

Friona Star

VOL. 90, NO. 8

THURSDAY, FEBRUARY 20, 2014

TEN PAGES

\$1.00

St. Teresa Mexican dinner

The St. Teresa's Catholic Church annual Mexican dinner will be held Sunday March 2 from 11:00 a.m. to 2:00 p.m. in the church parish hall. Menu will be beef enchiladas, rice, beans, tacos, chips, salsa, dessert, coffee or tea. Tickets are \$10.00 for adults and \$5.00 for children under 10 years. Everyone in the community is invited to come and enjoy lunch.

Methodist lunch will benefit King's Manor

Submitted by Teena Hughs

Everyone is invited to attend a luncheon at Friona United Methodist Church, 301 East 8th, from 12:00 noon to 1:30 p.m. Sunday February 23, to benefit the King's Manor Assisted Living facility in Hereford. Free-will donations will be accepted at the door.

King's Manor Assisted Living in Hereford was severely damaged recently when a fire started in the kitchen. The electric company turned off the electricity causing the boiler pipes to freeze in the zero degree weather. When the electricity was turned back on and the pipes started warming up, they began to burst. It may take as much as \$1 million to restore the unit to a functioning facility.

Shelly Moss, King's Manor administrator, will speak during the church service at 11:00 a.m. and she will be on hand following the service to answer any questions.

If you cannot attend the luncheon but would like to contribute, please send your donation to Friona UMC, 301 East 8th, Friona, 79035 and they will be more than happy to forward the money to King's Manor. For more information contact the church at 250-3045.

FM 1172 road repair project

The Texas Department of Transportation (TxDOT) is set to begin work on a \$3.26 million project to make roadway improvements to almost seven miles of FM 1172 in Parmer County, from FM 2397 to SH 86.

"The project will make needed improvements and repairs to the pavement, but is also expected to enhance the overall safety of the roadway," said Steve Perez, P.E., TxDOT Littlefield Area engineer.

Motorists traveling on FM 1172 will see traffic reduced to one-lane and detoured around the work zone at various times throughout the project as contractor Gilvin-Terrell, LTD., of Amarillo, rebuilds and resurfaces the roadway. The project is scheduled to begin next week and will start with culvert work, Perez said.

Motorists are asked to drive with caution through the work zone, be on the lookout for workers and avoid distractions for their own safety and the safety of the workers. The project's completion date is scheduled for September 2014.

**Early Voting in Friona
February 24th & 27th
8:00 am to 4:00 pm
at Friona Interbank**

Farmers iPhone workshops set

The Texas A&M AgriLife Extension Service will conduct two workshops to train farmers and ranchers to use their iPhones and iPads or other tablets and smart phones to make decisions to increase their bottom lines.

Agricultural Applications of Tablets and Smartphones classes will be held from 9 a.m.-3 p.m. March 4 at the Texas A&M AgriLife Research and Extension Center, 6500 W. Amarillo Blvd. in Amarillo, and on April 3 at the Roberts County Annex, 122 Waters St. in Miami.

The registration fee is \$20 for each workshop, to be paid at the door by check, said DeDe Jones, AgriLife Extension risk management specialist in Amarillo. Workshop materials, refreshments at breaks and the noon meal are included in the registration fee.

Seating is limited to 30 participants at each location, so advanced registration is requested, she said. To register, contact Jones by calling 806-677-5667 or dljones@ag.tamu.edu.

The workshop is designed to teach participants how to use mobile

technology to make quick decisions in the field, in the pasture, on the tractor, in the auction barn or in the pickup, Jones said. Each participant will have access to iPads with apps already installed. They will learn how to obtain data and do calculations that will improve their price and production risk management skills.

She said the workshops' goal is to teach participants the basics, as well as demonstrate and discuss both Android and Micro-soft tablets. Participants are welcome to bring their own tablet or smartphone.



ron carr photo

The 2014 Valentine King and Queen at Prairie Acres, crowned at last Friday's Valentine party, are Charles Gilbreath and Kathryn Woodward. Residents enjoyed a cobbler and ice cream party Friday afternoon.

PMC offering scam program

Scams typically target anyone willing to unknowingly participate.

Scammers are full of flash and fancy and it is easy for even the most intelligent to get reeled in.

There are many scams out there such as investment fraud, grandparents

scams, Social Security Administration scams and Medicare scams, just to name a few.

Rhonda Wilkins, Director of Senior Services at Parmer Medical Center stated "I used to think scams or identity theft were issues I was fairly educated about and could

protect myself, then I attended this program and was amazed by the additional information I obtained".

Parmer Medical Center is sponsoring this free community education program presented by the Better Business Bureau on February 27

from 3:00 to 4:00 pm in the conference room at the hospital.

The best way to protect yourself from being scammed is by being educated and this is an excellent place to start. If you have any questions, please call Rhonda Wilkins at 806-250-2754.



ron carr photo

The Chieftain JV scrimmaged the Hereford freshmen Saturday as baseball season gets underway. Coach Styler Haddock talks technique with catcher Dallin Woods and pitcher Mason Mireles. The Chiefs host Hale Center Saturday February 22 at 12:30 p.m.

Chamber invites everyone to the 58th annual banquet

It's 'Party time' for the Chamber of Commerce. The 58th Annual Chamber of Commerce banquet will be held at 6:30 p.m. Thursday, March 6 at the Friona Community Center. This year's banquet theme is "Join the Fun". The Community Center will be decked out in festive purple, gold and green. Awards will be given to Friona's outstanding citizens.

Charlie Pope, Rick White and crew will be cooking up a delicious meal featuring prime rib.

The Chamber is selling raffle tickets for a chance at a 50" television. Tickets are \$10.

Kevin Welch will be the auctioneer for the live auction so bring your checkbook and join in the fun.

"Prime rib will be available for purchase after the banquet," stated Executive Director Chris Alexander.

Tickets are \$25 and available at the Chamber office, 621 Main St. until 5 p.m. the day of the banquet. No tickets will be sold at the door.

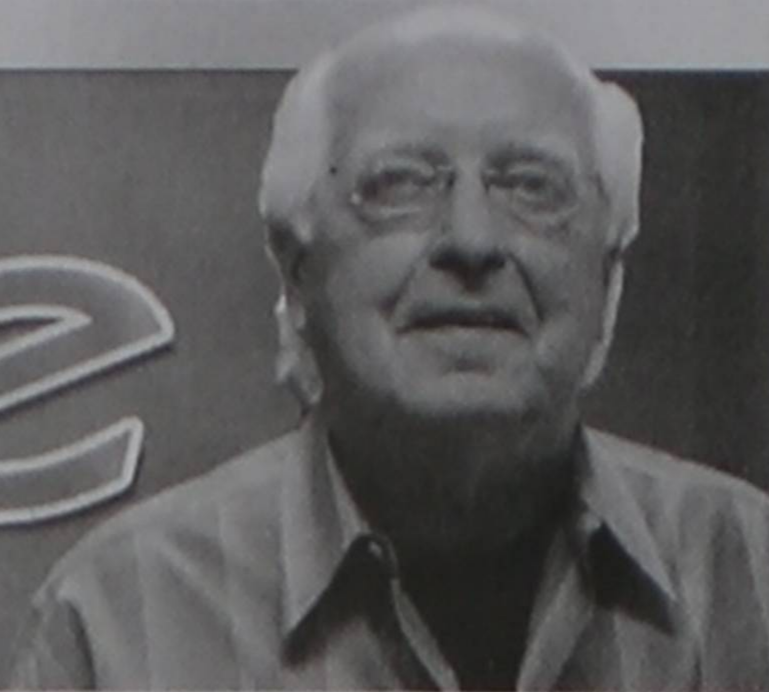


ron carr photo

Volunteers served cobbler, ice cream, and punch for the Prairie Acres Valentine party last Friday. From left are Sharon White, Debbie White, daughter of resident Dixie White, Linda Chesher, and Martha Hamilton.

Out Here

By Ron Carr



hey buddy want to buy some insurance

Job lock. Have you heard about this latest "sales pitch" by the Democrats to get you to buy health insurance? The federals are spending millions on TV advertising featuring such notable heroes as Richard Simmons to try and get people to buy health insurance. It doesn't seem to be working.

Remember, the government does not have any money. The money they spend on TV advertising and other wasteful projects is provided by working Americans that pay taxes. What the government has is debt approaching \$18 TRILLION.

The latest positive spin on this negative insurance program they are calling job lock. Simply put, they say if you are "locked" in a job just to have the health benefits you can buy their cheaper insurance and quit that job that is holding you prisoner.

Nancy Pelosi has said publicly that now people can really find their true calling because they no longer have to suffer job lock. She said people can now go be writers and artists and spend more time with the family and follow their dreams without that pesky old job that has been holding them back. Pelosi and Schumer and Reid actually got in front of a microphone and TV cameras and tried to sell the job lock theory. Unbelievable.

Don't they know that we know they are lying or don't they care?

We have all known a liar at some point in our lives. It is that person that continues to tell you something that you know is not true yet thinks you are dumb and gullible enough to believe it. If you know such a person there is a good chance you do not trust them.

Instead of endorsing policies to try and help people find jobs the Democrats are encouraging people to quit jobs now that they can supposedly purchase cheaper health insurance. I don't know how they live with themselves knowing they are being dishonest.

The deceit and chaos of the health insurance industry is beginning to take a political toll. Liberal TV channel MSNBC said 35 members of Congress will not run for re-election in November. In the Senate, 21 Democratic senators are up for re-election. What issues will they campaign on? It will be interesting to see how the election plays out.

The Republicans are fighting among themselves and will likely do themselves political damage if they don't soon figure out a strategy. The TEA Party, which is not actually a party, is being characterized as a radical, right wing, racist, redneck

bunch that wants to fly the Confederate flag and hunt down commies and kill them. They have a lot of PR work to do.

The TEA Party is for smaller government and lower taxes. TEA stands for Taxed Enough Already. And yet they are characterized as a threat to America. They are

not a threat to America, they are a threat to Democratic liberal borderline socialists.

So if you are locked into a job just for the insurance benefits, the Democrats feel sorry for you. Buy their Obamacare and you can quit and be liberated.

Let me know how that works out for you.

POL. ADV. Paid for by Steve Cockerham

DID YOU KNOW?

AMENDMENT XXI

The twenty-first amendment was passed by Congress on February 20, 1933 and ratified on December 5, 1933.

Section 1.

The eighteenth article of amendment to the Constitution of the United States is hereby repealed.

Section 2.

The transportation or importation into any State, Territory, or Possession of the United States for delivery for delivery or use therein of intoxicating liquors, in violation of the laws thereof, is hereby prohibited.

Section 3.

This article shall be inoperative unless it shall have been ratified as an amendment to the Constitution by conventions in the several States, as provided in the Constitution, within seven years from the date of the submission hereof to the States by the Congress.

Prohibition was regarded as a failure. Do you understand why?.....Mary Johnston

Letters to the Editor

Congressman Randy Neugebauer (R-TX) joined five western lawmakers on a letter to U.S. Fish and Wildlife Services (FWS) Director Dan Ashe urging a quick approval of conservation efforts to preserve the Lesser Prairie Chicken, and a two month delay of the scheduled listing decision.

"This is part of our effort to ensure the FWS doesn't move forward with a costly listing of the Lesser Prairie Chicken when innovative state and regional efforts would make the listing unnecessary," Neugebauer explained.

"Within months of FWS approval of the Lesser Prairie Chicken Range-Wide Conservation Plan, there are now 4.8 million acres of existing or pending enrollment in conservation plans across the Lesser Prairie Chicken Range. That's roughly the size of Delaware and Connecticut combined," Neugebauer said.

"We wrote this letter to urge FWS to finalize the accompanying oil and gas Candidate Conservation Agreement with Assurances (CCAA) for this agreement," Neugebauer explained. "Instead of stalling with never-ending reviews, FWS could finalize this agreement and incentivize additional conservation efforts. If their goal is to protect this species, why not encourage action under a plan that it has already endorsed?"

In the letter, the lawmakers also pressed FWS to extend its final listing decision until June 11, 2014, to allow more acreage to be enrolled in the range-wide plan. "With the clear and growing success of these conservation plans, we urge USFWS to allow sufficient time for this unprecedented, range-wide conservation effort to succeed, by immediately finalizing the oil and gas CCAA and extending the decision deadline," the letter reads.

Neugebauer said that he is confident that given the opportunity to fully implement the range-wide plan, states will prove that listing the lesser prairie chicken is not necessary.

The Stevens 5 Star Deal of the Week!

