

# Lady Coyotes Defeat Ropes Lady Eagles to Win Bi-District

**By Coach Skelton** 

The Lady Coyotes made their 7<sup>th</sup> straight appearance to the playoffs this season. The Lady Coyotes faced Ropes for

fast paced tempo the Lady the third straight year having of slowing the game down and defeated the Lady Eagles the using their height advantaged prior two times in the first to force the Lady Coyotes to play their style of basketball.

The game was not the usual The Lady Coyotes found themselves down four after the Covotes are accustomed to first quarter of play, and broke playing. Ropes did a great job of slowing the game down and ond. The Lady Coyotes came out after the halftime and

(Continued to Pg. 3)

## Dare to Live Without Limits By Bryan Golden

### Keep Your Eyes on the Road

You would never attempt to tible to what others think about drive your car with the windshield painted black. Nor would you expect to keep your car on the road by looking out every window but the front one. But how many people attempt to get through life by looking in every direction except forward.

Distractions are everywhere. There are the distrac-tions of the past. You think about the things you did but shouldn't have done. Then there are those things you didn't do but feel you should have. Additionally, there are the bad experiences you may have had.

Being distracted by the past is like trying to drive forward while looking out the rear window. Unlike your car, life has no reverse gear. Since you can never go back to the past, it's a waste of time and energy to fret about what could of, should of, or would have been. Learn from the past, don't get caught up in it.

Other people are another distraction. Rather than watching out where you want to go, you pay attention to what others say, think, or do. This takes your attention away from ting corners never brings you where you want to be going. Since it's human nature to seek approval, you can be suscep-

vou.

You alone are the driver of your life, not someone else. You are responsible for your happiness and well being. Paying attention to other people is no different than listening to back seat drivers. Although everyone has an opinion as to what you are doing, it is only you who is ultimately accountable for your life.

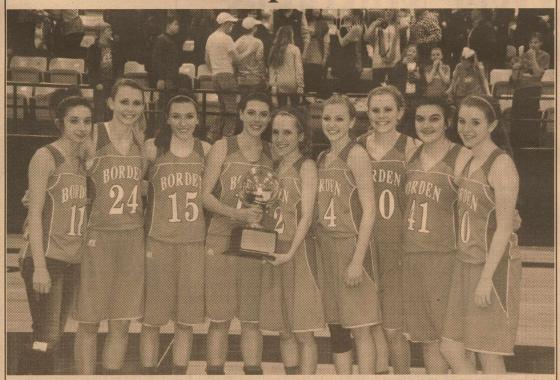
It doesn't matter what someone else has or what they have achieved. Each person is unique. No two situations or circumstances are identical. Life is not a contest where you are compared to someone else's accomplishments. It's essential for you to understand what your goals are. Then you must take the necessary action to reach them. If you listen to someone who disparages your dreams, you will crash.

At times, you may be tempted to take what appears to be the easiest route. Unfortunately, this course will not take vou to your destination. The path of least resistance is a dead end. Anything worthwhile takes effort.

There are no shortcuts. Cutto a desirable destination. Your

(Continued to Pg. 5)

## **Bi-District Champs!**



The Lady Coyotes brought home the Bi-District trophy after defeating the Ropes Lady Eagles 32-31 victory. Member of the Lady Coyotes are (left to right) Kalyn Massingill, Sydnee Jordan, Mallory McMeans, Taylor Gass, Mollie McMeans, Tatum Richey, Clair Shafer, Bailey Robinson and Zoie Key.

# **Coyotes Travel to Robert Lee for Final Tune-Up Against Bronte**

#### **By Coach Edwards**

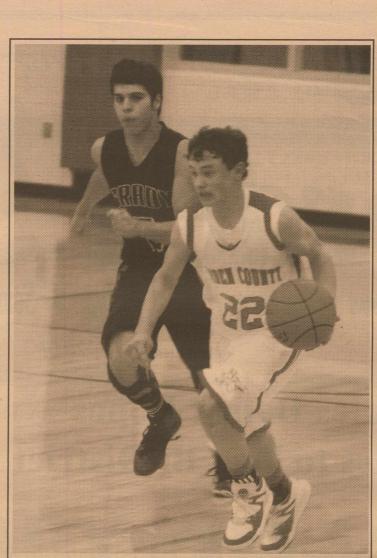
The Borden County Coy-otes Basketball Squad got a some Coyote turnovers and chance to fine tune some things before their Bi-District game. Borden traveled to Robert Lee for a practice game against the Bronte Longhorns. Both teams finished third place in their respected districts.

