

The Borden Star

Borden ★ Dawson ★ Garza ★ Howard ★ Lynn ★ Scurry

Volume XXXVIII

January 18, 2012

2012 Borden County Jr. Livestock Show a Success

Borden County 4-H and Gail FFA members recently participated in the 2012 Borden County Jr. Livestock Show at Gail, Texas. Forty-five 4-H and FFA members exhibited a total of 16 steers, 14 lambs, 23 goats and 53 swine at this year's county stock show.

Judges for the event were: Classifier-Larry Bills, Hermleigh, Tx; Showmanship Judge- Lance Wann, Snyder, Tx; Steer Judge-Greg Gruben, Snyder, Tx; Lamb and Goat Judge- Jay Waller, Ira, Tx and Swine Judge-James Taber, New Home, Tx.

The following are the results of the 2012 stock show:

Steer Show:

LW American: 1. Thomas Nix, 2. J.W. Nix.

HW American: 1. J.W. Nix, Erin Nix, 3. Thomas Nix.

Breed Champion: J. W. Nix

Reserve Breed: Champion: Erin Nix

MW British: 1. Dylan Murphy, 2. Flint Roberts, 3. Flint Roberts.

Breed Champion: Dylan Murphy

Reserve Breed Champion: Flint Roberts

LW European: 1. Myka Blissard, 2. Payton Merket, 3. Myka Blissard and 4. Flint Roberts.

HW European: 1. Payton Merket, 2. Myka Blissard, 3.

Dylan Murphy and 4. Flint Roberts.

Breed Champion: Payton Merket

Reserve Breed Champion: Myka Blissard

Grand Champion Steer: Payton Merket

Reserve Grand Champion Steer: Myka Blissard

GRAND CHAMPION STEER-Payton Merket-received a jacket donated by Doyle and Shirly Newton; a buckly donated by Gerry and Julie Smith; \$100 and a monogrammed duffle bag given In Memory of Borden Gray by the Borden Gray family.

RESERVE GRAND CHAMPION STEER-Myka Blissard-received a monogrammed garment bag donated by Brent and Pat Murphy and a buckle donated by Ralph and Dewey Fay Miller.

Donors of the class award are: Ben and Paula Miller, Scott and Inez Clayton, Mickey and Shirley a McMeans, Tim and Carol Wilson, and BCJLA. Recipients of these awards were: Thomas Nix, J.W. Nix, Dylan Murphy, Myka Blissard and Payton Merket.

Lamb Show:

LW Medium Wool: 1. Kylie Voss, 2. Erin Nix and 3. Kylie Voss.

HW Medium Wool: 1. Kylie

Voss, 2. Kaci Hudson and 3. Kaylyn Dean.

Breed Champion: Kylie Voss

Reserve Breed Champion: Kylie Voss

Southdown: 1. Seleste Herridge, 2. Kylee Dean and 3. Kylie Voss.

Breed Champion: Seleste Herridge

Reserve Breed Champion: Kylee Dean

LW Finewool Cross: 1. Kylie Voss, 2. Kylie Voss and 3. Seleste Herridge

HW Finewool Cross: 1. Kylie Cross and 2. Kylie Voss

Breed Champion: Kylie Voss

Reserve Breed Champion: Kylee Dean

LW Finewool Cross: 1. Kylie Voss, 2. Kylie Voss and 3. Seleste Herridge

HW Finewool Cross: 1. Kylie Cross and 2. Kylie Voss

Breed Champion: Kylie Voss

Reserve Breed Champion: Kylee Dean

Grand Champion Lamb: Kylie Voss

Reserve Grand Champion Lamb: Kylie Voss

GRAND CHAMPION LAMB-Kylie received a jacket donated by Valentine Horseshoeing; a buckle donated by Mike and Tammy Valentine; and a monogrammed duffle bag given In Memory of Cork and Vern Ogden Family.

RESERVE GRAND CHAMPION LAMB-Kaci Hudson received a monogrammed garment bag donated by Freddy and Lee Roberts; and a belt buckle

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Texas Rangers' Visit Set For January 25th

By Sue Jane Mayes

The back-to-back American League Champions are coming to town.

Major League Baseball's Texas Rangers will arrive in Gail January 25 at 8:30 a.m. Team representatives have scheduled two activities for the Wednesday morning event.

At 8:30 a.m., Borden High School's 2011-2012 baseball team, coaches, and administrators will welcome the group at the new baseball field. Ceremonial first pitches will be thrown to dedicate the field, which will host its inaugural game in late February or early March.

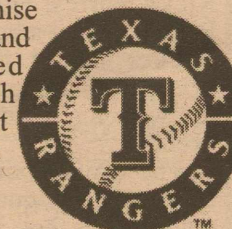
Fans and visitors are asked to park in the east side football parking lot and gather behind the home-plate fence. No one will be allowed on the field other than designated personnel.

Immediately following the baseball field dedication, the community is invited to join the student body in welcome

the Rangers' contingency in the school auditorium. Visitors are asked to enter through the auditorium's west side entrance rather than the doors to the cafeteria.

The assembly will include player introductions, comments, and some Q&A. Community and school officials will then present the baseball organization with some Borden County memorabilia as a token of their visit to Gail.

Students and community are encouraged to wear their Rangers' jerseys and t-shirts and join in welcoming the Rangers representatives. The Rangers made it to the 2010 World Series for the first time in franchise history and followed that with a repeat trip in 2011.



Lady Coyotes Sweep Up the Lady Dragons

By Dwight Hines
Courtesy of Lamesa Press Reporter

The Borden County Coyotes enjoyed a clean sweep in their Class 1A Division II hoop doubleheader Tuesday at Welch over the Dawson Dragons.

A balanced attack continues to do the trick for Borden County's girls, who now are 16th in this week's Class 1A Division II state hoop poll.

Led by Kaylyn Dean's 18 points, Borden County's girls held off the Dragons, 74-56.

"We played pretty well again tonight," Borden County Coach Mike Skelton said of his Coyote girls, now 18-4 over-

all and 5-1 in district play.

"Our bench really stepped it up. Our top scorer was off our bench. Our freshmen really played well again. Our three seniors were in double digits."

Stefanie Cooley had 14 points, Aubree Lester had 12 points and Raegan Belongia had 10 for the Coyote girls, who lead 39-28 at the half against the Dragons. Taylor Gass had eight points. Tye Basquez had seven points and dished off six assists. Kylie Voss chipped in five points in that 18-point Borden County victory.



