



Friona Star

Since 1925

Vol. 93, No. 43

Thursday, October 24, 2019

Twelve Pages

\$1.00



Residents at Prairie Acres have the lobby decorated for Autumn.

Prairie Acres recognized for high-quality care

Prairie Acres has received the Nursing Home and Skilled Nursing Facility Quality Improvement Award from TMF Health Quality Institute. The TMF Quality Improvement Award program recognizes facilities in Arkansas, Missouri, Oklahoma and Texas that have undertaken quality initiatives to improve outcomes in resident care and improve their performance on specific national quality measures.

for reaching quality improvement goals.

"We are proud to have achieved this recognition. Prairie Acres' success illustrates their commitment to resident safety and to delivering quality health care," said Chantelle Julian, LTCM Regional Operations Manager. "It was a significant amount of work, but well worth it because it was the right thing to do for our residents."

"TMF is proud to recognize these nursing homes and facilities for promoting quality improvement activities and their senior management for promoting a quality culture," said Tom Manley, CEO of TMF Health Quality Institute. "Quality improvement is a complex and demanding process, and we thank Prairie Acres for their commitment to improving the health of residents and the efficiency of health care."

"Proven standards of care can save lives," said Amy Skiles, Interim Administrator. "We will continue to enhance our quality improvement efforts through our collaboration with partners and with TMF Health Quality Institute to ensure that every resident gets the right care at the right time, every time." We will continue to fulfill our mission: "Every Resident, Every Family, Every Time."

The TMF Nursing Home and Skilled Nursing Facility Quality Improvement Award honors facilities that have improved their performance on specific national quality measures. Tricia Rocha, Director of Nursing, Sandra Padilla, RN, and Kathy Borchers, Business Office Manager received a special thank you for their dedication and undying service to the residents and family members of Prairie Acres.



PCCC President Greg Lewellen receives a \$2000 check from Friona Banking Center employees Cynthia Silva and Yvette Williams. The money was raised at the bank's annual sausage cookout held last Thursday.

Friona Junior High supports Cancer Coalition

As part of the Friona ISD Gifted and Talented program, Friona Junior High students recently conducted a fundraiser to support the Parmer County Cancer Coalition. The students in 6th, 7th, and 8th grades sold sodas at the National Night Out in Farwell. Accepting the donation on behalf of PCCC is Greg Lewellen.

One student, Abril Arzate, won a gift card for United Supermarkets as a part of the give-a-ways at the National Night Out and chose to add this to the contribution. She said, "When I was little, my mom had cancer. I just wanted to help other people with cancer too."



Back row (l-r) GT teacher Jennifer Gonzales, Dieter Ally, Kitzy Welch, Greg Lewellen, Ellie McEuen, Mia Moreno, Principal Jesse Galdean. Front row (l-r) Maddox Ashlock, Marco Leon, Ashley Maldonado, Sophia Leon, and Abril Arzate.

City of Friona creates Visitor Impact Commission

At the March 11, 2019, the Friona City Council heard a presentation from City Manager Lee Davila regarding Hotel Occupancy Taxes (HOT) and how this revenue could be used to make improvements to the Friona Community Center which serves as a local hub for tourism, stock shows, weddings, and special events like the Cheeseburger Festival.

The following month, the Friona City Council created the Visitor Impact Commission to promote tourism, oversee the renovations to the community center, and prioritize the improvements based on need.

All members of the commission are directly appointed by the Mayor and City Council and



include: Stormi Choate (chair), Sergio Mendez (vice-chair), Larry Rector, Chris Alexander, and Tracy Bunker. The Visitor Impact Commission had their first meeting on Monday, October 21st, so stay tuned for updates and improvements to come.



Possible site of new overpass and Cargill plant entrance. Parmer County Commissioners voted last week to support Cargill in their effort to provide a safer entrance into their facilities. The area around County Road 15 seems to be favored. The possible project is still being discussed with Texas DOT officials.

Thank You Canadian!!!

On Friday Night the Canadian Wildcat Spirit Club will "Pass the Bucket" at the football game against Friona. In addition, a bake sale will also be held to raise funds for Andrew Rivera. For those who would like to donate online, a GoFundMe account has been set up at www.gofundme.com/f/rivera-strong, to accept donations for his medical care.



Sports Page 10 & 11	Town Talk Page 3	Church Page Page 5	Small Town Cookin' Page 6	Football Contest Page 8
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Emergency Siren System: Alternating tone • Firefighters only | Weather Warning: 1 long tone • take cover — 3 short blasts • all clear | Tested 1st & 3rd Thurs. at 7 p.m.

Friona Weather October 24-30	T Cloud with rain	F Sun	S Sun	S Sun	M Sun	T Sun	W Sun	Precipitation October 5.22 Year 18.85	Burn Ban: No
	40 23 NNE 20-30	51 27 N 10-15	67 38 WSW 10-20	57 28 N 10-20	57 28 SSW 10-20	54 26 SSW 10-20	50 29 NW 10-20		

TRTA hosts Fall Conference

Community Calendar

Send Calendar information to:
frionastar@wtrt.net
call (806) 250-2211 or fax (806) 250-5127

October 24

- Snack Pak 4 Kids Friona United Methodist Church 4:30 p.m.
- Parmer County Area AA meeting at the Friona Methodist Church (north entrance) at 7 p.m.

October 25

- Football Game at Canadian starting at 7:00 p.m.

October 31

- Halloween at Prairie Acres/Heritage Estates from 6:00 p.m. to 8:00 p.m.
- Snack Pak 4 Kids Friona United Methodist Church 4:30 p.m.
- Parmer County Area AA meeting at the Friona Methodist Church (north entrance) at 7 p.m.

November 1

- Caregivers Coffee Break at 9:30 a.m. Coffee & Donuts 10:00 a.m. Meeting at Senior Citizen's Center, 1410 Washington St.
- Football Game vs. Tulia starting at 7:00 p.m.

November 7

- Community Blood Drive from Noon until 7:00 p.m. at Calvary Baptist Church
- Friona Noon Lions Club meeting at noon at Los Arcos
- Snack Pak 4 Kids Friona United Methodist Church 4:30 p.m.
- Parmer County Area AA meeting at the Friona Methodist Church (north entrance) at 7 p.m.

November 11

- Veterans Day

November 14

- Snack Pak 4 Kids Friona United Methodist Church 4:30 p.m.
- Parmer County Area AA meeting at the Friona Methodist Church (north entrance) at 7 p.m.

November 21

- Friona Noon Lions Club meeting at noon at Los Arcos
- Snack Pak 4 Kids Friona United Methodist Church 4:30 p.m.
- Parmer County Area AA meeting at the Friona Methodist Church (north entrance) at 7 p.m.

On October 17, 2019, retired educators met in Amarillo for the TRTA (Texas Retired Teachers Association) District 16 Fall Conference. Tracy Ellis, Sharon White, Connie Johnson, and Dennis & Connie Slagle represented Parmer County Retired Teachers and School Personnel.

Colors were presented by Caprock High School Marine ROTC, and the national anthem was performed by Canyon High School Chamber Choir.

President Judy Hart conducted the meeting. Doneice Ray reviewed TRTA goals regarding TRS Care, membership, annuities, promotion of the Defined Benefit Retirement Plan, and increased opportunities for retirees who wish to return to the classroom.

Speakers emphasized that education was one of the priorities of the 86th Legislative Session, called the "Super Bowl" session due to meeting for 104 days and considering over 7,000 bills. Due to legislative action, TRS (teacher retirement system) is actuarially sound and many retirees

received a 13th check, provided by the Rainy Day fund. Representatives Four Price and John Smithee were cited as contributing to these accomplishments.

One of the future goals of TRTA is the reform of Social Security benefits for public school employees. (Ninety-six

percent of Texas retired educators are not eligible to receive Social Security at this time.) Another goal involves a cost of living increase.

The meeting concluded with a tribute to deceased members. Honoring former PCRTSP member Kim Caffey, Connie Johnson placed

the book, *Little Blue Truck*, in a basket which will be presented to the children's ward of a local hospital.

Retired school personnel, as well as current school employees, family and friends, are invited to join PCRTSP. Contact Sue Wells or Connie Slagle for more information.



(l-r) Connie Slagle, Connie Johnson, Sharon White, and Tracy Ellis



Friona Public Safety Day

Mayor Ricky White and Cargill Meat Solutions proclaimed Tuesday, October 22nd as Friona Public Safety Day. First Responders were treated to a Steak Dinner courtesy of Cargill Meat Solutions, Mayor White, and the City of Friona.

Friona Cargill Plant Manager Scott Pohlman and Mayor Ricky White recognized the first responders: (counter clockwise from left) Friona EMS and Director Jeannie Martin; Friona Police Department and Chief Isidro Jimenez; Friona Volunteer Fire Department and Chief Jim Taylor.



ACROSS

1 medicine holder

5 TX Tanya's "Texas When _ _"

6 this Turner won two Super Bowls as Cowboy offensive coordinator

7 Santa __, TX

8 TXism: "amigo"

9 men who commit in 48-across

15 this lves starred in 1950 "Sierra" with TX Audie Murphy

16 investment holdings

19 vessel for steeping (2 wds.)

21 fashion tendency

22 "___", Big Game"

27 TX Catholic sisters

28 TXism: "feel like I was ___ up and spit out"

29 another word for 8-across

30 a well with no oil at the bottom (2 wds.)

32 ex-Cowboy star RB Emmitt (init.)

33 seasick remedy

36 this Jack was in 1963 "4 for Texas"

37 TX Amy Acker 2012 film: "Much ___ About Nothing"

38 quartz rock found only in Lano County

39 "you ___ nothing yet"

41 TXism: "innocent ___ ___ calf"

44 Killeen's Fort ___

45 letters fans held for TX Nolan Ryan strikeouts

46 mentally healthy

47 TX Cynthia ___ Parker was kidnapped by the Comanches in 1836

48 marriage ceremonies

51 this Alain was a star in 1966 film "Texas Across the River"

52 sharp cry by a small dog

53 "___ out a living"

TEXAS CROSSWORD

by Charley & Guy Orbison

Copyright 2019 by Orbison Bros.

DOWN

1 car identifier

2 marryin' words

3 flying cost for TX Southwest Airlines

4 newspaper before adding Hockley County: "___-Press"

8 golf stroke on a green

9 TXism: "I ___ a spring lamb" (swindled)

10 TX Dale Evans hubby (init.)

11 fifth football quarter? (abbr.)

12 TXism: "there's more ___ liars in Texas"

13 TXism: "don't bite off ___ than you can chew"

14 TXism: "a whole passel"

15 cowboy kerchiefs

16 early TX mail came via the ___ express

17 TXism: "___ that like an armadillo needed an interstate"

18 "___- favorite"

20 TX George Strait film: "___ Country"

22 this Flores is U.S. Representative for TX 17th district (init.)

