

# Friona ★ Star

VOL. 89, NO. 16

FRIONA, TEXAS

THURSDAY, APRIL 18, 2013

TEN PAGES

**Friona's Earth Day Project**  
Sponsored by the Chamber of Commerce  
And Cargill Meat Solutions  
Saturday April 27 10:00 a.m.  
Meet at the community center  
Come ready to work.

## Sports physicals at the high school gym

Sports physicals will be given on Saturday May 4 starting with high school girls at 8:30 a.m., 6th grade and junior high girls at 9:00 a.m., high school boys at 9:30 a.m. and 6th grade and junior high boys at 10:00 a.m. Cost is \$15.

Students should make sure to get physical forms from high school and junior high coaches. Forms must be completed and returned to the coaches or brought the day of the physicals.

## Clean-up day at the kids baseball fields

On Saturday, April 20, all parents, coaches, and players involved in Friona Kids Inc. baseball need to meet at the baseball fields at 9:00 a.m. for a field work day. The season is almost here and the facilities and fields need finishing touches. Bring your gloves, weed eater, rake, hoe, shovel, or pole saw and get ready to work.



ron carr photo

**Dispatchers tell police where to go!** Friona police department dispatchers, l-r, Juanita Carrasco, Rebekah White, Melissa Gallego, and Jon Marquez, were recognized for their service during National Telecommunications Week. Not pictured is dispatcher Desiree Sandoval.

## Dry soil conditions persist within Water District

Dry soil conditions persist throughout the High Plains Underground Water Conservation District, according to data collected in mid-March during the district's annual pre-plant soil moisture survey.

"The overall average moisture deficit ranged from three inches in the upper three feet of the soil profile to almost five inches in the upper five feet of the soil. This is essentially the same as last year," said Gerald Crenwelge, Field Data Coordinator.

Field technicians used moisture meters to collect data at 96 permanently-installed soil moisture monitoring sites from March 11-20, 2013. These sites were selected to provide an even distribution of data throughout the district's 16-county service area. Swisher County, annexed into the district in Nov. 2010, did not have soil moisture sites installed for use in this

year's survey.

Readings are taken at six-inch intervals throughout the five-foot root zone soil profile by lowering a special probe into an aluminum access tube. These data were processed to calculate the current moisture level in the soil (available moisture) and how much moisture can still be added (deficit moisture) to the soil for plant growth.

The overall average soil moisture deficit reading in 2013 is 3.10 inches in the upper three feet and 4.88 inches in the upper five feet of the soil. This means that, on average, 3.10 inches of water was needed to fill the upper three feet of the soil profile or 4.88 inches was needed to fill the upper five feet at the time of the survey.

This compares to 3.19 inches in the upper three feet and 4.86 inches in the upper five feet of the soil as recorded in 2012.

The 0-3 foot values will be helpful to producers who irrigate and are primarily concerned with soil moisture management in the upper portion of the soil. On the other hand, the 0-5 foot reading gives an overall soil moisture value, and is useful in dryland farm operations.

Maps depicting available and deficit soil moisture conditions at the time of the survey were published in the April issue of The Cross Section, the district's monthly newsletter.

"A primary purpose of this survey is to provide general soil moisture information to assist producers in evaluating the need for pre-plant irrigation. Many of the sites surveyed are in irrigated fields. Soil moisture conditions in dry land fields located near irrigated sites will likely have lower values," Crenwelge said.

He encourages producers to check

soil moisture conditions in their respective farms to obtain more site-specific information before making pre-plant irrigation decisions.

Crenwelge added that it is important to save as much of the pre-plant soil moisture in storage as possible. Tillage practices are necessary unless no-till farming is done; however, reducing the number of tillage operations that turn moist soil to the top of the ground will help reduce moisture losses.

Crop residue management is also important. "Maintaining crop residue at or near the soil surface for as long as possible will save soil moisture and reduce soil erosion by wind and water," Crenwelge said.