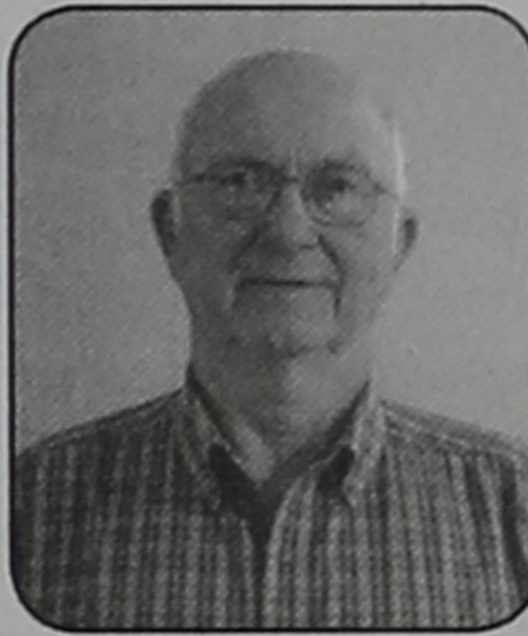
2014 Chevrolet Cruze

\$17,949



GOT TO SEE

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ACROSS

- 1 TXism: "holler calf ____" (surrender)
- 5 Cain's brother
- 6 Gulf mollusk
- 7 TXism: "plain as the ____ on a mule"
- 8 TX Stills tune: "For What ____ Worth"
- 9 1987 film by UTA grad Lou Diamond Phillips (2 wds.)
- 16 TX motorists must wear ____ belts
- 18 TXism: "____ a milk bucket under a bull"
- 21 "hasta ____ vista"
- 22 grasped
- 23 Santa ____ National Wildlife Refuge
- 24 Gov. ____ "Ma" Ferguson (1924-26)
- 30 TXism: "book wrangler"

DOWN

- 1 TX George Jones "The ____ On"
- 2 TX La Lomita Chapel was built by ____ Fathers
- 3 seat of Frio Co.
- 4 TX shade trees
- 9 TX Preston Jones "____ Ann Hampton Laverty Oberlander"
- 10 TXism: "____ putting up a tent in a windstorm"
- 11 TXism: "suds"
- 12 TX Collin Raye s "____ Can Be"
- 13 Texans win em in the Olympics
- 14 A&M degree

TEXAS CROSSWORD

by Charley & Guy Orbison
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- 49 Abilene univer.
- 51 beneath Grand Saline, TX (2 wds.)
- 54 TXism: "beats a poke in the ____ with a stick"
- 55 TXism: "long ____ a country mile"
- 56 cow sound
- 57 flower at Varner-Hogg State Plantation Historic Park (2 wds.)
- 60 black poker card
- 61 ____ Grande
- 62 doctrine suffix
- 63 Gen. Robert E. ____
- 15 TXism: "clean ____ hound's tooth"
- 17 TXism: "nervous as a long ____ in a room of rocking chairs"
- 19 TXism: "up ____ juice" (coffee)
- 20 film: "Texas Chain ____ Massacre"
- 24 TX film: "Lone Wolf ____ Quade"
- 25 this Gershwin's lyrics in "Girl Crazy" made TX Ginger a star
- 26 TX Tech ____ Raiders
- 27 how a "dead heat" ends (3 wds.)
- 40 Friona h.s. class
- 41 state nurses grp.
- 42 San Antonio arena
- 44 direction to Waco from Abilene
- 50 TXism: "he ____ barbed wire for dental floss" (tough)
- 52 TX Fender's "You'll ____ A Good Thing"
- 53 TXism: "____ the mark" (conform)
- 58 TX Willie Nelson's birth month
- 59 TXism: "____ a little cane" (celebrate)

"I care about one thing and one thing only and that is how to use every minute of the remaining 1,276 days of my term to make the country work for working Americans again. That's all I care about."
President Barack Obama
July 24, 2013 Galesburg, Illinois

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STAFF:
Ron Carr • editor & publisher
Dana Jameson • editor
Nathan Parson • production manager
Evelyn Romero • advertising/accounting

COMMUNICATION:
806-250-2211-office
806-250-5127-fax
frionastar@wtrt.net-email
frionaonline.com-website

Town Talk II

By Ron Carr • Phone: 250-2211 • Fax: 250-5127 • Email: frionastar@wtrt.net

The weather has been spring like the past few days. Unfortunately we have had no moisture, rain or snow, to help out with the drought. The County burn ban is still in effect. The little weather graphic on Channel 10 showed the possibility of some rain Thursday. We will see.

The 2014 Valentine King and Queen at Prairie Acres are Charles Gilbreath and Kathryn Woodward. They were crowned at the Valentine party at Prairie Acres last Friday. I managed to get a plate of cobbler and ice cream along with the residents. Thanks to volunteers Linda Chesher, Sharon White and Martha Hamilton for decorating, dishing ice cream, scooping cobbler, and pouring punch.

Friona grad and former Friona resident Coach Ky Graham has his Breckenridge varsity girls basketball team, the Lady Buckaroos, playing in the regional quarterfinals this week. They play perpetual powerhouse Wall in Abilene so good luck to Ky and the Lady Bucks. Well done.

The business section of the Sunday Amarillo newspaper announced several bank promotions. One of those was Friona graduate Adam Bandy promoted to vice president for First United Bank. He has been with the bank since December 2005. He is the son of Clay and Tamela Bandy.

Some anniversaries to note: Randy and Doreen Stone 14 years; Rex and Darla Bracken 44 years, and James and Sue Procter a whopping 69 years on February 20. Congratulations to you folks.

Saw a Facebook post from Leslee Upton Floyd that around the end of this month she will receive a kidney transplant from her husband Jason. The couple has been married for 20 years and recently found out they were compatible for a transplant. Leslee is

the daughter of Martha Barker. Jason is the grandson of the late June Floyd who wrote this Town Talk column for many years. The surgery will take place at the Methodist Medical Center in Dallas. Our thoughts and prayers to Leslee, Jason, and the family for a successful operation and recovery.

Maybe you've noticed that the Lowe's Supermarket on West Park Ave. in Hereford is closing. They have been selling all merchandise for big discounts and will until it is all gone. The Lowe's Mercado at Hwy 385 and Park Ave. in Hereford is now a Food King I'm told. Guess the now under construction United Amigos Supermarket is already having its affect.

If you are in Lubbock Saturday Feb 22, the Lubbock Lions Club is holding their annual pancake festival. The hours are 7:00 a.m. to 8:00 p.m. at the Lubbock Memorial Civic Center. The cakes are cooked fresh throughout the day and for the first time bacon will be available for purchase. The Lions have entertainment and activities and a drawing for a 50" television. Tickets are \$5.00 in advance or \$6.00 at the door. Either price is a good deal. Their press release says, "The Lubbock Lions Club is the largest Lions Club in North America." Didn't know that. Now I do.

The hospital is offering a free education program presented by the Better Business Bureau on February 27 from 3:00 - 4:00 p.m. in the PMC conference room. The seminar will be about the many scams out there and how to avoid them. Everyone is invited. If you need more info call Rhonda Wilkins at 250-2754.

Saturday Feb 22 a powerlifting meet will be held in Friona's new activity center/gym. Lots of lifters will be competing and admission is free so if you have never seen the squat

and lift and grunt competition come on out. Should start around 8 a.m. and run into the afternoon. A concession stand will be open. Also Saturday the Chieftains baseball team will host Hale Center for a game here. Starts at 12:30 p.m.

One of my favorite events is coming soon. The St. Teresa's Catholic Church Mexican dinner is Sunday March 2 at the parish hall. Serving is from 11:00 a.m. to 2:00 p.m. Beef enchiladas, rice, beans, tacos, chips, salsa, dessert, coffee or tea, all for \$10.00 adults and \$5 kids under 10 years. As I have said before the Catholic church ladies' salsa is among the best ever. Treat yourself.

Mercedes Williams, one of those nice church ladies, said the St. Teresa's senior class banquet will be Monday March 24 at 6:00 p.m. Hard to believe it is time to think about the Class of 2014 graduation already.

This Sunday, February 23, the Friona Methodist Church will have a lunch from noon to 1:30 p.m. to benefit the King's Manor Assisted Living facility in Hereford. Free-will donations will be accepted at the door. See more in the story in this Star.

That first week of March is going to be a busy one. Mexican dinner Sunday, election day Tuesday, Chamber of Commerce banquet Thursday, World Day of Prayer Friday, Brumley benefit dinner Saturday, and Daylight Saving Time starts Sunday March 9, followed by spring break.

The World Day of Prayer will be held March 7 at 12:00 noon in the Friona Methodist Church fellowship hall for the 2014 worship celebration written by World Day of Prayer, Egypt. This prayer time is open to all in the community who want to pray for a better world. A simple meal will be provided followed by scripture reading

and prayer. Donations will be made for Youth With a Mission, a non-denominational mission group. Friona graduate Debbie Reeve has served with this group for a number of years. If you would like more information about the World Day of Prayer contact Sharon White.

A reception will be held Sunday February 23 from 2 - 4 p.m. in the lobby of Parmer Medical Center to welcome our new doctor to Friona, Dr. Gary Webb. He has been here a couple of months and came to us from Hawaii. Have a look at his bio and the reception announcement on the back page this week and stop by the hospital to welcome Dr. Webb to Friona. A nice addition to our already excellent hospital and clinic staff.

We have an obituary in today's Star for Phillip Dean Bates. His birthday is exactly one year after mine. The obituary did not mention a Friona connection so I inquired to Dusty Hansard on Facebook what his connection was to Friona. I'm interested in folks and their ties to Friona history.

Several local citizens replied and the responses were interesting and ap-

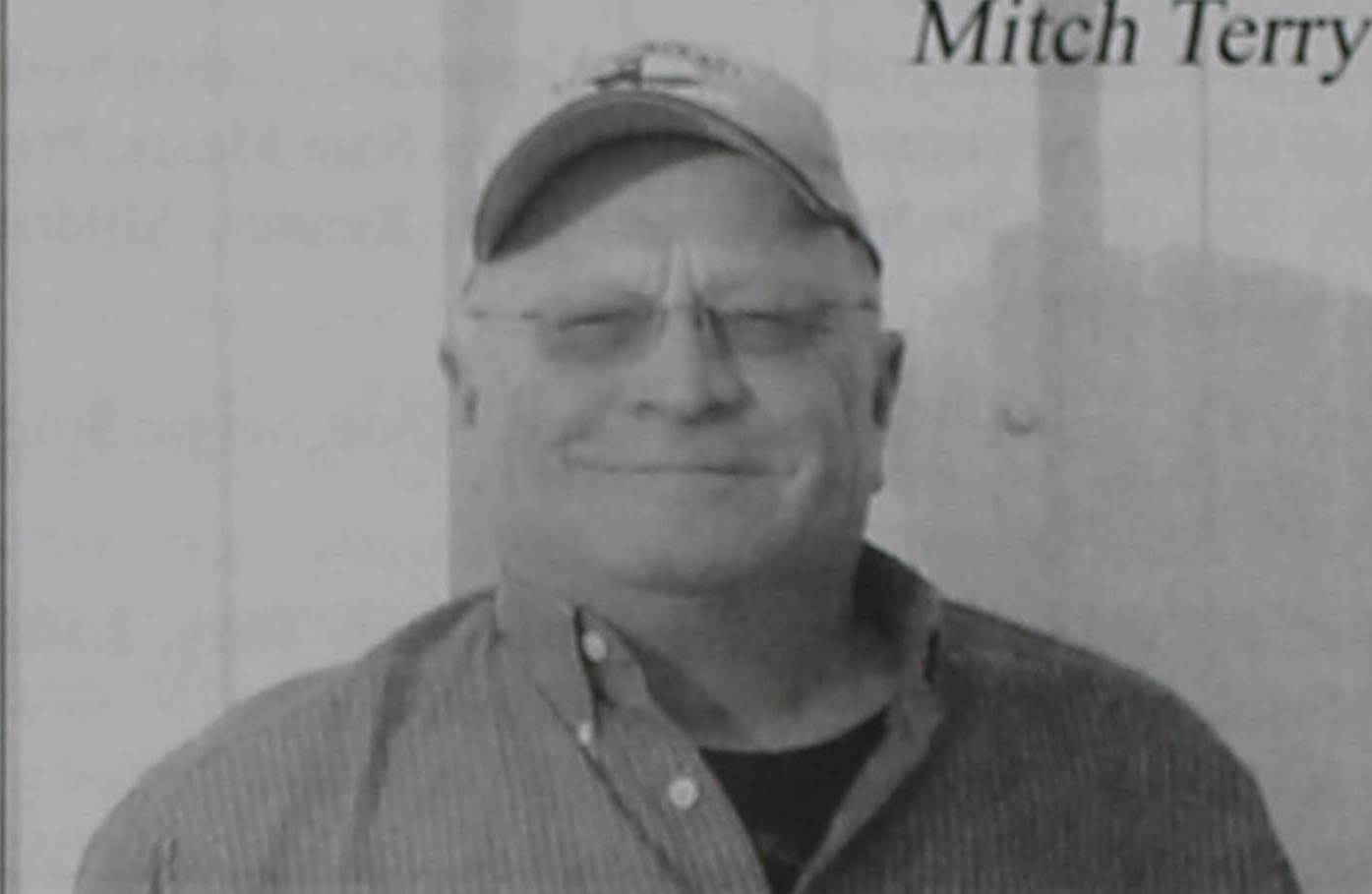
preciated. Seems Phillip Bates' mother, Martha Bates, was a very revered school teacher in Friona many years ago. She was Lorraine Welch's sister. Phillip's brother Dwight graduated from Friona in 1963, lives in Athens, Tx and is a podiatrist. Martha Bates taught Sherry Walker Zehner and Carolyn Wiseman in 5th grade.

Apparently Phillip Bates was also a Friona teacher. Connie Slagle emailed that she was in his 7th grade science class the day Mr. Jarboe came to tell them about President Kennedy's

assassination. Thank you all for the insight. Phillip Bates was buried Wednesday alongside his parents in the Friona Cemetery.

Sample Democrat and Republican ballots are printed on page 7. Early voting in Friona next week at Friona Interbank will be Monday and Thursday, hours 8 a.m. to 4 p.m. Election day is March 4. Sign-up for local city, school board, and hospital district positions continues to February 28. Have a great weekend. Until then!