23 Christian conservative "think tank" (abbr.)

24 TXism: "muchacha"

25 it's hard to ___ broken heart

26 what you don't do to the Lone Ranger

28 big TX family

31 this Teague was a U.S. Representative for 32 years

34 part of an hr.

35 ending of 38-across

37 very long periods of time in Britian

40 "Pretty Paper," e.g.

42 woman in charge of a brothel

43 Rooster Cogburn, e.g. (hyphenated)

49 Disney's bearded and mute dwarf

50 TXism: "get your ducks ___ a row" (be prepared)

ON YOUR PAYROLL

U.S. Government

President: Donald J. Trump, The White House, 1600 Pennsylvania Avenue NW, Washington, D.C. 20500. 202-456-1111, fax 202-456-2461, email comments@whitehouse.gov.

Senator: John Cornyn, 517 Hart Senate Office Bldg., Washington, D.C. 20510 202-224-2934, fax 202-228-2856.

Senator: Ted Cruz B40B Dirksen Senate Office Bldg., Washington, D.C. 20510 202-224-5922.

Representative: Jodey Arrington, 2019 Longworth, House Office Building, 202-225-4005. Lubbock District Office, 1312 Texas Ave. #219, Lubbock, TX 79401. Abilene District Office, 500 Chestnut St. #819, Abilene, TX 79602

State

Governor: Greg Abbott, Office of the Governor, P.O. Box 12428, Austin, Tx 78711-2428, 512-463-2000.

Senator: Kel Seliger, P.O. Box 12068, Capitol Station, Austin, Tx 78711. 512-463-0131. Amarillo office; P.O. Box 9155, Amarillo, 79105. 806-374-8994.

Representative: John T. Smithee, Room CAP1W.10, Capitol P.O. Box 2910, Austin, Tx 78768. 512-463-0702. fax 512-476-7016. Amarillo office; 320 So. Polk, 1st Floor, Lobby box 28, Amarillo 79101. 806-372-3327, fax 806-342-0327.

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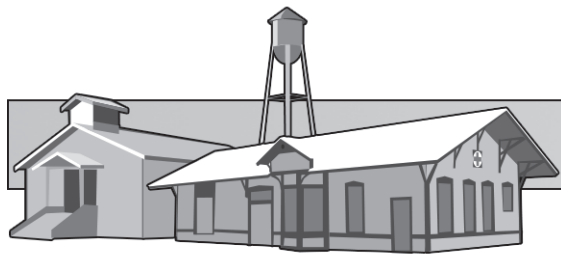
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\$24 e-Star Online

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TOWN TALK

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Friona United Methodist Church is hosting its annual All-Saints Carnival from 5:00 p.m. to 6:00 p.m. on Sunday, October 27th. All children are invited to wear their Halloween costumes and come participate in all the games, fun, and lots of candy! A cowboy stew supper will follow at 6:00 p.m. Donations will be accepted to help with the youth ski trip during spring break. If you

have any questions, please call 250-3045. Friona United Methodist Church is located at 301 East 8th.

★★★

The Trunk or Treat Halloween event sponsored by the Parmer County Sheriff's Office, Friona Police Department, & Leals Mexican Food Restaurants of Clovis will be held on Thursday October 31, 2019 in the Friona Community Center

from 6:00 p.m. until 7:30 p.m. We will have a costume contest and a best decorated table contest as well. Anyone interested in decorating and table and handing out treats to the kids is encouraged to contact Ross R. Paiz at the Sheriff's Office 806-481-3303.

★★★

All trick-or-treaters are invited to visit Prairie Acres and Heritage Estates from 6:00 p.m.

to 8:00 p.m. on Thursday, October 31st.

★★★

Friona Cub Scouts are selling Popcorn to raise money for their scouting accounts. This helps the kids attend Scouting events and get needed supplies and equipment. Please call or text Stormi at 806-683-3250 to support our Friona Scouts!!!

★★★

St. Ann's Catholic Church of Bovina, Texas will host their

annual Turkey Dinner on Sunday, November 3rd from 11:30 a.m. to 2 p.m. at the St. Ann's Parish Hall on 3rd Street in Bovina. They will be serving turkey & dressing, creamed potatoes & gravy, green beans, homemade bread, cranberry sauce, relish plate, desserts, and tea & coffee. Donations will be \$12 for adults and \$6 for children under 6 years of age. Take-out plates will be available at no additional charge. A

quilt made by St. Ann's Society will be raffled off at the dinner.

★★★

National Days
October 24 — United Nations Day
October 25 — Breadstick Day
October 26 — Make A Difference Day
October 27 — Mother-in-Law Day
October 28 — Chocolate Day
October 29 — Oatmeal Day
October 30 — Candy Corn Day

FRIONA FLASHBACKS

From the Friona Star Archives

5 Years Ago ★ Oct 23, 2014

The City of Friona held an appreciation luncheon Monday for the Duinink Co. workers that have been working on Hwy 60 for the past few months. The work will be completed by the end of October. Mayor Rick White expressed the city's appreciation for the courtesy, efficiency, and professionalism the crew has shown during the construction.

10 Years Ago ★ Oct 22, 2009

Chiefs beat the Bobcats 41-7, head to Muleshoe showdown

The Chieftains improved their district record to 2-0 (5-2) with an easy 41-7 win over the Dimmitt Bobcats last Friday at Dimmitt.

The Chiefs cruised to a 34-0 halftime lead behind the running of Zack Fair and Joey Dickson who accounted for 198 of Friona's 302 total rushing yards. Fair was 9 carries for 106 yards and Dickson rushed 5 carries for 92 yards and completed 6 of 10 passes for 42 yards as the Chiefs totaled 344 yards of offense.

Fair scored 3 touchdowns, the longest on a 48-yard run. Dickson scored on a 68-yard quarterback scamper up the middle. Jonathan Licerio scored a touchdown on a nice 41-yard run and

Chris Garcia added a short touchdown run. Licerio was good on 5 of 6 extra point attempts.

The Chieftain defense held the Bobcat runners to only 25 yards rushing but gave up 210 passing yards for a Dimmitt total of 235 offensive yards. The Bobcats scored their only touchdown in the 3rd quarter.

15 Years Ago ★ Oct 21, 2004

Cargill Supports Reeve Lake Improvements

Cargill is partnering with the City of Friona to create a community park at Reeve Lake. A grant from Cargill will fund efforts to revitalize the area to be used for a variety of purposes including recreation, education, and conservation.

Cargill Meat Solutions employees at the Friona beefprocessing facility recognized the need for a community gathering place and saw the park as a community resource to protect. Cargill's \$43,404 contribution to the city will fund a paved path and lighting surrounding the underutilized lake area.

When completed the park will provide space for the highschool long distance team to practice, a safe walking path and picnic grounds. Cargill Meat Solutions, the city, and the school district

will work together to provide hands-on projects at the lake that focus on conservation and appreciation including the installation of native plant species and water testing. Adding fish to the lake is another goal.

"We are pleased to have Cargill so involved in this project that will truly enhance and protect our natural treasure at Reeve Lake," said Terri Johnson, Friona city manager.

The contribution is sponsored by a combined grant from Cargill Meat Solutions and Cargill's corporate Water Matters program which matches contributions made by local Cargill facilities to support environmental projects in their communities.

"This project is a great way for us to demonstrate Cargill's commitment to this community," said Pati Grillo, environmental manager at Cargill Meat Solutions in Friona. "This is just one way we achieve our corporate vision to nourish people and enrich the communities where we live and work."

Cargill employee Joe Bowens, a resident of the Reeve Lake area initially suggested the project to Cargill Management. Mr. Bowens is presently serving on active military duty as a member of the Army Reserve.

Walk-N-Talk in Friona



Elizabeth McLellan, Connie Johnson, Wendy Case, Joe Bob and Dale Mann, Sue Wells at the Walk-N-Talk last Tuesday. Please see event information on page 7.

Movies at the LIBRARY

Held at the Friona Public Library
109 W. 7th St
Tuesdays @ 5:00 PM

OCTOBER 15 - THE ADDAMS FAMILY
OCTOBER 22 - FRANKENWEENIE
OCTOBER 29 - IT

BLANKET, PILLOWS AND SNACKS WELCOMED

FREE ENTRY



We appreciate your business! (l-r) Johnny Caranza, Raul Dominguez, Debbie Williams, Andy Alexander, and Joshua Moore served frito pies & soft drinks at the Bi-Wize Customer Appreciation Lunch last Friday.

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Texas Weekly Fuel Update and Outlook

Texas gas prices are unchanged in the past week, averaging \$2.29 per gallon, according to GasBuddy's daily survey of 13,114 stations. Gas prices in Texas are 7.8 cents per gallon lower than a month ago and is 32.3 cents per gallon lower than a year ago.

According to GasBuddy price reports, the cheapest station in Texas is priced at \$1.99 while the most expensive is \$3.59 per gallon. The cheapest price in the entire country today stands at \$1.81 while the most expensive is \$5.52 per gallon. The national average price of gasoline has fallen 0.7 cents in the last week, averaging \$2.63 per gallon. The national average is down 2.7 cents per gallon from a month ago and is 19.8 cents per gallon lower than a year ago.

"While the national average was overall little changed in the last week, few states saw such mundane moves with average price changes all over the map," said Patrick DeHaan, head of petroleum analysis for GasBuddy. "The Pacific Northwest saw prices rising as refinery maintenance

and overall supply tightness in the area pushed prices notably higher in Oregon and Washington while California saw additional relief after myriad refinery issues pushed them up weeks ago. Gas prices also cycled higher in Florida and throughout the Great Lakes while inching lower in the South and East. While we await any evidence of a trade deal signed between China and the U.S. we remain in a period of overall volatility at a time of year we're accustomed to seeing prices fall. Expect this roller coaster to continue- I can't remember an autumn where we saw so many factors that could impact prices so quickly and in such different directions."

GasBuddy is the authoritative voice for gas prices and the only source for station-level data spanning nearly two decades. GasBuddy's survey updates 288 times every day from the most diverse list of sources covering nearly 150,000 stations nationwide, the most comprehensive and up-to-date in the country. GasBuddy data is accessible at <http://FuelInsights.GasBuddy.com>.

SHERIFF'S REPORT

Reported by the Parmer County Sheriff's Office:
Randy Gerles, Sheriff

10-16-19 — Joel Combs, 32, of Portales, New Mexico was arrested by the Friona PD on charges of possession CS Pg 2 > 4g < 400g, pending grand jury and possession of marijuana < 2 ozs, pending county court.

10-16-19 — Lawrence Hartman, 28, of Santa Ynez, California was arrested by the Parmer County SO on a charge of possession CS Pg 2 > 4g < 400g, pending grand jury.

10-16-19 — Alden Bartley, 26, Halethorpe, Marland was arrested by the Parmer County SO on a charge of possession CS Pg 2 > 4g < 400 g., pending grand jury.

10-17-19 — Michael Nance, 57, of Bovina was arrested by the DPS on a Curry County Warrant, pending transport.