Use of furrow dikes, contour farming, and control of plow pans are always encouraged. These practices can significantly increase the moisture that soaks into the ground during a rain and

reduces water runoff from the field.

Furrow dikes and contour farming allow the rain to remain in the field longer so it can soak into the soil without running off the field. Controlling plow pans allow the moisture to move through the top part of the soil faster. These practices are also important to prevent tailwater losses from fields while irrigating.

An illustrated step-by-step procedure to determine soil moisture is found in the Water District's Water Management Note, Estimating Soil Moisture by Feel and Appearance.

Printed copies are available by contacting the High Plains Water District office at (806) 762-0181 or by e-mail at [info@hpwd.com](mailto:info@hpwd.com). A PDF of the document is available for downloading from the HPWD web site at [www.hpwd.com/maps-and-charts/publications](http://www.hpwd.com/maps-and-charts/publications).



ron carr photo

**Chieftain pitcher Brad Stowers attempts a tag on a Bushland runner at home plate. The runner was safe when Brad dropped the ball. The Chieftains are headed for the baseball playoffs. Details TBA.**

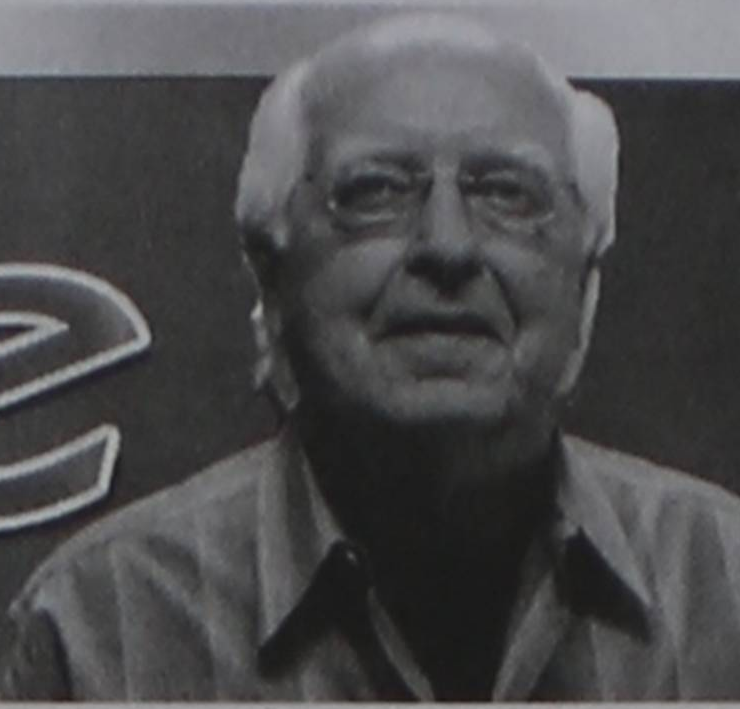


ron carr photo

**Nohely Juarez, Gaby Quintana, and Magali Moralez helped with homemade dessert selection at the Senior Steak Dinner on Sunday.**

# Out Here

By Ron Carr



## what do you do

Politics from afar. Most of us who pay attention to politics do so from a distance. Out here in the southwest Panhandle we don't see many politicians or famous people up close. Our information comes via radio, television, iPhones, iPads, Facebook, tweets, or blogs.

On occasion our state senator Kel Seliger or Congressman Randy Neugebauer will come to town for an hour. Sometimes an Amarillo TV station will come down to film but not often. We don't meet many real legends out here.

Many noted folks think they are legends. Then there are those who really are. Bob Woodward is one of those. Mr. Woodward spoke Monday evening in Canyon as part of West Texas A&M University's Distinguished Lecture Series.