Mitch Terry

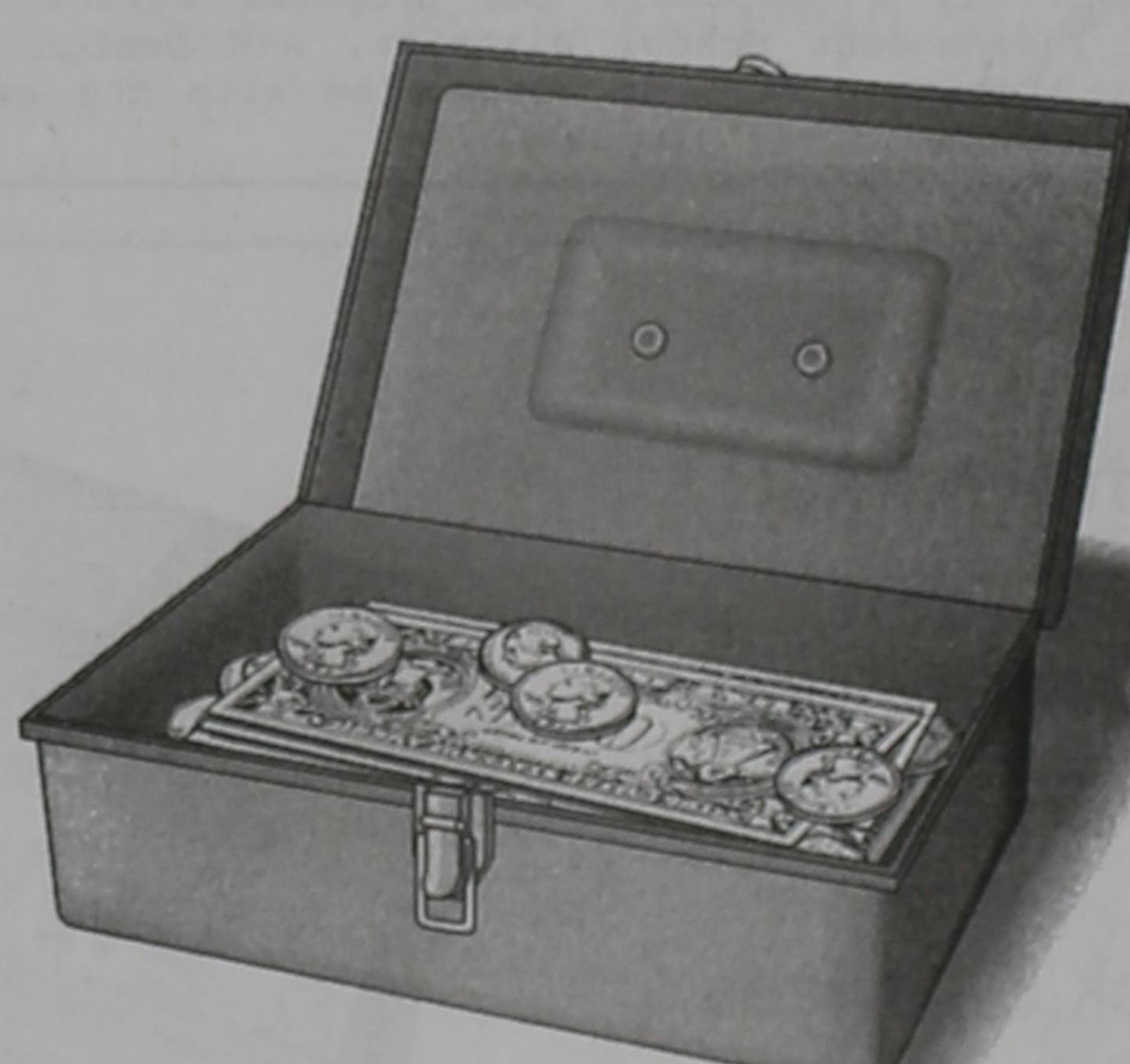


**Candidate for
County Commissioner
Precinct 2**

*I would appreciate your vote!
Early voting Feb 18-28*

pol. ad paid by candidate

WHAT IS YOUR PEACE OF MIND WORTH?



There's no better place for your valuables than a Safe Deposit Box at Friona InterBank. It cost only pennies a day for priceless protection and peace of mind.

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ATTENTION TO ALL PARMER COUNTY VOTERS

The State of Texas requires all Registered Voters to bring a photo ID to the polling place for the March 4, 2014 Democratic or Republican Primary. This law is to protect the citizens of Texas and the electoral process against voter fraud. In the event a voter fails to provide a photo ID, he or she will be issued a "Provisional" Ballot. At the end of the election day, the Voter Registrar will determine if the ballot will be counted. You will be advised when you are issued the Provisional Ballot that you will be notified within a 30-day period if your vote counted or not.

Early voting for the March 4, 2014 Primary begins February 18, 2014 and runs through February 28, 2014. You may vote at any of the Early Voting places designated during the early voting period.

Parmer County Clerk's Office—Regular Office hours
February 18 thru February 28

InterBank—Friona
February 18, 24 and 27

First Bank—Bovina
February 21 and 28

Please feel free to contact the Parmer County Clerk's office at (806)481-3691 or the Parmer County Voter's Registrar at (806)481-3485 if you have any questions.

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1105 N. CLEVELAND  **MEMBER FDIC**



Happy Birthday

February 23 - March 1

(To add, delete or change a name on our birthday list, please call us at 250-2211 or e-mail to frionastar@wtrt.net.)

Feb. 23-April Pope, Gayle O'Brian, Dexter Allen, Matthew Kendrick, Doyce Barnett, Leticia Duke, Ryan Lopez

Feb. 24-Mike Smith, Joe Bob Johnson, Sharon Rector, Janice Auburg, Della Patterson, Michelle Morris, Lisa Ann Edelson, Joey Dominguez, Robin Rushing Stolfus, Carmella Hernandez, Carlene Jones, Sabrina Vargas, Lacey Lookingbill

Feb. 25-Lyn Eldon Randolph, Alex Gurley, Hollis Gurley, Tommy Villalobos, David Stephens, Amelia Rose Sandoval, Elva Hernandez, Freddy Flores

Feb. 26-Amy Rushing, Jerry London, Trasa Randolph, Deuce Faires, Christopher Cappa, Kevin Taylor, Ulysses Cooper, Sholby Reeve, JoJo Osborn

Feb. 27-Raye Jean London, Pat Randolph, Jesse Saiz, Mikaelah Cox

Feb. 28-Kathrina Smith, Cindy Alexander, Corbin Neill, Todd Drake, M'Lissa Hurst, Jim Rapp, Sam Mears, Priscilla Trevino, Catalina Garcia, Ruth Renner, Mildred Howell, Desteni Aragon

Feb. 29-Lonnie Ellis, Doreen Duran Stone, Sergio Soliz, Nicholas Villa

Mar. 1-Clydie Black, Joe Osborn, Jean Terry, Lance Outland, Jesse Mendoza, Jr., Jeff Curtis

School Menu February 24-28

Monday

Breakfast-Whole Grain Cereal Variety, Pig in the Blanket, Fruit Salad, V-8 Juice, Milk
Lunch-Sloppy Joe, Lettuce & Tomato Salad, Mixed California Veggies, Fresh Fruit Salad, Milk

Tuesday

Breakfast-Whole Grain Cereal Variety, Whole Grain Waffles, Oranges, Grape Juice, Milk
Lunch-Frito Pie, Corn, Mixed Vegetables, Peaches, Milk

Wednesday

Breakfast-Whole Grain Cereal Variety, French Toast, Apples, Grape Juice, Milk
Lunch-Chicken Fried Steak, Hot Rolls, Tomatoes, Mashed Potatoes, Oranges, Milk

Thursday

Breakfast-Whole Grain Cereal Variety, Breakfast Pizza, Pears, Orange Juice, Milk
Lunch-Chicken Nuggets, Hot Rolls, Green Beans, Carrots, Tropical Fruit, Milk

Friday

Breakfast-Whole Grain Cereal Variety, Breakfast Biscuit, Fresh Fruit Salad, Apple Juice, Milk
Lunch-Tacos, Whole Grain Mexican Rice, Pinto Beans, Grapes, Milk



Sheriff's Report

The Sheriff's Report is chronicled each week by the Parmer County Sheriff's Office.

On February 12, 2014, Jodi Gonzales, 24, of Friona, was arrested by the Bovina Police Department for disregarding a stop sign, possession of drug paraphernalia. Gonzales posted bond and was released pending Municipal Court in Bovina.

On February 4, 2014, in 287th District Court with Judge Gordon Green presiding:

Brandy Richardson, 36, of Clovis, NM, was charged with violation of community supervision for theft. Richardson was sentenced to community supervision revoked, one year state jail division, TDJC, \$210 court costs and \$3,922.78 restitution.



Courthouse Notes

Warranty deeds reported by the County Clerk's Office for the week of February 6 to February 12, 2014:

Delfino Loya and Maria Loya-Cesar Chavez and Micaela Mendoza, L11 E 10' L12 B1 RIDGEVIEW.

Sunset C Ranch LTD-Ryan Willoughby and Crystal Willoughby, S27 BLK C.

Matthew Ezekiel Borunda-Jesus Jose Borunda, NE/4 S8 T4S R4E.

Roland Herrera Jr.-Jesus Jose Borunda, NE/4 S8 T4S R4E.

Friona Economic Development Corporation-City of Friona, 0.114 AC L22-24 B7 OT Friona.

Toribio Monarrez and Maria Bravo Monarrez-Roy Kennet Vielmann and Ana Vielmann, S 20' L2 ALL L3 B8 DRAKE.

Notice for Proposals

Competitive sealed proposals for a single construction contract for the **2014 Re-Roofing Project**, an addition to the **Friona Independent School District**, will be received by the Board of Trustees until **2:00 PM, Local Time, Wednesday, March 5, 2014** in the Friona ISD Administration Building located at 909 E. 11th, Friona, Texas 79035, publicly opened, and read aloud. Proposals shall be addressed to the Owner, **Kenny Austin, Superintendent, Friona Independent School District, 909 E. 11th, Friona, Texas 79035.**

Plans, specifications, and contract documents have been prepared by **A+E Design Group, Inc., P.O. Box 1307, Canyon, Texas 79015 (Phone: 806-655-9361)** and may be obtained at no charge at:

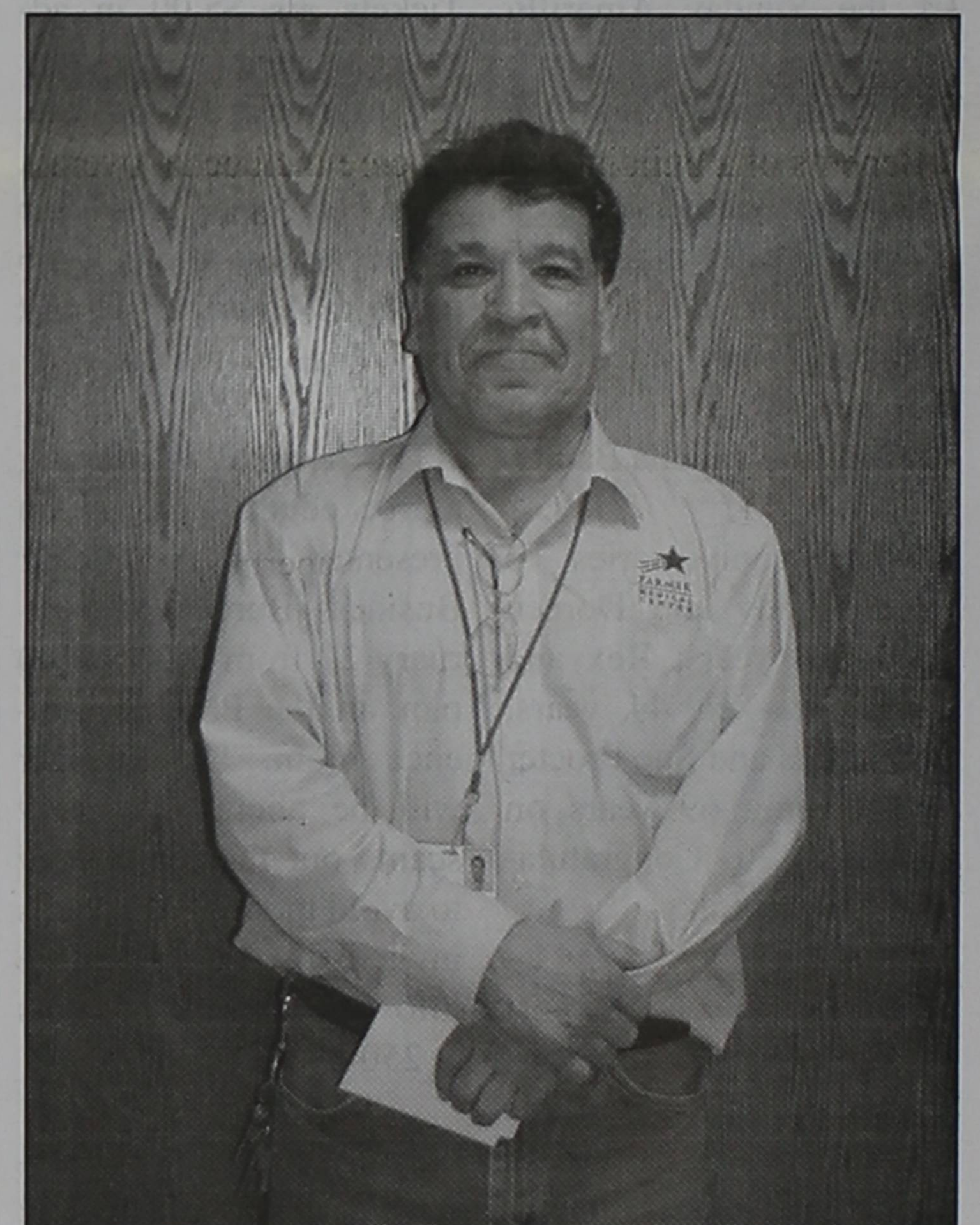
A mandatory Pre-Bid meeting will be held on **Wednesday, February 25, 2014.** All those interested in submitting proposal are required to attend.

Plans and specifications may also be available at **ABC Blueprint, 906 Tyler Street, Amarillo, Texas 79101 (Phone: 806-376-5671)** and online at **www.blueprinter.com, Attention: Mike Bahn.**

By submitting a proposal, the proposer agrees to waive any claim against Friona Independent School District, A+E Design Group, Inc., or Stephen L. Butler, Architect made in connection with the administration, evaluation or recommendation of any proposal.