Lady Coyote, Kaylyn Dean, shoots and scores for the Lady Coyotes in last weeks games against the Dawson Dragons.



Got News?

Mail to:

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Email:

kdean@bcisd.net

or call

806/756-4313
ext. 275

Coyote JV Grabs Road Victory Over the Dragons

By Coach Richey

The Borden County JV traveled to Dawson to take on the Dragon JV team hoping to get back on the winning side of the record. The Coyotes were fresh off of two solid outings in the Forsan tournament that came up just short, but on this evening their efforts were finally rewarded with a very convincing victory over the Dragons. The Coyote JV managed to score in double digits in each of the four quarters en route to their dominating 55 to 18 victory.

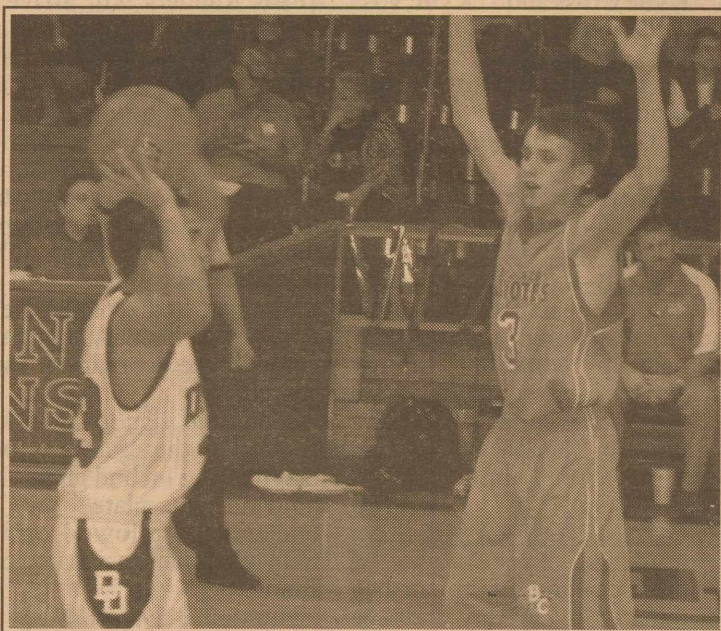
The Coyotes came out with 12 points in the opening quarter as Matt Proulx tallied 6 points while Mason Coor, Sean Tucker and Riley Herridge all added two of their own to help the Coyote JV build an early 12 to 7 lead. The Coyotes extended their lead at half to 25 to 9 outscoring the home town Dragons 13 to 2 in the 2nd. Ricky Torres, Herridge and Proulx all had a basket, while Tucker had 4 points and Tristen Benavidez got in the act with his 3 points on the evening.

The Coyotes did not slow down in the 3rd quarter as they put together their best quarter

tallying 15 points, 7 coming from Tucker, 2 from Matt Ham, 2 from Torres, Herridge and Proulx. With a commanding 40 to 13 lead heading into the 4th quarter the Coyotes continued their dominance as they outscored the home team 13 to 5. Matt Ham added another 4 points to his total, Torres and

Proulx another two and Herridge hit a three. Jaden Huse knocked down a nice jumper to get his first two of the season to close the Coyote scoring and put a Coyote stamp of approval on the victory. Final Score, Borden County 55

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Riley Smith (#3) tries to stop a Dragon pass in last weeks game in Dawson. The Coyotes overcame the Dragons with a final score of 46-42.

Coyotes Outlast Dawson Dragons!

By Coach Baeza

The varsity boys took on the Dawson Dragons on Jan. 10 and came away with a hard fought victory of 46-42.

The Coyotes did not play much offense in the first quarter as the Dragons played a stall offense which put the Coyotes on defense for much of the quarter. The Coyotes did manage some offense from Quinton Shafer and Tanner Richey who both put in four points. Collin Telchik finished out the first quarter with a three but the Coyotes were behind 14-11. In the second quarter the Dragons continued their stall offense which frustrated the Coyotes who were not patient on offense. Helio Rosales added a spark offensively in the second quarter putting in four points followed

by Tanner with four and Quinton with two which was not enough as the Coyotes were trailing 26-21 at half.

In the second half the Coyotes did a better job of being patient on offense and had a good quarter closing the gap to 33-32 going into the fourth. A couple of good defensive stops by the Coyotes forced the Dragons out of their delay offense. Offensively the Coyotes began to attach the basket and got put on the free throw line and outscored the Dragons 14-9 in the fourth to take the win.

Scoring for the Coyotes: Quinton Shafer 16, Tanner Richey 13, Helio Rosales 9, Collin Telchik 6, Austin Tyler 1, and Kurt Shafer 1. Good Job Coyotes!

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Coyotes Fall to Grady Wildcats

By Coach Skelton

The varsity boys took on the Grady Wildcats on Jan. 13th and were disappointed 66-50 by the Wildcats.

The Coyotes began the game going blow for blow with the Wildcats hitting three 3 pointers in the first quarter to take a 13-12 lead. In the second quarter the Coyotes continued shooting well but a surge by the Wildcats allowed them to take a 30-28 lead into half.

The Coyotes came out in the third quarter cold as Grady had their biggest quarter of the game taking a 50-39 lead into the fourth. The Coyotes however continued playing hard

and fought hard till the end coming up short 66-50.

Scoring for the Coyotes: Quinton Shafer 19, Tanner Richey 15, Collin Telchik 9, Helio Rosales 4, and Riley Smith 3. Also contributing were Jared Smith and Kurt Shafer.



Borden County's Quint Shafer gets past several Grady players to score for the Coyotes in their match against the Wildcats.

Big Fourth Quarter Gives Coyote JV Home Victory Over the Grady Wildcats

By Coach Richey

The old adage that Defense wins championships is something that I truly believe and on this evening while not for a championship a tremendous team defensive effort. The Coyote JV was able to upset district leading Grady Wildcats using a solid offensive effort in the 4th to overcome a deficit to pull out the victory 26 to 23.

The Grady Wildcats, usually an offensive minded team found themselves struggling against the Borden County Coyote ever changing defense. The Coyotes used a full Court press to control the tempo, a sagging man defense to stop cuts to the basket, a trapping zone, a passive zone and even a half court trap that ultimately provided a huge steal late in the game to keep the Wildcats on their heels all night long.