If his name is unfamiliar to you, try Watergate. Try Woodward and Bernstein and a book/movie titled "All the President's Men" (starring Robert Redford and Dustin Hoffman). The Washington Post reporters, and their Deep Throat informant, managed to bring down the presidency of Richard Nixon in 1974 when Nixon resigned. It was a series of events that fascinated me as they unfolded. Woodward and Bernstein became infamous household names.

Mr. Woodward is still employed at the Washington Post. He has written 16 non-fiction books in the ensuing years, all about politics, and all best-sellers. He has interviewed and written about every president since Richard Nixon. With his formidable reputation he has access to every politician, deputy assistant, and military general in D.C.

The event in Canyon received a lot of advance publicity. I expected it to be standing room only. It wasn't. Most of the crowd was senior citizens. Very few of the WT A&M students were present. Those who were served as volunteers to assist with the logistics of the lecture. (One of those students was Connor Woods, a Friona graduate studying broadcast journalism at WT I believe.)

We managed to be seated much closer than I anticipated and had a nice vantage point for Mr. Woodward's lecture. He used humorous anecdotes as he spoke of his associations with people such as Henry Kissinger and Al Gore and Jimmy Carter. He touched on his Watergate experience and the frustration of the investigation.

He took questions. Someone asked if Watergate happened today would the outcome be the same. His answer was no it wouldn't because reporters today tend

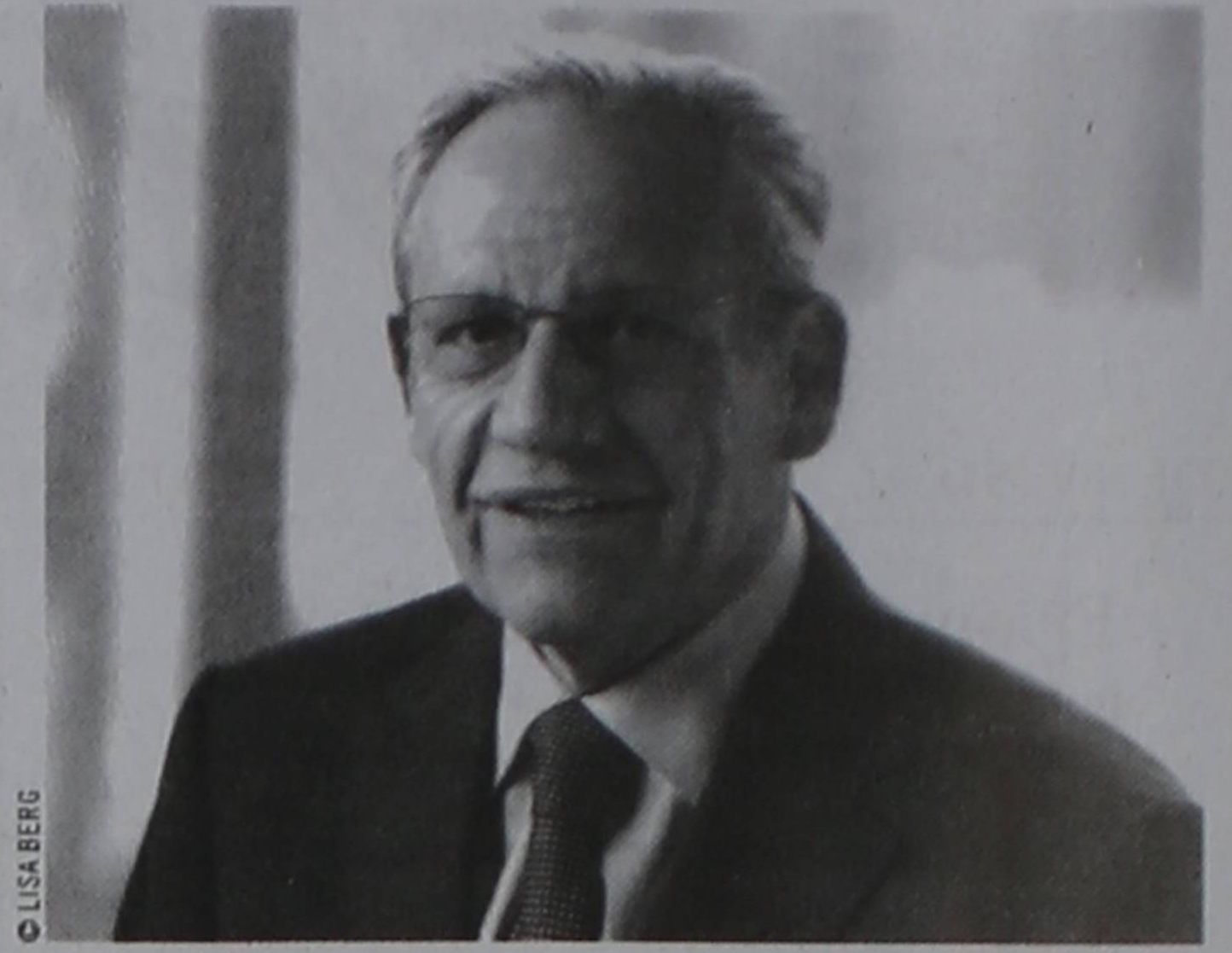
to investigate from their desks and on the Internet. He related about asking a college student once how he would find out about "Nixon's secret fund" today. The student said he would look it up on Google, to which Woodward replied, "it is a secret fund and secrets are not on the Internet."