10-18-19 — Jacob Winkles, 28, of Clovis, New Mexico was arrested by the Parmer County SO on a charge of public intoxication, fine \$270.

10-18-19 — Charles Leal, 43, of Friona was arrested by the Parmer County SO on MTR DWI 3rd or more and MTR evading arrest with vehicle, pending district court.

10-18-19 — Alejandro Ortiz-Saldana, 42, of Friona was arrested by the Parmer County SO on a charge of theft property > \$750.00 < \$2,500, pending county court.

Lazbuddie School Menu for Oct. 28-31

Monday 28

Breakfast: Waffles & Bacon
Cereal &/or Toast, Fruit, Juice, Milk
Lunch: Steakfingers, Mashed Potatoes, Gravy, Carrots, Rolls, Fruit, Juice, Milk

Tuesday 29

Breakfast: Breakfast Taquito
Cereal &/or Toast, Fruit, Juice, Milk
Lunch: Spaghetti, Breadsticks, Normandy Veg, Salad, Fruit, Juice, Milk

Wednesday 30

Breakfast: Breakfast Pizza,
Cereal &/or Toast, Fruit, Juice, Milk
Lunch: Quesadilla, Rice(HS only), Beans, Salsa, Garnish, Corn, Fruit, Juice, Milk

Thursday 31

Breakfast: Biscuit, Gravy & Eggs
Cereal &/or Toast, Fruit, Juice, Milk
Lunch: Hamburgers, Fries, Baby Carrots, Garnish, Fruit, Juice, Milk



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Malia Marion & Brian Blackburn

Christian Haile & Maggie Parsons

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Farmhouse to Your House

Look up past issues of the *Friona Star* on our website!

- 1.) Go to frionaonline.com
- 2.) Click on the "newspaper archives" link
- 3.) Search

Football Contest Standings after Week 8

69 Mal Manchee	54 Scott Brown
69 Enrique Rodriguez	54 Birdie Owens
68 Brett Field	54 Branden Paschal
67 Mike Field	53 Frank Dominguez Jr.
67 Laura Field	53 Dorothy Stowers
65 James Phipps	52 Rusty McFarland
63 Jon Field	52 Sawyer Osborn
63 Logan Loflin	52 Robert Rios
62 BaiLee Braillif	51 John Curtis
62 Phillip Johnson	51 Liz Field
62 David Smalts	51 Dennis Field
61 Tyson Neill	51 Teresa Shelby
61 Tyrone Shelby	50 Tenna Montana
60 Sandra Berend	50 Rodney Shelby
60 Lance Field	49 Claire Brown
60 Rosa Mendez	48 Harley Merritt
59 Edward Castillo	47 Oliver Gutierrez
59 Jeremy Dearing	47 Erika Montana
59 Tim Elmore	47 Ambrosio Rios Jr.
58 Lester Fennell	47 Quentin Shelby
58 Larry Johnston	46 Mack McFarland
58 Drew Montana	46 Amy Montana
57 Ronald Diaz	44 Delia Rios
57 Wm. Gromowsky	43 Antonio Duran Jr.
57 Brent Loflin	40 Butch Casey
57 Joy Morton	40 Martha Rodriguez
56 Jimmy Anima	38 Jesus Castillo
56 Raymon Diaz	37 Roy Herrera
56 Yvette Garcia	28 Greg Lewellen
56 Robin Ruland	22 Donnie Rieves
55 Andy Montana	

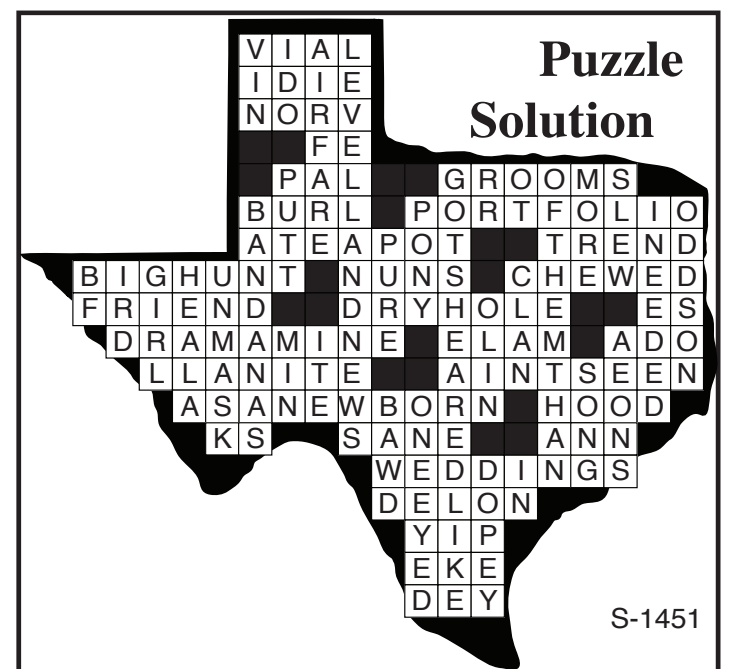


250-3913
1205 Hwy 60 West
Friona TX



Friona: 250-2721
Dalhart: 384-2062

Puzzle Solution



S-1451

Thank you Friona!!!



Ab Hendley, Mayra Olmos, Patsy Vazquez, Bill Stovell, and Wade Easley at the grill last week for Friona Banking Center's annual sausage cookout. The event raised \$2000 to benefit the Parmer County Cancer Coalition.



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Friona Banking Center



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Happy Birthday Friona Folks!

- | | |
|---|--|
| Oct. 24
Patsy Bandy
Margie Herring
Winfield Davenport
Diane Mowery
Ben Santiago
Corina Ortiz | Oct. 27
Dr. Felipe Jubay
Carolyn Lane
Jared Buske
Colby Whitten
Amanda Maricle
Jayn Looper |
| Oct. 25
Tommy Hefner
Jeff Moser
Philip G. Martinez
Jodie Denton
Mike Roberts
Shayla (Weatherly) Shelburne
Marie Perkins | Oct. 28
Lunell Horton
Kirk Wright
Billy Williams
Sawyer Osborn
Zachary Barrett |
| Oct. 26
Mary Maddox
Ethan Tongate
Susan Bailey
Dawn Henry | Oct. 29
Ron Davenport
Monique Tamez
Linda Welch |
| | Oct. 30
Don Paul Spring, Jr.
Clay Bandy
Scott Lillard
Eric Shields
Melanie (Blackwell) Montoya |



To have your birthdays listed in the newspaper, email them to frionastar@wtrt.net or call @806.250.2211

www.frionaonline.com

Panhandle Parables

Satan and the Trout

By Jeff Procter, Minister, 6th Street Church of Christ

Back in September my family had the opportunity to escape for a few days to the mountains. I must admit it is my place of rest. Something about being in the majesty of the mountains in the fall is inspiring and allows me to pause even for a short time to remember just how gloriously magnificent our God is in His creation.

While there I took in a little trout fishing. At this point it is less about bringing home supper, but rather the thrill of the hunt. I went out one morning by myself and was enjoying every moment when my lure did what it was suppose to do, it caught a nice trout. I reeled it in and just as I reached for it, it came off the hook and dropped back into the stream at my feet. Surprisingly, it just stayed there by the rock at my feet. Being a preacher, I felt I should explain to it the dangers of lures and how they all had hooks to snag you just when you thought the forbidden fruit would taste great. Surprisingly too, the fish didn't

fall asleep or leave.

Now it was time to play devil's advocate, thinking for sure my little trout friend had learned his/her lesson, I eased my lure back into the water and it took a moment, but boom I caught the little sinner, I mean trout AGAIN! Of course, I am thinking what kind of preacher am I, playing devil's advocate. So once again I set him/her free and moved down stream.

I thought to myself, surely the pain of the hook would have taught the trout a lesson. It hadn't learned the lesson that was for sure, but neither had Adam and Eve or any of the rest of us for that matter. Sin always has a hook, yet some how we gloss over the danger thinking just maybe I can get away with it, and for a time or two we may but ultimately sin will snare us and we have no one to blame but our own passions for whatever our weakness. Know that Satan does know your weaknesses and casts often. He is ruthless and patient. Resist that he may flee from you.

Frye announces his candidacy



Kirk Frye announced this week that he intends to run for re-election as Parmer County Commissioner, Precinct 1. He has served as Precinct 1 Commissioner for the past 19 years and looks forward to serving the residents of Precinct 1 in the future.

Manchee wins Week 8 and shares overall lead

Mal Manchee and BaiLee Brailif led the way in Week 8 as they were the only two contestants to correctly pick 10 of the 12 games. The San Francisco/Washington tie-breaker game, won 9-0 by the 49ers, turned out to be low scoring because the game was played in heavy rain which turned the field into a mud bowl. Mal missed the final score by 33 points and won the \$30 first place prize. BaiLee missed by 57 points and won the \$20 second place prize.

Eleven contestants correctly picked 9 of the 12

games. Lance Field won the \$10 third place prize by missing the final score by only 25 points. Others picking 9 games were: Mike Field (31), Enrique Rodriguez (31), Donnie Rieves (32), Jeremy Dearing (32), Claire Brown (33), Phillip Johnson (36), Tim Elmore (43), Jimmy Anima (44), Robert Rios (50), and Edward Castillo (52)

Mal Manchee and Enrique Rodriguez are tied at the top after Week 8 with 69 points each. Seventeen contestants are within 10 points and could still make a move. Good luck to everyone!

Psalm 145—Committed

By Brett Hoyle, Pastor, First Baptist Church

Some activities are simply hard to stay committed to. Diets, exercise, driving under the speed limit, and not gossiping are just a few of such activities that you may have struggled to stay committed to, but although they are important activities, Psalm 145 focuses on one's commitment to praise. Are you committed to praise? Psalm 145:1-2, and the final verse, verse 21, depict a commitment to praise as something that happens daily, audibly and whole heartedly. Is your praise audible, daily and whole heartedly? This goes way beyond just singing some songs at church, but is an attitude of daily gratitude.

As previously stated, some things are just hard to stay committed to, and many

honest Christians would affirm that it can be difficult to be committed to praise that is audible, daily and whole heartedly. Why is that? As you read through Psalm 145, the reality is that when your praise-ometer is almost empty, the problem is not with God, who is worthy of all our praise. God's greatness, grace, mercy, love, righteousness and nearness resounds through this Psalm in a stirring crescendo of truth and praise because of who He is and what He does. Are your circumstances crummy, then feast on God's grace and presence? Are there overwhelming trials upon you, then rest in Christ's triumph over death, hell, and your sin? Whatever your situation, commit to praise God through it all.