Friona Star

IS ONLINE AT
frionaonline.com



courtesy photo

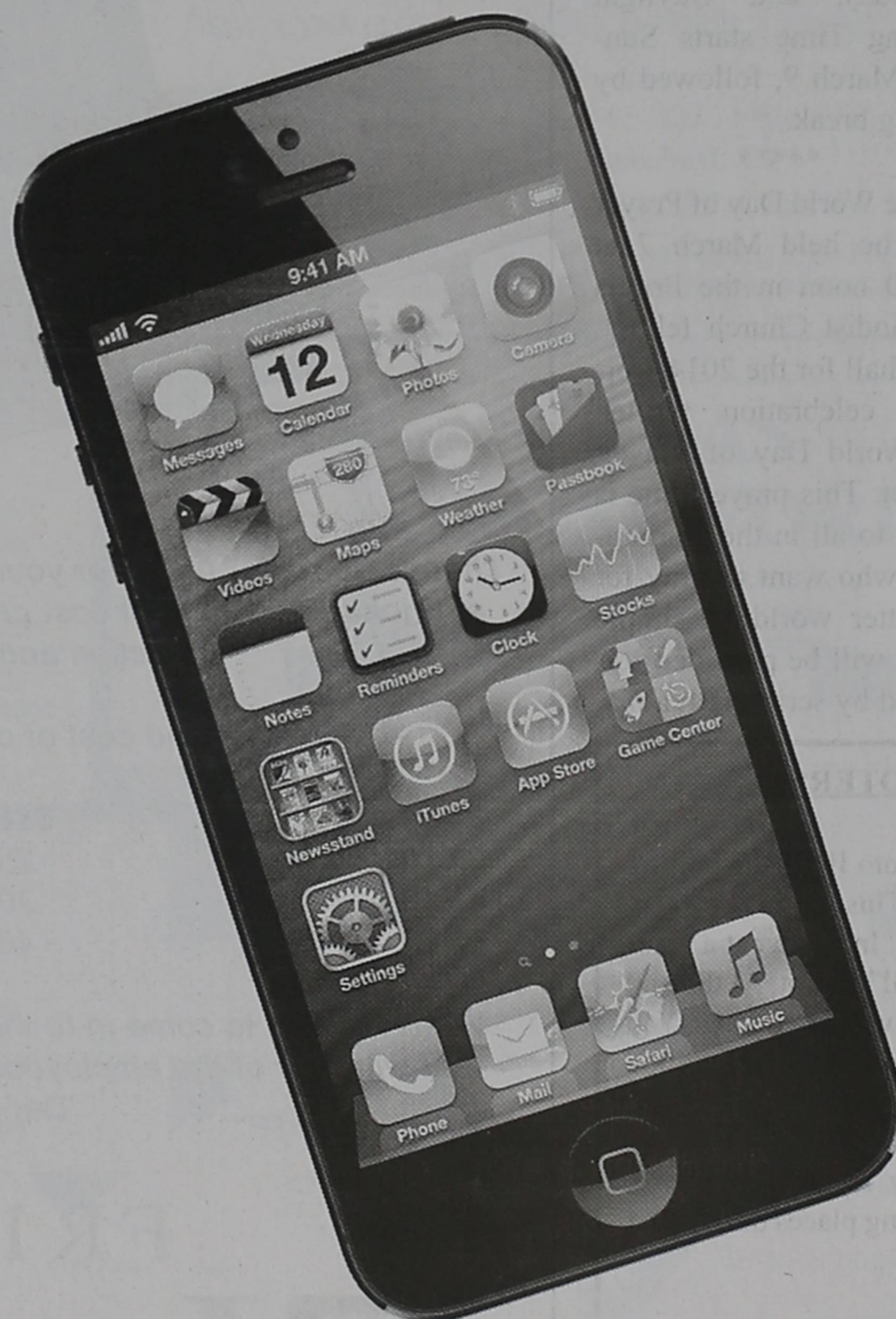
Parmer Medical Center is proud to announce that **Johnny Sanchez** was selected as the **Employee of the Month for January.** An employee of the hospital since July 15, 2013, Johnny is part of the maintenance department. He was born in Tucumcari, NM and moved to Friona in the 80's. Johnny says the best part of his job is in the summer when he gets to mow the lawn and be outside. A great addition to the PMC staff, we congratulate Johnny for this recognition.

With the First National Bank App for iPhones and Androids you can:

- Check Balances
- Transfer Funds
- Deposit checks up to \$5,000
- Pay Bills
- Turn your debit card off and on

Stop by our Friona Banking Center for more info

Se Habla Espanol



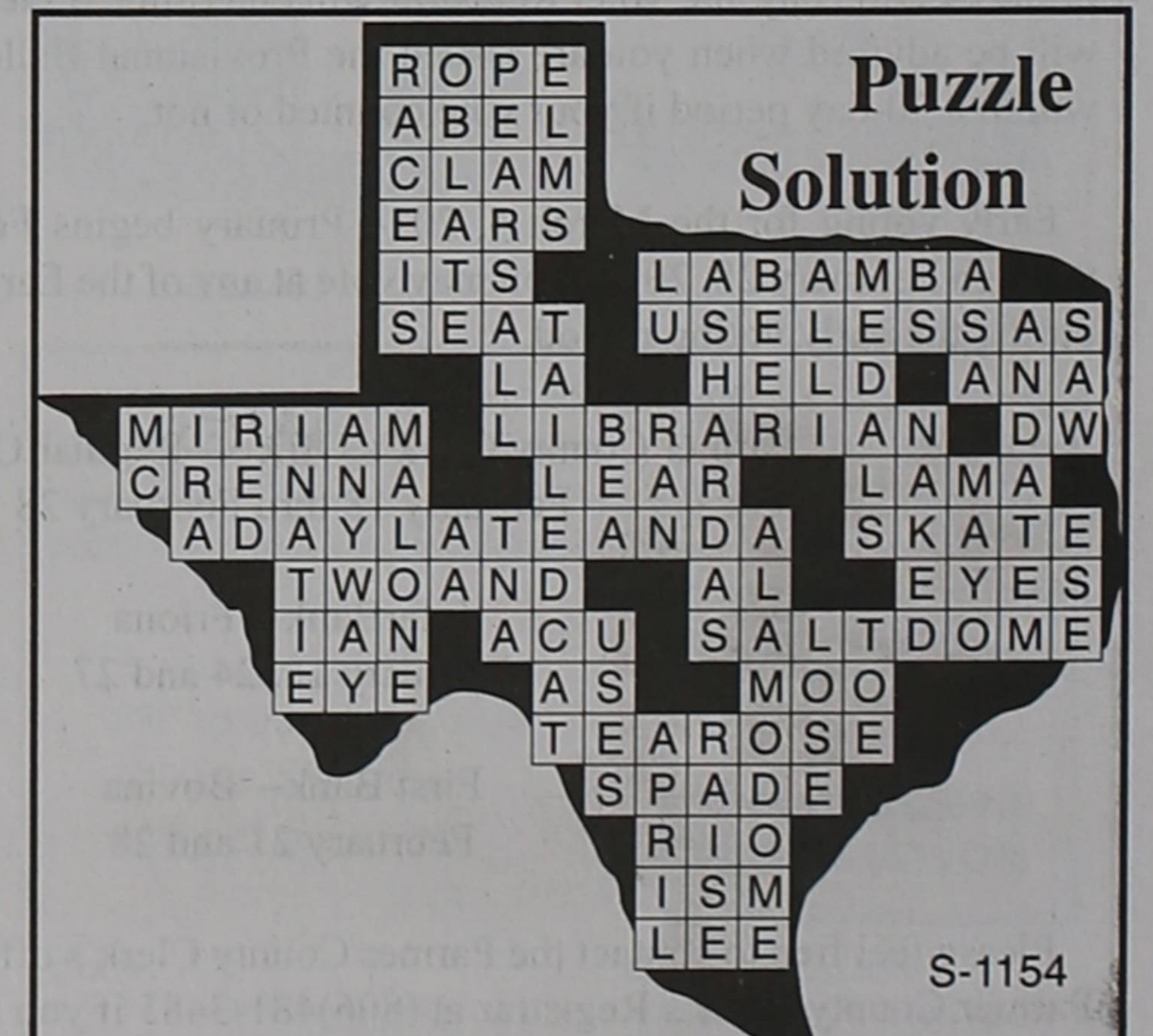
See you at the Chamber of Commerce Banquet!



MEMBER FDIC
710 W 11TH
PO BOX 727
Phone 806-250-2900
Banking Hours:
Monday-Friday
8:30 am to 4:00 pm
Drive-thru open Friday until
6:00 pm



Puzzle Solution



S-1154

Singling Out Solutions

BRETT HOYLE, Pastor, First Baptist Church

What is the solution to our nation's ailments and problems today?

Is the solution Obamacare, to give everyone good health insurance, although we will all one day die?

Is the solution increased government control since they know what's best for you?

Is the solution cutting the budget and chopping down the deficit so we will stop spending money we don't have?

Is the solution allowing homosexual unions, pot smoking and whatever else is right in your own eyes, so that we stop offending people with moral standards?

No doubt, we could come up with thousands of other solutions that have been proposed, but the problem with all the aforementioned solutions is that they are man's solutions and not God's!

2 Kings 6:24-33 is the account of a Syrian siege on the Northern Israel city of Samaria, and Samaria is in need of a solution because people are dying, supplies are dwindling and the King is at a loss about what to do. He is not able to single out a solution to fix the problem. He was not able to find a solution because he refused to look into God's Word, and abhorred the idea of following God alone.

You see, the solution was simple in God's eyes; confess your sins, repent of your sins, and turn to Him.

Did you know that is the same solution we need today also? Sin abounds in our culture, to our detriment, and God still loves you and calls you to confess your sins, and repent and turn to Him today.

At The Core

By Melanie Gallman Braun

The Olympian athletes are center stage now. They have trained and conditioned their bodies (and minds) to compete at the ultimate level. They amaze us, and many times, they make it look so darn easy!

There is a common denominator in every Olympian's training schedule. Doesn't matter what event it is. They absolutely must have a strong core. As far as fitness is concerned, your skills and abilities are only as good as your core is strong. A strong core gives you a foundation to build on. If your core is weak, you aren't going to be able to progress.

What is your core? Most people think of abs. Your core certainly does include the abs, but it also includes the lower back muscles, glutes and inner/outer thighs. Your core is often referred to as your "powerhouse."

Benefits of a building a strong core include an overall increase in body strength, a decreased chance of injury, better posture, minimization of lower back pain, and better balance and stability. A well-rounded fitness routine should always include core strengthening exercises.

Not sure where to start with core training? You can Google "core exercises" and get a zillion exercises. Stability balls and BOSU trainers are awesome for working the core. Planks, bridges, roll ups, and Superman exercises are great for your core as well and require no equipment.

You can always email me at fitnessdynamicswithmelanie@yahoo.com for suggestions. Power up!

Country Thoughts
dana jameson



This could work!?!

Weight! It's a pretty heavy subject. Pardon the pun. Either we don't have enough or we have too much.

In my case, it is too much. My clothes tell me every day there is just too much weight, or is it mass, to fit into what fit me just a year ago.

Either way there is just too much of me.

I have tried a number of diets from the 'all you can eat meat/fruit/vegetable' diets to getting professional dieting help.

This time I thought I would just wander around on the internet and listen to my friends.

Facebook had the first offering of a diet centered on honey and cinnamon. I thought, "Hmmm, this could be right up my alley. I love cinnamon toast with honey." (cinnamon and honey on bread is not a good idea if you are giving up carbs)

As I read through the posting, I found that these two ingredients are good for other things than toast. So maybe this is the one for me.

As I was reading about cinnamon and honey, my phone rang. It was a good friend of mine that is doing the protein diet. She is drinking two protein-packed drinks a day and eating one meal a day. That meal is huge and filled with protein, vegetables and NO carbs. She is slowly taking off the pounds

that have taken years to put on.

This could work.

I talked to another friend of mine that is showing tremendous willpower by only eating one meal a day and drinking lots and lots of water. He started this diet after the first of the year and is losing weight. He says he feels better.

This could work.

There is always the Atkins diet, Weight Watchers, Nutri-systems, and all the other diets that are advertised every two minutes on television.

This could work.

The only problem with those commercials are that they are followed up by advertisements for McDonalds, Chili's, Applebees, etc.

So many choices when the best thing possible is moderation and exercise.

There is that dreaded word...exercise!

I did a little reading on exercise and found that everything but sitting on the couch eating potato chips can be counted as exercise. Yes, cleaning house can be counted toward your daily exercise.

I have found that everyone is different and no one diet/exercise plan can fit everyone.

For me, moderation, drinking water and walking seem to work. I just have to do all three at one time.

Multi-tasking...this could work.

Panhandle Parables

How many trees to make a forest

JEFF PROCTER, Minister, 6th St. Church of Christ

When we moved to the Piney Woods of East Texas, I found out where the Texas Forest Service resided. There were trees everywhere.

Which led me to another great understanding regarding a phrase I had heard, "You can't see the forest for the trees?"

The question asked in the title of the article creates another challenge, "How many trees does it take to make a forest?"

Well, I have come to the conclusion that is a little bit relative. I think out here in the Panhandle one or two. I have six Chinese Elms in my yard so I am pretty sure I have a forest, although I can't see it for the trees.

Since I am freely giving my opinion on things I know nothing about (trees) let me explain what I think it means to be unable to see forests because trees get in the way. This is only a theory I am floating out there to you my friends, probably won't be going on the lecture circuit with this one.

I think the problem lies in the focus that you have. If you see trees, you may not see the bigger picture, the forest.

I know rocket science here, but more than just trees are lost when our focus is pretty narrow.

I may struggle with a health issue that consumes me to the point I think no one else has an issue as big as mine. I may be so absorbed in the stuff I have, I don't notice those struggling to keep warm or fed.

What one sees depends upon what they have in focus. We miss a lot of life and all that God put in it because we don't step back and view a bigger picture.

What is God doing to mold and shape me? I may not know, especially, if I get hung up on a struggle or a victory and miss where He is going. So realize that forests are made of trees, but step back and see what God is doing with the forest.