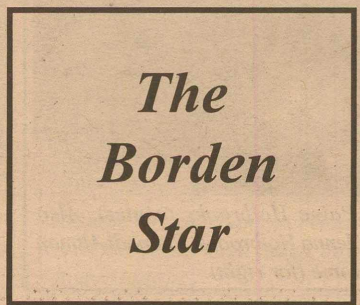
The Coyotes scored 5 points in each of the first 3 quarters. Their five in the first was

enough to lead the game 5 to 3 after one quarter but the Wildcats got 8 in the 2nd to take an 11 to 10 lead heading into the locker room at half. The Wildcats outscored the Coyotes 6 to 5 in the 3rd to build a 17 to 15 lead over the home team Coyotes and in the 4th the Wildcats built as much as a 5 point lead before the Coyote defense slowed the visitors to a crawl and managed to get some huge baskets of their own. Matt Proulx was the scoring leader as his effort was contagious as the team fed off of his energy and upped the defensive intensity and then did a great job of taking care of the ball in the 4th quarter. Proulx had 7 of his team high 12 points in the 4th quarter while Tristen Benavidez had a huge mid-range jump shot and Sean Tucker added a huge jumper of his own. In the end, the Coyotes were able to control the

tempo and control the boards on the defensive end and as a result the Coyotes came away with a nice 26 to 23 victory.

Leading the way in this total team win, was Matt Proulx with 12 points, Sean Tucker added 5 points, Tristen Benavidez had 4 points, Ricky Torres had 3 points and Matt Ham added 2 points. Also contributing to this huge win was Zach McMeans, Mason Coor, Jaden Huse, Riley Herridge and Nathan Ham.

Great Win guys, keep up the hard work!!!



*Drive Safely
Watch Out
for Our
Playing
Children*

JV Boys Beat the Dragons...

(Continued from Page 3)

Dawson 18. Leading the way for the Coyote JV was Sean Tucker with 13 points, Matt Proulx added 12 points, Riley Herridge added 9 points. Ricky Torres and Matt Ham had 6 points each. Tristen Benavidez had 3 points. Jaden Huse and Mason Coor added 2 points. Also contributing to the victory was Zach McMeans and Nathan Ham. Congratulations on the solid win.

School Lunch Menu

January 23 - 27, 2012

Monday - Breakfast: Pancake, Fruit Juice and Milk. Lunch: Hamburger, Lettuce, Tomato and Pickle, Tater Tots, Carrot Dippers, Rice Crispy and Milk.

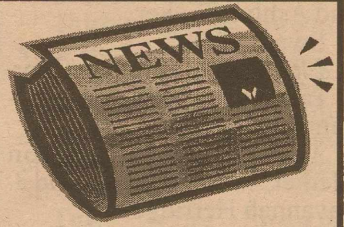
Tuesday - Breakfast: Poptart, Fruit Juice and Milk. Lunch: Beef & Bean Burrito, Spanish Rice, Seasoned Corn, Sparkly Apple and Milk.

Wednesday - Breakfast: Kolache, Fruit Juice and Milk. Lunch: Fish Strips, Mac & Cheese, Hush Puppies, Garden Salad, Fresh Fruit and Milk.

Thursday - Breakfast: Biscuit & Gravy, Fruit Juice and Milk. Lunch: Chicken Alfredo, Green Beans, Sliced Peaches, Hot Roll, Cookie and Milk.

Friday - Breakfast: Egg Patty & Toast, Fruit Juice and Milk. Lunch: BBQ on a Bun, Quick Baked Potatoes, Pickle Spears, Pineapple Cherry Delight and Milk.

-In accordance with Federal law and U.S. Department of Agriculture policy, this institution is prohibited from discriminating on the basis of race, color, national origin, sex, age, or disability. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, 1400 Independence Avenue, SW Washington, D.C. 20250-9410 or call (800)795-3572 or (202)720-6382 (TTY). USDA is an equal opportunity provider and employer.



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kdean@bcisd.net

Borden County Jr. Livestock Show Results...

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donated by Price Construction.

Donors of the class award are: Freddy and Lee Roberts, Gary and Connie Stipe, and Van and Barbara York. Recipients of these awards were: Kylie Voss, Kaci Hudson and Seleste Herridge.

Goat Show:

Class 1: 1. Joel Andrade, 2. Joel Andrade, 3. Helio Rosales, 4. Avery Price, 5. Seleste Herridge, 6. Maeghan Herridge and 7. Maeghan Herridge.

Class 2: 1. Matthew Roberson, 2. Kaci Hudson, 3. Kennedy Tucker, 4. Kennedy Tucker, 5. Avery Price, 6. Austin Tyler, 7. Helio Rosales and 8. Kable Kleck.

Class 3: 1. Kaci Hudson, 2. Ashlyn Tucker, 3. Kelby Kleck, 4. Matthew Roberson, 5. Kaci Hudson, 6. Austin Tyler and 7. Klancey Kleck.

Grand Champion Goat: Matthew Roberson.

Reserve Grand Champion: Kaci Hudson

GRAND CHAMPION GOAT-Matthew received a jacket donated by Clayton Williams Ranch Company; a belt buckle donated by Creative Awards; and a monogrammed duffle bag given In Memory of Caden Nowlain given by the Caden Nowlain Family.

RESERVE GRAND CHAMPION GOAT- Kaci Hudson received a monogrammed garment bag donated by Freddy and Lee Roberts; and a belt buckle donated by Price Construction.

Donors of the class award are: Clay Cowart, Bob and Terri Buchanan, and Ray Don and Jana and Raylea Underwood. Recipients of these awards were: Joel Andrade, Matthew Roberson and Ashlyn Tucker.

Swine Show:

LW Cross: 1. Braxton Coor, 2. Tatum Treadwell and 3. Savannah Herridge.

MW Cross: 1. Payton Merket, 2. Jayton Lewis and 3. Savannah Herridge.

HW Cross: 1. Hayley Gray, 2. Kable Kleck and 3. Taylor Gass.

Breed Champion: Braxton Coor

Reserve Breed Champion: Tatum Treadwell

LW Black OPB: 1. Katie Gray, 2. Riley Herridge, 3. Savannah Herridge and 4. Katie

Gray.

MW Black OPB: 1. Steelie Sanders, 2. Hayley Gray and 3. Hayley Gray.

HW Black OPB: 1. Rayme Jones and 2. Kelby Kleck.

Breed Champion: Katie Gray

Reserve Breed Champion: Steelie Sanders

LW White OPB: 1. Steelie Sanders, 2. Paige Holbrooks, 3. Shae Burkett, 4. Kylie Voss and 5. Taylor Gass.