Woodward said he believes the most serious problem in Washington today is not the economy, or terrorism, or taxes and spending. He told the audience his most serious concern is secret government. Democracies die in darkness.

After the lecture, Bob Woodward signed copies of his latest book, "The Price of Politics." I took advantage of the opportunity and waited my turn in line for his autograph. He did not chat with folks much, just signed and said thank you.

He opened the cover on my copy, signed it, then looked up and said, "What do you do?" I was taken aback for a second. A legend asking me about me. When I said I owned a weekly newspaper he brightened a bit and said, "My first job was with a weekly newspaper, the Montgomery Sentinel." At that point he extended his hand and said, "How about a handshake for a fellow newspaperman."

Me and Bob Woodward, fellow newspapermen. How do you like that?



Bob Woodward is an associate editor at *The Washington Post*, where he has worked for 41 years. He has shared in two Pulitzer Prizes, first for the *Post's* coverage of the Watergate scandal, and later for coverage of the 9/11 terrorist attacks. He has authored or coauthored twelve #1 national nonfiction bestsellers. He has two daughters, Tali and Diana, and lives in Washington, D.C., with his wife, writer Elsa Walsh.



ron carr photo

Senior Chieftains were recognized at Tuesday's final home baseball game vs. Bushland. From left are Daniel Gonzales, Stephen Albarado, and Joshaphat Rocha. The chiefs clinched a playoff spot by finishing second in district play.



Follow our Friona Star Fan Page on Facebook

**Friona Star**  
IS ONLINE AT  
[www.frionaonline.com](http://www.frionaonline.com)

### ON YOUR PAYROLL

**U.S. Government**  
**President:** Barack Obama, 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:** Randy Neugebauer, 1424 Longworth HOB, Washington, D.C. 20515. 202-225-4005, fax 202-225-9615. Lubbock office: 611 University Avenue #220, Lubbock 79401 806-763-1611, fax 806-767-9168.

**State**  
**Governor:** Rick Perry, 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, 1<sup>st</sup> Floor, Lobby box 28, Amarillo 79101. 806-372-3327, fax 806-342-0327.

## TEXAS CROSSWORD

by Charley & Guy Orbison  
Copyright 2013 by Orbison Bros.

