

patterns develop over a lifetime; a result of the influences of schooling, parents, friends, relatives, TV, movies, etc. guidance received about how

can't do rather than what you can. Whatever your thinking is now, you can learn to alter it. Study the thinking of suc-

He wanted to know how they trained and prepared them-selves. Allen then incorporated their successful techniques into his own practice sessions.

Another powerful mental tool that Allen utilized was visualization. Allen visualized his performance of his next event before sleeping. Athletes have found that visualizing successful accomplishment can be as effective as the actual physical training.

An American prisoner of

golf skills had markedly im- of his research.

You Are What You Think About

Unfortunately, most of the most powerful techniques you of practice to free yourself can use to change your thinkto think is negative. More ef-fort is spent teaching what you you control the desired out-come a strong societal outlook come in your mind. In your mind you can overcome any obstacle. You can rehearse a situation over and over anytime

> wanting to join you on your was considered folly by several goal-achieving quest, most fellow scientists. Yet, with an people would instead prefer you to fail. Other people will be jealous. There's nothing you can do to control their thoughts.

> The first modern rocket scientist, Robert Goddard, a physics professor, had his research denounced by the press. In 1920, a newspaper editorial stated that Goddard "seems to lack the knowledge ladled out daily is high schools." daily in high schools."

Amid condemnation and with little support from fellow scientists, Goddard became a understand or support your enwar in Vietnam visualized leading pioneer of the space playing golf every day to help era. He achieved success by

You have complete control endure the hardships of captiv- focusing on reaching his goals over your thoughts. Thought ity. After being released, his instead of what people thought

By Bryan Golden

proved even though he hadn't physically played in years. Visualization is one of the v Develop a belief in your goals and the path you choose from what other people say,

tanic wreck, Robert Ballard, it. Study the transfer cessful people. Mark Allen, a six-time ironman triathlon champion started by studying the tech-started by studying the techunshakable belief in himself and his goals, he overcame all obstacles and found the wreck-age in 1985.

The type of thinking that all successful people have is avail-able to you. You can opt to pattern your thinking after those who have achieved suc-

Changing your thinking re-quires effort. Many people who are close to you won't

(Continued to Page 2)

Construction crews recently began what is the second phase of the new Borden County school. Included in this phase will be new tennis courts, new park, new field house, new ag shop, new baseball field, new transportation shops and new maintenance shops. (Below) Crews begin construction on Bicentennial Park



2...The BORDEN STAR, Wed., May 5th, 2010

Legal Notices

COUNTY OF BORDEN STATE OF TEXAS LEGAL NOTICE

The Commissioners' Court of Borden County will receive bids on the following until 9:00 a.m., May 25, 2010. 1.. Fuel for 2010 a. unleaded

b. diesel 2. Propane for Courthouse, and Precinct #2 Barns

For specifications and information on the above, contact the office of the County Judge, Borden County Courthouse, 806/756-4391

Bids should be submitted to the Office of the County Judge, P.O. Box 156, Borden County Courthouse, Gail, Texas 79738.

The right is reserved by the Borden County Commissioners' Court to accept or reject any and all bids.

For the Borden County **Commissioners'** Court

Van L. York County Judge Borden County Submit bids to: County Judge's Office P.O. Box 156

Gail, Texas 79738

***** PRE-KINDERGARTEN NOTIFICATION FOR THE 2010-2011 SCHOOL YEAR

Borden County School will offer the pre-kindergarten program during the 2010-2011 school year. The program will be for eligible students who are four years of age on or before September 1, 2010. Students can qualify for the program by meeting at least one of the following requirements:

1. Be economically disadvantaged

2. Be Limited English Proficient (LEP)

3. Be homeless

If you know of a child who qualifies for the program, no-tify Mr. Bart McMeans, Principal, Borden County School, P.O. Box 95, Gail, TX 79738, or call (806) 756-4313 to request a registration form. Complete and return the form by May 31, 2010. DISCLAIMER

