

The Borden Star

Borden ★ Dawson ★ Garza ★ Howard ★ Lynn ★ Scurry

Volume XXXVIII

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Lofty Expectations BC No. 1; Sands is seventh in Campbell's Texas football

Courtesy Lamesa Press Reporter

By Dwight Hines

With several of the same faces back who helped lead the Borden County Coyotes to a perfect 10-0 regular season last fall, Borden County head football coach, Trey Richey cannot help but be excited about this 2015 season's prospects.

Apparently, the rest of the Lone Star State is sharing I Richey's enthusiasm, if not more so. Dave Campbell's Texas Football publication has Richey's Coyotes as the No. 1 ranked Division I six-man football team in the Lone Star state.

"With the return of so many starters at skilled positions, expect Borden County to be a serious contender," says Dave Campbell's Texas Football.

Richey has mixed emotions about seeing his Coyotes sitting at the top of the D I list.

"It's flattering! We can't help but be a little excited to see our kids getting not only that kind of recognition but also respect, but at the same time it's also a little scary," Richey said. "Come December and we're still up there, we'd be a little more excited, but not right now.

"All this did is make that

target on us a little bigger. All this does is stress us out even that much more by letting that official word already out."

The high school football fans at Ackerly should be just as excited with the 2015 season now just right around the corner. With some of the top players back from last year's Mustangs, who ended up going three rounds deep in the D II state six-man playoffs, Sands is ranked as the seventh best six-man football team in the state in D II by Campbell's Texas Football.

Like Richey, Sands' Coach Steve Keith also has mixed emotions hearing about his Mustangs being ranked among D II's six-man cream of the crop.

"All that really does is put that much bigger of a target on our backs. We haven't won a game out here this season, yet," Keith said.

"We're all still 0 and 0,"

With the likes of all-staters Dayton Eddleman and Dylan Tindol coming back, Keith, however, has every right to be excited. Even if it is somewhat cautiously optimistic.

"We always tell our kids that everybody's faster than us anyway. You've still got to be able to go out and perform," Keith said of his 2015 Mustangs.

By going three rounds deep in last year's D II state six-man football playoffs, especially with what they have coming back, the Mustangs enter this 2015 high school football season with something to prove.

These lofty state rankings only stacks those chips that much higher at Ackerly.

"Obviously our kids are excited. Now, it's a matter of getting out there and proving ourselves," Keith said. "Rankings really don't mean anything. You've still got to be ready to go out there and play every play, every game.

"As long as we can do that, then we should give ourselves a shot at being successful."

Hearing about Borden County and Sands being ranked among that state's six-man elite does not come as much of a surprise to this area's other head coaches.

(Continued to Page 2)



MEMBER
2015

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All-School Reunion Planning Committee Would Like to Remind and Invite Everyone to Attend

REMEMBER . . . Make your plans to attend the BHS All-School Reunion.

Friday, July 31st - Early registration and visiting will begin at 5 p.m. in the school cafeteria.

Light refreshments will be served. Come early if possible, for extra time of visiting!

Saturday, August 1st. - Registration and visiting will begin at 10 a.m. followed by more visiting and reminiscing. A catered meal will be served at noon at the new Borden County Event Center.

For those of you who did not get your reservation

made for lunch, the Coyote Cafe and Blue Paw Cafe will be open for lunch.

Following lunch, we will return to the school auditorium for announcements, recognition, and more visiting.

Many local school exes have been busy planning this reunion; and are hoping for a large turnout of all exes, former teachers, employees, friends and their families whether you graduated from BHS or were only here for a little while. Please make plans to come and join former classmates and friends.

Borden County Ranked No. 1

(Continued from Page 1)

"They've not only got everybody coming back at their place but then they've also got all that tradition, so they'd have to be a pretty safe pick," O'Donnell Coach Brad Bell said of Borden County.

With Sands ranked No. 7 and Buena Vista No. 9 it definitely will make life hard in Division II's District 6 six-man that includes Coach Ed Robison's Dawson Dragons.

"We're sitting in there with two guys now in the Top 10—that's crazy," Coach Robison said of D II's tough District 6.

"That (Dayton) Eddleman kid really helps make Sands go. I guarantee, if something ever happened to him, they'd get back to reality in a hurry. That would be like if we lost (James) Valero out here during

these past couple of seasons."

With both of these Top 10 ranked teams on their 2015 football schedule; Klondike Coach Andrew Tijerina knows his Cougars have a tough road ahead. Borden County is one of Klondike's league opponents, while Sands will be one of their non-district games again this fall.

"We had a feeling that they'd be somewhere in that top three. They're going to be salty, but then they should be good for a while," Tijerina said of Borden County. "Sands went on that pretty good run last year and they've got nearly everybody coming back. They're losing like only one or two, so they should be good for a while, too.

"With not only what they've got coming back, but also what they've got coming up out there, Borden County's got a chance to be good for a long time. It wouldn't hurt none of our feelings if those guys moved into a different district."

Richey guided the Gail Gang to back-to-back state six-man football championships in 2008 and 2009.