The biggest quarter for the Coyotes offensively was the first quarter. Borden put to-gether a 14 point quarter and held the Longhorns to nine points. Kurt Shafer scored all of his eight points in the quar- 32-29 ter. Hunter Jones found the hot hand from behind the arc hitting two buckets plus a couple of free throws scoring eight of fense also dug deep allowing only six points to Bronte. Borden led at the half, 23-15.

Bronte took advantage of cold shooting in the third quarter. The Longhorns outscored Borden 12-3 and took a 27-26 lead heading into the fourth period. Neither team could get it going offensively in the fourth, but the Coyotes managed to score six points in the final quarter with four of those points being free throws. Most importantly, Borden's defense gave up only one, two point field goal to win the contest,

Jones led the team in scoring with nine points followed by Shafer and Matt Proulx with





Coyote Hunter Jones, trailed by a Sands player, drives down the court to score for the home team. Jones scored a total of 14 points against the

# **Coyotes Get Win Over Mustangs** in District Finale

#### **By Coach Edwards**

A few weeks ago, the Borden Coyotes defeated the Sands Mustangs which was the first time it happened in four years. Well it happened again, but this time, the Coyotes got the best of the Grady Wildcats in the district finale. The vic-tory gave Borden its tenth win in district play, but they still remain in third place.

The Coyotes gained the early lead outscoring Grady, 11-7, ending the first quarter of play. Sean Tucker scored 8 of his 13 points in the second quarter and the team scored 20 points to help push their lead, 31-21 at the half.

Another great defensive

performance in the third period helped increase their lead. Grady managed only seven points while Kurt Shafer scored 8 of the teams 15 points in the stanza. The Wildcats made a fourth quarter push outscoring Borden, 21-15, but it wasn't enough as the Coyotes held on to a 61-49 victory.

Shafer led all scorers with 17 points followed by Hunter Jones with 14 points. Tucker added 13 points while Matt Proulx contributed eight points. Korbin Martinez finished with five points while Riley Herridge and Corbin Sumners chipped in two points.

## School Lunch Menu

February 24-28, 2014 Menu subject to change

Monday - Breakfast: Breakfast Pizza, Fruit Juice and Milk. Lunch: Hamburger, Potato Rounds, Western Beans, Diced Pears and Milk.

**Tuesday** - Breakfast: Cheddar Omelets Wrap, Fruit Juice and Milk. Lunch: Tangerine Chicken & Brown Rice, Baby Carrots, Steamed Broccoki, Pineapple Tidbits and Milk.

Wednesday - Breakfast: Kolache w/Oven Potatoes, Fruit Juice and Milk. Lunch: Toasted Ham & Cheese Sandwich, Multi-Grain Chips, Salsa, Garden Salad, Hot Cinnamon Apples and Milk.

Thursday-Breakfast: Cinnamon Roll & Bacon, Fruit Juice and Milk. Lunch: Chicken Fajita Salad w/Tortilla Chips & Salsa, Spanish Rice, Baby Carrots, Fruit and Milk.

Friday-Breakfast: Animal Crackers & String Cheese, Fruit Juice and Milk. Lunch: Cheese Pizza, Garen Salad, Green Beans, Apple Slices and Milk.

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#### Matt Proulx (#25) goes over the reach of a Bronte player to land a goal and score for the Coyotes during Friday's game.

Ladies Win Bi- BC Ladies vs. Ropes

# Ladies Win Bi District Title...

#### (Continued from Pg. 1)

found themselves losing the third quarter 7-6, and now they started the fourth down five points.