Borden County Elementary School will offer this program only if fifteen (15) or more stu-dents qualify. ESL PROGRAM

NOTIFICATION

Borden County Elementary School will offer an ESL program for LEP (Limited English Proficient) students during the summer of 2010. The program will be scheduled for a minimum of 120 hours and will and criticized, this is good. It conclude prior to August 1, 2010. The program is designed for students who will enter of the greatest minds in history Kindergarten or First Grade in the fall of 2010-2011. Parents of eligible children will be re-"Dare to Live Without Limits," of eligible children will be re-

qualifies for the program, no-tify Mr. Bart McMeans, Principal, Borden County School, P.O. Box 95, Gail, TX 79738, or call (806) 756-4313 to request a registration form. Complete and return the form by May 31, 2010.

LAR

ofrecerá el programa del pre-kindergarten durante el año es-colar 2010-2011. El programa

será para los estudiantes elegibles que tienen cuatro

años en o antes de 1 de septiembre, 2010. Los estudiantes pueden calificar

por el programa resolviendo

por lo menos uno de los

requisitos siguientes:

Sea destituido

que califique por el programa, notifica a Bart McMeans, di-

rector, Borden County School, P.O. Box 95, Gail, TX 79738, o llame (806) 756-4313 para

solicitar una forma de registro.

estudiantes califican. ESL PROGRAMA

NOTIFICACION

La Escuela de Borden

La Escuela de Borden

perjudicado

ingles (LEP)

2010-2011

La Escuela de Borden

DISCLAIMER **Borden County Elementary**

qualify.

Dare to

(Continued from Page1)

deavors. If you are laughed at means that you are experiencing the same reaction as some

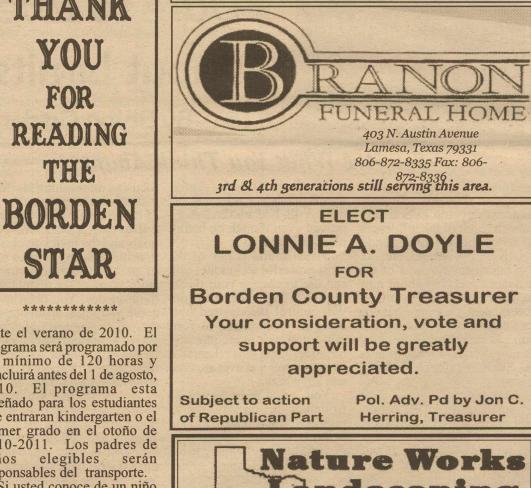
sponsible for transportation. the book. Visit If you know of a child who www.BryanGolden.com or

your bookstore. Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at

bryan@columnist.com



Borden County 4-H members competing in the South Plains District 4-H Photography competition are (back row left to right) Kylee Dean, Cheyenne Dowds, (front row left to right) Hayley Gray, Katie Gray, Kenley Dean, Avery Price and Maddie Benavidez.





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THE

1. Sea económicamente rante el verano de 2010. El rjudicado programa será programado por 2. Este limitado experto un mínimo de 120 horas y concluirá antes del 1 de agosto, 2010. El programa esta Si usted conoce de un niño diseñado para los estudiantes que entraran kindergarten o el primer grado en el otoño de 2010-2011. Los padres de niños elegibles serán responsables del transporte.

Si usted conoce de un niño Complete y regresa la forma antes del 31 de mayo, 2010. *LA DENEGACIÓN* or claimed confect de dir linito que califique por el programa, notifica a Bart McMeans, di-rector, Borden County School, notifica a Bart McMeans, di-rector, Borden County School, P.O. Box 95, Gail, TX 79738, ofrecerá este programa o llame (806) 756-4313 para solamente si quince (15) o más solicitar una forma de registro. o llame (806) 756-4313 para Complete y regresa la forma antes del 31 de mayo, 2010. LA DENEGACIÓN

La Escuela de Borden ofrecerá un programa de ESL ofrecerá este programa para los estudiantes del LEP solamente si diez (10) o más (Experto Inglés Limitado) du- estudiantes califican.

