

The Borden Star

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March 14, 2012

Texas Officials to Talk About Herd Rebuilding

LUBBOCK, Texas — Agriculture officials plan to travel Texas in the coming months to help ranchers who want to rebuild their herds after heavy selloffs last year when drought parched grazing lands and sent hay prices skyrocketing. The Texas AgriLife Extension Service said Tuesday it will provide information on lending policies, animal health, balancing forage recovery with growing herds and issues involved in generational turnover.

One goal is to encourage young people to get into ranching after many cattle producers got out of the business because of the historic drought.

Ron Gill, a livestock specialist with the extension service in College Station, said in a news release that some discussion will center around obstacles to younger Texans getting into ranching. Those include a lack of startup money and experience.

"Developing partnerships with family members or others in the community will allow a new generation of ranchers to emerge during this recovery process," Gill said.

Texas is the nation's leader in beef production, and ranching and affiliated trade and ser-

vice companies are the second largest economic driver in the state, worth billions of dollars, Gill said.

A January U.S. Department of Agriculture report showed Texas had 11.9 million head of cattle and calves, 11 percent fewer than a year before. The worst drought in Texas' history led to the largest one-year decline in the state's cow herd, with numbers dropping by 12 percent, or about 600,000.

If they don't rebound soon, the state could start to lose infrastructure, such as feedlots and meat packing plants, Gill said.

The educational programs begin in April. The first few will be held in Abilene, Alice, Athens, Graham, Midland and Yoakum.

*The
Borden
Star*

The most important person is you. You are responsible for your well being. It's nice if others care about you, but you are not someone else's responsibility. If you don't take care of yourself, you invite, if not attract, a host of mental and physical ailments.

Taking care of yourself does not mean being selfish or putting yourself first at the expense of others. It's just the opposite. If you are not OK, you are not in a good position to help anyone else. So when you take care of yourself, you can help others as well.

You need to take care of yourself both mentally and physically. Mental components include your attitude, emotions, outlook, self-image, and disposition. Physical components include diet, exercise, weight, and health. Even if someone has physical ailments, they still owe it to themselves to care for their body.

Too many people get run-down because their well being is a low priority. They feel it's a price they have to pay for today's hectic lifestyle. Caring for yourself isn't dependent on how much money you spend on yourself. Although the acquisition of material

goods can provide a distraction and momentary pleasure, it doesn't necessarily provide any solid or long-term wellness benefits.

Caring for yourself isn't expensive nor does it require special effort. The application of some common sense principles along with an awareness of what's going on within yourself is all that is required.

Minor issues, which alone don't appear to be significant, have a cumulative and synergistic effect. It is for this reason that you must be vigilant about your well being. Allowing things to go uncorrected or to build up can have deleterious results.

Taking care of yourself requires a proactive approach. Without a specific strategy your well being will not receive the attention it deserves. Consider what's required for airline safety. You wouldn't feel comfortable flying if the planes never received any maintenance and were never inspected.

Fortunately, there are rigorous procedures to ensure the well being of each plane. Before each flight, a pilot goes through a detailed checklist to ensure that the airplane is safe

Dare to Live Without Limits

By Bryan Golden

Take Care of Yourself

to fly. Each aircraft must also undergo regular, rigorous maintenance procedures. Anything less would be unacceptable.

Just like an airplane, you should have a daily checklist and regular maintenance plan. Begin with your mindset before to go to sleep. Avoid filling your head with negative images as those seen on the late news. Write down any unresolved issues or points of stress that are on your mind before you get into bed. Then give yourself permission to relax with the understanding that you can deal with the items on your list when you wake up. A sound, restful sleep is essential for a healthy mind.

Before getting out of bed after awaking, take a few minutes to think about all you have to be thankful for. Remind yourself that you have the ability to overcome obstacles and solve problems. Review the list you wrote before going to sleep. Rank each item and note a course of action for each. You can then deal with each issue without dwelling on it.

Be cognizant of what and

(Continued to Page 3)

Telchik Homers in BC's Big League-Opening Win

Courtesy Lamesa Press Reporter
By Dwight Hines

Borden County served notice Tuesday in Gail that it could be a team to watch in the District 3-1 A diamond race this spring.

Strong pitching coupled with balanced hitting helped the Coyotes roll past Ira, 17-7, in the 3-1A diamond opener, stopped after six innings on high school ball's 10-run rule.

"We felt like we got a monkey off our back tonight," Borden County Coach Trey Richey said. "We've never been able to beat these guys I base ball before. It's been a long time coming."

The Coyotes are in their sixth year playing high school baseball.

The 5-2 Coyotes scored two runs in the first and second innings, three in the fourth, six in the fifth and their final four in the sixth.