HW White OPB: 1. Katie Gray, 2. Tristen Benavidez and 3. Savannah Herridge

Breed Champion: Steelie Sanders

Reserve Breed Champion:

Paige Holbrooks

LW Duroc: 1. Mason Coor, 2. Sydni Coor, 3. Steelie Sanders and 4. Robert Jordan.

MW Duroc: 1. Rayme Jones, Katie Gray, 3. Tatum Treadwell, 4. Trent Lewis and 5. Hunter Jones.

HW Duroc: 1. Hayley Gray, 2. Klancey Kleck and 3. Braxton Coor.

Breed Champion: Rayme Jones

Reserve Breed Champion: Katie Gray

LW Hamp: 1. Paige Holbrooks, 2. Payton Merket, 3. Tatum Treadwell, 4. Payton Merket and 5. Riley Herridge.

MW Hamp: 1. Riley Lewis,

2. Sydnee Jordan, 3. Hunter Jones, 4. Kaylyn Dean and 5. Keigan Benavidez.

HW Hamp: 1. Mason Coor, 2. Syndi Coor, 3. Tristen Benavidez, 4. Hunter Jones and 5. Maddie Benavidez.

Breed Champion: Paige Holbrooks.

Reserve Breed Champion: Riley Lewis

Grand Champion Swine:

Paige Holbrooks

Reserve Grand Champion Swine: Rayme Jones

GRAND CHAMPION

SWINE-Paige received a jacket donated by Lisa Ludecke; a belt buckle donated by Max and Jane Jones, Monte and Deidre Smith, and Buddy and Kip Wallace; and a

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Grand Champ Steer



Grand Champion Steer exhibited by Payton Merket (far right). Also pictured is (left to right) Joan Merket, M'Lee and Quentin Merket.

Grand Champ Swine



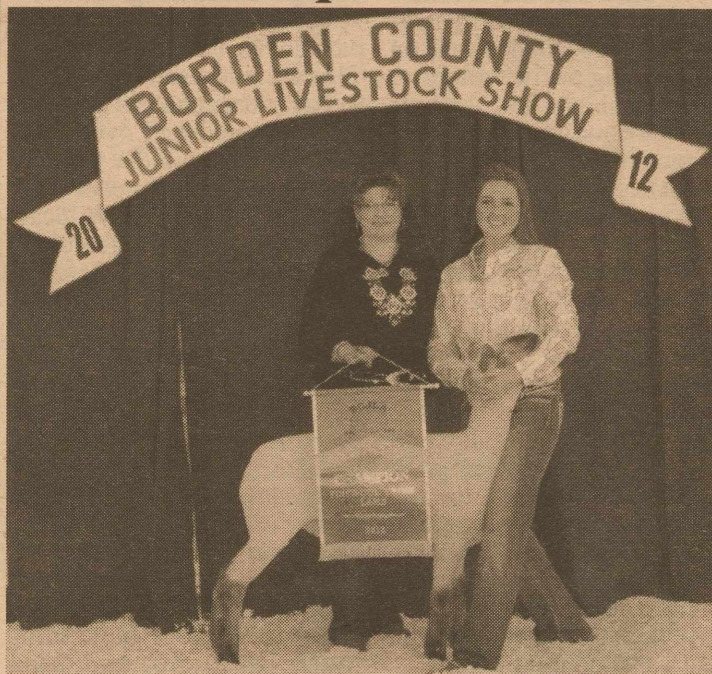
Grand Champion Swine exhibited by Paige Holbrooks (center). Also pictured is (left to right) Marlo, Todd and Jemma Holbrooks, Kennadi Altman and Swine Judge, James Taber of New Home (far right).

Grand Champ Goat



Grand Champion Goat exhibited by Matthew Roberson. Also pictured is Goat Judge, Jay Waller of Ira, Texas (left).

Grand Champ Lamb



Grand Champion Lamb exhibited by Kylie Voss. Also pictured is Tammy Simmons.

Borden County Jr. Livestock Show Results...

(Continued from Page 4)

monogrammed duffle bag given In Memory of Buddy Sharp by Ross and Sarah Sharp and Margaret Sharp.

RESERVE GRAND CHAMPION SWINE-Rayme received a monogrammed garment bag donated by Key Brothers Implement; and a belt buckle donated by Scott and Brandi Brooks and Clayton Williams

Ranch, Co.

Donors of the class award are: Randy and Donelle Hensley, Ross and Sarah Sharp, Lisa Ludecke, Mack and Jane Terry, Jimmy and Kim Thomas, Jibber and Cindy Herridge, Benny and Angie Taylor, Frank and Joyce Herridge, Bob and Terri Buchanan, Randy and Verna Adcock, William and Juna

Roper, Cody G. Hill and Phillip, Holly and Baylee Benavidez.

Recipients of these awards were: Braxton Coor, Jayton Lewis, Hayley Gray, Katie Gray, Steelie Sanders, Rayme Jones, Paige Holbrooks, Tristen Benavidiz, Mason Coor, Tatum Treadwell, Klancey Kleck, Riley Herridge and Sydni Coor.

OTHER AWARD WINNERS

\$500 Big Country Electric Cooperative, Inc. Scholarship-received by Austin Tyler.

\$500 Don Cox Memorial Scholarship-received by Seleste Herridge.

\$750 E.A. Franklin Trust Scholarship-received by Austin Tyler.

\$750 E. A. Franklin Trust Scholarship-received by Seleste Herridge.

\$500 Aubrey Lankford Memorial Scholarship and belt buckle-received by Seleste Herridge.

Champion Duroc-Rayme Jones received a monogrammed duffle bag given In Memory of David Holmes by the Kent Holmes Family.

Champion White OPB-Steelie Sanders received a monogrammed duffle gab given In Memory of Clint

O'Brien by the Monte Smith Family.

Elementary Beef Showmanship Buckle-Payton Merket donated by Dr. and Mrs. Church, West Texas Animal Clinic, Snyder, Texas and 44 Cattle Company-Bill and Dolores Jenkins.

Junior Beef Showmanship Buckle-Thomas Nix donated by Daniel and Becky Nix.

Top Beef Showman Buckle-Myka Blissard donated by Van and Barbara York.

Elementary Lamb Showmanship Buckle-Kaci Hudson.

Junior Lamb Showmanship Buckle-Kylee Dean donated by Randy and Donelle Hensley and John Ward.

