## Athletic Physicals Scheduled For August 1st



Trey Richey Head Coach
We are scheduled to take athletic physicals Saturday, Auqust 2 ${ }^{\text {nd }}$ at 10:00 AM in Abilene, Texas.
We will depart from Gail at 3:00 AM. You will need to have your physical form signed and filled out before we leave. The doctor will not sign it if your parent or guardian does not sign it. You will need to wear short and $t$-shirt for the physical.
We will be at the Action Sports and Physical Therapy linic in Abilene. The tele ohone number there is (325)676-5633. The address here is 1717 Pine Street. Easy directions are, as you come in on Interstate 20 you will take the Hardin Simmons exit. Stay
on Pine Street and it will be on your left, just a few blocks past the hospital. I you would like to meet us there so you can stay and shop in Abilene that would be fine. You will need to bring some money to eat lunch. We will try to be back in Gail by 3:00 PM.
If you plan to play a sport this year of any kind during the upcoming school year, you are required by our school distric to take a physical. The school furnishes the physical at this time. If you cannot make this date then you will need to get a physical on your own and a your expense.

Also you will find in your letter an Acknowledgment of Rules form and a Steroid form Read them, have your paren read them, sign both and bring all of the paperwork with you. The medical release will allow us to seek emergency treatmen for you if there is a need dur ing the school year
We are truly excited about the upcoming year and we look forward to seeing all of your smiling faces. If you have any questions, feel free to call me at home or on my cell. Trey Richey: (806)756-4417-home and (806)759-3335-cell. Take care and enjoy the remainder of you summer.

## Borden County Elementary School Supply List 2015-2016

Kindergarten: Elmer's school glue (not paste), 2-glue sticks, 2-boxes of 16 Crayons, Scissors (Fiskars for kids), 4\#2 pencils 2 -folders w/pockets, Big eraser, Supply box (cigar box size), Towel for nap time, Baby wipes/wet wipes (2 box), 1 box-Kleenex, Gym Shoes.
First Grade: 2-Boxes of 16 Crayons, 12-\#2 Pencils, Scissors, 2 bottles Elmer's Glue, 2-Glue sticks, 4-Boxes Kleenex, 2-Pink eraser, Gym shoes, 1 bottle of sanitizer. NO FOLDERS AND NO SPIRAL NOTEBOOKS PLEASE!


Second Grade: 24-\#2 Pencils, 2 boxes of 16 ct . crayons or more, 2 Bottles Elmer's Glue, 2 Glue sticks, Flexible ruler, Scissors (Fiskars for Kids), Erasers, Colored pencils, 2 Boxes Kleenex, 1-Composition notebook, 1-Box Wipes, Gym shoes. No folders or pencil sharpeners, please.
Third Grade: 1-3-ring binder, 1 -Ruler (metric \& standard), 4-Red pens, 1 Bottle school glue, 2-Glue sticks, 2Pocket folders (no brads), $10-$ \#2 Pencils, Crayons, Scissors, 1 Box Kleenex, 1 Box we
wipes, 8 dividers, 1 Pkg notebook paper (wide ruled), 1 Pkg. 3X5 index cards, Composition book, Gym shoes.

Fourth Grade: 1-1" 3 ring binder, 1-Pkg. notebook paper, 1 -Set of subject dividers, 1 -pocket folder of choice, 1-Spiral notebook Markers, 1 box 24 Crayons, 1 box \#2 Pencils, 2 -red grading pens, Colored pencils, 3Composition book, 1-Ruler (metric \& standard), 2-large Glue sticks, Scissors, 1Bottle Elmer's school glue, Scotch tape, 1-Box Kleenex, Gym shoes.


Fifth Grade: 1-1 inch 3 ring binder, 1 -set of dividers w/tabs (5), 1-Pocket folder of choice, 3-Composition notebooks (not spiral notebooks), 1-Box \#2 pencils (may be mechanical), 1-Pkg wide ruled notebook paper, 1 package colored copy paper, 4-Red grading pens, 1 Black sharpie, 2-Large glue sticks, Tape dispenser and Scotch tape, Colored pencils, Crayola Washable Markers, Ruler w/ both inches and centimeters, Scissors, Highlighters, 1-Boxes of Kleenex, Gym shoes.


## FFA Members Attend 87th Annual State Convention

 By Kaylee FarquharSeveral Borden FFAMem- a new Borden FFA Chapter Coor also received his Lone bers attended the $87^{\mathrm{th}}$ Annual Officer or they competed or Star, but was unable to attend. Texas FFA Convention this past week in Corpus Christi,

These members learned valuable life lessons among the other 12,000 FFA members from across the state, in RISING UP to the following: Tradition, Agriculture, Service, Achievement, Leadership, and Rising up for Tomorrow! received an award at the State

The Texas FFA Lone Star


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## Children at Risk in Hot Cars

## Summer Heat: The Silent

 KillerWe have been lucky to have had a fairly cool Summer so far, but lately the heat and bumidity have been creeping up and making it almost unbarable! Keep in mind that with Summer we have an increase in outdoor activities and an increase in heat-related deaths and illnesses. The fact is, on average, more Texans are killed by heat each year than by tornadoes or hurricanes. Here are a few things to remembers when working or playing in the scorching West Texas summer heat.