Bridal Registry

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Candace Ingram & Shane McGowan
Morgan Anthony & Bo Ivey
Sawyer Reed & Allie Ensor

Ivy Cottage • 250-8073

Candace Ingram & Shane McGowan
Morgan Anthony & Bo Ivey
Sawyer Reed & Allie Ensor
Liz Trevino & Zack Fair

Area Church Directory

Friona				Bovina	
VICTORY FAMILY WORSHIP CENTER 9th & Washington 806-250-2207 Pastor Robert Kerby Website-www.thevictory.tv	CALVARY BAPTIST CHURCH 15th & Cleveland 806-250-3000 Pastor Bobby Broughton CHILDREN'S CHURCH 3 yrs-6th grade	ST. TERESA'S CATHOLIC CHURCH 16th & Cleveland 806-250-2871 Father William	FRIONA UNITED METHODIST CHURCH 8th & Pierce 806-250-3045 Rev. Kurt Borden Email-frionoam@wtrt.net Website-www.frionaumc.com	FIRST BAPTIST CHURCH 308 3rd Street 806-251-1632 Pastor Brian Mullins	ST. ANN'S CATHOLIC CHURCH 401 3rd Street 806-251-1511
FIRST BAPTIST CHURCH 6th & Summitt 806-250-3933 Pastor Brett Hoyle Email-firstbc@wtrt.net Website-www.fbcfriona.com	GRACE BAPTIST CHURCH North end of Congregational Church 1601 Euclid 575-693-6381 Pastor Gary Johnson	SIXTH ST. CHURCH OF CHRIST 502 W. 6th 806-250-2769 Jeff Procter, Minister	TEMPLO DE ADORACION 620 Washington 806-250-5929 Pastor Roy Dominguez	CHURCH OF CHRIST 500 Ave. E 806-251-1334 Mike Prather, Minister	LA IGLESIA DE DIOS DEL PRIMOGENITO The Church of God of the Firstborn 102 2nd Street
QUALITY OF LIFE BIBLE STUDY CHURCH 301 Grand Ave. 806-240-0826 Pastors Mark & Mary Goff	TEMPLO BAUTISTA 403 Woodland 575-693-6381 Pastor Antonio Rocha	TENTH ST. CHURCH OF CHRIST 10th & Euclid Ron Smiley 806-250-3213 Gerall Wylly 806-250-5236	UNITED CHURCH OF CHRIST Union Congregational Church 1601 Euclid 806-250-3635	FIRST UNITED METHODIST CHURCH 205 4th Street 806-251-1124 Pastor Larry Mitchell	IGLESIA BAUTISTA HISPANA 103 1st Street 806-251-5232 Pastor Rafael Marin

THIS DIRECTORY IS MADE POSSIBLE BY THESE BUSINESSES WHO ENCOURAGE ALL OF US TO ATTEND WORSHIP SERVICES.

Cargill Cattle Feeders 806-225-4400 A Cargill Company PO BOX 150 Bovina, Texas	251-1324 800 Hwy. 86 Bovina, Texas	P.O. Box 956 Friona, Texas 79035 (806) 265-3433 (806) 265-3281	W Services Inc. 1010 Columbia at Hwy 60, Friona Hours: 8:00 am-5:00 pm Monday-Friday 250-5555	<p style="font-size: 0.8em;">We are here to serve you with Old Values and New Visions. Come by and see us and let us help you with your banking needs</p> <p style="font-size: 0.8em;">Member FDIC - Equal Housing Lender</p> <table style="width: 100%; font-size: 0.8em;"> <tr> <td>301 W. 3rd</td> <td>710 W. 11th</td> </tr> <tr> <td>Hereford TX</td> <td>Friona TX</td> </tr> <tr> <td>806-363-2265</td> <td>806-250-2900</td> </tr> </table>	301 W. 3rd	710 W. 11th	Hereford TX	Friona TX	806-363-2265	806-250-2900
301 W. 3rd	710 W. 11th									
Hereford TX	Friona TX									
806-363-2265	806-250-2900									
FRIONA InterBank Phone 250-5000 "Where People Come First" 1105 N. Cleveland www.interbankus.com	WEST TEXAS RURAL TELEPHONE COOPERATIVE Phone 806-364-3331 Hereford, Texas 79045	First Bank Bovina Member, FDIC Equal Housing Lender 101 North Third 251-1442	250-3913 1205 Hwy. 60 West Friona Texas	HI-PRO FEEDS East Highway 60 Box 519 Phone: 250-2791 Friona TX 79035						

Phillip Dean Bates

Phillip Dean Bates, 73, of Lubbock, died Monday, February 17, 2014 in Lubbock. Graveside Services were held Wednesday February 19, 2014 at the Friona Cemetery in Friona with Jeff Procter, minister of the 6th St. Church Of Christ in Friona, officiating. Burial followed by Blackwell-Mullins Funeral Home in Friona.



Phillip Dean Bates

Mr. Bates was born October 15, 1940 in Hereford, Texas to R.L. and Martha Evelyn Watson Bates. He graduated from Abilene Christian University in 1963 with a degree in mathematics. In 1964, he married Gretchwin Carlotta Brown and began a 20-year career in the United States Air Force becoming a highly decorated Cold War veteran working on the Minute-

man Missile Program and the Disaster Preparedness Program. He wrote the Alabama Disaster Preparedness Program in use in that state today. After he retired from the U.S. Air Force with the rank of Major, he became a coach and math teacher for the Lubbock I.S. D. He loved hunting, coaching recreational baseball and softball and was a member of the Church of Christ.

He is preceded in death by his parents.

Survivors include his wife Gretchwin of Lubbock; four sons- Daniel Bates of Dallas, Robert Bates of Dumas, Jay Bates of Lubbock, and Duane Bates of Atlanta, Georgia; two daughters- Amy Bailey of Bossier City, Louisiana and Melissa Richling of San Diego, California; one brother-Dr. Dwight Bates of Athens, Texas; and 11 grandchildren.

Memorials can be made to The Children's Home Of Lubbock, 4404 Idalou Rd, Lubbock, TX 79403

You may sign the online register book at www.blackwellmullins.com



Hertha Ann Frye

Celebration of life services for Hertha Frye, 94, a Hereford resident, were held Saturday, February 15, 2014, at Frio Baptist Church with the Reverend James Peach, pastor, officiating, and Reverend Dale Weise, pastor of First United Methodist Church of San Angelo, Texas, officiating. Interment was at West Park Cemetery. Services were under the personal supervision of Parkside Chapel Funeral Home.

Mrs. Frye passed away February 13, 2014.

Hertha Ann Suhr was born February 8, 1920 to George and Christina Suhr in Germany. Hertha married Harland Frye on April 17, 1938 in Davenport, Iowa. She moved to Castro County in 1938 from Davenport. Mrs. Frye was a member of Frio Baptist Church. She worked diligently alongside her husband on the farm raising her family and was an awesome mother. Her

family was her life.

Survived by two sons, Kenneth Frye and wife Linda of Hereford, and George Frye and wife Aundrea of Friona; eight grandchildren; 22 great-grandchildren; three great-grandchildren.

She is preceded in death by Harland Frye and a son Houston Frye.

Family suggests memorials be made to Frio Baptist Church, 320 FM 1055, Hereford, Texas, 79045 or a charity of choice

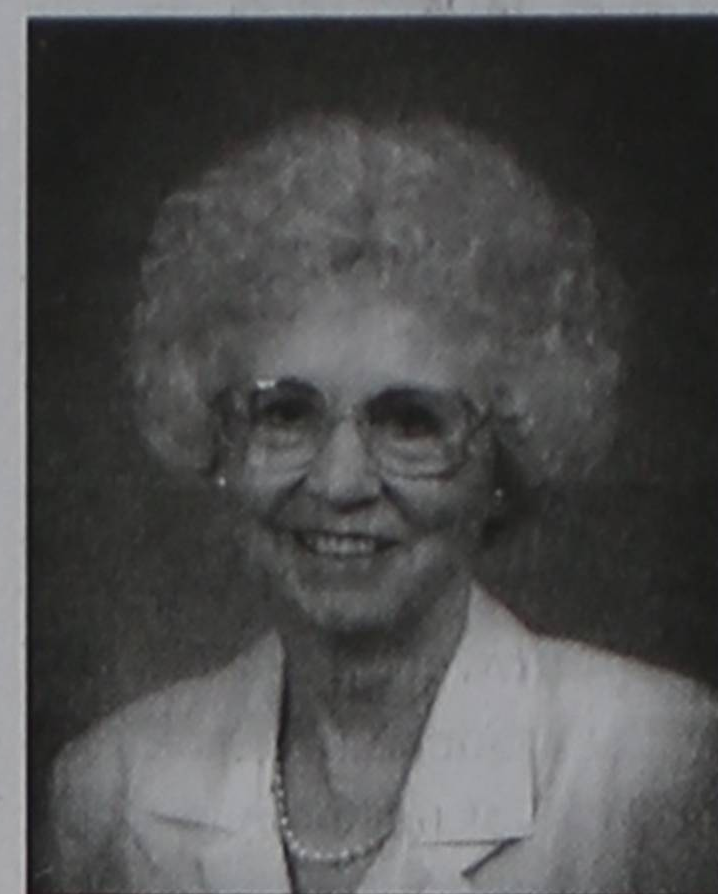
Minnie Jean Bullock

Minnie Jean Bullock, 88, passed away February 15 in Friona, TX.

Graveside services were held Tuesday, February 18, 2014, at Sunset Memorial Gardens Cemetery in Odessa, Texas. Services were under the direction of Hereford Heritage Funeral Home, 411 E 6th Street, Hereford, Texas.

Jean was born on December 12, 1925 in Littlefield to Tom and Minnie Matthews. She grew up in the Littlefield area, graduating from Littlefield High School in 1943. She attended Wayland Baptist College, where she met her future husband, Don Bullock. After transferring to West Texas State College, she completed her degree in Home Economics.

On November 3, 1946, she and Don married in Littlefield. They spent the first part of their married life in Plainview, but in 1952, he was called into the Marines, and they moved to Oceanside, California, and were stationed at Camp Pendleton for the duration of the Kore-



Minnie Jean Bullock

an War. Returning home with a baby girl added to their family, Don went to work for Dunlap's Department Store in Lubbock. In 1955, he was transferred to Odessa to be the manager of the store there. For the next 53 years, Odessa was their home.

Jean was a dedicated member of First Baptist Church, where she and Don served as greeters, as Sunday School teachers, and as members of numerous committees. She also worked as a Hospital Auxiliary Volunteer and as a driver for Meals on Wheels; however, she considered her job as Home-maker to be a full-time

profession. She was an accomplished seamstress and cook.

At Don's death in 2008, she moved with her daughter and son-in-law to Hereford and spent her last years at Prairie Acres Nursing Home in Friona, where she found a new family who loved and cared for her.

Pre-deceasing her were Don, her husband of 62 years; an older sister, Marilyn; and her parents.

Survivors include her daughter, Cindy Rogers and son-in-law, Joe D., of Hereford; her granddaughter, Joscelyn, also of Hereford; two sisters: Linda Tregoe of Fort Walton Beach, FL., and Tommie Porter of Lubbock; and several nieces and nephews.

The family suggests memorials to one of the following: First Baptist Church, Odessa, 709 N. Lee, 79761; Prairie Acres Nursing Home, 201 E. 15th, Fion, 79035; The Alzheimer's Association, P. O. Box 96011, Washington, D. C., 20090-6011, or at www.alz.org.

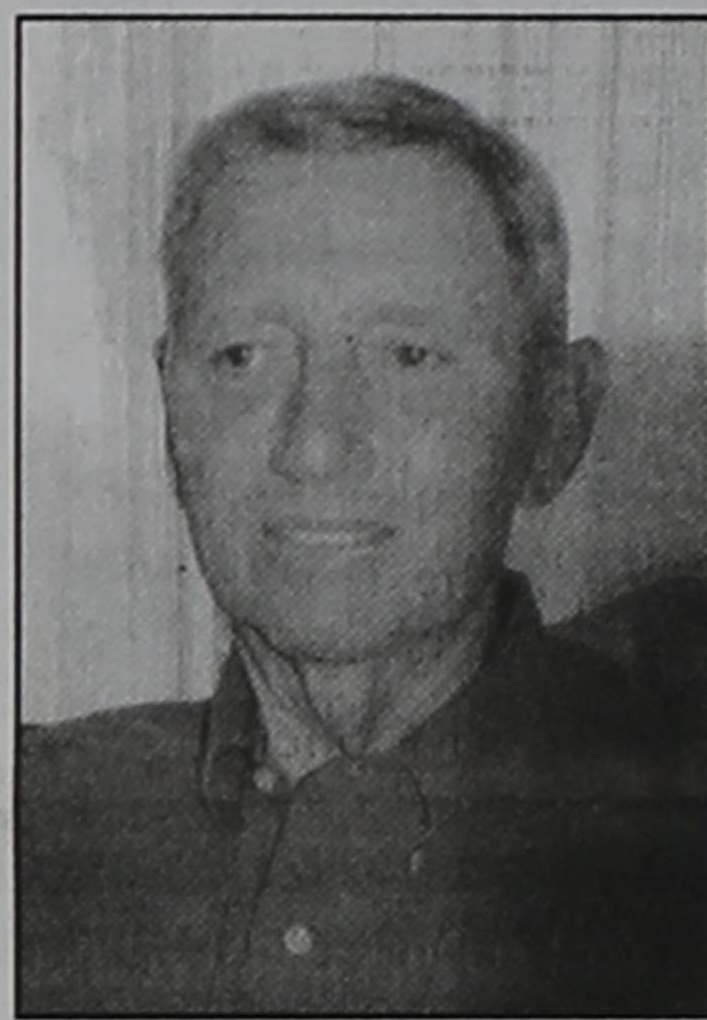
Elvis Powell

Services for Elvis Powell, 78, of McKinney, Texas, were held Wednesday, February 19, 2014, at Muleshoe Church of Christ with Curtis Smith of Muleshoe officiating. Burial was in Lazbuddie Cemetery.

Elvis died February 16, 2014 in McKinney, Texas. He was born June 9, 1935 in Crosby County, Texas to Byron and Hazel Powell. He married Billie Edwards in Lubbock on February 21, 1958.

Elvis was a member of the Muleshoe Church of Christ. He graduated from Ralls High School in 1954, and then attended a year of college at Texas Tech University. He then began to farm in the Crosbyton and Ralls communities.

Elvis and Billie moved from Ralls to Lazbuddie in 1960. He was appointed Cub Master for Pack 620 in Muleshoe for 2 years. He served 8 years on the Lazbuddie School board,



Elvis Powell

and coached Babe Ruth and Little League baseball for 13 years.

Elvis also served on the Muleshoe Gin Board for 8 years. He was selected in 1970 as young Farmer of the Year in the Muleshoe area. Elvis was selected to serve on the Plainses CO-OP Association Oil Mill Compress marketing Association.

He was elected as the Parmer County, Precinct 4 Commissioner and served from 2003-2010. He retired from farming in

2011, and he and his wife Billie moved to McKinney, Texas.

