

The Borden Star

Borden ★ Dawson ★ Garza ★ Howard ★ Lynn ★ Scurry

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February 2, 2011

Dare to Live Without Limits

By Bryan Golden

Your Choice-Part 1

You don't need to feel depressed; you can choose happiness.

You don't need to be afraid; you can choose confidence.

You don't need to be discouraged; you can choose action.

You don't need to be stressed; you can choose tranquility.

You don't have to settle for failure; you can choose success.

You don't have to feel isolated; you can choose giving.

You don't have to be defeated; you can be victorious.

You don't have to follow; you can blaze your own path.

You have the gift of free will and control over your thoughts. Life is a journey comprised of choices. Each day is a new beginning full of unlimited potential. Let's examine each of the above choices and explore different strategies that enable you to make the most beneficial decisions.

Depression

There are many causes of depression and different levels of severity. Treatments can range from self-reassessment and behavioral modification to professional psychological or psychiatric therapy. One common theme is a feeling of unhappiness combined with gloomy thinking. Since your

feelings are directly linked to your thoughts, begin by developing an awareness of what you think about.

When you find yourself engaging in unpleasant thoughts, replace them with thoughts of joy and happiness. Recall events or people that made you happy. Visualize yourself in a favorite location where you feel relaxed and content. Imagine how you want to feel and envision yourself feeling that way.

Regardless of the cause or severity of depression, the more proactive you are, the more rapid will be your recovery.

Fear

Fear is concern over a particular outcome. It involves projecting the future through a "what if" scenario. What if I get hurt? What if it doesn't work? What will people think of me? What if something happens that I don't know how to handle? The most insidious aspect of fear is that it paralyzes and prevents you from taking action. The antidote for fear is confidence. Confidence is developed by doing what you're afraid to do and going where you're afraid to go.

Rather than viewing fear as a limitation, consider it a chal-

(Continued to Page 3)

Good Reasons Abound For Delaying Income Tax Preparations

By: Kathleen Phillips, 979-845-2872

Contact(s): Dr. Joyce Cavanagh, 979-845-3859, JACavanagh@ag.tamu.edu

COLLEGE STATION — Large numbers of tax payers may have to delay preparing their returns this year, and the usual April 15 filing deadline has even been extended, according to a Texas AgriLife Extension Service expert.

The Internal Revenue Service needed some time to update their system's regulations after late action by the U.S. Congress in December, said Dr. Joyce Cavanagh, AgriLife Extension personal finance specialist, so returns with certain deductions can not be submitted until Feb. 14.

And since April 15 falls on a Washington, D.C. holiday this year, taxpayers will be given until the following Monday, April 18, to postmark their returns, she said.

(Note: A high res photo and a video are available for this story at http://agrilife.org/today/2011/01/24/delay_tax_preparation/)

The IRS is updating its system primarily to meet three deductions, Cavanagh said.

"Anyone who itemizes their

deductions and files a Schedule A will not be able to file until late," she said. "Other deductions that will result in delayed filing are one for educator expenses up to \$250 and one for certain taxpayers who have higher education expenses such as tuition and fees that are not eligible for other credits."

The reason for the need for later filing for the Schedule A is that Congress extended the sales tax deduction, Cavanagh said.

"Particularly in Texas that's important because we do not have a state tax," she explained, noting that in states that require state tax reporting, people may choose between that and sales tax.

The educator tax is for teachers in kindergarten through 12th grade for classroom materials they purchase up to \$250, she said. The higher education tuition and fees deductions are for people who are not eligible for either the Lifetime Learning Credit or the American Opportunity Credit.

"People who will be taking any or all of these deductions on their returns need to know that the IRS estimates it will

not be able to accept these until Feb. 14," Cavanagh said.

She said IRS estimates that only about 30 percent of the U.S. taxpayers itemize on their returns. And though processing will not be ready for a few weeks, Cavanagh said, all taxpayers will have an extra three days to file.

Washington, D.C. will observe Emancipation Day on April 15 because April 16—the date that commemorates the signing in 1862 of the Compensated Emancipation Act—falls on a Saturday this year.

"While that may just give some a few more days to procrastinate, I'd like to encourage those who need help preparing their taxes to look for some of the free tax assistance programs and on the IRS website at www.irs.gov in advance of the filing date," Cavanagh said.