Ira scored one run in the first inning, two in the third, three in the fifth and one in the sixth.

Junior Tanner Richey picked up the win on the mound after striking out five, walking three and scattering six hits in five innings of work. Only three of the seven runs which the Bulldogs got with Richey on the mound were earned.

Austin Tyler pitched the final inning to get the save.

"He came in with bases loaded and got them to fly out twice and hit into a fielder's choice, all in about seven or eight pitches," Coach Richey said.

The Coyote bats erupted for 18 hits, led by Collin Telchik and Tanner Richey who both went four-for-four at the plate.

Telchik's four hits included a two-run home run in the fifth inning. Telchik also had a double and two RBIs.

"Our seniors were a combined seven-out-of-eight with six RBIs today," Coach Richey said.

Tanner Richey's four hits included two doubles. He also had three RBIs.

Austin Tyler went three-for-

four and had four RBIs. T.J. Basquez went two-for-three with four RBIs. Tristen Benavidez went two-for-three including a double. Jared Smith, Kurt Shafer and Helio Rosales each had a hit. Rosales also drove in two RBIs and Smith had one RBI.

The Coyotes are idle until March 15 when they will host Ralls.

The Coyotes held off Muleshoe 11-10, last Saturday to capture second place in the Sundown Tournament.

"We overcome a lot of mistakes to win one we nearly let go," Coach Richey said.

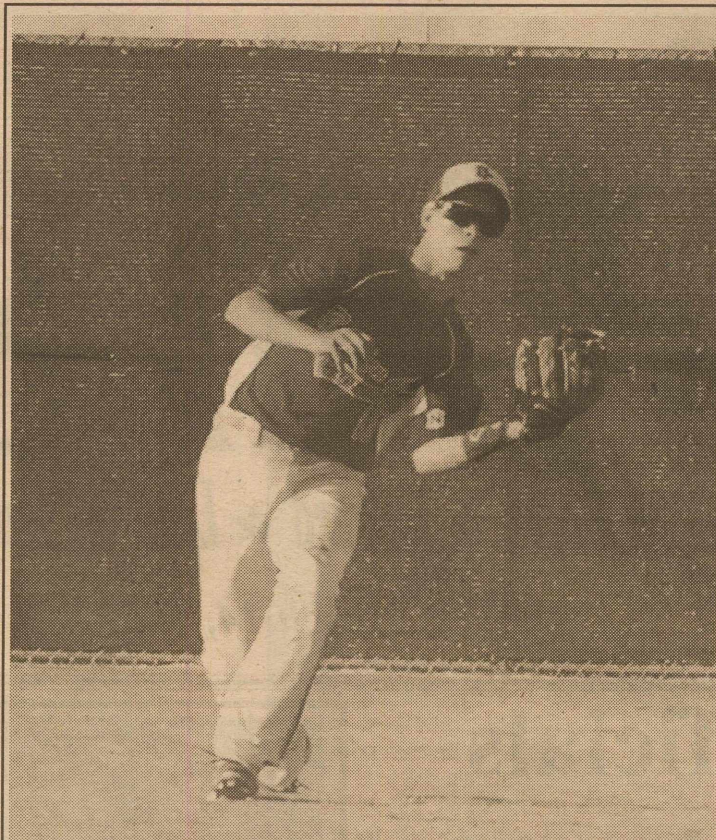
Borden County pulled off the win in the bottom half of the sixth when Telchik belted a two-run double.

"We're not only talking about two outs but he also had two strikes against him," Coach Richey said.

Austin Tyler went four-for-four with a triple and two RBIs. Tanner Richey went three-for-three. Helio Rosales and Jared Smith went two-for-four. One of Smith's hits was a double. He also drove in two runs. Rosales had one RBI. Tristen Benavidez had one hit. Kurt Shafer and Frank Banman scored one run each.

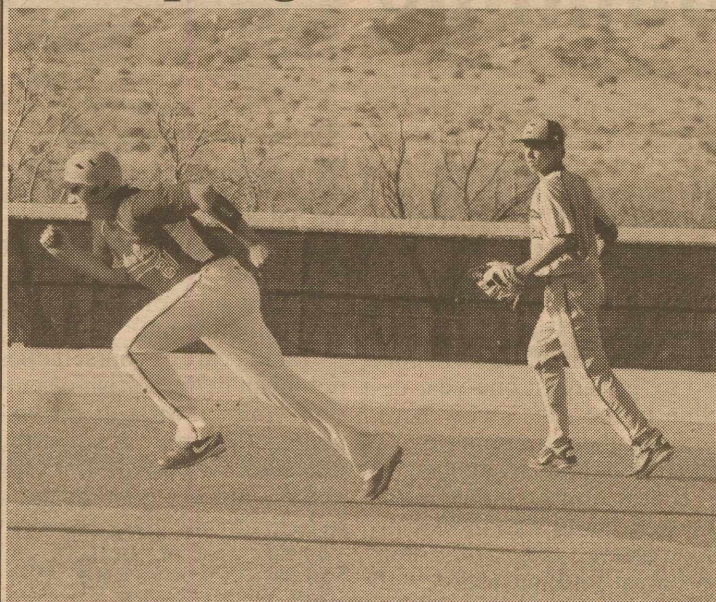
By striking out six and walking only two in the first three innings, Austin Tyler picked up that mound win.