The seniors not ready to see their season end stepped up rallied their team mates and started to chip away at the Ropes lead. Mallory McMeans was to strike with a three from the wing. Then Mollie McMeans soon after added a three pointer of her own to cut the deficit to three points for the Lady Coyotes. With time running out Tay-

With time running out Taylor Gass was fouled on a three point attempt giving her three free throws to take the first lead in the ball game. She hit her first, missed the second, and made the third. The Lady Coyotes fouled a Ropes player giving them a chance to take the lead back. The Ropes player only made one free throw. Junior Clair Shafer secured the rebound passed it ahead to Taylor and then she drove to the basket and made the shot which was not to be the whistle had blown not because of a foul but a timeout.

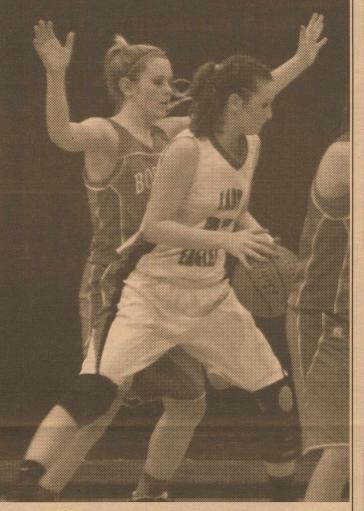
There was 28 seconds left and I wanted to make sure everyone was on the same page. I was trying to call timeout be-

fore Taylor made the bucket, but she moved faster than the Officials. We setup an inbounds play and Clair found Taylor who repeated what she had just done a few seconds earlier.

Borden County took the first lead in the ball game with 18 seconds left to go in the game. Clair Shafer secured the second attempt by Ropes coming out of a timeout and found Sydnee Jordan as she was falling out of bounds to help secure the win for the Lady Coyotes.

Games like this it's hard to point out who did what when, because it truly took everyone to win this game. Things like the seniors scoring all 10 points in the fourth quarter, everyone playing good enough defense to hold them to 4 points, a freshmen having to be point guard, bench players stepping up and doing some positive things while they were on the floor. It was just a great win and the Lady Coyotes won 32-31.

Scoring for the Ladies were Taylor Gass 17, Mallory McMeans and Clair Shafer 6, Mollie McMeans 3.



Lady Coyote, Clair Shafer stands her ground with a Ropes post player in last weeks Bi-District thriller. The Lady Coyotes defeated the Lady Eagles to win the title.

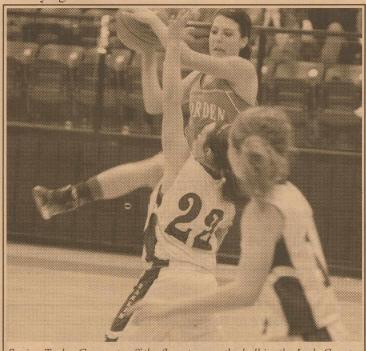
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There are two kinds of secrets: those we keep from others and those we hide from ourselves. -Frank Warren

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Senior, Taylor Gass gets off the floor to pass the ball in the Lady Coyotes match up with Rankin last Friday in Robert Lee. The Ladies suffered a disappointing loss to the Lady Devils with a final score of 55-41.

Any questions –contact Mr. Parker or any Gail FFA member

**Gail FFA** 

Bring clothing items to the AG building Annual Clothing Drive

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### **Diabetes: Carb Choices**

These days, you hear about bloodstream. This is where carbohydrates all the time. However, living with diabetes means being especially aware of how carbs fit into a healthy, balanced diet. To make the people with diabetes keep track most of each meal, it's good to of and parcel out carbohydratepay attention to carb choices as you choose foods to eat throughout the day. This task can help you keep your blood glucose under control, even as you enjoy any number of enticing dishes!

carbs and blood glucose: maintaining balance

After eating a meal, blood glucose slowly rises as the food is digested. The pancreas releases insulin to help the tes and their healthcare probody cells take in glucose as fuel. As glucose is used, the termine the appropriate numlevel in the bloodstream gradually falls, until you eat again.

People with diabetes, however, don't make enough insu-lin or cannot use their insulin one carb well enough to help the cells equivalents take in the glucose — so glu-cose builds up in the bloodstream.

The types of foods that make up a meal can have an don't. But there are a number effect on blood glucose levels. The carbohydrates found in foods are digested more phones that can help out. quickly than proteins or fats. While the latter may take up to three or four hours to be digested and released into the bloodstream, virtually all the carbs you consume are digested within an hour and a tortilla half of eating. So the more carbohydrates eaten at one time, the harder the insulin needs to work.