Elvis is survived by his wife Billie Powell of McKinney, Texas, three sons Ronald Dean Powell and wife Toni of McKinney, Texas, Mickey Cam Powell and wife Debbie of Colleyville, Texas, and Danny Dewitt Powell of McKinney, Texas, one brother Don Powell of Friendswood, Texas, and six grandchildren.

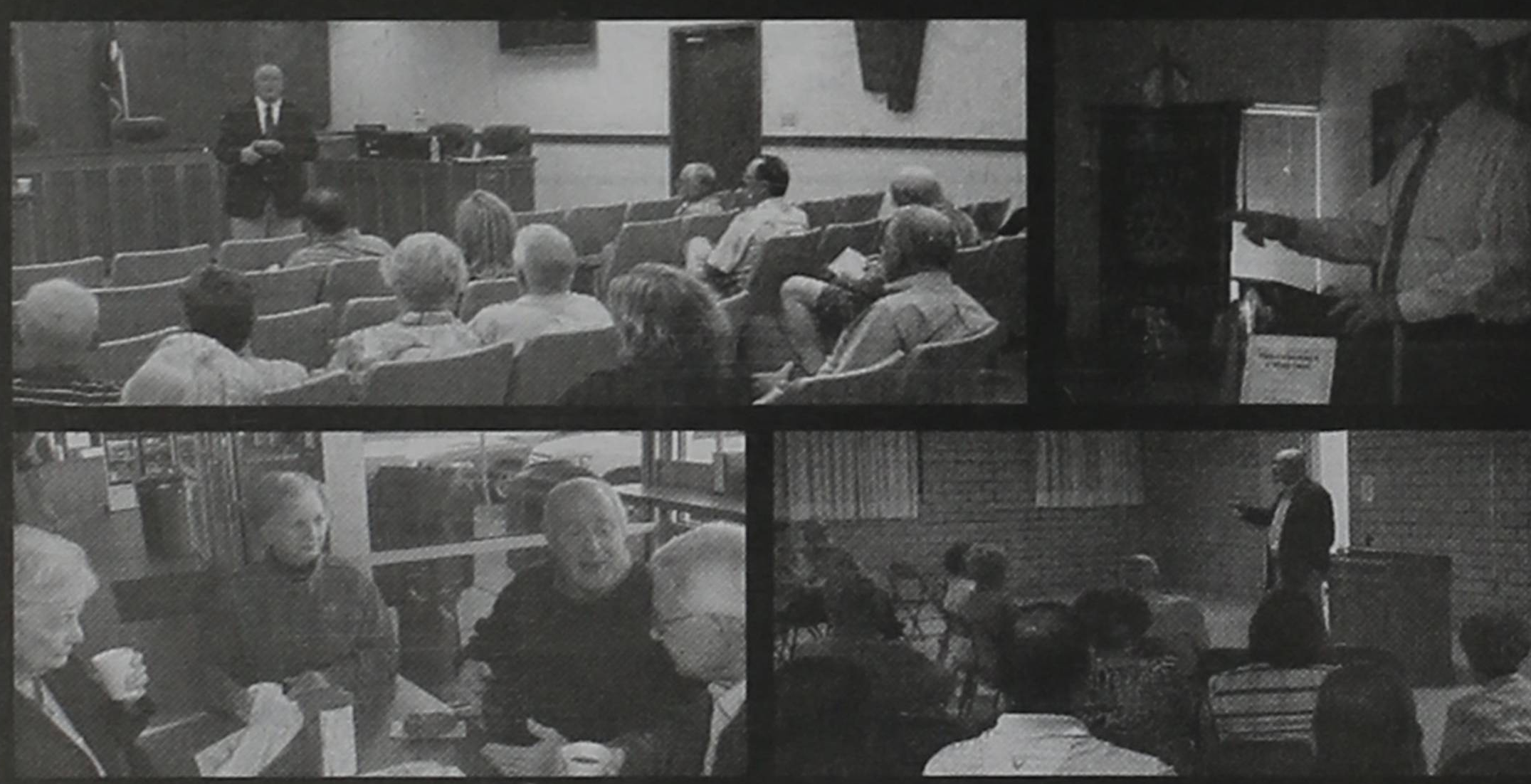
He is preceded in death by his parents Byron and Hazel Powell, and one brother Melvin Powell.

Memorials may be made to The New Mexico Children's Home, 1356 NM 236, Portales, N.M. 88130, Lazbuddie EMS & Fire Dept., P.O. Box 155, Lazbuddie, TX 79053, or The Children's Home of Lubbock, 4404 Idalou Hwy, Lubbock, TX 79403.

Online condolences can be made at www.ellisfuneralhomes.com.

267

Townhall Meetings & Counting!



Staying true to his original campaign promise to hold at least one townhall meeting annually in each of the 37 counties he serves in the Texas Senate, Kel Seliger recently completed his 267th Town Hall Meeting.

WITH INPUT FROM LOCAL CITIZENS, KEL HAS WORKED HARD TO DELIVER CONSERVATIVE AND RESPONSIBLE RESULTS

- Fighting to repeal Obamacare and its tax
- Proven leader to secure future water resources for West Texas (Prop 6)
- Helped pass a balanced state budget with no tax increase
- Restored \$5.6 billion in state public education funding
- Voted for a \$1.4 billion business tax cut
- Supported increased border security measures
- Voted for stronger pro-life and pro-family reforms
- Strengthened property owner and gun owner rights
- Voted for mandatory drug testing for state unemployment benefits

Kel listens and gets it done!



Republican Primary: March 4, 2014
Early Voting: February 18 - 28

www.KelSeliger.com
Campaign Hotline: 432-528-9427
Email: Lauren@kelseliger.com

Pol. Ad by Kel Seliger Campaign

NOTICE TO BIDDERS

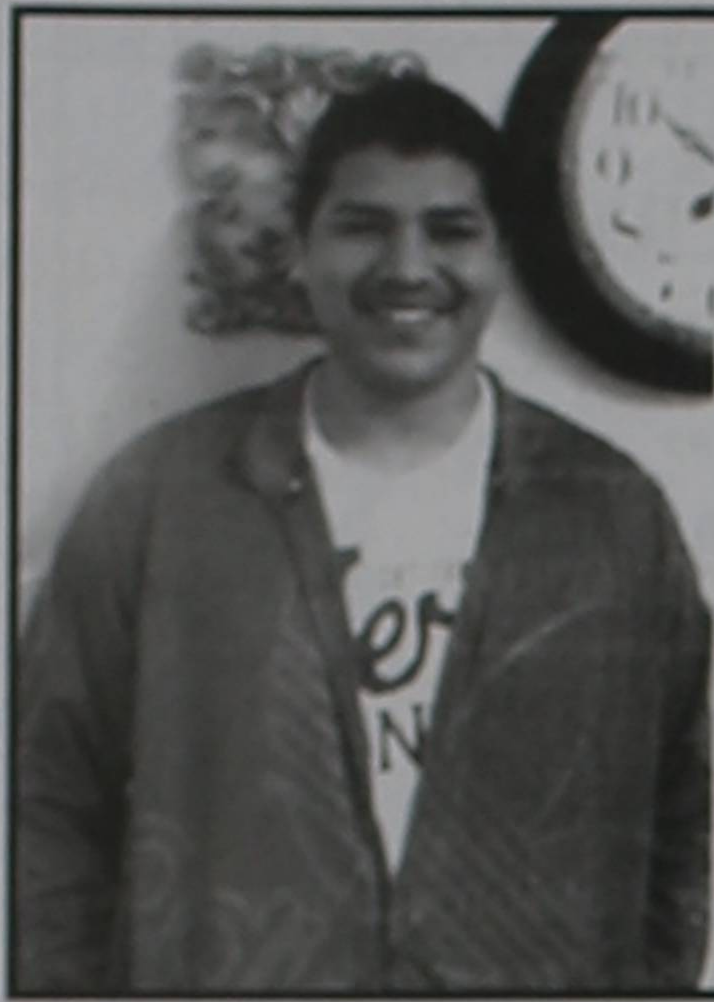
The Parmer County Commissioners Court is currently accepting bids for (2) Balderson 12 ft. Snowplows. Bids must be brought or mailed to Trey Ellis, County Judge at 401 Third Street, Room 104, PO Box 506, Farwell, Texas 79325, to be received no later than 5:00 p.m., Friday, February 21st, 2014. Bids will be considered Monday, February 24th, 2014 during regular session of Commissioners Court. Please include an original and four copies in your bid packet.

All questions concerning the Balderson 12 ft. Snowplows should be addressed to James Clayton, Commissioner, Precinct #2 at 806/225-7254.

The Parmer County Commissioners Court reserves the right to accept or reject any or all proposals.

By order of the Parmer County Commissioners Court, Trey Ellis, County Judge.

FHS students and staff of 3rd six weeks



Senior - Abayomi Salinas

Abayomi is a responsible young adult. He is always willing to help his classmates. He is a member of the Fighting Chieftain football team and a powerful addition to our powerlifting team. He has placed in numerous powerlifting meets. He is an asset to Friona High School.



Staff - Imelda Saucedo

Mrs. Saucedo is an outstanding member of the Office Staff. Many students have noted that she is a great person who cares and loves all of the students at Friona High School. She is encouraging and wants every student to succeed and achieve great things. She is a one of kind person and we are lucky to have her! Mrs. Saucedo goes out her way to help students and staff and does so with a positive attitude. She is efficient with questions and problems. She is a great new addition to our staff as Office Secretary.

Junior - Alexis Alvarado

Alexis Alvarado is known for her endearing personality and is known for making people around her happy. We can always count on her smile. She has many activities in play, such as being a member of the Junior Varsity Cheerleading, the JV basketball team. She has many activities in play and she is very proficient at them all.



Sophomore - Dayana Prieto

Dayana Prieto is a young woman that has a great personality and is known to try hard in all of her classes. She is always willing to help other students, and does so with a smile. She works well with adults and with peers. She is active in FCCLA, competing at the state level and making a perfect score on a written leadership exam. Her peers note her as a great person to be with and that she is very funny!

Freshman- Alexa Garcia

Alexa is the freshman class president and she enthusiastically uses her leadership skills to help students and Friona High School. She is active in FCCLA and Student Council. She is positive, responsible and makes school a priority. She is a great example of Friona Pridel.



Feed Grains conference in Muleshoe

A Feed Grains Conference will be held Feb. 28, hosted by the Texas A&M AgriLife Extension Service office in Bailey County. Registration will begin at 8:30 a.m. with the program following from 9:00 a.m. to noon at the AgriLife Extension office in Bailey County, 118 West Ave C in Muleshoe. Three Texas Department of Agriculture continuing education credits - two general and one integrated pest management - will be available. A \$10 registration fee will be payable at the door. For more information contact the AgriLife Extension office in Bailey County at 806-272-4583.

SAMPLE REPUBLICAN PARTY PRIMARY BALLOT Parmer County, Texas March 4, 2014

Vote for the candidate of your choice in each race.
"I am a Republican and understand that I am ineligible to vote or participate in another political party's primary election or convention during this voting year."

FEDERAL	<i>Court</i>	JoBeth Gipson
United States Senator	Nathan Hecht	
Reid Reasor	Robert Talton	County Chairman
John Cornyn		Elizabeth McLellan
Chris Mapp	<i>Justice, Supreme Court,</i>	PARTY REFERENDUM
Dwayne Stovall	<i>Place 6, Unexpired Term</i>	Indicate yes or no on
Ken Cope	Joe Pool	each referendum
Curt Cleaver	Jeff Brown	
Linda Vega	<i>Justice, Supreme Court,</i>	<i>Religious Freedom</i>
Steve Stockman	<i>Place 7</i>	Texans should be free to
	Jeff Boyd	express their religious
<i>U.S. Representative,</i>	<i>Justice, Supreme Court,</i>	beliefs, including prayer,
<i>District 19</i>	<i>Place 8</i>	in public places.
Chris Winn	Phil Johnson	
Donald May	Sharon McCally	<i>Second Amendment</i>
Randy Neugebauer		Texas should support
		Second Amendment
STATE	<i>Judge, Court of Criminal</i>	liberties by expanding
<i>Governor</i>	<i>Appeals, Place 3</i>	locations where
Lisa Fritsch	Bert Richardson	concealed handgun
Miriam Martinez	Barbara Walther	license-holders may
Greg Abbott		legally carry.
SECEDE Kilgore	<i>Judge, Court of Criminal</i>	
	<i>Appeals, Place 4</i>	<i>Franchise Tax</i>
<i>Lieutenant Governor</i>	Jana Jo Wood	Texas should abolish the
David Dewhurst	Kevin Patrick Yeary	state franchise tax, also
Jerry Patterson	Richard Dean Davis	known as the margins
Dan Patrick		tax, to encourage
Todd Staples	<i>Judge, Court of Criminal</i>	business growth.
	<i>Appeals, Place 9</i>	<i>Welfare Reform</i>
<i>Attorney General</i>	David Newell	Texas recipients of
Barry Smitherman	W.C. "Bud" Kirkendall	taxpayer-funded public
Ken Paxton		assistance should be
Dan Branch	<i>State Senator, District 31</i>	subject to random drug
	Kel Seliger	testing as a condition of
<i>Comptroller of Public</i>	Mike Cannon	receiving benefits.
<i>Accounts</i>	<i>State Representative,</i>	
Debra Medina	<i>District 86</i>	<i>No Lawmaker</i>
Harvey Hilderbran	John Smith	<i>Exceptions</i>
Raul Torres		All elected officials
Glenn Hegar	<i>Chief Justice, 7th Courth</i>	and their staff should
	<i>of Appeals District</i>	be subject to the same
<i>Commissioner of the</i>	Brian Quinn	laws, rules, regulations,
<i>General Land Office</i>		and ordinances as their
David Watts		constituents.
George P. Bush	COUNTY	
	<i>County Judge</i>	<i>Obamacare</i>
<i>Commissioner of</i>	Trey Ellis	The Affordable Care
<i>Agriculture</i>		Act, also known as
J. Allen Carnes	<i>District Clerk</i>	"Obamacare," should be
Joe Cotten	Sandra Warren	repealed.
Sid Miller		
Eric Opiela	<i>County Clerk</i>	<i>Editors note: This is the</i>
Tommy Merritt	Gerri Bowers	<i>ballot for Precinct 101.</i>
		<i>The ballot for Precinct</i>
<i>Railroad Commissioner</i>	<i>County Treasurer</i>	<i>202 will include the</i>
Becky Berger	Altha K. Herington	<i>Precinct 2 County</i>
Wayne Christian		<i>Commissioner race</i>
Ryan Sitton	<i>Justice of the Peace,</i>	<i>between Mitch Terry and</i>
Malachi Boyuls	<i>Precinct No. 1</i>	<i>Steve Cockerham.</i>
<i>Chief Justice, Supreme</i>		

SAMPLE DEMOCRATIC PARTY PRIMARY BALLOT Parmer County, Texas March 4, 2014

Vote for the candidate of your choice in each race.
"I am a Democrat and understand that I am ineligible to vote or participate in another political party's primary election or convention during this voting year."

