain country is the best place in the state to ride bikes. "It's a race made for the elite few that can tackle something like this," he says, "because there's not many people who can ride 383 miles in one day. Last year the winner finished in twenty hours. "It has some tough climbing," says Dex, "and temperatures range from 95 down in the park to 40 degrees at night in the mountains."

The race begins October 12th in Alpine, then goes to Study Butte, then to Panther Junction in the Big Bend National Park, then up to Marathon, back to Alpine, then to Fort Davis, where racers will ride the scenic loop (74 miles), then to Marfa and finally back to Alpine. Riders may enter solo or as a team. The cost is around \$90 (go to ultradex.net).

There is also a 200 mile version where riders will leave Alpine, go to Study Butte, where they will turn right and go to Lajitas, then turn around and go back to Alpine. This version, also, can have solo riders or a team of riders.

Rex wants to set a new record for riding a bicycle across Texas. On November 11, he'll leave Brownsville at 3:30 AM and hopes to reach the Oklahoma border 850 miles away within 75 hours.

Tumbleweed Smith lives in Big Spring and is a folklorist, after dinner speaker and producer of THE SOUND OF TEXAS syndicated radio show. Contact him at tumbleweedsmith.com

Beginner's Genealogy Class Slated for Saturday, Sept. 14th

Come learn the basics of family history research. A beginner's genealogy class is slated for Saturday, September 14 from 10:00 am to 3:30 pm at the Borden County Event Center. The class will cover how to begin, how to stay organized, how to use the internet to find relatives, and how to find records at the county level.

This is a repeat of the beginner's class that was taught in June. Participants have a choice to take the class in person or via webinar. Cost will be \$10 for either the webinar or in person. Participants from the June class may repeat the class for only \$5. Deadline for registration is Thursday, September 5. Webinar participants will need to contact Julie Smith at julie.smith@agnet.tamu.edu in order to receive their set up instructions. Cost will be \$20 at the door for non-registered participants. Webinar participants must be registered by September 9.

The Historical Commission will provide coffee, iced tea and desserts. Participants should bring a sack lunch and note-taking materials. You may email

bordencoistory@gmail.com to request an electronic version of the registration form. Mail your completed registration

form and payment to Borden County Historical Commission, c/o Kenny Bennett, PO Box 152, Gail, TX 79738



Please join us for a special evening of food, prizes, speakers, exhibits, resources, and fun! Local breast cancer survivor Suzanne Swiney and an area medical professional will discuss the importance of regular screenings.

This event is **FREE!** 100 spots available!
Please RSVP to (325)578-5423
or to gjstansell@ag.tamu.edu

When: Tuesday, September 24th

Where: Colonial Hill Fellowship Hall
3506 El Paso Ave.
Snyder, TX

Time: 5:30-8:00 p.m.

5:30-6:00 p.m.—Exhibits and refreshments
6:00-7:30 p.m.—Speakers, discussion, prizes
7:30-8:00 p.m.—Exhibits

Sponsored by:

Texas A&M AgriLife Extension Service -
Scurry and Borden Counties

Cancer Prevention and Research
Institute of Texas

Cogdell Memorial Hospital

FRIEND TO FRIEND PARTY!

Special Needs Children

Who exactly is a child with "special needs"? We know that all children have needs and that every child is special. However, the needs of some children are greater than or different from those of the "typical" child. The special need might be in the area of mental, social, emotional, or physical development. If you are the parent or a friend of a child that might qualify for individual services, call Becky Nix, Special Education Director of Borden County ISD, Dawson ISD and Klondike ISD at 806/756-4313 ext. 110, or contact the Child Find Coordinator at the Education Service Center at 806/792-4000.



MEMBER
2013

TEXAS PRESS ASSOCIATION

Drive
Safely.
As school
begins,
watch for
our
playing
children.

Borden County Football 2013 Schedule

Week #	Date	Day	Opponent	Site	Time
Scrimmage	Aug. 17 th	Saturday	Ropes	Ropes	10:00
Scrimmage	Aug. 22 nd	Thursday	Lorenzo	Here	6:00
#0	Aug. 29 th	Thursday	New Castle	Jayton	6:00
#1	Sept. 6 th	Friday	Garden City	Here	7:30
#2	Sept. 13 th	Friday	Rankin	There	7:30
#3	Sept. 20 th	Friday	Hermleigh	Here	7:30
#4	Sept. 27 th	Friday	Dawson	There	7:30
#5	Oct. 4 th	Friday	Water Valley	Here	7:30
#6	Oct. 11 th	Friday	Open	TBA	TBA
#7	Oct. 17 th	Thursday	Plainview Christian	Here	7:00
*#8	Oct. 25 th	Friday	Klondike	There	7:30
*#9	Nov. 1 st	Friday	Grady	There	7:30
*#10	Nov. 8 th	Friday	O'Donnell	Here	7:30