THANK School will offer this program YOU only if ten or more students FOR LA NOTIFICACION DE PRE-KINDERGARTEN PARA EL AÑO ESCO-

The BORDEN STAR, Wed., May 5th, 2010...3



Dinner Time Dilemma

The balanced approach to parenting is the most effective way to help your kids develop healthy eating habits. In this approach both parents and kids share responsibility.

The parent's responsibility is to:

Provide a selection of healthy foods

• Pick times for meals and snacks

• Offer new foods up to 10 or 11 times

• Be a good role model • Create a positive atmo-

sphere The child's responsibility is

to: •Pick which foods they want

to eat

•Decide how much to eat Decide now much to eat Helpful Tips
Be a good example
Don't give up
Create a positive environ-

ment

· Involve kids in food preparation Balance in Action

• Pick a color and offer foods of the color you chose Choose a letter and offer foods that begin with that let-

If you have a hard time choosing a healthy dinner for your family. Check out the **Texas AgriLife Extension** Service's Healthy Living site http://healthyliving.tamu.edu/ There are wonderful videos on "What's for Dinner Tonight? and healthy, quick recipes that you can prepare. There is also a great blog to follow with wonderful tips for healthy liv-

ing. If you would like more in-formation about preparing and selecting healthy food for your family, please contact the Extension Office at (806)756-4336.

School Lunch Menu

May 10 - 14, 2010 (Menu subject to change)

Monday - Breakfast: Biscuit & Gravy, Fruit Juice and Milk. Lunch: Burrito, Spanish Rice, Tossed Salad, Fruit, Sugar Cookie and Milk.

Tuesday - Breakfast: Muffin, Fruit Juice and Milk Lunch: Chicken Nuggets, Mashed Potatoes, Carrots, Fresh Apple, Hot Roll and Milk.

Wednesday - Breakfast Biscuit & Sausage, Fruit Juice and Milk. Lunch: Pork Roast, Peas, Fresh Broccoli w/Ranch, Strawberries & Bananas, Crakers and Milk.

Thursday -Breakfast Breakfast Burrito, Fruit Juice and Milk. Lunch: Spaghetti w Meat Sauce, Seasoned Corn. Salad, French Bread Stick, Peach Cup and Milk.

Friday -Breakfast: Cereal & Toast, Fruit Juice and Milk Lunch: Chicken Patty Sandwich, Tater Tots, Western Beans, Cake and Milk

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A man can no more take in a supply of grace for the future than he can eat enough for the next six months or take sufficient air into his lungs at one tim éto sustain life for a week. We must draw upon God's boundless store of grace from day to day as we need it. --Dwight L. Moody



4-H Photography Project

4-H Photography project will meet on April 13 and 27 and May 11 and 25 from 5:30 - 7:00 in the Community Room. Supper will be provided. For more information contact Tammy Simmons at (806)756-4361 or the Extension office.

If you have any questions, would like further information on any of the above projects, please contact the Extension office at (806)756-4336 or e-mail at borden-tx@tamu.edu.

4-H Record Books

Record keeping is an important skill for living that is devel-oped through 4-H project work. It is not an extra task, but an integral part of any 4-H project. All 4-H members should integrate some basic record-keeping skills into each project. Record keeping should be tailored for each individual 4-H'er and their project work, leadership, and community service.

The 4-H record keeping system helps youth: develop goal-setting skills by setting individual, project and group goals, foster communication skills through writing and interpretation of 4-H project work, organize and create personal histories, develop a comprehensive 4-H Members Achievement Plan (M.A.P.) by identifying the steps needed to accomplish their goals, and re-flect on and understand the value of their learning experience.