Letter to the Editor

To the Friona Star Editor:

Although the Mighty Marching Chieftain Band didn't achieve the Rating of I, (they received a II) at the Region I Marching Band Contest Saturday, they marched as well or better than any band I've seen march in the six years I've been closely following bands in our classification. Congratulations Mr. Rackley, Mr. Monk, and Ms. Steadman for helping our students achieve excellence. And they marched difficult routines with dif-

ficult music. We don't have some of the "fluff" other bands have, we actually march! Good job flags also! They were perfectly in time and added to the overall excellence. This excellence is achieved by beginning in the spring learning the music, showing up in early August to learn difficult routines, and working extra at night in the weeks leading up to contest.

Proud supporter of the Chieftain Band,
Sharon White

Spread the Good News

By Teena Hughs

We studied about Rahab in Sunday School this week. Just to refresh memories, Rahab was the prostitute who protected the spies at Jericho. She was not a Jew, but she believed in God. How? Joshua 2: 8-10 tells us:

"Before the spies went to sleep that night, Rahab went up on the roof to talk with them. 'I know the LORD has given you this land,' she told them. 'We are all afraid of you. Everyone is living in terror. For we have heard how the LORD made a dry path for you through the Red Sea when you left Egypt. And we know what you did to Sihon and Og, the two Amorite kings east of the Jordan River, whose people you completely destroyed. No wonder our hearts have melted in fear! No one has the courage to fight after hearing such things. For the LORD your God is the supreme God of the heavens above and the earth below.'"

Rahab was a believer because of what she had heard. That means someone (or possibly many people) told her about God; she listened; she believed; and, her life was changed forever...all because people talked to her about God and what He had done.

We all need to be like the people who talked to Rahab. We all need to talk to people, especially people who do not know Jesus. We all need to spread the Good News.

Fear is the number one reason people don't talk to others about Jesus: fear of offending the person you are talking to; fear of not knowing the Bible well enough to share the Good News with others; fear of whatever you can think of so that you don't have to talk to someone about Jesus. And, when we don't talk, Satan wins again.

Max Lucado, in his book "Out Live Your Life", offers some suggestions for opening a conversation about Jesus: you might ask if it is okay for you to tell someone what has happened to you spiritually; you might just come out and say that you want the person to know something about yourself, something you hope is true for the person you are speaking to; you may just ask, 'Have I ever told you about the most important thing in my life?' God will give you the words to start a conversation to introduce someone to Jesus.

What would have happened if Rahab had not heard about God and become a believer? She would have probably been killed when the "walls of Jericho came tumbling down." She probably wouldn't have been the great great grandmother of King David, and she probably wouldn't have been one of the five women listed in Jesus' genealogy in the book of Matthew.

Awesome things happened to us when we heard about Jesus and believed, just like for Rahab. God is counting on us to go spread the Good News of Jesus Christ so that others can experience an awesome life with Him, too.

"We Live by Faith, Not by Sight." 2 Corinthians 5:7

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City Council approves Friona Star as official newspaper

The Friona City Council met in regular session on Tuesday, October 15th at 6:30 p.m. in the City Council Chambers at 619 Main in Friona, Texas. The meeting began with a roll call, an invocation, and the Pledge of Allegiance.

There were no public comments. The Council approved the Minutes of the Budget Workshop meeting on September 5th, the regular council meeting on September 12th, the Building Standards Commission meeting on September 24th, and the regular council meeting on September 24th.

The resolution to designate the Friona Star as the city's official newspaper was approved.

Council heard a report from the Friona Police Department regarding budget, expenses, personnel, and upcoming events.

In other business, the Council approved the accounts payable for September 2019, the financial statement for September 2019, and

the quarterly financial statement ending September 2019. Approval was also given to the resolution providing for authorized signatures on bank and investment accounts and providing an effective date.

Approval was given to elect directors for the Appraisal District of Parmer County for the years 2020-2021. The Council approved 300 votes for Alan Monroe.

A request from Mike & Rita Martin to receive "outside city limit" water service at A-1 Service Center 1799 US Highway 60 as well as the costs for such service was approved.

All meetings are open to the public. The City Council reserves the right to go into Executive session at any time. Go to cityoffriona.com to find the agendas and minutes from previous meetings. Information in this article is only a summary. Any questions concerning specific actions should be directed to the City Council.



Cinnamon

Cinnamon was the pumpkin spice of the old world; everyone wanted it. However, it was not easy to come by for hundreds of years and was very expensive. Having cinnamon was a status symbol and a sign of wealth. It was valued for its medicinal purposes as well as its use in preserving meat. Not only did the cinnamon contain phenols which helped inhibit the growth of bacteria, its aromatic properties helped mask the smell of aging meat.

Cinnamon was one of the first traded spices. The Chinese wrote about cinnamon as far back as 2800 BC and the Egyptians used it in their embalming methods. It is also mentioned several times in the Bible by its Hebrew name, Kannamon. The Indonesians carried cinnamon on rafts to Africa where local traders carried it the Roman Market. Arab traders formed land routes through Egypt where Venetian traders bought the spice and controlled the cinnamon trade in Europe. For many years, cinnamon traders told tall tales to conceal the location of the cinnamon. One such tale said that giant birds gathered the cinnamon sticks and kept them in their

nests high atop a mountain that no human could climb. The people would lay out meat so the birds would come and take the meat to their nests. The meat in the nests would weigh down the birds and cause them to fall from the mountain so the people could then gather the cinnamon. Another story explained that cinnamon was only found in a deep canyon guarded by terrifying snakes. In reality, the first source of cinnamon was in Ceylon, or modern-day Sri Lanka. Portugal controlled Ceylon from 1518 to 1638 when the Dutch took over. The Dutch made slaves of the local people to harvest the cinnamon and control the trade of the spice. This lasted until 1784 when the French took charge. Then in 1795 England seized control from the French. The monopoly on cinnamon began to decline around 1833 when it was discovered that cinnamon could be grown in many tropical locations as well as South America and the West Indies.

Medieval physicians used cinnamon to treat coughing, hoarseness, and sore throats. Even today cinnamon has medicinal uses. The Chinese use it to improve complexion

and give a more youthful look as well as to treat fever. In India it is used as a painkiller. Cinnamon is known to be an effective anti-inflammatory agent, to help lower blood sugar, and improve insulin response in Type 2 diabetes. Cinnamon oil is used to stop the spread of certain types of bacteria and viruses and to help with stomach pain and digestive issues.

Cinnamon is an aromatic spice derived from the bark of the Cinnamon tree. The bark from the small evergreen tree is striped and either ground into powder or dried and rolled in small cinnamon sticks. There are two main types of cinnamon: Ceylon cinnamon, grown in Sri Lanka, and the more common Cassia cinnamon, found mainly in Indonesia.

Cinnamon is most popular as a spice for food. It is common in not only sweet dishes, but savory recipes as well. And just in case you haven't gotten enough coffee from the last three weeks, I included a recipe that combines cinnamon and coffee.

The facts for this article were found at www.thespruceeats.com, myspic.com, and www.history.com.

Commissioners approve ExpressVote

The Parmer County Commissioners Court met in regular session on Tuesday, October 15, 2019 at 10 a.m. in the County Courtroom of the Parmer County Courthouse in Farwell, Texas. The meeting began with prayer and the Pledge of Allegiance to the American Flag and Texas Flag.

The meeting began with an open forum. There were no public comments.

Commissioners heard from Friona Cargill Plant Manager Scott Pohlman regarding the possible construction of a new entry access to the facility. Since 2010, there have been 42 injury accidents and five fatalities near the current plant entrance. Three of those fatalities have occurred this year. Commissioners voted to support Cargill in their quest to build a new entrance to the plant and that help could include solving any right-of-way issues.

The Minutes from the previous meeting were read and approved. Approval was also given for the payment of the Accounts Payable. County Treasurer Sharon May presented the treasurer's report and it was approved.

Parmer County Commissioners have 1505 votes available to cast for the election of individuals to the Parmer County Appraisal District Board of Directors for 2020-21. A resolution to cast 752 votes for Brenna Burch and 753 votes for Jeff Steelman to serve as directors was approved.

Approval was given to the resolution to adopt the ExpressVote voting system for the November 5, 2019 election. Workman's Compensation for Volunteer Fire Departments not associated with a city was approved and the resolution for the 2020 Indigent Defense Grant Program was approved.

Sheriff Randy Gerries reported that there were approximately 1400 attendees at the National Night Night event on October 8th. Commissioners approved a resolution to accept donations given by individuals and businesses for the event. A modification to cell phone allocations was approved. "County cell phones" will now be issued instead of reimbursing individuals for using their personal cell phones. AT&T will be the carrier.

All meetings are open to the public. The Commissioner's Court reserves the right to go into Executive Session at any time. The agenda may be found on the Parmer County website. Information in this article is only a summary. Any questions concerning specific actions should be directed to the Commissioners Court.

State Capital Highlights

By Ed Sterling



Terrorism prevention programs across Texas to receive funding

AUSTIN — Gov. Greg Abbott on Oct. 15 announced \$61.2 million in Homeland Security Grant Program funding to support state and local efforts to prevent terrorism and prepare for threats that pose the greatest risk to the security of Texans.

The awards, released primarily to cities and counties across Texas, include 264 projects under the State Homeland Security Program and 136 projects through the Urban Area Security Initiative.

"As governor, my top priority is keeping our communities safe," Abbott said in a news release. "These grants will ensure our communities have the resources they need to counter terrorism statewide and enhance security for all Texans. Our ongoing efforts to keep Texas safe would not be possible without our partnership with the federal government, and I thank them for their continued assistance."

Larger expenditures of grant monies would be applied as follows:

—\$24.3 million to provide equipment, training and exercise support for local, regional and state-level response teams such as SWAT, bomb, HAZMAT and search and rescue, and for other law enforcement, fire and emergency medical services personnel that serve communities across the state;

—\$13.4 million to support statewide planning and preparedness efforts that provide the foundation for effective homeland security capability development and implementation;

—\$8.3 million to sustain and enhance operational communications capabilities facilitating information sharing and coordination essential for the successful response to all types of threats and hazards; and

—\$3.2 million to support state and regional fusion centers promoting ongoing intelligence and information sharing capabilities and analysis, production and exchange of critical threat data between federal, state and local partners.

Research first, then vote

Ballots in the Nov. 5 election will include proposed constitutional amendments, special elections and local political subdivision elections, including those for mayor, city council, school board, municipal utility districts and other local entities.

Texas Secretary of State Ruth Hughs on Oct. 16 encouraged eligible voters to take advantage of the early voting period ahead of the election, which began on Oct. 21 and will end on Nov. 1.

Hughs, the state's chief election officer, also urged voters to research the candidates, amendments and measures that will appear on their ballots as they prepare to make their voices heard.

Voters with questions about how to cast a ballot in upcoming elections may call 1-800-252-VOTE.

AG announces settlement

Texas Attorney General Ken Paxton on Oct. 18 announced a \$117 million multistate settlement with Johnson & Johnson and its subsidiary Ethicon Inc. for deceptively marketing transvaginal surgical mesh devices.

Texas was joined in the lawsuit by 40 other states and the District of Columbia. The Lone Star State's share of the settlement is nearly \$9 million.