Senior Lamb Showmanship Buckle-Kylie Voss donated by Brent and Pat Murphy and Bland Club Lambs, Post, Texas.

Top Lamb Showman Buckle-Seleste Herridge donated by Munger Ranch Partnership.

Elementary Goat Showmanship Buckle-Kennedy Tucker donated by Sharp Image Energy, Inc.

Junior Goat Showmanship Buckle-Ashlyn Tucker donated by Jacquie Whalen and given In Memory of David Dennis.

Senior Goat Showmanship Buckle-Austin Tyler donated by Andy and Lea Ann Hudson.

Top Goat Showman Buckle-Matthew Roberson donated by Mack and Jane Terry and Ray Don, Jana and Raylea Underwood given In Memory of Caden Nowlain.

Elementary Swine Showmanship Buckle-Kelby Kleck donated by Christeen Ledbetter and given In Memory Herman Ledbetter.

Junior Swine Showmanship Buckle-Hunter Jones donated by R.M. Livestock, L.P.

Senior Swine Showmanship Buckle-Steelie Sanders donated by Tommy Woolam of Woolam Gin.

Top Swine Showman Buckle-Katie Gray donated by Dr. and Mrs. Church, West Texas Animal Clinic, Snyder, Texas.

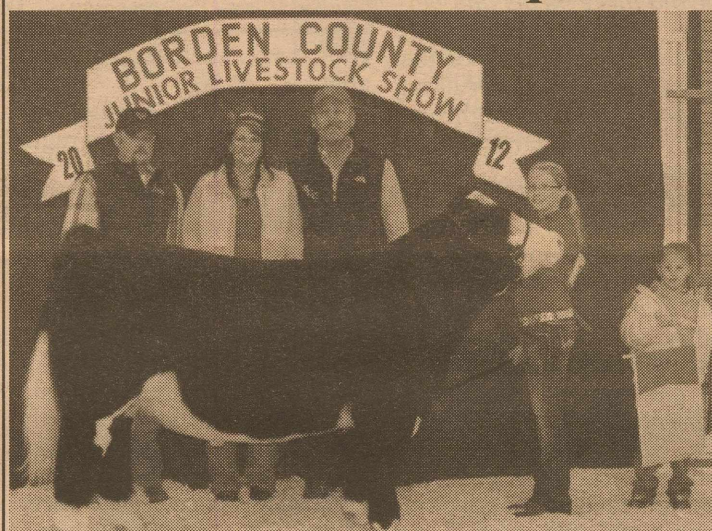
Over All Showman Buckle-Kaci Hudson donated In Memory of Don Cox by Donna Rex and family.

Reserve Grand Champ Swine



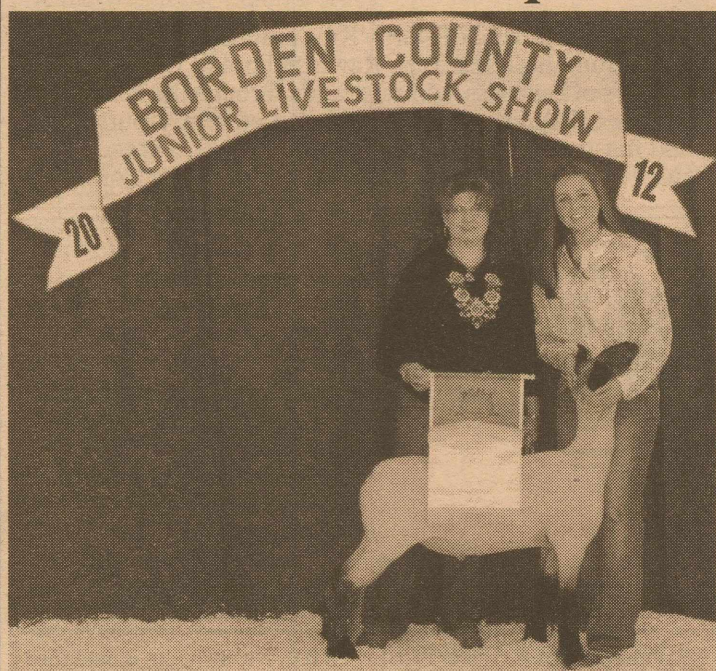
Reserve Grand Champion Swine exhibited by Rayme Jones (second from left). Also pictured is (left to right) Swine Judge, James Taber of New Home, Texas, Kembra, Kurt and Hunter Jones.

Reserve Grand Champ Steer



Reserve Grand Champion Steer exhibited by Myka Blissard. Also pictured is (left to right) Kody Howe, Amanda, Mike and Aubree Blissard.

Reserve Grand Champ Lamb



Reserve Grand Champion Lamb exhibited by Kylie Voss. Also pictured is Kylie's mother, Tammy Simmons.

Reserve Grand Champ Goat



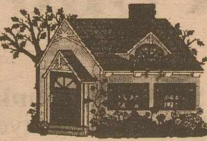
Reserve Grand Champion Goat exhibited by Kaci Hudson. Also pictured is (left to right) Goat judge, Jay Waller of Ira, Texas, Lea Ann, Mandi and Andy Hudson.

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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

Getting Quality & Quantity Sleep: Tips to a Good Night's Sleep

According to the 2002 Sleep in America Poll ...as many as 47 million adults may be putting themselves at risk for injury, health, and behavior problems because they aren't meeting their minimum sleep need in order to be fully alert the next day. Most adults need at least 7-9 hours of sleep per night. If you are not getting enough sleep, you probably feel groggy during monotonous or boring activities, or feel unreasonably irritable. But, even if you have adapted to a schedule of lost sleep, your body hasn't. Insufficient sleep is directly linked to poor health — so if you aren't getting enough zzzz's — you are putting yourself at risk.

So, how do you sleep in our society of 24/7 commerce? How do you sleep when caregiving for an infant or elderly parent? How can you sleep when it's hot and humid, cold and dry, your spouse is snoring, or the stress at work keeps your mind running in circles? It is important to get both quantity (enough hours) and quality (uninterrupted) sleep so that your brain and body can go through all of the necessary stages of sleep for you to be healthy, alert, safe, and productive the next day. Here are some tips that may help you make gains in the area of more quality and quantity sleep:

Stick to a sleep schedule. Go to bed and wake up at the same time each day — even on the weekends, if possible. It helps set your biological clock and makes it easier to wake up on those Monday mornings.

Use your bed for sleep and intimacy. Don't use your bed for anything but sleep and intimacy. Your bed should be associated with relaxation and sleep.