By using the record-keeping system, youths develop positive record-keeping habits, have an adequate measurement of what has been learned, have a basis for planning 4-H projects and programs, can interpret information and details, have a greater ability to help or assist leaders and/or agents, and understand the personal value of record-keeping. Any youth in-terested in completing a 4-H Recordbook should contact the Extension Office for current information and assistance, and should make plans to attend the <u>Borden County Record Book</u> <u>Training on Monday, May 10, 2010 from 6:00 to 7:00 p.m.</u> in the Community Room in Gail. County Record Books will be due to the Extension Office on June 21, 2010. District Record Book Judging will take place on July 14, 2010 in Lubbock.

District 4-H Roundup Results

Borden County was represented last Saturday, May 1st at Levelland Middle School in Levelland at the South Plains Dis-trict 4-H Roundup. Madison Matlock competed with her Sharethe-Fun Vocal Junior entry by singing "Don't Rain on My Parade." Maddie received first place and a gold medal. Approxi-mately 150 4-H'ers from across the South Plains District in the various Roundup events which included: Share-the-Fun, Edu-cational Presentations (formerly known as Method Demonstrations) and Entomology ID and Grass and Pasture Grass ID. We are so proud of Maddie for the time, dedication and participation in this worthwhile 4-H event.

District 4-H Photography Contest Results

Seven 4-H'ers from Borden County submitted photographs in the South Plains District 4-H Photography competition. Members, photo categories and awards are as follows: Avery Price, Junior Natural Landscape Color, Blue Award and Tie for Best in Show; Madison Benavidez, Junior Plant/Flora Color, Red Award; Katie Gray, Junior Still Life Color, Blue Award;

Kenley Dean, Junior Architectural Elements, Blue Award; Hayley Gray, Junior Animals Color, Blue Award; Kylee Dean, Intermediate People Color, Red Award, and Cheyenne Dowds, Intermediate Special Effects, Red Award. We are very proud of these 4-H'ers for their hard work and great talent in taking exceptional photographs!

You are cordially invited to a baby shower honoring Colt & Kristen McCook on

Wednesday, May 12th, 2010 From 4:00 - 5:00 p.m. (come & go)

In the Borden County School Conference Room

Their precious baby boy will arrive in June

Memorial Scholarships

Brandon Adcock Memorial

Scholarship

Applications are currently being accepted for the Brandon Adcock Memorial Scholarship.

Applicants wishing to be considered must submit a formal letter of application by 12:00 p.m. on Friday, May 21st, 2010.

Letters of application must be sent to the following address:

Brandon Adcock Memorial Scholarship Committee P.O. Box 95

Gail, Texas 79738

The primary criteria used to determine the recipient of this scholarship is that the individual selected will be an outstanding young person that is a positive representative of the Borden County School Community as evident by their respective moral character, service-minded attitude, dedication, and scholastic achievement.

Recipients must be a candidate for graduation or be a former graduate of Borden County High School. Candidates must attend a

Candidates must attend a state-accredited/Southern Association accredited college, university, or post-secondary institution to be eligible for consideration. The Selection Committee will have sole authority to determine the candidate's eligibility status related to the post-secondary institution to be attended.

Financial need will not necessarily be a criterion for consideration; however, financial need may be considered by the Selection Committee.

Members of the Brandon Adcock Family will have no input into the selection process.

Complete selection authority has been delegated to the Selection Committee, and the Committee has the authority to waive all rules, regulations, and formalities in order to select the candidates that the committee feels is most deserving.

Caden Nowlain Memorial

Scholarship

Applications are currently being accepted for the Caden Nowlain Memorial Scholarship.

Applicants wishing to be considered must submit a formal letter of application by 12:00 p.m. on Friday, May 21st, 2010.

Letters of application must be sent to the following address:

Caden Nowlain Memorial Scholarship Committee

P.O. Box 95 Gail, Texas 79738

The primary criteria used to determine the recipient of this scholarship is that the individual selected will be an out-

standing young person that is a positive representative of the Borden County School Community as evident by their respective moral character, service-minded attitude, dedication, and scholastic achievement.