**ACROSS**

1 TX Janis Joplin died of a drug over \_\_\_\_\_

5 ex-Cowboy right tackle, Williams

6 TV s "Nick at \_\_\_\_\_"

7 TXism: "\_\_\_\_\_ in the towel" (quit)

8 TX B.J. Thomas "New Looks From An \_\_\_\_\_ Lover" (83)

9 X-rated

16 TX Fulghum s "All I Really \_\_\_\_\_ to Know I Learned in Kindergarten"

18 TX Ernest Tubb s "Walking the \_\_\_\_\_ You" (41)

21 TXism: "let \_\_\_\_\_ rip!"

22 boot aroma

23 dir. to Waco from Abilene

24 TX s westernmost major city

30 TXism: "attracted like a \_\_\_\_\_"

34 Texan score

35 TX singer Joseph Arrington was better known as this

36 TXism: "never \_\_\_\_\_ eyes on it"

37 TX rancher Chuck Norris starred in 82 film "Silent \_\_\_\_\_"

39 narrators of TX tales

43 threaded fastener

45 TXism: "hungry \_\_\_\_\_ on a concrete pasture"

46 "Hook \_\_\_\_\_ Horns!"

47 singer Carnes & actress Novak

48 UT WR Charles who got nickname "Cotton" after 70 Cotton Bowl

50 fathers

53 TX Perot s naval rank in 53 (abbr.)

54 Centerville h.s. class

55 securities for debts

56 TX-based '80 film: "\_\_\_\_\_ Crazy" starring Bruce Dern

59 float along

60 TX Jim Reeves "\_\_\_\_\_ Losing You?"

61 this WR Welker was TX Tech & NE Patriot star

62 TX Mary Kay \_\_\_\_\_

**DOWN**

1 UNT & TWU s city

2 Valley bird: Altamira \_\_\_\_\_

3 TXism: "he \_\_\_\_\_ in the saddle" (experienced)

4 "\_\_\_\_\_ out a living"

9 TXism: "out \_\_\_\_\_ killer"

10 TX Tanya Tucker s "\_\_\_\_\_ and Goin Down" (73)

11 pieces of turf

12 TX Joe Don Baker was in '67 film "\_\_\_\_\_ Hand Luke"

13 Astro mistakes

14 nope

15 Adam s mate

17 Kilgore Rangerettes

19 holds in high regard

20 this TX Adair used process in 29-down

24 Gov. \_\_\_\_\_ Davis (1870-74)

25 \_\_\_\_\_ Fresno, TX

26 Nocona, TX was named for chief \_\_\_\_\_ Nocona

27 ref. gives the coin \_\_\_\_\_ to start the football game

28 Mexican poncho

29 nitro detonated over an oil fire snuffs the \_\_\_\_\_

31 TXism for "female"

32 bolo, e.g.

33 TXism: "smells like a \_\_\_\_\_ house in July"

38 this Dolphins QB gave Oilers fits

40 TX-born Robin Wright '92 film

41 TXism: "in one \_\_\_\_\_ and out the other"

42 TXism: "\_\_\_\_\_ in a big pond"

44 TX-born jockey Shoemaker (init.)

49 TX Cynthia Ann Parker was kidnapped in an Indian \_\_\_\_\_

51 TXism: "mean as a bulldog on a gunpowder \_\_\_\_\_"

52 TX-Mex border drug agcy. (abbr.)

57 TXism: "\_\_\_\_\_ bead on it"

58 10-cent pieces

solution on page 4

P-1110

**THE FRIONA STAR** (USPS 200-800) is published each Thursday at 916 Main St. in Friona Texas, 79035. Postmaster: send address changes to Friona Star, P.O. Box 789, Friona, Texas 79035. Periodicals postage paid at Friona, Texas.

Annual subscriptions:  
 \$27 in Parmer County  
 \$35 out of County  
 \$24 e-Star Online

**MEMBER 2013**

**TEXAS PRESS ASSOCIATION**

**STAFF:**  
 Ron Carr • editor & publisher  
 Nathan Parson • production manager  
 Sherry Carr • assistant production mgr.