Transvaginal surgical mesh is a synthetic material that is surgically implanted through the vagina to support the pelvic organs of women who suffer from stress urinary incontinence or pelvic organ prolapse.

The settlement was reached after a multistate investigation, launched in 2012, found that the companies failed to adequately disclose the products' possible side effects.

Jobless rate stays low

The Texas Workforce Commission on Oct. 18 announced that the Texas economy added 7,600 seasonally adjusted total nonfarm positions in September and the unemployment rate held steady at 3.4 percent for the fourth month in a row.

The September unemployment rate matches the all-time record low first set in June, the lowest recorded unemployment rate since series tracking began in 1976.

Leading job growth in September was the professional and business services sector, which added 9,600 jobs. The construction sector followed, adding 7,200 jobs. Education and health services added another 1,800 jobs.

The Midland Metropolitan Statistical Area recorded August's lowest unemployment rate among Texas MSAs with a non-seasonally adjusted rate of 2.0 percent, followed by the Amarillo MSA at 2.5. The Austin-Round Rock, College Station-Bryan and Odessa MSAs each recorded the third-lowest rate at 2.6 percent.

Effort promotes safety

Nov. 7, 2000 was the last deathless day on Texas roadways, and since that day, fatalities resulting from vehicle crashes on Texas roadways have numbered more than 65,000, according to the Texas Department of Transportation.

In its "Be Safe. Drive Smart" campaign, Tx-DOT is taking safety messages to community events in the oil-and-gas producing Permian Basin and Eagle Ford Shale regions, where driving-related fatalities are high. The campaign is part of #EndTheStreakTX, a social media and word-of-mouth effort that encourages drivers to make safer choices while on the road.

Spicy Sweet and Salty Almonds

By: Faith Durand
www.thekitchn.com

Ingredients:

- Softened unsalted butter
- 1 egg white
- 1 pound flaked or slivered almonds
- 2/3 cup sugar
- 1 teaspoon chunky kosher salt
- 1 tablespoon ground cinnamon
- 1/2 teaspoon ground cloves
- 1 teaspoon ground coriander

Heat the oven to 325°F. Line a large, shallow baking sheet with foil, and butter thoroughly. Bottom of Form
Beat the egg white until soft peaks form. Pour the nuts into the bowl and stir to coat well. Combine the sugar, kosher salt and spices, and stir into the almond mixture. Taste test, if you don't mind the raw egg whites! Adjust salt, spices, and sugar to taste if necessary. Spread the nuts out evenly in the pan and until golden brown and crisp, about 45 minutes. Stir several times after the first 15 minutes to make sure they toast evenly. Serve on ice cream or baked fruit or eat straight from a bowl.

Cinnamon Apricot Glazed Salmon

www.myrecipes.com

Ingredients

- 2 tablespoons low-sodium soy sauce
- 1 tablespoon minced peeled fresh ginger
- 2 (3-inch) cinnamon sticks
- 1 (12-ounce) can apricot nectar
- 4 (6-ounce) salmon fillets (about 1 inch thick)

Directions

Combine the first 4 ingredients in a saucepan and bring to a boil. Reduce heat, and simmer mixture until reduced to 3/4 cup (about 30 minutes). Strain the apricot mixture through a sieve over a bowl, and discard solids. Preheat broiler. Place salmon fillets on a broiler pan lined with foil; broil 5 minutes. Brush fish with 1/4 cup apricot mixture. Broil for 3 minutes or until lightly browned and fish flakes easily when tested with a fork. Serve the fish with the remaining apricot mixture.

Roasted Spiced Carrots

www.myrecipes.com

Ingredients

- 2 tablespoons olive oil
- 2 large garlic cloves, minced
- 1 tablespoon sugar
- 1 teaspoon ground cumin
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cinnamon
- 2 pounds carrots, cut diagonally into 1-inch pieces, or baby carrots
- 1/4 cup white raisins Juice of 1 lemon
- 1/4 cup chopped fresh parsley or cilantro

How to Make It

Heat oven to 400° F. Combine the oil, garlic, sugar, cumin, salt, cinnamon, and carrots in a shallow baking pan. Roast 20 minutes or until fork-tender. Remove from oven and add the raisins, lemon juice, and parsley. Toss well. (Can be made up to 1 day ahead. Cover and refrigerate.)

Coffee Brined Chicken Drumsticks

www.myrecipes.com

Ingredients

- 1 1/2 cups strongly brewed coffee
- 1/4 cup salt
- 3 tablespoons sugar
- 2 tablespoons chili powder
- 1/2 teaspoon crushed red pepper
- 3 cloves garlic, crushed
- 1 cinnamon stick
- 8 chicken drumsticks (2 1/2 lb. total)

How to Make It

In a large bowl, stir together 2 cups water, coffee, salt and sugar until salt and sugar are completely dissolved. Stir in chili powder, red pepper, garlic and cinnamon. Add chicken. Top with a small plate, if needed, to keep chicken submerged. Cover and refrigerate for 2 to 4 hours. Preheat broiler. Lift chicken from brine and place on a broiler pan. (Discard brine.) Broil 4 to 6 inches from heat source until browned, about 10 minutes. Turn chicken pieces and broil until second side is browned, 10 minutes more. Set oven to 350°F. Move pan to a rack in middle of oven and bake until drumsticks are no longer pink at bone (cut to test), 10 to 15 minutes longer. Serve hot.



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Deadline: Tuesday @ 5 p.m.



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FRIONA

REDUCED: 4/3/3 Brick w/cent. h&a, fp, office, basement, sprinkler, shop, lots of storage, corner lot.....Cont Pend

REDUCED: 4/3/2 Brick w/cent. h&a, fp, basement, 2 living areas, circle driveway, sprinkler system.....\$159,900

NEW: 3/2/2 Brick w/cent. h&a, sprinkler in front, new roof, 2 storage buildings, patio, close to H.S.....Cont Pend

NEW: 2/1/1 Brick w/central heat & air, all electric, two storage buildings, fenced backyard, corner lot...Cont Pend

NEW: 3/1/1 Brick w/central heat & air, new roof, metal fence, appliances stay, 20 X 10 storage bldg ... Cont Pend

BOVINA

REDUCED: Commercial Building in Bovina Metal roof, cent. h&a, kitchen area, corner lot \$39,000

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frionaonline.com

You CAN do it!

Don't throw away your empty aluminum cans. Please place any cans you have in the trailer located on the north side of the Friona Fire Department building on Main Street. Proceeds from the sale of the cans will go to the FHS Senior Class and help fund the graduation party.

Drivers License Office Schedule

Tuesday-Wednesday
9:00 a.m. — 4:30 p.m.

Located at Friona Police Department Building

Friona Friends of the Library Book Shoppe is open on Wednesday afternoons from 3:00 p.m. until 5:30 p.m. The book shop is located at 119 West 6th Street, and books sell for one dollar per bag. No donations can be accepted until later in October.

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WHEN: Every Tuesday, 10-11:00am, October 22nd - December 17th

WHERE: Reeve Lake Park, Friona

WHO: Adults, 18 and up

Group will gather at the Friona Community Center and then we'll WALK & discuss ways to live a healthier lifestyle

For more information, please contact Wendy Case, 806-251-5120



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Chieftain football is on the air!!!

You can listen to Chieftain football on KGRW 94.7 Kickin' Country and online at Network1sports.com/station/kgrw

The Friona @ Canadian Football broadcast will begin Friday night at at 7:00 p.m.

Friona Squaws Volleyball vs Dimmitt will be at 1:00 Saturday, the 26th



Players of the Week



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Defense
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 1st Place: \$30
 2nd Place: \$20
 3rd Place: \$10

Friona★Star

2019 Football Contest

Grand Prizes:
 1st Place: \$150
 2nd Place: \$100
 3rd Place: \$50

CONTEST RULES

Tie Breaker: Pick the total score of both tie breaker games. The second tie-breaker game will be used in case two or more players are tied after the first tie-breaker game. Entries are due by 4 p.m. each Friday.

Three Ways to Enter:

- Fax to: 806-250-5127
- or-
- Mail to: Football Contest
 P.O. Box 789, Friona, TX 79035
- or-
- Bring Entry to: Friona Star Office
 208 E. 11th, Friona TX
- or-
- Email form or photo to: frionastar@wtrt.net

Mailed entries should be postmarked by 4 p.m. Friday.

Each correct game picked counts as one point. Top 3 players with the most total points at the end of the contest will win a Grand Prize of \$150 for 1st, \$100 for 2nd, \$50 for 3rd.

Only one entry form per individual. Must be 10-years or over to enter. Newspaper employees and their immediate families are not eligible to enter.

For questions or more information call: 806-250-2211.


All entries must be on the official entry form.

Friona Agri., Inc. dba
PUMP AND IRRIGATION

 806-250-3236 • 806-250-3110
 P.O. Box 42
 Friona TX, 79035

A-1 Service Center
 Mike & Reta Martin
 1799 U.S. Highway 60
 806-250-2731

KENDRICK
 OIL COMPANY
 Wholesale Fuels
 P.O. Box 788
 Friona, TX 79035

Milk House
 MARKET

 FRIONA, TEXAS
 1002 Main Street • 602-739-0813

DEL RIO
 Dairy
 The Gingg Family

Optima Dairy
 The Ally Family

BI-WIZE PHARMACY
 Phone 250-3010 or 250-2270
 902 Main Street
 Friona

ANDY MONTANA INSURANCE
 AUTO • HOME • LIFE • COMMERCIAL • FARM • RANCH
 BUSINESS • TRUCKING • MOTORCYCLE • BOATS
Mars Real Estate
 Office: 806-247-2290
 Fax: 806-247-2291
 www.andymontana-ins.com

Cargill
 Meat Solutions
 P.O. Box 579
 W. Hwy 60
 Friona, Texas 79035

Blackburn Hardware
 Mike Blackburn
 904 West 11th • 250-2828
 We can now ship your packages for you!
 We ship via UPS

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 www.hiprofeeds.com
 806-250-2791

FRIONA BODY SHOP
 250-3372

LOWES
 250-3913
 1205 Hwy 60 West
 Friona TX

LONE STAR Ag
 Friona: 250-2721
 Dalhart: 384-2062

TEXAS FARM BUREAU
Parmer County
 301 West 11th
 250-3963

Friona Wheat Growers
 Greg O'Brian: Manager
 Darrin Gilley: Assistant Manager
 103 E. 5th • 250-3211

Blue Sky FARMS
 The DeWit Family

State Farm
 Homer Haile, Agent
 250-2734

KING COUNTRY TRAILER
 806-605-5464
 Service • Parts • Rentals

PROPERTY ASSOCIATES REALTORS
 Holly Campbell
 Broker • Owner • 250-2745

INTHEDEN
 806.250.5200
 Clint Mears

Hansard Family Funeral Home
 Personal to you means personal to us.