She recommends:

- * Wait until all documents are in hand before beginning tax return preparation.
- * Get help as needed.
- * Participate in electronic filing and direct deposit if money back is expected, in order to get the speediest refund.



Another Good Week for Coyote JV With Wins Against Klondike and Sands

By Coach Richey

The Borden County boys JV basketball team had hopes of extending their modest 4 game winning streak to five as they played host to the Klondike Cougars this past Tuesday. Following one of their best efforts of the season on Friday with their victory over Wellman, the Coyotes had one of their most unexplainable evenings of the season.

The effort by all 10 players that suited up on Tuesday was awesome, but no matter how hard the Coyotes tried, for 3 quarters they just could not get the ball to go in the basket against the taller Cougars. Fortunately for the home team Coyotes, the Cougars were having the same shooting luck as the Coyotes. After one quarter, there was not a field goal made by either team, only two free throws by Helio Rosales for a 2 to 0 lead after one period of play. In the 2nd quarter the Borden County got two more free throws, this time from Jared Smith and a basket by Austin Fields, but the Cougars got a pair of baskets to make the score 6 to 4 Coyotes at intermission.

In the 3rd quarter the Coyotes scored 6 points to the cougars 4 points to extend their lead to 12 to 8 heading into the final stanza. In that final quarter, the effort finally paid off as Borden County finally hit a few more shots and actually scored more in the 4th quarter than the other 3 quarters added together as they scored 13 points to another 4 for the visitors and in the end a comfortable 5th straight victory for the Coyotes at 25 to 12.

Scoring for the Coyotes was Matt Roberson and Rosales with 6 each. Brady Bybee with a big 3 in the 4th quarter. Smith, Steven Howard, Luke Burkett, Fields,

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and Matt Proulx all had 2 points. Also contributing to the victory was Matt Ham and Zach McMeans. Kurt Shafer sat out with a rolled ankle and Tristen Benavidez was still out and will miss the rest of the season with his broken ankle. Good job guys!

On Friday, the Coyotes traveled to Sands to play the other district opponent that got the better of them in the first half of the season. The Mustangs beat the Coyotes earlier 33 to 29 so revenge was on the mind of the Coyotes as they also hoped to extend their streak to 6 games. Borden County came out a little sluggish, but the Mustangs struggled against the Coyote ever changing defenses and defensive pressure which allowed the slow starting Coyotes to build a quick 7 to 2 lead after one quarter of play. In the 2nd quarter, the defensive pressure continued to give the home town Mustangs fits and the Coyotes put together one of their best quarters of the season as 5 different players scored while all 11 contributed to a nice 17 point quarter and a 24 to 11 advantage heading into the locker room.

The Coyotes came out in the 3rd quarter and hit a 3 by Jared Smith to build their biggest lead of the day at 16 points only to see a quick 9 to 0 run by the Mustangs cut the Borden County lead to 7 points. The Coyotes managed to close the quarter on a 4 to 0 run to regain a double digit lead going into the final quarter. In the 4th, the Coyotes got points from 6 different players and a great start to the quarter put the game out of reach as they outscored the Mustangs 14 to 5 in the 4th to give us the final tally of 44 to 24 and revenge gained by the Coyote Basketball team and a 6 game winning streak with 3 games to play.

Scoring for the Coyotes was Jared Smith with 11 points, Kurt Shafer with 8 points, Luke Burkett with 7 points, Matt Proulx, Helio Rosales, and Matt Roberson with 6 points each and Brady

Bybee with 2 points. Also contributing in a big way to the Coyote victory were Matt Hamm, Austin Fields and Zach McMeans.

The Coyotes will next face the O'Donnell Eagles on Tuesday hoping to improve on their six game streak and their 7 and 5 record on the season. One more victory will guaran-

tee a winning season and if the Coyotes can have another good week it will set up a district championship match-up with the Grady Wildcats in the final game of the season, but first things first, the Coyotes host the Eagles and then travel to Dawson.

Good job guys, keep up the hard work.



Borden Coyote, Matthew Ham races around a Sands Mustangs headed for in hopes of scoring for the Coyotes.

Little Dribblers



Borden County 5th grader, Harley Merrill, dribbles around an O'Donnell opponent in Saturdays Little Dribblers games against the O'Donnell Eagles. Borden County Little Dribblers will next travel to Klondike next Saturday.