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

## Town Talk II

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

As we went to press Wednesday afternoon a couple of days of freezing temps were predicted for Wednesday night and Thursday. Spring weather is struggling along at this point.

The monthly grief and bereavement support meeting will be held Friday April 26 at 5 p.m. in the Bluebonnet Home Health office. Anyone needing information or guidance in dealing with the loss

of a loved one is welcome to attend.

The next Friona blood drive will be Thursday May 2 at Calvary Baptist fellowship hall from noon to 7 p.m. The Noon Lions will furnish corn dogs and fries for donors. Each donor will be entered in a drawing for dinner for two at Hunan's Restaurant, plus receive a t-shirt. Previous winners are Daisy Delgadillo, Gloria Aragon,

and Renee Jameson. More details in a later Star.

Kids Inc parents, players, and coaches are asked to be at the baseball fields Saturday April 20 at 9 a.m. for a clean-up day. Bring rakes, hoes, weedeaters, and shovels.

First Baptist Church is hosting a revival April 21-24. Sunday morning at 10:40 a.m. and Sunday-Wednesday

7 p.m. Led by Pastor Jeff Anders and music by Greg Peck of Shepherdsville, Kentucky. Free steak dinner Sunday night at 6 p.m. and free family meal Wednesday at 6 p.m.

Dr. Jeff and Becky Dickson attended a medical conference in Las Vegas last week. Dr. Jeff received a big lipstick kiss on the forehead from Marie Osborn and Donnie gave Becky a hug. I think there is a photo somewhere in today's Star.

A tragedy last Thursday when an employee at J.D. Heiskell fell about 40-feet to his death in one of the warehouse buildings. He was Ronny Clifton, Jr., 37, of Dimmitt.

Charlie Pope, a Cargill maintenance manager, was part of a two-man team that drove the Cargill kitchen/grill down to Ft. Worth for the NASCAR race. Cargill sponsors a car in the race. Charlie said they enjoyed access to the suite and the pit during the race.

The Taylor brothers, John and Jim, along with Ab Hendley and Eldon Reeb, and a few senior dads, cooked 1,400 steaks for the Class of 2013 senior steak dinner Sunday. As usual the fundraiser drew a big crowd and the steaks were excellent. Hats off to the senior parents and the seniors for their

work in putting the event together.

Connie Willard's brother was a victim of the tornadoes that struck Arkansas last week. He operates a tomato farm and it was destroyed as was a barn across the road. Fortunately their home received only minor damage.

Doug Kelley and 2nd grader Kimberly Martinez were winners in last week's library drawing for a Kindle e-reader. There are still a couple of weeks of the Kindle drawing giveaway but you have to go by the library to sign up. Check out the literary baskets that will be given away at the library annual meeting. Tickets are \$1 each.

The new manager at CHS is Randy McCaslin (hope I spelled that right) from Altus, Oklahoma. He starts April 29. Bryan Harris is a new assistant manager. Former manager Caleb Stephenson moved to Canyon.

Saturday, April 20, might want to hop over to Sonic for half-price cheeseburgers, and 50-cent tots, drinks, and coney. Plus, see the big Sonic ad in today's Star and sign-up for a gift card.

TxDOT sent this information in a press release: in 2012, 16,687 crashes occurred in construction zones in Texas resulting in

134 fatalities. That is a lot of accidents, most of which could probably have been prevented by slowing down in the construction zones. Be aware and don't become a statistic.

The Chieftain baseball team has clinched a spot in the playoffs and second place in district. The bi-district playoff game is likely to be against either Tulia or Abernathy at a location to be advised. The first playoff round will be May 3-4, same time as the Shattered Dreams program at the high school and the prom is May 4. It is a busy spring around here.