Campbell Electric
 Danny Campbell
 Stephen Campbell
 904 West 11th • 250-2873

CHIEFTAIN SELF-STORAGE SYSTEMS
 250-2555

Week 9

NAME: _____

ADDRESS: _____

CITY, STATE & ZIP: _____

PHONE: _____

DEADLINE 4:00 P.M. FRIDAY, October 25, 2019

FILL IN CIRCLE NEXT YOUR SELECTION

Dumas at Canyon

Tulia at Spearman

Slayton at Littlefield

Dalhart at Levelland

Auburn at LSU

Texas Tech at Kansas

Notre Dame at Michigan

WTAMU at Eastern New Mexico

Philadelphia at Buffalo

Oakland at Houston

Arizona at New Orleans

L.A. Chargers at Chicago

TIE BREAKERS- PREDICT THE FINAL SCORE:

Green Bay _____ at Kansas City _____

Wisconsin _____ at Ohio State _____

OBITUARIES

Melodi J. (Dixon) Woosley

Melodi J. (Dixon) Woosley, 60, of Amarillo, died Monday, October 14, 2019. A Celebration of Life was held Friday at 4:00 pm at Cox-Rowley Funeral Home Chapel, 4180 Canyon Dr. with Pastor Rusty Dickerson officiating. The family received friends from 6:00 pm to 8:00 pm Thursday at the funeral home. Melodi was born May 7, 1959 in Munich, Germany to Jim and Jane Dixon. She grew up in Friona, Texas and was a very bossy big sister to her three siblings. She graduated from Friona High School in 1977 and went on to earn a Bachelor Degree in Education from West Texas A&M University three years later. Although Melodi excelled at many things, including wedding planning and arranging flowers, her true calling was teaching. Melodi proudly taught for 29 years at Western Plateau, Will Rogers, and Mesa Verde Schools. After receiving her Master's Degree from Texas Women's University, she worked as a librarian at Ridgecrest and Olsen Park Elementary Schools. She encouraged countless minds and nurtured many hearts



during her time as an educator. Melodi married the love of her life, Tommy Woosley on June 7, 1980 at Calvary Baptist Church in Canyon, Texas and was a long time member of First Baptist Church in Amarillo. She was greeted in heaven by her father, Jim Dixon; and a son, Ethan Woosley. She is survived by her husband Tommy; their two children, Mollijane and Tanner; two grandsons, Saelin and Kyson of Amarillo; her mother, Jane Dixon of Friona; siblings, Milon Dixon of Lubbock, Milli Watson of Frederick, OK, and Mendan Dixon of Weatherford; many nieces, nephews, cousins, in-laws; and many cherished friends.

Charlotte Hromas Wilburn

Charlotte Hromas Wilburn 76 of Hereford passed away October 14, 2019 in Amarillo. Celebration of Life was held 10:30 A.M. Monday, October 21, 2019 at New Life Restoration Center in Hereford with Pastor Norman Duggan and Ted Peabody III, officiating. Burial was at 3:00 P.M. in the Bovina Cemetery in Bovina by HANSARD FAMILY Funeral Home of Friona.



Charlotte was born March 9, 1943 in Friona to Raymond Arnold and Amy Christine Donaldson Hromas. She later married Jerry Wilburn December 30, 1961 in Bovina and they have been married 58 years.

Charlotte has been a teacher in Hereford for many years, and active member of New Life Restoration in Hereford. She loved spending time with grandchildren, was a history buff, touring older cemeteries and never passing by a historical marker without reading it. She was an avid reader and known as a peaceful motivator.

She was preceded in death by her parents.

Those to carry on her legacy include her husband Jerry

of Hereford, 2 sons-Shannon Wilburn and wife Melanie, Kelley Wilburn and wife Heather, all of Hereford, 2 daughters- Lori Morris and husband Cecil of Amarillo, Jodi Peabody and husband Ted of Ann Arbor, Michigan, 2 brothers- Galen Hromas and wife Judy and Brad Hromas, all of Bovina, 17 grandchildren and 2 great-grandchildren.

You may send condolences to the family and sign the online register book at www.hansardfamily.com



Erlinda Valerio

Erlinda Valerio 60 of Petersburg, Texas formerly of Friona passed away October 13, 2019 in Lubbock. Celebration of Life Services was held at 3:00 P.M. Friday, October 18, 2019 in the Ron Smiley Memorial Chapel of HANSARD FAMILY Funeral Home of Friona with Rev. Jason Daniels, officiating. Burial followed in the Friona Cemetery by HANSARD FAMILY Funeral Home of Friona.



Erlinda was born June 23, 1959 in Dimmitt, Texas to Joe and Francis Medina Saiz. She later married Pedro Valerio Jr. October 5, 2005.

Erlinda was known as a very caring and giving person that loved to play with her grandchildren and have fun.

She is preceded in death by 2 brothers Robert Saiz and Frank Saiz.

Those to carry on her legacy include her husband Pete of Petersburg, her parents Joe and Francis Saiz of Friona, 1 daughter-Angelic Montes and husband Jesus of Petersburg, 1 step daughter-Cindy Valerio of Lubbock, 1 son-Gilde Flores and wife Valerie of Lubbock, 1 step-son- Mi-

chael Valerio of L.ubbock, 5 brothers-Daniel Saiz and wife Jovita of Oklahoma, Nick Saiz and wife Cheri of King-land, Gilbert Saiz of Amarillo, Jesse Saiz of Amarillo, George Saiz and wife Agnus of Kingsland, 3 sisters-Francis Saiz of Friona, Cecelia Steelman of Clovis and Connie Northcut of Carrizozo, N.M., 11 grandchildren and 2 great-grandchildren.

You may send condolences to the family and sign the online register book at www.hansardfamily.com



Parmer County FSA Updates October 2019

USDA Opens 2020 Enrollment for Dairy Margin Coverage Program; Ends Dec. 13, 2019

Dairy producers can now enroll in the Dairy Margin Coverage (DMC) for calendar year 2020. USDA's Farm Service Agency (FSA) opened sign up for the program that helps producers manage economic risk brought on by milk price and feed cost disparities.

The DMC program offers reasonably priced protection to dairy producers when the difference between the all-milk price and the average feed cost (the margin) falls below a certain dollar amount selected by the producer. The deadline to enroll in DMC for 2020 is Dec. 13, 2019.

Dairy farmers earned more than \$300 million dollars from the program in 2019 so far. Producers are encouraged to take advantage of this very important risk management tool for 2020.

All producers who want 2020 coverage, even those who took advantage of the 25 percent premium discount by locking in the coverage level for five years of margin protection coverage are required to visit the office during this sign up period to pay the annual administrative fee.

Dairy producers should definitely consider coverage for 2020 as even the slightest drop in the margin can trigger payments.

More Information

The 2018 Farm Bill created DMC, improving on the previous safety net for dairy producers. DMC is one of many programs that FSA and other USDA agencies are implementing to support America's farmers.

For more information on

enrolling in DMC and taking advantage of an online dairy decision tool that assists producers in selecting coverage for 2020, visit the DMC webpage.

For additional questions and assistance, contact your local USDA service center. To locate your local FSA office, visit farmers.gov/service-locator

Parmer County Producers Urged to Consider NAP Risk Protection Coverage Before Crop Sales Deadlines

The USDA Farm Service Agency (FSA) reminds producers to review available USDA crop risk protection options, including federal crop insurance and Non-insured Crop Disaster Assistance Program (NAP) coverage, before the crop deadline of December 1, 2019.

Federal crop insurance covers crop losses from natural adversities such as drought, hail and excessive moisture. NAP covers losses from natural disasters on crops for which no permanent federal crop insurance program is available, including perennial grass forage and grazing crops, fruits, vegetables, mushrooms, floriculture, ornamental nursery, aquaculture, turf grass, ginseng, honey, syrup, bioenergy, and industrial crops.

The following crops in Parmer County have a NAP application deadline of December 1, 2019:

- Native Grass
- Improved Grass

Producers can determine if crops are eligible for federal crop insurance or NAP by visiting <https://webapp.rma.usda.gov/apps/ActuarialInformationBrowse2018/CropCriteria.aspx>.

The 2018 Farm Bill reinstates higher levels of coverage, from 50 to 65 percent of expected production in 5 percent increments, at 100 percent of the average market price. Producers of organics and crops marketed directly to consumers also may exercise the "buy-up" option to obtain NAP coverage of 100 percent of the average market price at the coverage levels of between 50 and 65 percent of expected production. NAP basic coverage is available at 55 percent of the average market price for crop losses that exceed 50 percent of expected production.

For all coverage levels, the NAP service fee is the lesser of \$325 per crop or \$825 per producer per county, not to exceed a total of \$1,950 for a producer with farming interests in multiple counties.

Federal crop insurance coverage is sold and delivered solely through private insurance agents. Agent lists are available at all USDA Service Centers or at USDA's online Agent Locator: <http://prodwebnlb.rma.usda.gov/apps/AgentLocator/#>. Producers can use the USDA Cost Estimator, <https://ewebapp.rma.usda.gov/apps/costestimator/Default.aspx>, to predict insurance premium costs.

For more information on NAP, service fees, sales deadlines, contact the Parmer County FSA office at 806-481-3311 or visit the web at www.fsa.usda.gov/nap.

Preauthorized Debit Available for Farm Loan Borrowers

USDA Farm Service Agency (FSA) has implemented pre-authorized debit (PAD) for Farm Loan Program (FLP) borrowers.

PAD is a voluntary and alternative method for making weekly, bi-weekly, monthly, quarterly, semi-annual or annual payments on loans.

PAD payments are pre-authorized transactions that allow the National Financial and Accounting Operations Center (NFAOC) to electronically collect loan payments from a customer's account at a financial institution.

PAD may be useful for borrowers who use non-farm income from regular wages or salary to make payments on loans or adjustment offers or for payments from seasonal produce stands. PAD can only be established for future payments.

To request PAD, customers, along with their financial institution, must fill out form RD 3550-28. This form has no expiration date, but a separate form RD 3550-28 must be completed for each loan to which payments are to be applied. A fillable form can be accessed on the USDA Rural Development (RD) website at <http://www.rd.usda.gov/publications/regulations-guidelines>. Click forms and search for "Form 3550-28."

If you have a "filter" on the account at your financial institution, you will need to provide the financial institution with the following information: Origination ID: 1220040804, Agency Name: USDA RD DCFO.

PAD is offered by FSA at no cost. Check with your financial institution to discuss any potential cost. Preauthorized debit has no expiration date, but you can cancel at any time by submitting a written request to your local FSA office. If a preauthorized debit agreement receives three payment rejections within a three-month period, the preauthorized debit agreement will be cancelled by FSA. The payment amount and due date of your loan is not affected by a cancellation of preauthorized debit. You are responsible to ensure your full payment is made by the due date.

For more information about PAD, contact your local FSA office. To find a local FSA office, visit <http://offices.usda.gov>

Richard Glenn Perkins

Richard Glenn Perkins 90, of Amarillo died Monday, Oct. 21, 2019 in Amarillo.