Telchik closed the deal by striking out four, walking three and giving up five hits in the final three innings.



Borden County outfielder, Collin Telchik catches an Ira Bulldog hit during last weeks' home game against the Bulldogs.

Attempting to Steal Base



T.J. Basques, Borden County baseball player, attempts to steal 3rd base in last Tuesday's game against Ira. The Coyotes defeated the Bulldogs 17-7.

School Lunch Menu

Mar. 19 - 23, 2012

Monday - Breakfast: Pancake, Fruit Juice and Milk. Lunch: Crispy Taco, Lettuce & Tomato, Spanish Rice, Pinto Beans, Mixed Fruit and Milk.



Tuesday - Breakfast: Muffin, Fruit Juice and Milk. Lunch: Grilled Cheese & Tomato Soup, Celery & Peanut Butter, Apple Slices, Saltine Crackers and Milk.

Wednesday - Breakfast: Omelet & Toast, Fruit Juice and Milk. Lunch: Chicken Nuggets, Mashed Potatoes, Glazed Carrots, Strawberries & Bananas, Hot Roll and Milk.

Thursday - Breakfast: Kolache, Fruit Juice and Milk. Lunch: PToasted Ham & Cheese, Baby Carrots, Vegetarian Beans, Apricots and Milk.

Friday - Breakfast: Pizza Bagel, Fruit Juice and Milk. Lunch: Submarine Sandwich, Lettuce, Tomato & Pickles, Baked Chips, Sliced Peaches and Milk.

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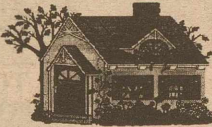
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Heart and Home ...


 by Julie Smith

 Borden County Extension Agent-Family and Consumer Sciences

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The Fine Art of the Power Nap

When the going gets tough, the tough take a power nap! A 20 minute-or-so mid-afternoon doze that re-energizes our day. Winston Churchill donned his pajamas daily for a short snooze, saying he got "two days in one" thanks to napping. Other famous power nappers include Einstein, Edison, Napoleon, JFK, and Ronald Reagan.

Somehow, we have learned to scorn afternoon siestas, though many other regions embrace them, especially Europe and Latin America. Yet many people could use a nap now and then. According to the National Sleep Foundation, most of us are sleep-deprived. We are too busy to get the rest our bodies need. Although eight hours of slumber is vital to good health, most Americans average seven hours or less and the trend continues to drop. We need sleep for many things, including our health, metabolism, thought processing, and moods.

Take one - guilt free! At first blush, power napping runs contrary to our concept of hard work - after all, who wants to get caught sleeping on the job. But a quick catnap permits us to get 20 to 30 minutes of light, refreshing stage one sleep - the portion that relaxes the muscles and mind prior to the heavier stages two through four. As a result, researchers have found power nappers have higher productivity, make better decisions with fewer mistakes and accidents, and have sunnier dispositions than their sleep-deprived counterparts. They even are less prone to heart attacks and gastrointestinal problems.

Some companies endorse the idea and are inviting employees to take advantage of nap rooms outfitted with cots, pillows and blankets. NASA says pilots on long, uneventful flights perform much better after power naps (one pilot is always awake).

Convinced to give napping a try? Take these pointers for the best benefits:

* Power nap in the early afternoon, or about eight hours after you wake up. Our energy naturally sags between 2:00 p.m. and 4:00 p.m. when our body is diverting oxygen-rich blood from the brain to the stomach to digest lunch.

* Limit naps to between 15 and 30 minutes. Longer napping causes deep, dreamy sleep and a non-refreshed foggy state called sleep inertia. This lessens our ability to stay sharp and focused and could cause trouble sleeping at night.

* "Power rest" if you are not tired enough to nap. Relax, close your eyes and take a short break from chores or work.

* If your workplace is not nap friendly, fight afternoon fatigue with a brisk 10 minute power walk, stretch for several minutes or snack on fruit or water to boost energy. Do not drink coffee or sodas, or eat candy for a midday charge - after the brief caffeine and sugar pick-me-up wears off, you will be even more tired.