School Lunch Menu

February 7 - 11, 2011

Menu subject to change

Monday - Breakfast: Biscuit & Sausage, Fruit Juice and Milk. Lunch: Hot Dog, Oven Fried Potatoes, Mandarin Oranges, Peanut Butter Cookies and Milk.

Tuesday - Breakfast: Poptart, Fruit Juice and Milk. Lunch: Enchiladas, Refried Beans, Tossed Salad, Cinnamon and Milk.

Wednesday - Breakfast: Cheese Toast, Fruit Juice and Milk. Lunch: Teriyaki Chicken, Rice Pilaf, English Peas, Pineapple Tidbits, Hot Roll and Milk.

Thursday - Breakfast: Churros and Sausage Link, Fruit Juice and Milk. Lunch: Taco Salad, Ceasoned Corn, Fruit Gelatin, Brownie and Milk.

Friday - Breakfast: Cheese Stuedel & Graham Cracker, Fruit Juice and Milk. Lunch: Hamburger, Lettuce, Tomato & Pickle, Baked Beans, Baby Carrots w/Ranch, Surprise Cookie and Milk.

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**THANK
YOU
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THE
BORDEN
STAR**

Coyote Pups Take on Cougars

By Coach Baeza

The junior high boys took on the Klondike Cougars in the last game of the season on Jan. 31 and came away with a tough loss 26 to 35.

The Coyotes started the game hitting on all cylinders as Riley Herridge, Ricky Torres, and Frank Banman all put in two points to take a 6-2 first quarter lead. Good defense played by Merik Valentine, Rhaeden Bland, Jaden Huse, and Kelby Miller made it tough for the Cougars to get any offense going. In the second quarter the Coyotes still played tough defense but the Cougars managed to get some offense going scoring fourteen points. The Coyotes were still consistent offensively with Ricky and Frank adding two more points and Sean Tucker adding three. Playing tough defense in the second quarter were Nathan Ham, Cayden Vaughn, and Colby Pennell.

Coming out of half time the Coyotes had their lowest scoring quarter of the game only putting up five points, but playing good defense they only allowed the Cougars five points

also. Scoring in the third quarter were Thomas Harrison with two and Joel Andrade with three. Nathan Souder and Samuel Raborn contributed to the defensive effort by the Coyotes in the third quarter. When the fourth quarter began the Coyotes found themselves down 18 to 21 and made some great effort to make a comeback but were plagued by fouls. Riley Herridge, Ricky Torres, and Frank Banman all fouled out which hindered any comeback attempts. Frank was able to contribute one point in the fourth along with Ricky who added three. A big three point and free throw by Sean Tucker gave the Coyotes hope late in the game but just was not enough as the Coyotes got edged out. This group of boys did an excellent job this year and really came a long way for the beginning of the season. Good Job Coyotes! Scoring for the Coyotes: Ricky Torres 7, Sean Tucker 7, Frank Banman 5, Joel Andrade 3, Riley Herridge 2, and Thomas Harrison 2.

Poka Lambro Accepts Applications for Scholarships

Poka Lambro is now accepting applications for \$2500 scholarships. Area high school students whose parents are customers of Poka Lambro may apply. Recipients are selected based on the following criteria:

- Academic achievement
- Involvement in extra-curricular activities
- Educator Recommendations

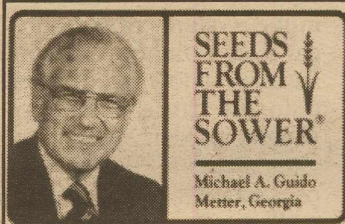
Eligibility requirements:

- Applicant must be graduating from an area high school
- The parent or legal guardian with whom the applicant resides must be a customer of Poka Lambro

In addition to the completed application students must submit the following:

- Letter of recommendation from a teacher, principal or counselor
- High School Transcript of Grades
- Copy of ACT or SAT scores

Scholarship Application forms have been mailed to area schools, and may also be picked up at any Poka Lambro store or printed from our website.— www.poka.com . Entry deadline is March 4, 2011. For additional information, please contact Amy Preston at 800-422-2387.



When I returned home after an evangelistic tour, I glanced through my mother's Bible. On page after page I saw the letters "T" and "P" and two dates.