FEDERAL	<i>Railroad Commissioner</i>	dependents of those
U.S. Senator	Steve Brown	individuals.
David M. Alameel	Dale Henry	
Michael "Fjet" Fjetland	<i>Chief Justice, Supreme</i>	<i>A Living Wage For All</i>
Kesha Rogers	<i>Court</i>	<i>Texans</i>
Harry Kim	William Moody	Congress should pass
Maxey Marie Scherr		legislation raising the
	<i>Justice, Supreme Court,</i>	federal minimum wage
<i>U.S. Representative,</i>	<i>Place 6, Unexpired Term</i>	to at least 110% of the
<i>District 19</i>	Lawrence Edward	federal poverty level for
Neal Marchbanks	Meyers	a family of four without
		exception.
STATE	<i>Justice, Supreme Court,</i>	<i>Medicaid Expansion</i>
<i>Governor</i>	<i>Place 7</i>	The Governor and the
Wendy R. Davis	Gina Benavides	Texas Legislature should
Reynaldo "Ray" Madrigal		accept federal funds; as
	<i>Judge, Court of Criminal</i>	provided in the Patient
<i>Lieutenant Governor</i>	<i>Appeals, Place 3</i>	Protection & Affordable
Leticia Van De Putte	John Granberg	Care Act of 2010; for the
		expansion of Medicaid
<i>Attorney General</i>	<i>District Judge, 287th</i>	to provide coverage to
Sam Houston	<i>Judicial District</i>	millions of uninsured
	Gordon Houston	and underinsured
<i>Comptroller of Public</i>	"Corky" Green	Texans.
<i>Accounts</i>		
Mike Collier	PARTY REFERENDUM	<i>On Non-Discrimination</i>
	Indicate for or against on	<i>Legislation</i>
<i>Commissioner of the</i>	each referendum	The Congress and the
<i>General Land Office</i>		Texas Legislature should
John Cook	<i>On Immigration Reform</i>	adopt legislation that
	The United States	expands protections
<i>Commissioner of</i>	Congress must pass	against discriminations
<i>Agriculture</i>	immigration reform;	in employment;
Hugh Asa Fitzsimons III	including an earned path	housing; and public
Jim Hogan	to citizenship for those	accommodations based
Richard "Kinky"	individuals contributing	upon sexual orientation
Friedman	to the economy and the	and gender identity.



STAR CLASSIFIEDS

250-2211
Deadline: Tuesday @ 5 p.m.



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908 WEST 11TH OFFICE: CALL 250-2090
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HELP WANTED

Job opening for secretary at Friona United Methodist Church. Pick up application at 301 E. 8th from 9:30 - 3:30. Job requires friendly, outgoing person with good people and computer skills.

Pay commensurate with skills and education. For information, call 250-3045.

3tc:2.6-2.20

Local company in Friona, TX is seeking a short haul truck driver with a minimum of 3 years experience. Candidate must have a valid Class A driver license, current Health Card, clean driving record, and must be able to pass a drug screen and background check. Full benefit package. Please fax resume to 806-250-2397. tfnc2.6

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806-946-7207
1360 FM 1172 Friona tfnc

PARTS MAN NEEDED
A-1 Service Center
Call Mike for interview
806-250-2731
4tc:1.13-3.6

Class A CDL drivers Wanted
For Messer Enterprises,
contact Hank or Roy Messer
806-282-6577
4tc:1.30-2.20

Now Accepting Applications

KNNK FM 100.5 Radio Station would like to hire a full time local person to sell and service the Parmer County communities.

This person will be responsible for gathering local event information for all area schools, churches, civic clubs and organizations. In addition, this position requires the advertising sales and servicing of the local area businesses for radio advertising on KNNK.

The best person for this position is someone who is knowledgeable of the communities and wishes to be an active part of the local events and activities, as well as someone who is interested in working with businesses and their advertising and marketing needs. Professional appearance and habits are expected as well as a reliable vehicle is required.

For more information contact Monte Spearman at the KNNK office in Hereford or call 806-363-1005.



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Call 806-250-8021 or 806-346-1279

1tp:2.20

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1 bedroom, 1 bath. Bills included.
Call 806-250-8021 or 806-346-1279

1tp:2.20



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Realtors

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806-250-2745
806-265-5028 cell

www.frionarealestate.com



Sales Associates:
Mike Chaney
806-265-7605

George Rushing
806-265-7037

New Listing

4/3 Two Story Brick w/central heat & air, fireplace, two living areas, indoor pool, new roof & siding, fenced backyard, 2 storage buildings.....\$151,900

Residential

4/3/2 Brick w/central heat & air, fireplace, new corner Jacuzzi tub in master bath, built-in shop, new roof, oversized garage, Western Addition.....\$275,000

REDUCED: 3/3 Stucco 2-Story Country Home on 3 acres, lots of remodels, barn with horse pens, storage bldg. new metal roof.....\$165,000

3/2/2 Brick w/central heat & air, fireplace, open floor plan, new roof, ceramic tile, new storage building in fenced backyard on 2 lots.....\$138,000

3/2/2 Brick w/central heat & air, fireplace, new roof, sunroom/office, lots of closets and storage, 2 storage buildings in fenced backyard.....\$137,000

REDUCED: 4/3/2 Two-Story Brick w/central heat & air, downstairs, fireplace, fenced backyard with storage bldg. close to Hospital.....\$134,900

2/2/2 Brick w/central heat & air, fireplace, two living areas, all rooms very large, new roof, metal siding on eaves, fenced backyard.....\$127,000

4/2 Brick w/central heat & air, fireplace, two living areas, marble tile throughout, fenced backyard, new roof.....\$119,000

3/2/2 Brick w/central heat & air, fireplace, new roof, detached carport, new interior paint in kitchen and bedrooms, fenced backyard w/storage.....\$105,000

3/2/2 Brick w/central heat & air, two living areas, new roof, fenced backyard, close to High School.....Cont. Pend.

4/3 Brick w/central heat & air, fireplace, two living areas.....Cont. Pend.

1120 Etta \$89,900

REDUCED: 3/2/2 Brick w/central heat & air, fireplace, new roof, new paint inside and outside, new ceiling fans in bedrooms, fenced backyard

FOR SALE BY OWNER

House For Sale by Owner

One of the Oldest English Tudor Style homes in Farwell. Unique in appearance & originality. 700 3rd Street.

3 Bedroom/2 Bath/2 Car Garage/Separate Apartment in Back, 2400 total sq.ft. Red brick, Wood Shake Shingle roof, 7 ft concrete block privacy fence, central heat & air, wood floors/carpet, tile bathrooms, underground sprinkler, covered front porch, unfinished basement, Backyard Adventure playhouse/swing set, separate fenced side yard play area, large shade trees surround the property.

Shown by appt. only. Call 806 946 8968.

tfnc:8.15.13

FARMS/RANCHES FOR SALE

Established Independent Parts Business. Excellent location in Friona, Texas for 34+ yrs. Building, inventory & manufactured home all included.

JUST LISTED! 2807 FM 2397 - Friona, TX. - 2,130 sq. ft. +/-, three bdrm., two bath, large family room w/fireplace, dining room, kitchen, utility room, new windows/carpet, central heat/air, two car garage, two storage bldgs. & one metal frame shop.

CASTRO CO., TX. - Hwy. 86 - 2,641.88 acres +/- irrigated, dryland & CRP.

JUST OUT OF HOBBS - 137 ac. +/- w/1400 cow dairy, a 4000 sq. ft. nice home & accompanying improvements. Seller will consider all offers including offers for the dairy & acreage and/or the home w/ acreage.

HORSE MOTEL - TUCUMCARI, NM - known coast-to-coast and in all parts in between - 4 ac. +/- on the edge of town. Nice metal frame horse stables w/pipe-rail pens. Nice brick home, 3 bdrm., 2 bath. Excellent opp.!

NORTH HANSFORD CO. - 640 ac. +/- with 3 sprinklers (1 near new) & 2 irr. wells, on pvmt. near Gruver, Texas. Test well drilled and showed very good potential!

HANSFORD CO., TX. - 106 ac. +/-, w/nice home, employee housing, nice feedyard w/concrete bunks, one irr. well, 2 large, nice barns, on pvmt.

SE CASTRO CO. FARMS - 1832.49 ac. +/-, fully developed for irr., 2 sections & 320 ac. on Hwy. 194, 160 ac. on Hwy. 168 S. of Hart w/ house & exceptional shop/barn.

NE PARMER CO. - 2,107 ac. +/- (CRP, dryland & grass), Hwy. 60 frontage, irr. potential, irr. wells (not in use).

HEREFORD, TX. - 159 ac. +/-, nice 3bdrm./2 bath w/double garage, guest house, steel barn w/concrete floor, nice set of steel pens, one irr. well, on pvmt.

Please check our website on these properties, ranches in the high rain fall areas in OK, large NM ranches & many other properties.

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3tc:2.6-2.20

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tfnc3.7.13

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Friona Star



courtesy photos

Friona Interbank travelers enjoyed a trip to Costa Rica in January.



Costa Rica was an Adventure!

By Marca Herring

The tropics, volcanos, rivers, the Pacific Ocean, lakes, wildlife preserves, and hanging bridges were all part of the adventure that our 34 travelers experienced on this Costa Rican trip.

We departed from Friona on January 25 for this vacation paradise. We landed in San Jose and enjoyed getting to see the Capital of Costa Rica. The next day we visited a coffee plantation and learned about the planting, harvesting and processing of coffee. We also learned that because of disease, coffee is not one of the top industries of Costa Rica any longer. The top industries are 1) tourism, 2) the making of computer chips and other computer components, 3) farming- pineapples, coconuts, sugar cane and bananas and 4) dairies.

On the second day of our trip, we drove over 5 hours on rough, winding, mountainous roads in our big 54-passenger bus, to Tamarindo Beach in the province of Guanacaste, on the Pacific side of Costa Rica. We really enjoyed sitting and walking on the beautiful volcanic, sandy beach where we watched the waves roll in and saw several surfers and folks playing in the water, but not us. We were waiting for tomorrow and that adventure!

On day 3, most of us signed up for the "Afternoon Sunset Catamaran Cruise". It was very enjoyable sailing along the beautiful coastline with the sun warming us up, feeling and smelling the salt of the ocean breezes and enjoying the camaraderie of our fellow passengers. Some of us even snorkeled and that is where the adventure began.

We were given our gear and jumped in the ocean. We snorkeled around the catamaran and some of us swam to the shore where the strong waves pushed us in and pulled us back, pushed us toward shore and pulled us back. We land lovers learned about the ocean and its strength by this adventure! Later, we saw a beautiful sunset and then our catamaran sailed back near to our hotel where we had to board a dinghy to take us to shore. It was dark with

the strong waves still rolling in and the crew from the catamaran had to use flashlights to spot the large rolling waves in order to position the dinghy to take on the waves. They were experts at this and we only got drenched once! They turned the dinghy around to make the bow of the boat head into the wave instead of leaving the stern for the waves to overtake us completely! Wow! What a memory this made! We all laughed after it was over, in spite of our being completely wet.

Day 4 found us again on board our bus and on the "roads" of Costa Rica. In route, we saw Teak Forests and Coconut Trees along with the Papaya and Banana Trees. We noted the dairy cattle and many horses in fields grazing. Our destination was the Monteverdi Cloud Forest. We enjoyed a nature walk through the cloud forest and were so impressed with our guide, Chris, who knows so much about the plants, trees, birds and animals. This walk helped us to appreciate the conservation efforts that Costa Rica has ongoing to keep these beautiful forests alive and prospering.

The next day we visited a butterfly garden and hummingbird gallery before walking on a "Hanging Bridge" tour. We crossed 11 bridges overlooking the canopy below of the forest. That afternoon we Zip Lined! Most of our group was adventurous enough to do this and we all enjoyed it. There were 11 platforms that we walked to in order to be hooked up to the lines stretching across the forest. It was something we had looked forward to and one of the reasons we chose Costa Rica as our destination. That evening, we attended a lecture on the migratory birds that flock to Costa Rica every year and why. One bird in particular is close to extinction and in order to save these birds, trees are being planted that are indigenous to the area and these birds.

Day 5 found us at Victorino's Farm. Victor Mata is the man who gave the lecture the evening before and asked us to plant a symbolic tree to emphasize the restoration of the forests. Our Meagan Balli and Judy Rocha were chosen by our group to plant an Avocado Tree, which is native to Costa Rica and needed for some species of birds to survive. We were informed that 80% of the land in Costa Rica is protected for restoration and reforestation of indigenous trees.

We then headed for our next 2 overnight stays from the mountainous landscapes of Monteverde to Arenal named for the volcano there. We took a cruise on Lake Arenal the largest, most important

lake in Costa Rica. This lake provides 23% of the power for Costa Rica. 90% of all power in the country is by made by water.

The next morning we took a boat trip on the Cano Negro River to see the wildlife. We saw crocodiles (Cayman) and at least 2 kinds of monkeys: Howler Monkeys and Capuchin Monkeys. We saw birds of many species, butterflies and the surrounding land covered by forests. This was a slow paced, enjoyable cruise. The Arenal Volcano area is known as the land of spas and hot springs. Some of us took advantage of the local spas for a relaxing and a much-needed massage after our adventures of the days before.