Dare to Live...

(Continued from Page 1)

how much you eat. The quality and quantity of your food has a direct impact on how you feel and function. It's easy to eat well and the effects are outstanding.

Get exercise daily. It doesn't have to be anything exotic or extreme. Walking is one of the best exercises and it doesn't require any special scheduling. Take the stairs instead of the elevator. Walk instead of drive. Park at the far end of a parking lot.

Take the time and make the effort to take good care of yourself. It's an investment that will provide you with unlimited benefits.

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


Thought for the Day



You were rubbed with oil like an athlete, Christ's athlete, as though in preparation for an earthly wrestling-match, and you agreed to take on your opponent.
-Saint Ambrose

4-H District Food Challenge



The District 4-H Food Challenge was held on February 27th in Lubbock at Texas Tech. Pictured are (left to right) Kenley Dean, Klancey Kleck and Kelby Kleck who placed 7th in the Nutrition Snacks category.



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

March 4-H Meeting

We will have the March 4-H meeting on Tuesday, March 20th during lunch in the Conference Room! Be there or be square!

4-H Photography Project

4-H Photography project will meet on Tuesday, March 20 from 3:45 to 5:00 p.m. in the Home Economics Lab. 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

4-H District Food Challenge



Participating in the District 4-H Food Challenge recently are (left to right) Rayme Jones, Paige Holbrooks and Madison Cole. The girls placed 6th in the Main Dish category.

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231455

Legal Notice

NOTICE TO CONTRACTORS OF PROPOSED

TEXAS DEPARTMENT OF TRANSPORTATION (TxDOT) CONTRACTS

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

CONSTRUCTION/ MAINTENANCE/BUILDING FACILITIES CONTRACT(S)

Dist/Div: Bryan
Contract 6240-65-001 for PERMEABLE FRICTION COURSE (PFC) OVERLAY in BRAZOS County, will be received on April 10, 2012 at 10:30 a.m. and opened on April 10, 2012 at 11:00 a.m. at the District Office for an estimate of \$196,669.90.

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

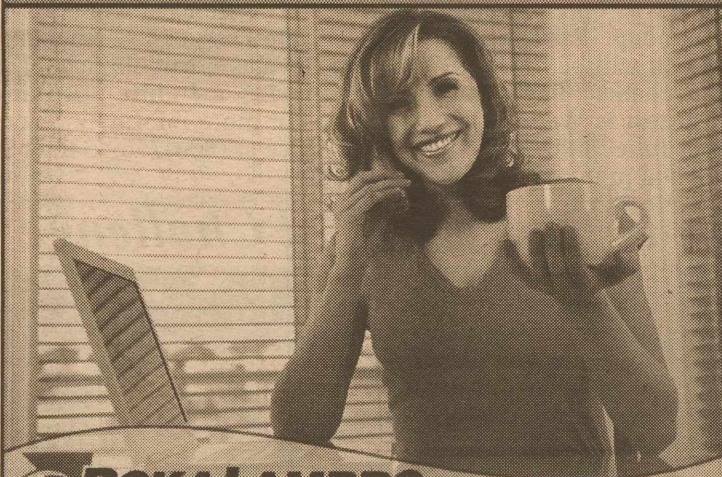
If applicable, bidders must submit prequalification information to TxDOT at least 10 days prior to the bid date to be eligible to bid on a project. Prequalification materials may be requested from the State Office listed below. Plans for the above contract(s) are available from TxDOT's website at www.txdot.gov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

NPO: 39444
State Office

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

Bryan District
District Engineer
1300 N Texas Ave.
Bryan, Texas 77803-2760
Phone: 979-778-2165

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



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BORDEN COUNTY ISD PUBLIC NOTICE

The Superintendent's Office, on behalf of the Board of Trustees of the Borden County Independent School District will sell an extensive assortment of kitchen equipment and fixtures currently in use in the school cafeteria to be purchased and removed from the premises no later than by the end of the week of March 23, 2012. These items may be viewed at 240 West Kincaid at the Borden County Independent School District through March 16, 2012.

Please contact Jimmy Thomas at (806) 759-5467 no later than 5:00 PM on March 16, 2012, if you would like to submit a bid on this equipment.

The Borden County I.S.D. Board of Trustees reserves the right to accept or reject any or all proposed bids, to waive any and all technicalities, and to accept the proposal that will best serve the needs of the district.

Questions regarding additional information shall be directed to Jimmy Thomas by writing: P.O. Box 95, Gail, Texas, 79738 or by calling (806) 759-5467. Transmissions by fax may be sent to (806) 756-4310.

By order of the Board of Trustees
Borden County Independent School District
Mike Valentine, Secretary