Exercise, but not too late in the day. Try to exercise 30 minutes a day, but avoid exercising close to bedtime since exercise can stimulate and increase alertness.

Avoid caffeine and nicotine. Both caffeine and nicotine stimulate the central nervous system.

Avoid alcoholic drinks before bed. A "nightcap" might help you get to sleep, but alcohol keeps you in the lighter stages of sleep and tends to cause you to wake up in the middle of the night when the sedating effects have worn off.

Avoid large meals and beverages late at night. A large meal can cause indigestion that interferes with sleep. Drinking too many fluids at night can cause you to awaken frequently to urinate.

Drink a glass of fat-free milk before bed. The amino acid tryptophan in the milk will help make you feel sleepy. All dairy foods as well as oats, bananas, poultry, and peanuts are good sources of tryptophan.


Avoid medicines that delay or disrupt your sleep, if possible. Some commonly prescribed heart, blood pressure, or asthma medications, as well as some over-the-counter and herbal remedies for coughs, colds, or allergies, can disrupt sleep patterns. Consult your doctor.

Nap, only if necessary. A 20-30 minute nap for someone who is not working a night shift and needs some short-term alertness in the day can be beneficial — just don't nap too long or too late in the day (after 3 p.m.), or you might find yourself awake at night.

Relax before bed. Take time to unwind. A relaxing activity, such as reading or listening to music, can be a helpful part of your bedtime ritual. Avoid watching a TV show or reading a book that is stimulating, frightening, or violent right before bed.

Take a hot bath before bed. The drop in body temperature after the bath may help you feel sleepy, and the bath can help relax you.

Have a good sleeping environment. Make your bedroom



SEEDS FROM THE SOWER

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

A little boy stubbed his toes and skinned his knees. They weren't healing. Running to his mother, he asked, "Why?"

"You're picking at your sores," she answered. "Let's bandage them."

This applies to the sores of our brothers, as well as the sores of our bodies.

Let's do less picking, and more praying; less criticizing, and more complimenting; less griping, and more giving; less whining, and more witnessing; less loathing, and more loving.

The Living Bible says, "If you love someone you will be loyal to him no matter what the cost. You will always believe in him, always expect the best of him, and always stand your ground defending him."

Visit us at: www.TheSower.com

cool, dark, quiet, and comfortable.

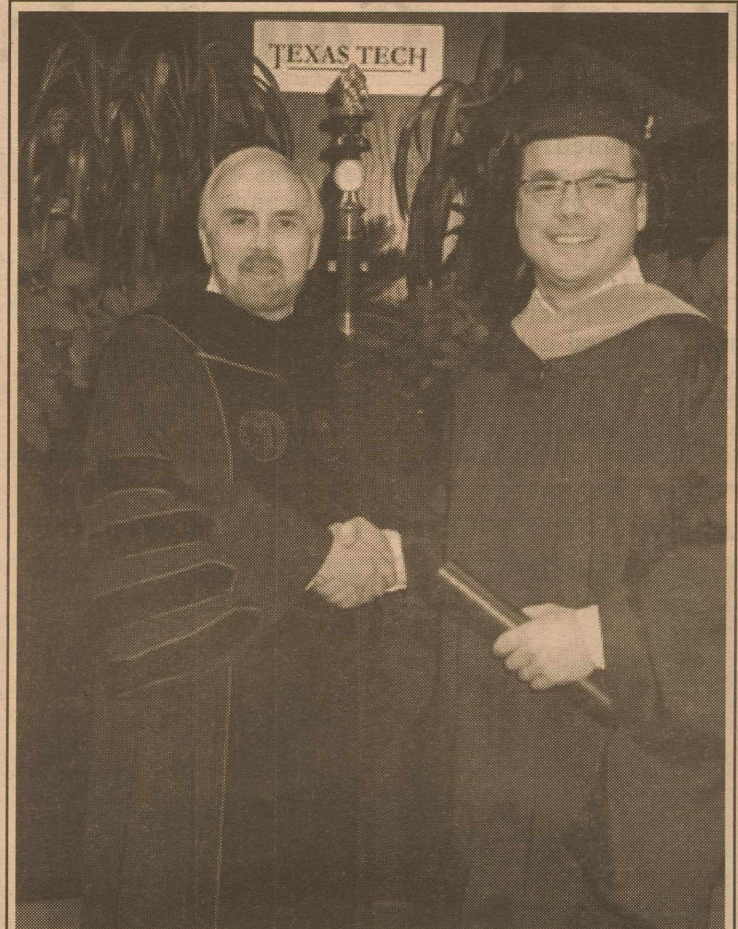
Have the right sunlight exposure. Daylight is key to regulating daily sleep patterns. Try to get outside in natural sunlight for at least 30 minutes each day.

Don't lie in bed awake. Don't get in bed before you are tired. If you find yourself still awake after staying in bed for more than 20 minutes, get up and do some relaxing activity until you feel sleepy. Then go back to bed.

Reduce anxiety. The anxiety of not being able to sleep can make it harder to fall asleep. Try removing clocks from your vision so you are not always watching the clock to see how long you've been awake or how soon you will have to get up. Place a "worry book" next to your bed if your mind tends to race with worries. Jot down a brief note about the problem/worry, and schedule a time to focus on the problem and a solution the next day.


See a doctor if you continue to have trouble sleeping. If you consistently find yourself feeling tired or not well rested during the day despite spending enough time in bed at night, you may have a sleep disorder. Your family doctor or a sleep specialist should be able to help you.

Written by Janet M. Pollard, MPH, AgriLife Extension AssociateBHealth, Texas AgriLife Extension Service, Texas A&M System. March 2009



Key Graduates From Texas Tech Rawls College of Business

Brice Key, husband of Darby Key, graduated on December 16, 2011 from the Texas Tech Rawls School of Business with his Masters of Business Administration through the Texas Tech Executive MBA program. Key is also currently pursuing a second masters degree in Horticulture from Texas tech University. He is currently employed with The Scotts Company.



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Making the Grade!

3rd Six-Weeks Beta Achievement

Senior: Shaylie Boles, Austin Fields, Aubree Lester, Chance Taylor and Collin Telchik; **Junior:** Shea Burkett, Jordan Day, Tanner Richey, Matthew Roberson, Steelie Sanders, Jared Smith and Teryn Soto; **Sophomore:** Sydnie Day, Taylor Gass and Maeghan Herridge; **Freshman:** McKenna Campbell; **Eighth Grade:** Tatum Richey, Nathan Souder and Caelan Thuett; **Seventh Grade:** Savannah Herridge and Kace Lott; **Sixth Grade:** Preslea Hall, Madison Matlock, Harley Merrill, Trace Richey, Ashlyn Tucker and Kaitlyn Wilson.