We enjoyed the food native to the country: rice and black beans are served with most meals and this dish was very good, fruits like bananas, plantains, pineapple, papaya, and oranges were served in abundance. We usually had fish, beef or chicken for dinner. Their tamales are wrapped in banana leaves and are very good. They serve corn tortillas and lots of fruit salsa. As you can see, none of us went hungry and probably most of us gained a couple of pounds.

We wound up at our arrival point of 8 days ago, San Jose. We took a city tour and discovered that the capital city is very modern with large hospitals, universities, embassies, and other kind of business buildings like any large town of 1.3 million people. There are 2.6 million with the surrounding area making it having 65% of the total population of Costa Rica. The day we left, Feb 2, was not only Super Bowl Day that they enjoy, but also voting day for a new president. The president has to have 40% of the popular vote so they expected to have a run off the first Sunday of April and the final vote on the first Sunday of May.

We loved our great adventure and hope that you can visit our friend and ally Costa Rica. Those making the trip were Perry and Clara Fugate, Jim and Marilyn Culpepper, Lupe Villarreal, and Lanell Kendrick from Hereford. From Clovis were Aaron and Ginger Drager and Jimmy and Katie Starbuck. David Renner lives in San Antonio, Greg and Mary Lou Venhaus live in Amarillo and Regina Spence is from Slaton. Friona folks making the trip were Pat Holland, Raul and Terry Brailif, Dale Widner, Donita Martin, Teddy and Sharon White, Clarence and Peggy Monroe, Patsy Riggins, Judy Rocha and Meagan Balli, Iona Renner, Victor and Socorro Gonzalez, Trini Arias, Elizabeth and Lewis Gore, Jayn Looper and Marca Herring.

NOTICE TO BIDDERS

Sealed proposals addressed to the Honorable Mayor and Aldermen of the City of Friona for the sealcoating of approximately 48,320 square yards of streets entitled:

SEALCOATING - 2014

will be received at the office of the City Manager of Friona at City Hall, 623 Main Street, Friona, Texas, 79035 until:
10:00 A.M.
March 5, 2014

A cashier's check, certified check or acceptable bidder's bond, payable to the Owners in an amount equal to not less than five percent of the bid submitted, must accompany each bid as guarantee that, if awarded the contract, the Bidder will, within fifteen days after receipt of Contract Documents, enter into a contract with the Owners and will execute bonds on the forms provided in the Contract Documents. Any bid received after the time and date listed above will be returned unopened and will not be considered.

Bidders are expected to inspect the site of the work and inform themselves regarding all local conditions.

Contract Documents are on file and may be examined in the office of the City Manager, City of Friona, 623 Main Street, Friona, Texas 79035, phone (806) 250-2761, and the office of Brandt Engineers, Consulting Engineers, 4537 Canyon Drive, Amarillo, Texas 79110, telephone (806) 353-7233

Plans and Specifications may be obtained from the Engineers, Brandt Engineers, 4537 Canyon Drive, Amarillo, Texas 79110, phone (806) 353-7233 in the following manner:

Cost: Fifty Dollars (\$50.00), non-refundable, for each set of plans and specifications.

Performance and Payment bonds shall be set forth in the Contract documents.

The Owners reserves the right to reject any or all bids and to waive any informalities in the bidding. In case of ambiguity or lack of clearness, the Owners reserve the right to adopt such interpretations as may be most advantageous or to reject the bid as informal. No bid may be withdrawn until the expiration of 30 days from the bid opening date.

CITY OF FRIONA, TEXAS
RICK WHITE, MAYOR

UPCOMING AUCTION

Wednesday, March 12, 2014 — Sale Time: 10:00 a.m.

Clay's Corner Gin Yard

(North of Muleshoe, Texas on Hwy 214)

To Consign Farm & Ranch Equipment Call: Jake Fehr (806) 566-7037
Or Five Star Auctioneers: Jim (806) 864-3611 or Jimmy (806) 864-3362

JIM SUMNERS(806) 864-3611
Owner (10006) (HOME)

JIMMY REEVES(806) 864-3362
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DONNA NOEL.....(806) 292-1990
(Secretary) (CELL)

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Terms of Sale: Cash, Personal or Business Check, Cashier's Check — NOTE: Please Bring Your Own Check Book. All Accounts Settled Day of Sale — If You Have Not Established Yourself With Our Company, Please Bring Bank Letter. We Must Have a Copy of Your Texas Ag and Timber Number on File or Sales Tax Will be Charged.
(Non-Texas Residents Must Also Provide a Texas Ag and Timber Number)

WINCH TRUCK AVAILABLE ON SALE DAY • BRING YOUR TRUCK OR TRAILER

Chieftain Boxing Club competes in Lubbock

The Friona Chieftain Boxing Club competed in the Lubbock Regional Golden Gloves held February 7 & 8.

Coaching the Chieftain Boxing Club is Friona 5th grade Math teacher Roman Garcia. Team members are Zeke Garcia, Jesus Torres, Jose Perez and Josiah Rejino.

Eleven-year-old Rejino defeated an opponent from Las Cruces, NM in

his weight class to qualify as a runner-up.

Garcia, 11, defeated opponents from Hobbs, NM and Amarillo.

Perez, 16, defeated an opponent from Hobbs and Torres, 12, defeated a Lubbock Warrior.

"The winners of the open class, 17-34 age groups, will represent the Lubbock region in Fort Worth at the state competition," stated Coach Garcia. "Winners

of the state competition will represent Texas in the nationals held in Las Vegas."

Garcia stated he has both boys and girls training. Opponents are matched according to gender, age, weight, and experience.

"We were previously training at Chieftain Sports and Fitness but are now relocating to M&M Welding," said Garcia.



LIBRARY CORNER

by Darla Bracken

fridarla19@yahoo.com

Libraries: the people's university

By Darla Bracken

Libraries in their traditional roles are exactly that 'the people's university' in their path of lifelong learning and although the roles remain the same, much about the delivery has changed.

Andrew Carnegie, 1835-1919, was very much a self-educated man and learned the value of libraries firsthand. He was extremely successful and he never forgot the free access to information that libraries had afforded him. He would later donate \$55 million in the establishment of 2,509 libraries worldwide with 1,679 in the United States.

"Surplus wealth is a sacred trust which its possessor is bound to administer in his lifetime for the good of the community." ~ Andrew Carnegie. It was this desire to make reading materials available to all at not cost that drove him to establishing libraries and to paying it forward.

So much information is available in so many ways today much of it at just the touch of a keypad.

Information Science, the key to all other disciplines, should see that information

is readily available from the smallest village to the largest metropolis—that is the role that libraries have. Libraries are called upon to deliver access and access sometimes costs more than the traditional print version of delivery with which we are all very familiar.

New on the bookshelf: LARGE PRINT titles today are often published simultaneously with the print version, as are the electronic books, which affect delivery cost and management. In fact, eBooks can cost up to 4 times as much as traditional print books. So, we instead of purchasing X amount of copies, we pay for access for X amount of users. Moving Target by J.A. Jance; Last Kiss Goodbye by Karen Robards; Mrs. Lincoln's Rival by Jennifer Chiaverini; Confessions of a Wild Child by Jackie Collins; d and Way of all Fish by Martha Grimes are among the new arrivals this week and there are always lots of new children's titles, which are usually displayed on top of the bookshelves.

A Valentine for Biscuit

was the Story Time selection this week. Biscuit is a delightful little puppy who had several of his own valentines to deliver along with those of his little mistress. Story was followed by a make-your-own-valentine session which is always fun.

We provide the supplies and the children supply the imagination to make special valentines for their loved ones. It was my turn and I love Valentine's Day.

Databases: Learning Express, one of our collaborative databases has added the new 2014 practice test for GED. This test has changed significantly this year so this practice test will be of great help for those who are studying for this test. Please let anyone you may know in need of this service, which is available at www.frionalibrary.org.

Here's a novel idea for you—try having a blind date with a book by a new author! There are so many titles with which to become better acquainted. Check out our new bookshelf or watch for new additions online at www.frionalibrary.org.



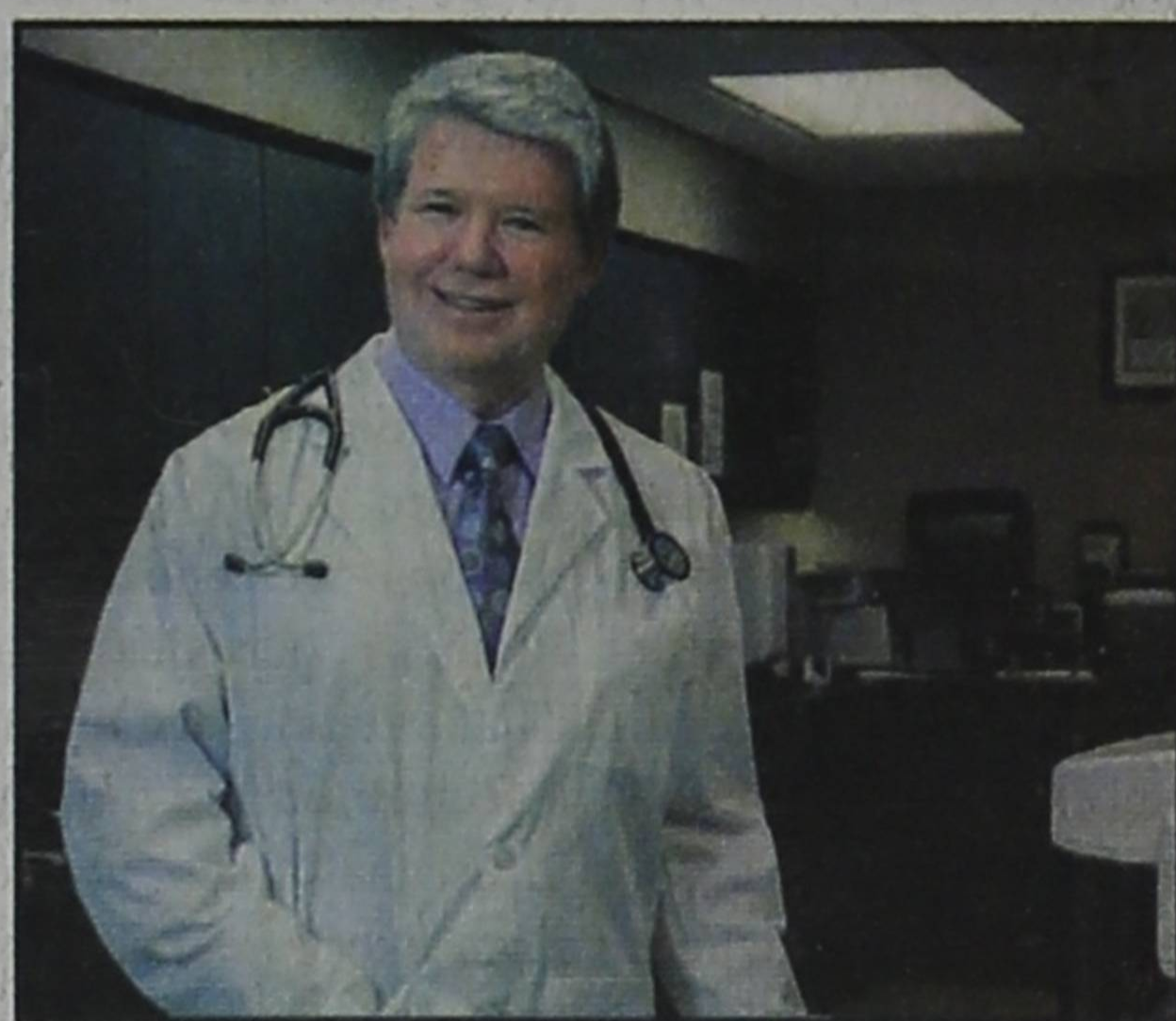
courtesy photo

Friona Chieftain Boxing Club, l-r, Coach Roman Garcia, Josiah Rejino, Zeke Garcia, Jesus Torres and Jose Perez.

PARMER MEDICAL CENTER FRIONA RURAL HEALTH CLINIC

Gary Webb, M.D.

Parmer Medical Center is proud to have Dr. Gary Webb as the newest member of the PMC healthcare team. Dr. Webb moved here from Hawaii just about two months ago with his lovely wife Olivia. Although it may seem like quite a transition from island living to the panhandle of Texas, Dr. Webb is not a stranger to this area. He lived and worked in Dalhart for some years before moving west and starting his medical training and career. The years prior to joining the medical staff at PMC were busy ones. In addition to a year as Chief



Resident at the University of Nevada School of Medicine, he was in private practice for 5 years in Nevada. In Hawaii, Dr. Webb completed a one year fellowship in Geriatric Medicine and then worked as the Medical Director in a Community Health Clinic for the next 3 years.

So, why Friona? He says he likes being here "because of the people that make up the community, the hospital staff's caring attitude, and my co-workers – we all work as one team. I feel honored to have the privilege to serve the people of Parmer County."

Dr. Webb and Olivia have five children and three grandchildren (one granddaughter and two grandsons). Some of his proudest moments in life have been the birth of his children and grandchildren, and "when my patients complement me on the care they received and how it improved their quality of life." To enhance the quality of his life, Dr. Webb likes photography, collecting rocks and sea shells, hiking, and off-roading in his FJ.

As a physician, Dr. Webb encourages his patients to remember the 5210 Plan for children: 5 servings of fruits and vegetables daily, 2 hours or less of TV or video games, 1 hour or more of exercise daily and 0 sugary drinks like soda. Adults need health maintenance just like cars need oil changes regularly to keep running right." He feels it is especially important to have fun every day. Eat right and lose weight sensibly. Get exercise everyday which includes both spiritual and physical components. And, get your annual flu shot!

Watch next week

for a chance to learn more about another one of the providers at Parmer Medical Center

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Walk-ins welcome. Same day appointments available.

Clinic hours: M-F 8:30am-5pm; Sat. 9am-12 www.ParmerMedicalCenter.com



1307 Cleveland Ave.
Friona, TX 79035
Hospital phone: (806) 250-2754

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

Reception INVITATION

Parmer Medical Center
and
Friona Rural Health Clinic

invite you to attend a

Reception

to welcome our new Provider

Gary Webb, M.D.

Sunday, February 23rd

2:00 pm to 4:00 pm

in the

Front Lobby
Parmer Medical Center

The event is open to the community