"Mother," I asked, "why the 'T' and 'P'?"

"Every time I have a need," she answered, "I take it to the Lord in prayer. Then I try a promise, and record the date. I keep praying, and when the answer comes, I record that date. The letter 'T' means tried, and the letter 'P' means proven."

Why don't you use the T and P method?

St. Paul said, "Don't worry about anything; instead, pray about everything; tell God your needs and don't forget to thank Him for His answers."

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Dare to Live...

(Continued from Page 1)

allenge and a chance to grow. Overcoming fear is worthwhile when there is something positive to be accomplished. Taking stupid risks that can be destructive to yourself or others is not beneficial.

Discouragement

A feeling of discouragement may result after repeated efforts with little results. Condemnation by others, a lack of support, or a perception that the odds are against you will also lead to this feeling. Discouragement can drain you of motivation and drive.

When faced with discouragement many people give up. Yet, it is at this point that it's essential to persevere and redouble your efforts. If you have to adjust your strategy then do so. But never, ever give up. Continue taking action and keep going.

Stress

Stress, anxiety and tension seep in from the environment. Stress builds up gradually without your noticing. Then,

before you realize it, you are wound up like a spring. Unless you take corrective action, you will become acclimated to increasingly elevated levels of stress. If this happens, you accept stress as normal and forget what true tranquility is.

Give yourself some private, uninterrupted quiet time each day. During this period don't try to accomplish anything. Spend the time with your eyes closed and mentally travel to a tranquil setting. Allow your body to relax while you take deep full breaths. Regularly engaging in this practice will be invigorating while reducing your stress.

The next column will continue with success, giving, victory and trail blazing.


Bryan is a management consultant, motivational speaker, author, and adjunct professor. E-mail Bryan at bryan@columnist.com or write him c/o this paper. © 2004 Bryan Golden

Employment Opportunity

Borden County is seeking applications for a county employee to work as an Office Manager for the Texas AgriLife Extension Service and serve as a Clerk for the Borden County Sheriff's Office. Skills preferred: basic office management and organizational skills, word processing and database skills, bookkeeping, e-mail and Internet skills, and good communication, telephone and people skills. All new county employees are subject to a drug and alcohol test upon hiring. Applications are available in the Extension or Sheriff's Office or via email at jmsmith@aq.tamu.edu. Applications will be accepted through 5:00 p.m. Monday, February 7, 2011.



Employment Opportunity Collections Clerk

The Borden County Appraisal District will be accepting applications for Collections Clerk. This position requires excellent people skills, computer skills including MS Office (Word, Excel, Outlook) and office management. This position includes paid vacation, sick leave, retirement plan and health insurance. The person filling this position must be bondable. Submit an application and/or resume no later than 5:00 p.m., February 8, 2011. Applications are available at the Appraisal District/Tax Assessor-Collector office, by email or fax. Contact Kristi Harrison, at 806-756-4484 or email at kristi.harrison@yahoo.com for more information.



 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

Relax, Recover and Renew

Stress is More Than Just a Feeling

For women of all ages, feeling stressed can impact diet, sleep and activity patterns, which in turn affects overall health and well-being. The body responds to stress in a variety of ways, including headaches, emotional irritability, insomnia, high blood pressure, depressed immune function and muscular tension. All of these things can zap energy and interfere with your ability to get it all done. As lives become more hectic — juggling family, friends and career — it is essential for women to find balance in their lives.

Prioritize

What can you do to decrease stress, increase your energy level and lead a fuller, healthier life? Decide which parts of your life are most important and which parts require less of your attention. Learn to say no and, if necessary, let go of or cut back on some of your commitments. Others will understand, we are all limited by the number of hours in a day! Volunteering once a week? Why not change your schedule to once a month? Just don't have time to be a homeroom mother this year? Be sure to contact the teacher and let her know you would be happy to volunteer in the classroom once each quarter.

Simplify

Don't be afraid to ask for and accept help. Many friends, family and coworkers are happy to help out. And, learn to delegate and share chores. The most obvious tasks to give up are laundry, dishes, garbage, shopping and pet care. Remember, once chores have been delegated, don't take them back! Plan simple meals and involve the whole family in preparation. Spend time discussing the day's events as you toss a salad or set the table together. Look for convenient meal solutions in your local grocery store. Many of these new products are delicious, low in fat and fit easily into a healthful diet. Plus, they provide home-style taste after just

10 minutes in the microwave.