3rd Six-Weeks Honor Roll

Senior: Luke Burkett and Quinton Shafer; **Junior:** Hanna Forbes and Riley Smith; **Sophomore:** Kalyn Massingill, Mollie McMeans, Matthew Proulx and Kurt Shafer; **Freshman:** Tye Basquez, Mason Coor, Bessie Rhodes, Sean Tucker and Cayden Vaughn; **Eighth Grade:** Channing Miller, Samuel Raborn, Flint Roberts, Cheyenne Tucker and Merik Valentine; **Seventh Grade:** Hayley Gray, Jayton Lewis and Avery Price;

Fifth Grade: Myka Blissard, Madison Cole, Katie Gray, Paige Holbrooks, Rayme Jones, Riley Lewis, J.W. Nix, Brooke Swaffar, Emily Todd and Haylee Willborn; **Fourth Grade:** Maegen Bland, Kaitlyn Cribbs, Fallon Forbes, Anthony Lopez, Zeke Lott, Hailey Lowery, Makenzie Milhauser, O'Livia Reyes, Brad Thomas, Tatum Treadwell, Connor Wagner and Keigan Benavidez; **Third Grade:** Mason Cole, Sydnie Coor, Haddie Flanigan, Kaci Hudson, Allysen Kimmel, Klancey Kleck, Trent Lewis, Ashlyn Lott, Macy Matlock, Camree Miller, Maggie Miller, Erin Nix, Gunner Shofner, Gabriella Skelton, Kennedy Tucker, Justin Willborn and Miles Wilson; **Second Grade:** Rae'Lynne Clement, Noemi Garcia, Brooklyn Gray, Tatum Harrison, Jadeyn Merrill, Shelby Milhauser, Lindy Miller, Ryann Phillips, Charli Snell, Kelly Spencer and Ethan Stephens.

1st Semester Beta Achievement

Senior: Shaylie Boles and

Austin Fields.

Junior: Shea Burkett, Jordan Day, Tanner Richey and Steelie Sanders; **Sophomore:** Sydnie Day, Taylor Gass and Maeghan Herridge; **Freshman:** McKenna Campbell; **Eighth Grade:** Tatum Richey and Nathan Souder; **Seventh:** Kace Lott; **Sixth:** Preslea Hall, Madison Matlock, Harley Merrill, Trace Richey, ashlyn Tucker and Kaitlyn Wilson.

1st Semester Honor Roll

Seniors: Collin Telchik; **Juniors:** Hanna Forbes; **Sophomores:** Mollie McMeans, Matthew Proulx and Kurt Shafer; **Freshman:** Tye Basquez, Bessie Rhodes, Sean Tucker and Cayden Vaughn; **Eighth Grade:** Channing Miller, Flinto Roberts, Caelan Thuett, Cheyenne Tucker and Merik Valentine; **Seventh Grade:** Hayley Gray; **Fifth Grade:** Myka Blissard, Madison Cole, Katie Gray, Paige Holbrooks, Rayme

Jones and Brooke Swaffar; **Fourth Grade:** Maegen Bland, Kaitlyn Cribbs, Fallon Forbes, Anthony Lopez, Zeke Lott, Hailey Lowery, Makenzie Milhauser, O'Livia Reyes, Tatum Treadwell and Conner Wagner; **Third Grade:** Mason Cole, Sydnie Coor, Haddie Flanigan, Kaci Hudson, Klancey Kleck, Ashlyn Lott, Camree Miller, Maggie Miller, Erin Nix, Gunner Shofner, Gabriella Skelton, Kennedy Tucker, Justin Willborn and Miles Wilson; **Second Grade:** Rae'Lynne Clement, Noemi Garcia, Brooklyn Gray, Tatum Harrison, Jadeyn Merrill, Shelby Milhauser, Lindy Miller, Ryann Phillips, Charli Snell, Kelly Spencer and Ethan Stephens.



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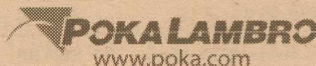


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Borden County 4-H News

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

4-H Food Challenge Teams

We will begin practice for the 4-H Food Challenge contest on Tuesday, January 17th from 3:45 to 5:00 in the Home Economics Lab. Please plan to attend if you wish to be on a team. The Food Challenge contest is made up of a team of 3-5 members work to prepare a dish with a set of ingredients in 40 minutes along with a brief presentation on nutrition, food safety, steps of preparation and cost per serving. Future practices will be held on Tuesday, January 31, Tuesday, February 7, Tuesday, February 14, and Tuesday, February 21 after school in the Home Ec Lab. The District Food Challenge contest will be held Monday, February 27th in Lubbock. For more information contact Julie Smith at the Extension office at (806)756-4336 or e-mail at julie.smith@agnet.tamu.edu

4-H Clothing Project

Youth interested in learning about fashion design, clothing selection, care, and basic construction techniques are invited to participate in the Clothing Project. Please bring \$10 for supplies (all materials will be provided). We will be meeting Monday, January 30 and Monday, February 6 from 3:45 to 5:30 p.m. in the Home Economics Lab at school. For more information contact Julie Smith at the Extension office at (806)756-4336 or e-mail at julie.smith@agnet.tamu.edu

4-H Photography Project

4-H Photography project will begin meeting on Thursday, February 16th after school. For more information contact Julie Smith at the Extension office at (806)756-4336 or e-mail at julie.smith@agnet.tamu.edu

County Educational Presentation Contest, Share-the-fun and Public Speaking Project

4-H'ers and parents interested in learning more about the Public Speaking Project should contact the Extension Office as soon as possible. Information is available to assist 4-H'ers and their parents in writing, presenting and preparing visuals for educational presentations (method demonstrations); as well as covering information about the public speaking contest and share-the-fun's. Share-the-fun categories include: Celebrate 4-H, choreographed routines, poet, vocal, band and musical. This project provides youth an excellent opportunity to develop public speaking skills, even if they hate to talk in front of others. 4-H'ers will present their prepared presentations at County 4-H Roundup. Participants will advance to District 4-H Roundup, which will be held on May 5th at Levelland Middle School in Levelland. **The deadline for entering a Public Speaking Contest is Wednesday, April 11.** For more information contact Julie Smith at the Extension office at (806)756-4336 or e-mail at julie.smith@agnet.tamu.edu

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Legal Notices

PUBLIC NOTICE

The Bi-County Shared Services Arrangement (SSA) and formerly known as Bi-County Special Education Cooperative, is hereby giving notice of the destruction of inactive student records. This is being done in accordance with local, state, and federal guidelines. Records designated to be destroyed are: 1) Special education Student Records from Borden County ISD, Dawson ISD, and Klondike ISD; and 2) dated on or before May 31, 2002. Any persons wishing to obtain their individual records from Bi-County SSA, must contact Becky Nix, director, at 806/756-4313 ext. 3. Fax requests can be sent to 806/756-4335. Bi-County SSA is located at 315 W. Kincaid/P.O. Box 95, Gail, Texas 79738. The date of this notice is January 3, 2012.