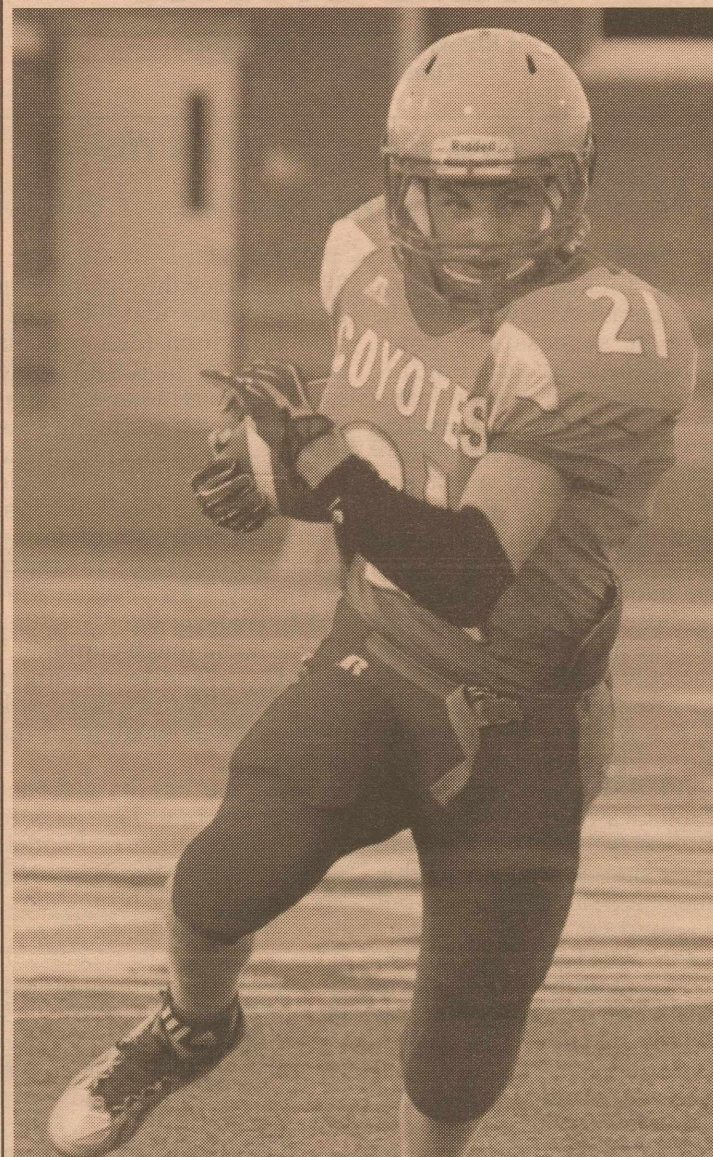
** District Opponents for 2012 - 2013: O'Donnell, Klondike, and Grady

Head Coach: **Trey Richey**
Assistant Coaches: **Peter Benavidez**
Mike Skelton
Bubba Edwards

Booster Club Meeting

The Borden County
Booster Club will be
holding a meeting
Friday, Sept. 3rd
At 6:45 p.m.
It will be held at the
football field
pavilion.
Come out and help
us support our
Borden County
Coyotes.

Coyote JV vs. Rotan



Jayton Lewis runs the ball for 68 yards and scores for the Coyote JV in last weeks' game against the Rotan Yellowhammers.

Cogdell

Rehab & Wellness Center

Now open in its new location at 5206 Trinity Blvd. in Snyder

The new facility has 10,000 square feet of space complete with an Aquatic Therapy pool, all new state-of-the-art exercise equipment and with separate areas for patient therapy and the wellness center. We are very excited to be able to provide a private therapy area for our patients.

The patient therapy area has showers and lockers, 4 treatment rooms, wound care room, and open physical therapy/rehab setting. The Aquatic Therapy pool is equipped with a chair lift and water treadmills. Please note that the Aquatic Therapy pool will be used for patient therapy only and will not be open to the public.

Our physical therapists design an individualized course of action, in conjunction with the physician's prescription to meet the patient's specific rehabilitative needs. Our services include but are not limited to:

Back and neck injuries
ACL injury
Frozen shoulder
Rotator cuff
Carpal tunnel
Tendonitis
Joint replacement
Arthritis

Stroke
Osteoarthritis/bone injury
Amputation
Work injuries
Sports injuries
MVA (motor vehicle accident)
Hand injuries

The Cogdell Rehab & Wellness Center serves Scurry and surrounding counties. Currently our hours are Monday - Friday 8 a.m. - 5 p.m. Memberships are available for the Wellness Center. Watch for details about a date for our Grand Opening.

For more information about membership and/or the new Rehab & Wellness Center, please contact us at (325)574-7259 or email us at cmh.bkerr@kogdellhospital.com

Visit our web page at www.kogdellhospital.com

Borden County Football Junior Varsity 2013 Schedule

Week #	Date	Day	Opponent	Site	Time
Scrimmage	Aug. 17 th	Saturday	Ropes	Ropes	10:00
Scrimmage	Aug. 22-23	Thur-Fri.	TBA	TBA	6:00
#0	Aug. 27 th	Tuesday	TBA	TBA	6:00
#1	Sept. 5 th	Thursday	Garden City	There	6:30
#2	Sept. 12 th	Thursday	Rankin	Here	7:00
#3	Sept. 19 th	Thursday	Hermleigh	There	7:00
#4	Sept. 26 th	Thursday	Dawson	Here	7:00
#5	Oct. 3 rd	Thursday	Water Valley	There	7:00
#6	Oct. 10 th	Thursday	TBA	TBA	TBA
#7	Oct. 17 th	Thursday	TBA	TBA	TBA
*#8	Oct. 24 th	Thursday	Klondike	Here	7:00
*#9	Oct. 31 st	Thursday	Grady	Here	7:00
*#10	Nov. 7 th	Thursday	O'Donnell	There	7:00

Coaches: **Trey Richey**
Peter Benavidez
Mike Skelton
Bubba Edwards