- Slow down. Heed your body's early warning signs. Reduce activities and stay in a cool, shady or air conditioned place as much as possible.
- Don't dry out. Drink plenty of non-alcoholic beverages. Water should be your drink of choice - even if you are not thirsty.
- Dress for hot weather. Wear lightweight, light-colored and loose-fitting clothing to help maintain normal body temperature. A wide-brim hat or cap is a must if outside. Wear sunglasses if prolonged exposure to the sun's rays and glare is anticipated, especially while driving.
- Avoid thermal shock. Go slow for those first few hot days. Heatstroke frequently develops swiftly with little warning. Over half of heatstroke victims become ill less than 24 hours before being hosvitalized or found dead.

Get out of the heat. If your residence is not air conditioned, get to an air condi-

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toned environment for at least a few hours a day. Visit the grocery store or Wal-Mart, or go to a shopping mall or theter. They are all excellent places in which one can escape the heat of summer. If this isn't possible, a well-ventilated shady area will do.

- Don't get too much sun. Sunburn makes the body's job of heat dissipation more difficult. Besides a hat, sunglasses and proper clothing, a good sun screen is recommended, no matter how fair or dark your skin is. There are also new fabric washes with sun screen in them. These products help to increase the protection your clothing provides from the sun. Check you local grocery store for these new products.
- Beware of high humidity. Perspiration is the body's natural way of cooling the skin. When the humidity is low, this evaporation actually "cools" the skin. Air movement, such as with a breeze, fan or air conditioner, acts to evaporate perspiration and cool your body. When the himidity is high, this evaporative cooling process is lost, and the danger of heat-related illness or death is greatly increased. Source: Larry Peabody, National Weather Service, Austin/San Antonio


## Thought

 for the DayBe happy, young man, while you are young, and let your heart give you joy in the days of your youth. Follow the ways of your heart and whatever your eyes see, but know that for all these things God will bring you to judgment. Ecclesiastes 11:9


'I pledge my Hands to community service...' What a wonderful day Borden and Dawson 4-H'ers had on July 15th. The youth were awesom eduring our time spent with some of the residents at the Lamun-Lusk-Sanchez Texas State Veterans Home in Big Spring. We look forward to returning again soon!

## District 4-H Recordbook Results

Congratulations to $\mathrm{BC} 4-\mathrm{H}$ 'ers that entered their record books in the South Plains District 2 4-H Competition this week! Tres Spencer received First place with his Junior Goat book; Kennedy Tucker placed Second with her Intermediate Food and Nutrition book and Ashlyn Tucker received Fifth with her Senior Shooting Sports book. There were 176 books entered from across the district in the various age divisions and categories. We are proud of these 4-H'ers!

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## Remembering Those "Happy Days"

By Janice Todd Hogg

There are few things that rank any higher than my childhood memories of growing up in Borden County, and my most treasured memories revolved around my school days. I will always recall the long bus rides to and from school every day and visiting with friends that shared that same ride, the excitement of seeing old friends and meeting new classmates on the first day of school every year, and the sadness upon discovering that your best friend would not be coming back.

A few weeks ago my sister, Verna Adcock, and I were reminiscing and looking through our old Borden County yearbooks. Combing through those pictures brought cherished memories to mind. Verna shared a story about a family that had left Borden County Elementary back in the early sixties, but had recently traced down a couple of old friends. The Reid sisters, Donna and Brenda, called the school, in hopes of reconnecting with friends that they hadn't seen since childhood. As luck would have it, they were given the phone numbers of Verna and Mary Ann Dennis Autry. What a surprise it was when the girls heard the voices of old friends once again.

Like a kid getting ready for that first day of school, I am antsy with anticipation for the all school reunion that will take place on August $1^{\text {st }}$. Who will be there, and who won't? Instead of packing a new book satchel with Big Chief tablets and fat yellow pencils, I am filling my mind with thoughts of those happy days. I can't wait to see friends that I haven't seen in years and see what memories they will bring with them!


Friendships renewed...classmates and childhood friends will soon be reunited at the Borden County All-School Reunion to be held next weekend. Sisters Donna and Brenda will be traveling out of state to attend the reunion. Pictured (clockwise from top lefft are Brenda Reid (7th grade), Mary Ann Dennis (7th grade), Verna Todd (3rd grade) and Donna Reid (3rd grade).

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## Living in the Now, Preparing for the Future

For many of us, our goals in life remain constant: financial independence and providing for family. Striking a balance between saving for goals, such as education and retirement, and allocating money for daily expenses can be challenging. But you can do it.

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