"When we won it back in 2009 we started out in this same spot, so hopefully this is a good sign," Richey said. "But, we can't help but be a little nervous. We just know that anything can happen going into any season. There are a lot of factors going into any season."

With the likes of junior play makers quarterback Hunter Hones and running back Corbin Summers coming back, there is no doubt that these 2015 Coyotes will enter this season with firepower. Last year, Summers rolled up over 2,200 yards and 39 touchdowns while Jones passed for nearly 1,800 yards and 23 touchdowns.

"We've got some good skilled kids coming back. We're going to need some people to step up on the line on both sides, Richey said.

"Our guys have been doing a good job out here in our weight room, so hopefully that's a sign that we'll be ready."

The stage definitely is set for an exciting opening kickoff to this 2015 high school football season for Richey's Coyotes. Borden County kicks off its upcoming season at 8 p.m. August 28 when it takes on Crowell as part of the Jayton Jaybirds' annual kickoff classic. Crowell has won that D I state six-man title each of the past two seasons.

DIVISION I

1. Borden County 2. Valley 3. Gordon 4. Abbott 5. Crowell 6. Knox City 7. Blum 8. Zephyr 9. Robert Lee 10. Rochelle

DIVISION II

1. Calvert 2. Richland Springs 3. Mount Calm 4. Loraine 5. Guthrie 6. Jonesboro 7. Sands 8. Balmorhea 9. Buena Vista 10. Groom

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By B. Hargrove

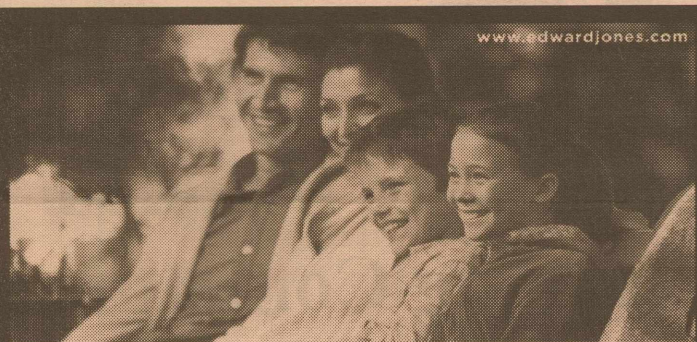
This week I attended the funeral service for a "greatest generation" gentleman who also happened to be the father of one of my "bestest" friends while growing up in our small town. Not that we hung out when we weren't at school—neither she nor I was much into that as we were busy with piano lessons (she) or athletic practice (me) or studying (both). She was brilliant, and I was the wannabe brilliant; she was chic while I was the tomboy. She was a reader and a writer, but I had yet to develop those gifts. It would be our sense of humor which would connect us to the day we graduated. After that, we both went off to private school universities and just stayed in touch minimally. Sadly, that's what often happens; however, the texture of such deeply-rooted friendships remains, in ways that don't have to be seen or heard or touched. The Spirit does that for us.

Her father had moved from our small hometown after Ann's mother passed away years ago—which was the last time I had seen the family. I remember him as the vibrant Dad, the funny Dad, the stern Dad, and the fiercely devoted Dad to Ann and her sister. It could not have been easy for this middle-aged war veteran to raise two teenage daughters in the late 60s to mid-Seventies, in the midst of a country divided by yet an-

other cultural revolution. But he did, along with the girls' mom. As with many men and women of his generation, Ann's dad epitomized his generation's best qualities. They were workers, survivors, team players, frugal economists, and faithful partners. I sat in the chapel pew and was overwhelmed with my shortcomings in a life that only spans two-thirds of his longevity. Not that I felt a complete failure, but I was keenly aware that this man did simply what we are all supposed to do in living a full life: he took care of the basics, the fundamentals. Too often, my generation has neglected them, and as a result, our foundations have cracked.

The Naval Honor Guard, in attendance to send this military servant home with the traditional bugling of Taps, folded our country's flag and passed it on to Ann and her sister at the conclusion of the service. Wrapped in that flag were not just the stars of these United States but a galaxy of shining moments, passed on from a father to his daughters and his four grandchildren.

Two important messages stayed with me as I exited the chapel: (1) some very special people walk the face of this earth and grace it with their own unique ways, and (2) those of us who remain are quite capable of healing the cracks if we just draw on their examples.



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Portion Control 101

USDA statistics show that because of increased portion sizes, the average American's total daily calorie intake has risen from 1854 calories per day to 2002 calories per day over the past 20 years. This 148 calorie increase per day works out to about an extra 15 pounds of body weight per year. Plate size in restaurants has increased from "diner size plates" to "full size dinner plates" and in some cases to a "serving platter" size.

Today it is hard to find cafés or restaurants that serve a meal based on standard serving sizes and not portion sizes. Now we look for "all you can eat food bars," "complete buffets" and "super size/king size/extra size" restaurants and fast food establishments. Some portions in this "super size" category often provide enough food to serve two or more people. A portion is how much food you choose to eat whether it is in your own home, from a package or in restaurant. A serving is a standard amount of food set by the U.S. Government and is the recommended amount of food you should eat from each food group.