County of Borden
State of Texas

PUBLIC NOTICE OF CHANGES IN ELECTION PRECINCTS

Pursuant to 42.035, Texas Election Code, the Commissioners Court of Borden County, Texas, herein provides notice of changes in County political boundaries as adopted by the Commissioners Court, and as precleared by the United States Department of Justice on the 22nd day of December, 2011.

Interested individuals may review the adopted changes in the office of the County Clerk during regular business hours.

The changes in county election precincts were necessitated by redistricting of County Commissioners Court precincts in compliance with the United States Constitution and 42 U.S.C. 1973, also known as the Voting Rights Act, following the release of 2010 census data. Changes in County election precincts were designed to achieve numerical balance between the four commissioners court precincts, and to insure the voting rights of all citizens of Borden County, Texas.

Joyce Herridge
County Clerk
Borden County, Texas

Stock Show Results...

(Continued from Page 5)

Top Hand Award-Kylie Voss- Monogrammed rolling duffle bag given by BCJLA.

Outstanding 1st Year Exhibitor-Kaci Hudson- Monogrammed duffle bag given by BCJLA.

Caden T. Nowlain Memorial "Helping Hand" Buckle-received by Matthew Roberson given In Memory of Caden Nowlain by Cindy and Jibber Herridge and Cody Nowlain.

Poka Lambro to Offer Free Computer and Internet Basics Classes

Laptops, tablets and e-readers – OH MY!! Are you wondering what to do with all the great technology gifts you got this Christmas? Then come to a FREE Poka Lambro Computer Basics class.

Poka Lambro is providing FREE computer and Internet basics classes. A series of three classes are being offered over a three week period. Class one covers the absolute basics of what a computer is and what can be found through the Internet plus how to use e-mail and Facebook. The second class reviews Facebook, e-mail and other necessary computer skills. The third class reviews everything and dives deeper into your questions.

There will also be a fourth class offered that will discuss how to use your digital camera and what to do with the pictures after you take them; you do not have to attend the first three classes to come to the camera class.

The first class will be held February 2nd at 2:00 p.m. at the Borden County Event Center, 127 Willow Valley Road Gail, TX.

Classes are free but due to limited space and class size, pre-registration is required. Please pre-register by calling or stopping by the Poka Lambro Store. Classes will be on-going and will be offered on Thursdays at various Poka Lambro store locations. So if you miss this one – don't worry. We'll be back. Contact Poka Lambro to find out when the next series of classes will be held in your area. 800-422-2387.

BORDEN COUNTY INDEPENDENT SCHOOL DISTRICT STATEMENT OF REVENUES, EXPENDITURES, AND CHANGES IN FUND BALANCE GOVERNMENTAL FUNDS FOR THE YEAR ENDED AUGUST 31, 2011

	General Fund	Debt Service Fund	Capital Projects	Other Funds	Total Governmental Funds
REVENUES:					
Total Local and Intermediate Sources	\$ 8,019,281	\$ 2,324,060	\$ 220,253	\$ 149,386	\$ 10,712,980
State Program Revenues	2,480,904	-	-	5,849	2,486,753
Federal Program Revenues	63,566	-	-	267,417	330,983
Total Revenues	10,563,751	2,324,060	220,253	422,652	13,530,716
EXPENDITURES:					
Current:					
Instruction	1,530,444	-	-	289,479	1,819,923
Instructional Resources and Media Services	35,096	-	-	-	35,096
Curriculum and Instructional Staff Development	5,520	-	-	3,015	8,535
Instructional Leadership	6,778	-	-	122,397	129,175
School Leadership	61,188	-	-	-	61,188
Guidance, Counseling and Evaluation Services	9,618	-	-	5,069	14,687
Health Services	69,752	-	-	-	69,752
Student (Pupil) Transportation	273,822	-	196,617	-	470,439
Food Services	254,733	-	-	-	254,733
Extracurricular Activities	325,994	-	-	190	326,184
General Administration	357,668	-	-	2,300	359,968
Facilities Maintenance and Operations	948,485	-	-	202	948,687
Security and Monitoring Services	1,800	-	-	-	1,800
Data Processing Services	186,042	-	-	-	186,042
Community Services	67,099	-	-	-	67,099
Debt Service:					
Principal on Long Term Debt	-	715,000	-	-	715,000
Interest on Long Term Debt	-	1,148,688	-	-	1,148,688
Capital Outlay:					
Facilities Acquisition and Construction	-	-	16,674,653	-	16,674,653
Intergovernmental:					
Contracted Instructional Services Between Schools	4,279,811	-	-	-	4,279,811
Payments to Fiscal Agent/Member Districts of SSA	45,784	-	-	-	45,784
Other Intergovernmental Charges	163,376	-	-	-	163,376
Total Expenditures	8,623,010	1,863,688	16,871,270	422,652	27,780,620
Excess (Deficiency) of Revenues Over (Under) Expenditures	1,940,741	460,372	(16,651,017)	-	(14,249,904)
OTHER FINANCING SOURCES (USES):					
Sale of Real and Personal Property	2,656	-	-	-	2,656
Other (Uses)	(9,076)	-	-	-	(9,076)
Total Other Financing Sources (Uses)	(6,420)	-	-	-	(6,420)
Net Change in Fund Balances	1,934,321	460,372	(16,651,017)	-	(14,256,324)
Fund Balance - September 1 (Beginning)	2,789,813	3,742	33,398,204	-	36,191,759
Fund Balance - August 31 (Ending)	\$ 4,724,134	\$ 464,114	\$ 16,747,187	\$ -	\$ 21,935,435