For people without diabetes, there may be no need to pay attention to these differences. However, folks who fat added) have diabetes need to be more carb-conscious.

That's because their bodies ange (about 4 oz) have trouble naturally regulating blood glucose levels in the

carb choices come into play. what are carb choices?

A carb choice is a unit of measurement, one that helps containing foods they consume throughout the day. Here are dairy: two guidelines to know: One 1 carb choice equals 15 grams of milk carbohydrates. For people with diabetes, a meal typically contains three to four carb choices. or between 45 and 60 g of carbohydrates; snacks may contain one to two carb choices. The second guideline isn't 10 ironclad. Someone with diabe- milk vider will work together to deber of carb choices for meals and snacks, taking into account activity level and weight

While foods with nutrition labels list the amount of carbohydrates they contain per serving, plenty of fresh foods of books and online resources including apps for smart

For quick reference, here is a list of foods and serving sizes that contain one carb choice yogurt (about 15 g of carbs):

starches: 1 slice of bread or 1 (6-inch)

3/4 cup unsweetened cereal 1/2 cup oatmeal

1/3 cup cooked pasta or rice 1/2 cup beans, corn or peas 1 small (3 oz) potato

4 to 6 crackers 3 cups popped popcorn (no this Spring.

fruits: 1 small apple, pear or or-

1/2 of a medium banana

1 cup berries

1/2 cup canned or frozen fruit, no sugar added or canned in own juice

12 cherries 17 small grapes

2 tablespoons of raisins or

dried fruits 1/3 cup 100% fruit juice

cup fat-free, or low fat

2/3 cup fat-free plain or light yogurt (fat-free, artificially sweetened) miscellaneous:

etable juice

preserves

Just because you have dia-betes doesn't mean you can't enjoy a little dessert here and there. Here are a few sweet one carb choice: some carb choices. Just remember, these must replace a carb choice in the meal, rather than being an additional one:

3 gingersnaps 3 graham cracker squares

8 animal crackers

1-oz granola bar

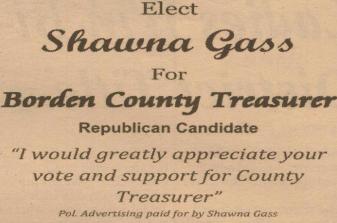
1/4 of 4 oz muffin

2-inch square brownie or cake without frosting

1/2 cup ice cream or frozen

<sup>2</sup> cup sugar-free pudding If you are interested in learning more about carb choices and managing your Type 2 Diabetes, contact the Texas A&M AgriLife Extension Service - Borden County Office about participating in the Do Well, Be Well with Diabetes program series to be held

Source: Live Better America Web site



#### **CALENDER FOR REPUBLICAN PRIMARY** MARCH 4, 2014

January 3	First day to submit application for early voting by mail.
February 3	Last day to register to vote
February 18	Early voting by personal appearance begins
February 21	Last day to receive application by mail
February 28	Last day to vote early by personal appearance
March 4	ELECTION DAY

**MUST HAVE PHOTO ID** 

Early voting will be in the County Clerk's Office in the Borden County Courthouse.

There will be no Democratic Primary Election.

If you have questions concerning the Primary Election, contact Shirley Bennett, Republican Chair or Joyce Herridge, County Clerk.



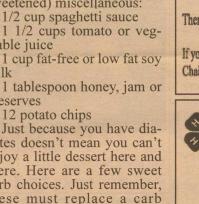
### **4-H Clothing Project**

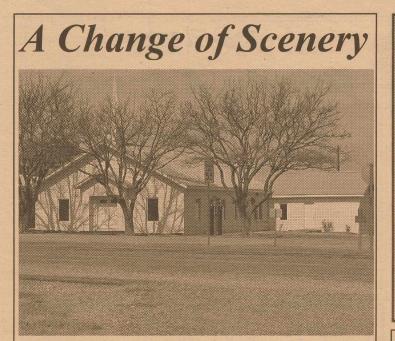
Youth interested in learning about fashion design, clothing selection, care, and basic construction techniques are invited to participate in the Clothing Project. We will have our first project meeting on Monday, February 24 after school in the Extension Office meeting room. Additional project meetings will be determined on that day.