Recipients must be a candidate for graduation or be a former graduate of Borden County High School

County High School. Candidates must attend a state-accredited/Southern Association accredited college, university, or post-secondary institution to be eligible for consideration. The Selection Committee will have sole authority to determine the candidate's eligibility status related to the post-secondary institution to be attended.

Financial need will not necessarily be a criterion for consideration; however, financial need may be considered by the Selection Committee.

Members of the Caden Nowlain Family will have no input into the selection process.

Complete selection authority has been delegated to the Selection Committee, and the Committee has the authority to waive all rules, regulations, and formalities in order to select the candidates that the committee feels is most deserving.

Drive Safely. Watch for Children

John Harding Memorial Scholarship

Applications are currently being accepted for the John Hading Memorial Scholarship.

Applicants wishing to be considered must submit a formal letter of application by 12:00 p.m. on Friday, May 21st, 2010.

Letters of application must be sent to the following address:

John Harding Memorial Scholarship Committee P.O. Box 95

Gail, Texas 79738

The primary criteria used to determine the recipient of this scholarship is that the individual selected will be an outstanding young person that is a positive representative of the Borden County School Community as evidence by their respective moral character, service-minded attitude, dedication, and participation in school activities as a student of Borden County High School.

Recipients must be a candidate for graduation or be a former graduate of Borden County High School.

Candidates must attend a state-accredited/Southern Association accredited college, university, or post-secondary institution to be eligible for consideration. The Selection Committee will have sole authority to determine the candidate's eligibility status related to the post-secondary institution to be attended.

Financial need will not necessarily be a criterion for consideration; however, financial need may be considered by the Selection Committee.

Members of the John Harding family will have no input into the selection process.

Complete selection authority is given to the Scholarship Committee to waive all rules, regulations, and formalities in order to select the candidate(s) that the committee feels is most deserving.

J. Pat Porter Memorial Scholarship

Applications are currently

being accepted for the J. Pat Porter Memorial Scholarship. Applicants wishing to be considered must submit a formal letter of application by 12:00 p.m. on Friday, May 21st, 2010.

Letters of application must be sent to the following address:

J. Pat Porter Memorial Scholarship Committee P.O. Box 95

Gail, Texas 79738

The primary criteria used to determine the recipient of this scholarship is that the individual selected will be an outstanding young that is a positive representative of the Borden County School community as evidence by his/her high moral character, service minded attitude, dedication and determination to succeed along with maintaining passing grades. Potential recipients must be

Potential recipients must be a member in good standing of the current Borden County High School graduating class or must be a previous graduate of Borden County High School. Candidates must attend a

Candidates must attend a state-accredited/Southern Association accredited college, university, or post-secondary institution.

Financial need will not necessarily be a criterion of consideration; however, financial need may be considered by the Selection Committee.

Members of the Porter Family will have no input into the selection process. Complete selection authority has been delegated to the Selection Committee, and the Committee has the authority to waive all rules, regulations, or formalities in order to select the candidates that the committee feels is most appropriate.

The selection process is a subjective task that will be left to the discretion of the J. Pat Porter Scholarship Selection Committee. The award will be given to someone the committee feels is a signification of the positive attributes that were exhibited by the late J. Pat Porter.

For all your school and County News & Information. Subscribe to the Borden Star Only \$12.00 a year! Call: 806/756-4313 ext. 275 or Send a check to P.O. Box 137, Gail, TX. 79738

Butterfly Release

The Borden County daycare class recently observed the life cycle of butterflies including the stages of larvae, caterpillar, chrysalid (pupa) and finally the butterfly before setting them free. Pictured are (left to right) Ben Nix, Carolina Andrade, Juanito Andrade, Dalton Dowds, daycare teacher Tanya Shafer and Kutter Clements