Services will be at 11 am Thursday, Oct. 24, 2019 at Amarillo Church of Christ, 9999 S. Western St. Graveside services and interment will be at 3 pm Thursday at the Friona Cemetery. Arrangements are by Rector Funeral Home Osage Chapel, 2800 S Osage St.

Mr. Perkins was born on Feb. 13, 1929 in Trousdale, OK., to Audie Wade and Nettie Lee Perkins. He worked as a master plumber for many years in Friona before retiring and moving to Amarillo in 2009.

He was a faithful member of Amarillo Church of Christ. Mr. Perkins married Lillie Mae Wilson on June 11, 1944 on Tribbey, OK. She preceded him in death in 2015. He was also preceded in death by his parents, four brothers and two sisters.

He is survived by four daughters, Linda Pate and Alisa Trimmell and her hus-

band Glen all of Amarillo, Anita White and her husband Larry of Lubbock and Angela Novak and her husband Mike of Manassas, WV; three sons James Perkins of Amarillo, Bobby Glenn Perkins and his wife Diane of Bushland and Billy Ray Perkins of Cisco; one brother, Murry Perkins of Naperville, IL; one sister, Inez Perkins-Bratcher of Oklahoma City; 14 grandchildren and 9 great-grandchildren.

In lieu of flowers, the family suggests memorial donations to the High Plains Children's Home.

The family will receive friends from 4 - 6 pm Wednesday at the funeral home.

Board selects company for building project

The Friona ISD Board of Trustees met in regular session on Monday, October 14th in the Board Meeting Room of the FISD Administration Building at 909 E. 11th Street, Friona, Texas 79035. The meeting began at 7:00 p.m. with a call to order, invocation, and an open forum.

Paul Hare, of Parkhill, Smith, & Cooper, gave an update on the FISD Construction/Renovation Project which is now in the Design/Development Phase. He showed the Board some preliminary designs of the new Primary School and said that there was still some issues to resolve such as drainage on Cleveland Street. More detailed designs will be examined at next month's meeting.

One of the agenda items was to consider a recommendation from the Evaluation Committee regarding their choice of Construction Manager at Risk (CMAR) for the building project. Twelve companies had shown some interest and that group was then narrowed down to six. The Board then heard details about each of the companies and their bids. After review,

the Board voted to approve the committee's choice of Teinert Construction of Lubbock, Texas at a cost of \$627,000 for the project. This is the same company that was used by Dimmitt for their new school.

Next, the Board voted for individuals to serve as Directors for the Parmer County Appraisal District for the years 2020-2021. The FISD had 1,475 votes and chose to give Alan Monroe 737 votes and Mitchell Smiley 738 votes.

The Board then discussed and approved the Consent Agenda which includes approval of the Minutes, accounts payable, maintenance reports, and fund balances.

The board then went into Closed Session to discuss employee matters, potential litigation, real property matters, and student discipline.

The next meeting is scheduled for November 11th.

This is only a brief summary of the meeting. Any questions should be directed to the FISD Board of Trustees. The agenda for this meeting can be found at frionastar.com and by clicking on the Boardbook link.

Dresden Plate Block Workshop

Date: Saturday, November 2nd
Time: 10:30 a.m. to 3:00 p.m. (includes lunch break)

Fee: \$45
Instructor: Janice Joyner
Location: Malouf's Fabrics • 503 W. 11th • Friona, TX 79035

Call 806-250-3575 to register. Call soon. Classes are limited.

Description: Designer Edyta Sitar puts an added sparkle to the traditional Dresden Block. This is a technique class. You will learn to use templates and make quick, accurate Dresden Plate Blocks. Dresden blocks can be color coordinated or scrappy. Different options will be offered for attaching your Dresden Star block to the background.



Sports News



Friona Chieftain Cross Country

Congratulations to Adrian Legarreta. He placed 2nd in the District Cross County meet in Amarillo this past Monday.

Varsity Boys

Adrian Legarreta	18:18	2nd
Marc Mendoza	20:25	15th
Erick Castaneda	20:45	18th
Andrez Carrasco	21:31	27th
Gabriel Perez	21:43	30th
Jesus Osuna	21:49	31st
Uziel Carrasco	22:09	33rd

Boys over all placed 4th in district as a team. Adrian is running at regionals on Monday, October 28th at Mae Simmons Park in Lubbock, Texas.

Varsity Girls

Makayla Ramos	17:05	40th
Amber Valle	17:06	42nd
Nayeli Soto	24:29	48th

*Esperanza Santiago

JV Boys

Oscar Carrillo	22:57	6th
Isaias Olmos	23:23	9th
Bryan Jaramillo	23:35	10th
Alan Martinez	23:50	12th
Orlando Ledezma	25:38	18th
Eduardo Jimenez	32:39	25th

*Alex Guerra

JV boys placed 2nd as a team

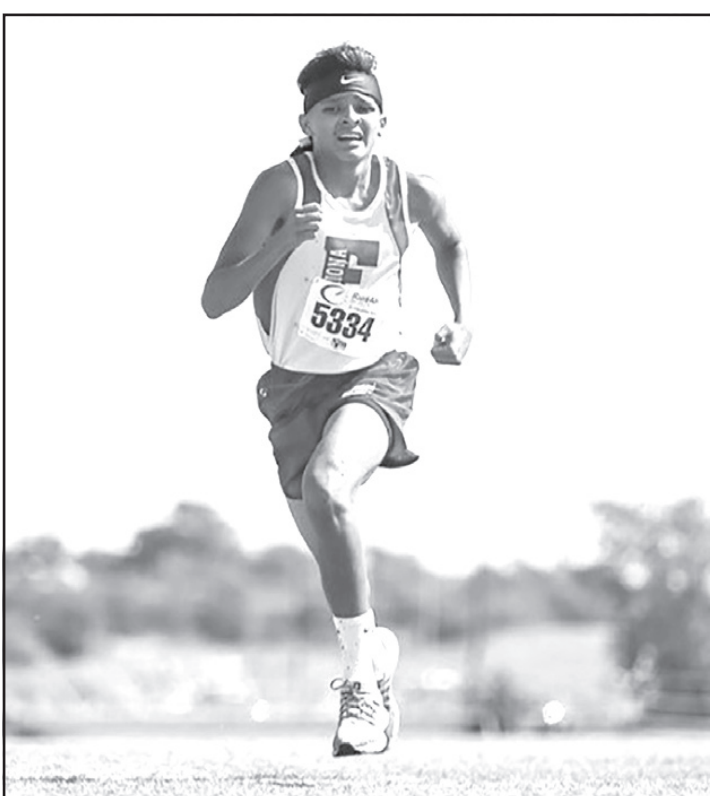
JR High Girls

Yvonne Legarreta	13:32	3rd
Kitzy Welch	15:19	14th
Vanessa Martinez	16:34	45th
Rosalia Silva	18:08	63rd

JR High Boys

Gabriel Ramos	13:58	9th
Isaac Olmos	15:47	24th

*Runners that were unable to run at district but ran in the other meets.



Best of luck to Adrian Legarreta at the Regional Cross Country Meet!!! Go Chiefs!!! (photo by Paul Roberts/A-J Media)



Congratulations to the Chieftain Cross Country team for winning 4th at the District Meet.

Friona Chieftain Football

The Chieftains won an important 35-14 victory over Spearman. The defense played well in limiting the Lynx to just 14 points and half of those coming on the last plays of the game. Friona will travel to Canadian this week to play the state-ranked Wildcats. Canadian was the State Runner-up last year and looks to be just as good if not better this year.

Junior Varsity Football

Jorge Chavez 50 yard run. Moises Pina extra point good. Jorge Chavez 5 yard run. Extra point no good. Ensuing kick-off Salome Viernes cause a fumble with Moises Pina picking up the ball and returning 20 yards for the touchdown. Extra point good. Jorge Chavez to Salome Viernes 8 yard pass. Extra point no good. Alexis Rivas 8 yard run. Extra point no good. Alexis Rivas 25 yard run. extra point no good. Final Score: Friona 39 Spearman 6

Junior High Football

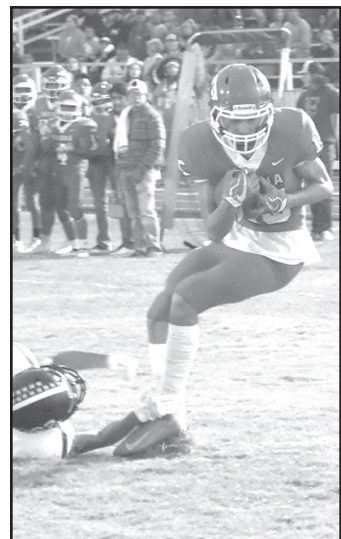
The Friona Braves 7th grade beat the Spearman Lynx Thursday night by a score 12-8. It was the team's first win of the year. Justen Trevino scored the first touchdown from 25 yards out to get the scoring going. The Braves took the first second half drive down and scored from 4 yards on an Edwin Rivas touchdown run. Both Trevino and Rivas ran hard all game. Defensively the team played great not allowing a touchdown. Edwin Munoz, Danny Gomez, and Hevilat Perez made big tackles all game. The 7th grade record is 1-3-1 and 1-1 in district.

The 8th grade Braves beat the Lynx by a score of 28-14. Jose Saucedo ran for 2 touchdowns of 14 and 13 yards and ran in a two-point conversion. He also threw a 45 yard touchdown pass from Isaac Olmos. Andrew Flores added another touchdown and a two-point conversion. The offense ran hard all night. Defensively, the team was led by Aaron Rodriguez, Jorge Garcia, Jarrett White, and Michael Bautista with big tackles for loss. The 8th grade is 3-3 overall and 1-1 in district.

The teams travel to Canadian for the games on Thursday.

Friona Squaw Volleyball

The Friona Squaws will host Dimmitt at 1:00 p.m. on Saturday, October 26th for their final home game of the season. Seniors and their parents will be recognized before the game and there will also be a recognition of last year's state qualifying relay team. The C team will start at 11:00 a.m. and the JV game will start at noon.