The foods below are just for comparison and DO NOT represent a balanced day's meals!

Thirty years ago breakfast may have been: a 1.5 oz blueberry muffin and an 8oz. cup of coffee with whole milk and sugar. This meal contained 255 calories. Today's breakfast could very well consist of a 5oz. blueberry muffin and a 16oz. cup of a mocha or latte' style coffee. Total calories: 850.

Now for lunch! In 1985 a small cheeseburger had about 333 calories, 2.4oz of French fries-210 calories, and a 7 oz soda-85 calories this gave you a 628 calorie lunch. In today's

fast food world a cheeseburger could now contain 590 calories, a large order of fries at 6.9ozs-610 calories and a 20oz. soda-250 calories. Total this lunch up for 1450 calories.

Suppose you want to see an afternoon movie? Thirty years ago you bought a bag or box of popcorn containing about 5 cups of popcorn at 270 calories and a 7oz. soda with 85 calories. Your snack cost you 355 calories. Today if you bought a tub of popcorn and a 20oz. soda your snack could add up to 880 calories.

Supper has arrived and you decide on a chicken Caesar salad. In 1985, this salad contained about 390 calories. This salad of today is offered in a portion size containing 700 calories. The 1985 total calorie intake for the day was 1628 calories while the 2005 total calorie intake for the day was 3880 calories! This calorie intake is 1080 calories above the very highest daily calorie level that is recommended only for teenage boys and VERY active men.

Most women and older adults need about 1600-1800 calories per day. Children, teenage girls, active women and most men need between 1800-2200 calories per day. If you are inactive stay within the 1800-1900 calorie range and if you are pretty active aim for 1900-2000 calories a day and remember only if you are VERY, VERY active should you consume between 2000-2200 calories per day. Remember the key to weight loss and management is not the types of food you eat but the amount of food you choose to eat.

To learn more about basic nutrition and wellness contact the Extension Office at (806)756-4336.

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Texas Country Reporter Requests Recipes

Bob Phillips with Texas Country Reporter is requesting recipes from all his friends and featured stories and all their families and friends. Anyone may submit a recipe. Please place a title and the name of the person whom is submitting the recipe. Also include the town in which you are from in Texas.

Any Texas favorite recipe is welcomed, from Main Dishes to Desserts. Just email your recipe to Shawna Gass on or before July 10th, 2015 at shawnagass@gmail.com.



Gail FFA members participating in the the recreation part of the Leadership camp were (ltoR) Braxton Coor, Hayley Gray, Carley Bell, Caytlynn Summers, Nathan Souder, Victoria Huckaby and Colby Pennell.

Gail FFA Attend Leadership Camp

By Kaylee Farquhar

Gail FFA members participated at the Area 2 FFA Leadership camp this past week. Nathan Souder, Area 2 FFA President and his officer team conducted the three day camp at Howard College in Big Spring, Texas with Mr. Buddy Wallace, former Gail Agriculture instructor, being the guest speaker.

Many skills were learned over the course of the camp, some include, leadership skills, adapting to change, standing out and advocating and stepping up to serve. Several of

these members along with a few others will be making their way down to Corpus Christi next week to participate in the Texas FFA State Convention. They will be analyzing what they learned at Area Convention and take it to the state level and advocate for the Texas FFA! Wish them Luck!!

FFA makes a positive difference in the lives of students by developing their potential for premier leadership, personal growth and career success through agricultural education".-FFA Motto



Gail FFA members attending the Area 2 banquet were (left to right) Colby Pennell, Caytlyn Summers, Carley Bell, Braxton Coor, Hayley Gray, Victoria Huckaby

Band With Local Connection Releases New Album

Union Specific, with Borden County High School graduate Tyler Wallace at lead vocals, is preparing for yet another Midwest tour this month. The tour will showcase the band's newest release, "Howlin' Room."

Wallace is joined by his college buddy Gregg Maher and Kim Taruc. The band's roots were planted when Tyler was at Sherman College, where he met Maher. The two musicians hit it off, added the stand-up bass of Taruc and since then have recorded three CDs. The latest release is also on vinyl.

Tyler, the son of Buddy and Kip Wallace of Bronte and long-time Borden County ISD teachers, lives and works in

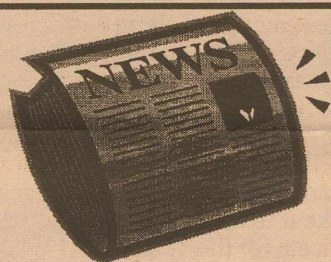
Austin. While doing so, he remains committed to keeping the music alive by being a part of Austin's vibrant live music scene and touring mostly dur-

ing the summer months. *Union Specific* has played over 200 shows.

The band's website is www.unionspecificmusic.com.



Union Specific members include (from left) Kim Taruc, Borden County graduate, Tyler Wallace and Gregg Maher.



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