Be Active

Regular movement is essential for physical and emotional health. It is believed that any type of physical activity can relieve stress, improve sleep and enhance overall health. Simply aim for 30 minutes of activity each day. Don't have 30 minutes? Don't worry — break it down into short bursts of activity. Just make sure it adds up to 30 at the end of the day. When you exercise, your body releases endorphins or "feel good" hormones. Endorphins are thought to reduce anxiety and improve mood. Engaging in physical activity during times of excessive stress not only helps you deal with the physical aspects of a stress reaction, but also redirects your attention, allowing you to regain positive energy and a better perspective.

Eat a Balanced Diet

Eating a balanced diet energizes you and boosts your im-

mune system. Make sure to eat a combination of foods, such as whole grain breads, colorful fruits, leafy green vegetables, dairy products and lean meat, all of which are packed with nutrients.

Share Your Feelings

Talking with an understanding friend, coworker or family member allows you to vent and diminish stress. Time spent with loved ones often includes laughter, which provides additional health benefits. *Laughing* has been shown to reduce pain, strengthen immune function and decrease stress. So spend some time everyday giggling your way to better health.

Avoid Guilt

Guilt is an emotional health and balance robber! Takes a positive attitude to believe in yourself, overcome everyday challenges and positively impact others. Don't let guilt affect your perspective. Set realistic and attainable goals to help you feel good about your abilities. Your new "guilt-free" attitude will make downtime more relaxing and enjoyable. The first step to finding the well-being you are looking for is to identify the stressors in your life. One of the daily challenges and leading stressor for most is finding time to prepare a healthy din-

ner. What can you do to make dinner less stressful? When you do have time to cook, make a double batch and freeze the leftover. Use these "homemade" microwave dinners on the busiest weekday evening. Plan an "old fashioned Sunday dinner" for one day each week. Have the whole family help with preparation, and then sit down to share a relaxing meal. Make dinner time fun. Try making breakfast for dinner. Breakfast foods, like omelets, are quick to fix and by including meat, cheese and vegetables, with a side of fresh fruit and whole wheat toast you have a complete, balanced meal.

Many people struggle to

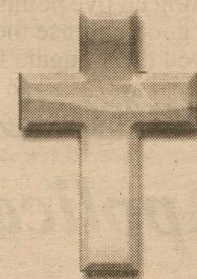
find time for exercise. But there are a lot of ways to incorporate physical activity into the things you do every day. Get off the bus one stop early and enjoy a brisk walk to the store or your office. Instead of sitting in the stands at your children's sporting events, walk the sidelines as you cheer on your favorite athletes.

Everyone responds to stress differently, and consequently there is no single recipe for stress management. Small changes in your daily routine can make a big difference in your overall health. To better manage your stress every day, be sure to include laughter, physical activity, good nutrition and time for you!



The family of Mildred Sevey would like to thank the Borden County community for the kindness extended to us at the time of our mother's passing. We are so grateful for the prayers, phone calls, flowers, cards, food, memorials and visits. We hear so often about the kind, caring people in this county and have once again experienced it firsthand. We thank you all and will never forget your kindness and generosity.

Joanne Parker
 David & Kay Wilson,
 Bo & Jacque Hendricks
 Johnnie & Dee Sevey
 Roby & Jan Rios
 Jimmie & Sherry Sevey
 and families



Thank You

There are no words to express how I feel. All the people in the community are wonderful. We want to "Thank" each and everyone for the prayers, phone calls, food, donations, flowers and all the kind words of love you have shown my family and I during these sad times.

We are deeply grateful for each and every one of you!

God Bless You,

Shirley Gass

Johnnie Paul, Sharon, Rick, Butch and Linda & families.



GRAIN FED BEEF

Call Dennis Poole
 at
806/756-4426 or
806/470-6084

Thought for the Day

More men fail through ignorance of their strength than fail through knowledge of their weakness.

--Unknown

EMT Class Meeting

The Borden County EMS will hold a
 EMT Class meeting
 on Thursday, February 10, 2011 at 6:30 p.m.
 Anyone interested in joining the class is
 encouraged to attend
 or call Carrie Hart at 806/252-4469.

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