Friona 35 Spearman 14

Rushing Stats	Carries	Yards	TDs	Avg
1 Jacob Bautista	20	144	1	7.2
7 Jose Grado	1	-1	0	-1.0
11 Rogelio Palacios	1	3	1	3.0
22 Eduardo Chavez	4	7	1	1.8
16 Bryan Chavira	4	52	1	13.0
4 Mario Bautista	3	18	0	6.0
Rushing Totals:	33	223	4	6.8

Receiving Stats	Receptions	Yards	TDs	Avg
1 Jacob Bautista	8	87	0	10.9
3 Elian Mendoza	2	26	0	13.0
10 Jose Rodriguez	2	32	0	16.0
15 Josiah Rejino	3	25	1	8.3
Receiving Totals:	15	170	1	11.3

Passing Stats	Comp	Att	Yards	TDs	INTs
7 Jose Grado	15	21	170	1	1

Kicking	Extra Pt	Att	Field Goal
2 Tim Ally	5	5	0

Defensive Stats	UN	AST.	TOT	TFL	FR	FC	INT	SACK
1 Jacob Bautista	1	-	1	-	-	-	-	-
2 Tim Ally	1	1	2	-	-	-	-	-
3 Elian Mendoza	1	-	1	-	-	-	-	-
8 Juan Salinas	1	2	3	-	-	-	1	-
10 Jose Rodriguez	4	2	6	-	-	-	-	-
11 Rodger Palacios	2	9	11	1	-	-	-	-
12 Angel Carranza	1	4	5	-	-	-	-	-
15 Josiah Rejino	1	-	1	-	-	-	-	-
16 Bryan Chavira	0	0	0	1	-	-	-	-
20 Jonathan Barrios	1	-	-	1	-	-	-	-
22 Eduardo Chavez	1	4	5	-	-	-	-	-
30 Xavier Hernandez	2	-	2	1	-	-	1	-
34 Juan Trejo	3	2	5	-	-	1	-	-
48 Miguel Lopez	-	3	3	2	1	-	-	-
50 Jake Padilla	2	1	3	-	-	1	-	-
65 Aaron Salinas	-	2	2	-	-	-	-	-
76 David Martinez	2	5	7	-	-	-	-	-
53 Victor Puga	-	5	5	-	-	-	-	-

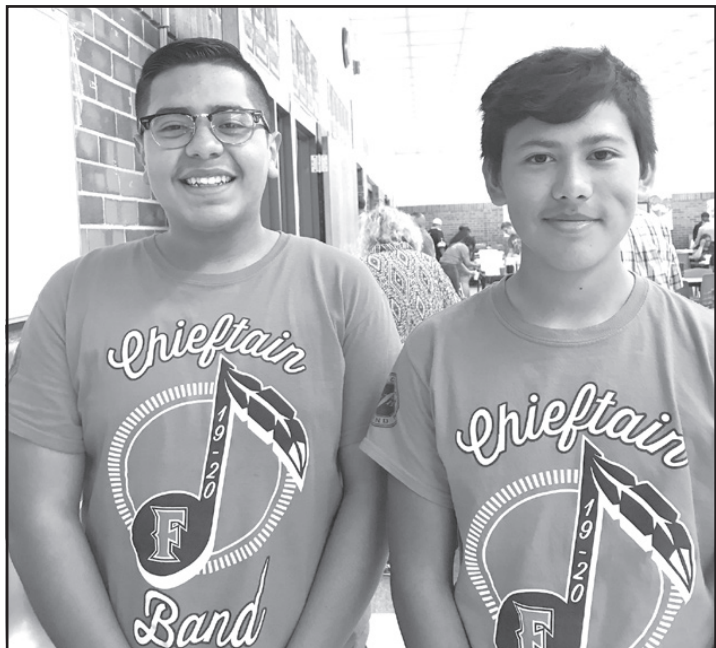
Division II - District 3-3A Football

Team	District	Overall
Canadian	2-0	7-0
Spearman	1-1	4-3
Childress	1-1	1-6
Friona	1-1	6-1
Tulia	1-1	4-3
Dimmitt	0-2	1-6

District 1-3A Volleyball

Team	District
Bushland	7-0
Tulia	3-2
Friona	3-3
Amarillo River Road	2-4
Dimmitt	0-6

The FHS Band would like to thank everyone who bought tickets for the Brisket Dinner!!



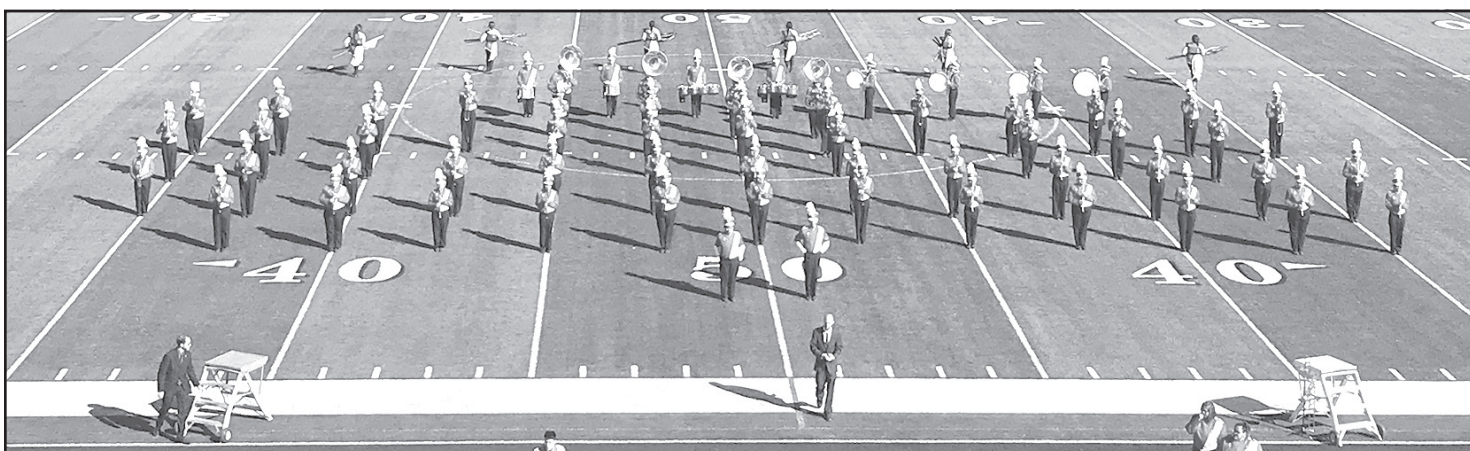
Ivan Reveles and Diego Escamilla



Back Row (l-r) Sloan Dominguez, Alan Lechuga, Juan Mendoza, Alex Santiago Ortiz, Kaelyn Bennett, Adaline White, David Prieto, and Zeke Garcia Front Row (l-r) Nevaeh Perez, Angelica Molina, Nayeli Soto, Andrea Chavez, Gabbi Ortiz, Nancy Rocha, Isabel Casteneda, Katricia DeLaCruz, Lizbeth Rojas, and Nathan Flores. (not pictured: Eric Gonzalez)



Maria Montes and J'Dyn Gonzales



2019-2020 Friona Chieftain Marching Band in action at Dick Bivins Stadium in Amarillo, Texas on October 19, 2019. The FHS Band received a II rating at the marching contest.

7th Grade Football



8th Grade Football



7th Grade Cheerleaders



Back Row: (l-r) Aylin Mendez, Vanessa Peneran, Nadia Snyder, Reyna Arias, Kitzy Welch, **Middle Row:** (l-r) Jazmin Bautista, Rosalia Silva, Teara Marquez, Lilly Abarca, Neveah Galan, **Front Row:** (l-r) Vanessa Martinez, Carolyn Borjas, Ashley Maldonado, Aubrey Schueler, Xandra Castaneda

8th Grade Cheerleaders



Back Row: (l-r) Mercedes Espinoza, Jennyfer Munoz, Dora Rodriguez, Reese Stowers, AJ London, Amy Montana, Melody Upton, **Middle Row:** (l-r) Gabriella Castillo, Jacee Burney, Genesis Castillo, Alezandra Rodriguez, **Front Row:** (l-r) Yvonne Legarreta, Yeslie Faudoa, Ellie Galaviz

FHS Cheerleaders & Mascot



Rebecca Schlenker, Lizbeth Rojas, Janessa Garcia, Gabby Ortiz, Carly Drake, Kamryn Riethmayer, Nohemi Castillo, Breanna Godinez, Audry Trevino, and Magdalena Licerio.

STUDENTS with SOLUTIONS

Engaging students to address bullying through videos, art and writing

City of Friona and Friona Elementary School's Anti-Bullying Campaign

Students with Solutions was a project for students to address bullying by participating in an anti-bullying activity. Elementary teachers held a classroom discussion to help students generate ideas on steps they could take on their own to stop bullying or encourage inclusion and how they plan to spread their message. The students then

created a message through art, writing, drawing or coloring that focused on intentional acts of kindness, acceptance and inclusion or anti-bullying.

Next, the Elementary teachers gathered all the entries and submitted them to the City of Friona on Wednesday, October 9, 2019. A team of City of Friona employees reviewed

all the entries and selected the top three. The winners were Sophie Lewellen, Ivy Schueler, and Adrian Cruz. Their names were announced on Friday, October 11, 2019 at the Friona Elementary School. They each received a \$75 cash prize. Every entry submitted was then displayed in the hallways of the Elementary school.



Sophie Lewellen: 2nd Grade, Ivy Schueler: 4th Grade, and Adrian Cruz: 4th Grade

Offering CEUs to licensed professionals!

Find hope, humor, & heart in caregiving!

Caregiver Conference

Join us for a free educational seminar for caregivers!

November 8, 2019

9:00 AM - 4:00 PM

Check-in at 8:30

Commons Area
Central Church of Christ
 1401 S. Monroe
 Amarillo, TX 79102



Elaine K. Sanchez

Featuring the renowned caregiver speaker, author, and co-founder of CaregiverHelp.com

- ◆ Identify coping strategies for caregiver anger and guilt
- ◆ Learn to deal with depression and grief
- ◆ Gain insight into deescalating tense situations with dementia-related challenging behaviors

Participants will receive a copy of the *Caregiver Help* book and an opportunity to purchase Elaine's book, *Letters from Madelyn: Chronicles of a Caregiver*.

The 14th Annual Caregiver Conference is presented by the Area Agency on Aging with the support of our generous sponsors:










Lunch provided!

Registration ends November 1, 2019 / Contact Stephanie Loya at Panhandle AHEC: 806-651-3482

Overwhelmed by those Medicare Advantage Ads, Calls and Cable TV Shows?

As you try to make sense out of all this information, please **be aware:**

- No matter what the Plan or website is called, **Medicare Advantage is NOT TRADITIONAL MEDICARE**
- Local doctors, hospitals and area specialists may not be in-network for the Plan, resulting in **INCREASED OUT-OF-POCKET COSTS.**
- Medicare Advantage Members may have to get **PLAN AUTHORIZATION** to get covered care.
- Unlike Traditional Medicare, **SERVICES MAY BE DENIED** by the Plan, leaving you financially responsible.
- **BE CAREFUL** when changing your prescription drug program to make sure you have not switched to a Medicare Advantage Plan by mistake.



Note: TRS retirees should confirm their Medicare eligibility before making any changes to their health care coverage.

Let us help you sort through the pros and cons based on your healthcare needs, and make a decision that is right for you!

Call Rhonda Wilkins,
Director of Senior Services
806/250-2754
for a personal appointment.



Parmer Medical Center
 1307 Cleveland Ave., Friona, TX
 (806) 250-2754

Friona Rural Health Clinic
 1307 Cleveland Ave., Friona, TX
 (806) 250-2781