### **4-H Photography Project**

4-H Photography project will begin meeting soon. Please let us know if you are interested in participating in this project. Details about the Junior and Intermediate contest can be found at: http://d24-h.tamu.edu/events/photography/ Details about the Senior contest can be found at: http://texas4-h.tamu.edu/ photography contest

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Gail's First Baptist Church will soon be relocated to Snyder, having been donated to the Heaven Bound Cowboy Church. A new church will be constructed on site beginning in March. Increasing membership, chronic repairs, and generous donations are three reasons behind the new construction. During the transition period, church will convene in the Fellowship Hall adjacent to the church building. The Fellowship Hall's building debt has been paid for and is erased as of construction time. An upcoming feature story will chronicle the church's history in Borden County.

# are to Live...

#### (Continued from Pg. 1)

route must never harm others. In order to get what you want, you have to help others get what they want. Unethical behavior will ultimately harm you. Any appearance of quick gains is only a delusion. Attempting a shortcut will inevitably get you into a wreck.

You can't pick up hitchhikers. As much as you may want to, you can't make someone else successful. You can help or assist others, but you can't take them with you. Each person must reach their own destination due to their efforts. Those who are given a free ride will not appreciate where you have taken them. Additionally, they won't be able to speaker, author, and adjunct remain where you drop them off. Ultimately, they will wind up back where they started.

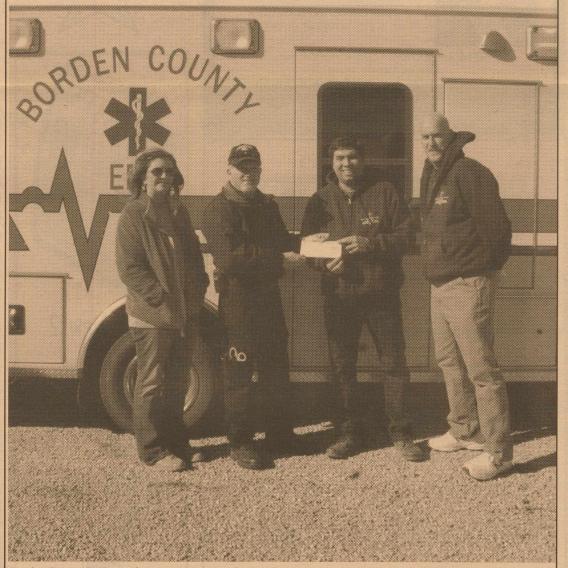
To reach your destination, pay attention to where you are and watch the road ahead. The only direction is forward. You can't revisit where you have been. When the weather turns bad, or the road is rough, slow down. If your car breaks down, get it fixed.

If you get lost, ask directions only from someone who knows how to get where you want to go. Ignore any back seat drivers. Your journey may seem to take longer than you thought. Just keep going. If you stop, you will never get there.

Bryan is a management consultant, motivational professor. E-mail Bryan at bryan@columnist.com. O 2007 Bryan Golden



# **Borden County EMS Receives \$10K Donation**



Borden County EMS was the recipient of a ten thousand dollar donation from Shell Wind Energy. The donation will fund much needed AED's (Automated External Defibrillators) for First Responders. Pictured is (left to right) Jaime Hatley of Shell Wind Energy, Borden County Paramedic Mike Valentine, Xavier Urbina and Scott DeBlieck both of Shell Wind Energy



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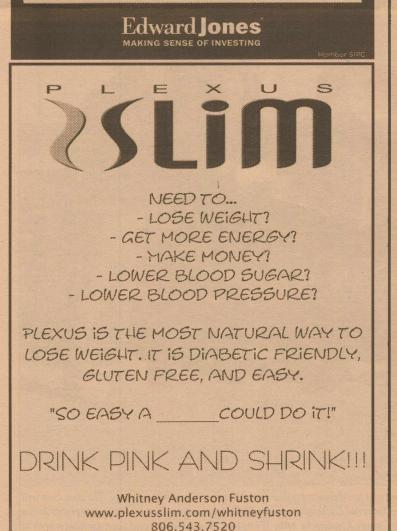
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## **Texas Stories**

A Showcase of the Texas Spirit **Tumbleweed Smith** 

### John Roam's Spare Time Activities

two passions: Studebakers and toy trains. He has a building behind his house that he had built especially to hold his huge collection of toy trains. He pointed to a train with red and blue cars and said, "That's my original train. I won it in a drawing in 1958. It still runs." It's no wonder it still runs.

He has drawers and shelves full of model train parts. He is constantly helping other collectors repair trains and lay out a display. His is on two levels and will run ten trains. His eighteen hundred miniature train cars blow steam, ring bells and blow air horns as they roll past tiny towns, lakes, mountains and pastures. He has both steam and diesel that represent ana. "Studebaker started in toy trains from the fifties to the present."The electric train of the fifties was the same as the video games kids have today," he says. "We built stuff. We had Lincoln logs, erector sets and things like that."

Toy trains have been around nearly as long as real trains. "Lionel started in 1900. He made a display for a depart-ment store in New York City and he wanted something that moved. People went in to buy the display. It just took off from there. It hit some slow times in the sixties because all sorts of new toys were coming out. But in the 80's, baby boomers like me got back into what they had as kids. Now there are collectors all over the world. Santa Fe toy trains are the most popular.

The control panel to run his layout looks like something that could send a spaceship soaring into the heavens. "That's just part of it. You learn about electricity and about building things and how they operate. That's what trains were all about in the fifties for

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John Roam of Midland has kids. You learned how to fix o passions: Studebakers and them when they broke."

Maybe playing with toy trains is what made John become an engineer in the oil business. When I got to his house for the interview, John took me to his garage and showed me a beautiful automobile. "It's a 1931 Studebaker President Brougham. It was a chauffeur-driven car once owned by an orange grower in California. It's easy to drive and will run 50 to 60 miles an hour down the highway. It gets about five miles per gallon. There are about 100 of these left in the country." That car only has 50,000 miles on it and ana. "Studebaker started in 1852 as a wagon maker for the California gold rush. Later it made fancy carriages, then in the early 1900's started making cars. The company went out of business in 1966."

John has had fifteen or so Studebakers, everything from pickups to the elegant 1964 Hawk that rivals any Corvette or Thunderbird for looks. "Four-speed super-charged full performance package car. Pretty rare. Pretty desirable. I've owned two of them and right now there are only five of them known to exist.

He got interested in the vehicles sometime ago. "As a kid I was just drawn to them for their engineering and styling. Studebaker caused quite a stir in the 50's when it came out with a front end that looked like a bullet. People remember that.

When he's not out driving on small Texas roads looking for characters. Tumbleweed Smith lives with his wife Susan in Big Spring. Contact him at ts@tumbleweedsmith.com

**Borden Star** 

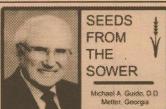
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But the Lord has taken the first step in salvation. He loved the world so much that He gave His only Son. Now you must do one of two things: you must receive Him or reject Him. But some object, "Why can't I be neutral and leave the Lord alone?" Because He will not leave you alone.

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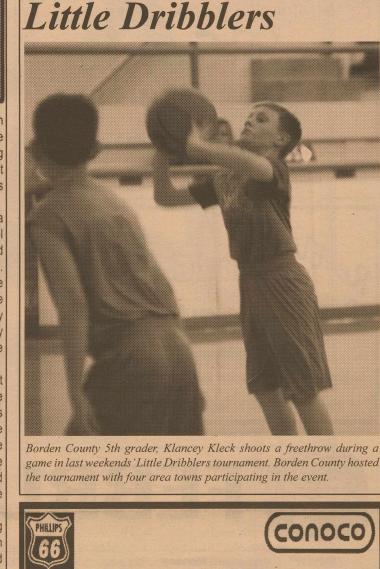
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9	10 HOLIDAY OAP Practice-6:30	11 Boys BB vs. Grady, 4:00	12	OAP Practice-6:30 13 OAP Practice-6:30	6:00 14 End of 4 <sup>th</sup> Six Weeks	15
16	17	18	19	20 JH Track @ TBA	21 UIL Debate @ Frenship HS Track @	22 UIL Debate @ Frenship
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