I had the opportunity to meet a true American legend this week. Bob Woodward, of Woodward/Bernstein Watergate fame, gave a lecture at West Texas A&M Monday evening. Clint Mears and I attended. Had a quick repast at Feldman's diner. The lecture was in the Event Center. Lots of senior citizens there, not many college students. Read more about the evening in my Out Here column this week.

Remember, if you have news or photos of interest please send them along. The credit union annual meeting is Tuesday at 6:30 p.m. The Methodist Church senior class banquet is Monday at 6:30 p.m. See you around. Until then!



ron carr photo

**Friona Police Chief Frank Mooney looks on as Mayor Pro-Tem Jim Atwell signs a proclamation declaring April 14-20 as National Public Safety Telecommunications Week in Friona. Chief Mooney held a lunch at the police station Wednesday April 17 to recognize our local 9-1-1 dispatchers whose diligence and professionalism keep our city and citizens safe.**

### Proclamation

**National Public Safety Telecommunications Week  
April 14-20, 2013**

WHEREAS, emergencies can occur at anytime that require police, fire or emergency medical services;

WHEREAS, when an emergency occurs the prompt response of police officers, firefighters and paramedics is critical to the protection of life and preservation of property;

WHEREAS, the safety of our police officers and firefighters is dependant upon the quality and accuracy of information obtained from citizens who telephone the Friona Police Department;

WHEREAS, Public Safety Telecommunicators are the first and most critical contact our citizens have with emergency services;

WHEREAS, Public Safety Telecommunicators are the single vital link for our police officers and firefighters by monitoring their activities by radio, providing them information and insuring their safety;

WHEREAS, Public Safety Telecommunicators of the Friona Police Department have contributed substantially to the apprehension of criminals, suppression of fires and treatment of patients;

WHEREAS, each dispatcher has exhibited compassion, understanding and professionalism during the performance of their job in the past year;

THEREFORE BE IT RESOLVED BY THE FRIONA CITY COUNCIL declares the week of April 14 through 20, 2013 to be National Public Safety Telecommunications Week in the City of Friona, in honor of the men and women whose diligence and professionalism keep our city and citizens safe.

Signed this 15<sup>th</sup> day of April, 2013

Mayor Pro Tem *Jim Atwell*

## We are happy to introduce our newest employee, Charlsi Heinrich.

*She comes to us from Portales where she was attending ENMU. She is now taking classes online and hopes to complete her Bachelor's in Ag Business. Charlsi is a teller in our drive thru where you can catch her easy smile and friendly voice.*

*She was born in Slaton, Texas to Glenn and Patricia Heinrich. She graduated from Slaton High School and went to Portales to further her education. She has one sister, Collyn, who is a junior at Lubbock Cooper.*

*One of Charlsi's interests is rodeoing. She participates in team roping and break away events. She met Tanner Allen, son of Curtis and Debbie Allen of the Rhea community at the rodeo in Lubbock where both were performing. Charlsi and Tanner are engaged and planning an October 4, 2013 wedding.*



*She also enjoys photography and hopes to have her own business one day. She enjoys taking photos of beautiful scenery, family portraits and other interesting people. She attends the Faith Christian Family Church in Clovis.*

*The employees at Friona State Bank would like for you to stop by and say welcome to Charlsi. She is truly an asset to our banking family and we are glad she is here.*

### The Stevens 5 Star Deal of the Week!

2007  
Chrysler  
Aspen  
4WD



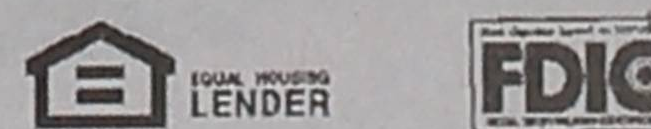
\$14,500



Come see Glenn Reeve for all your new and used vehicle needs today!



545 N. 25 Mile Ave.  
Hereford, TX  
800-299-CHEV  
Cell: (806) 265-7034  
www.stevens5star.com



## FRIONA STATE BANK

a Division of InterBank.

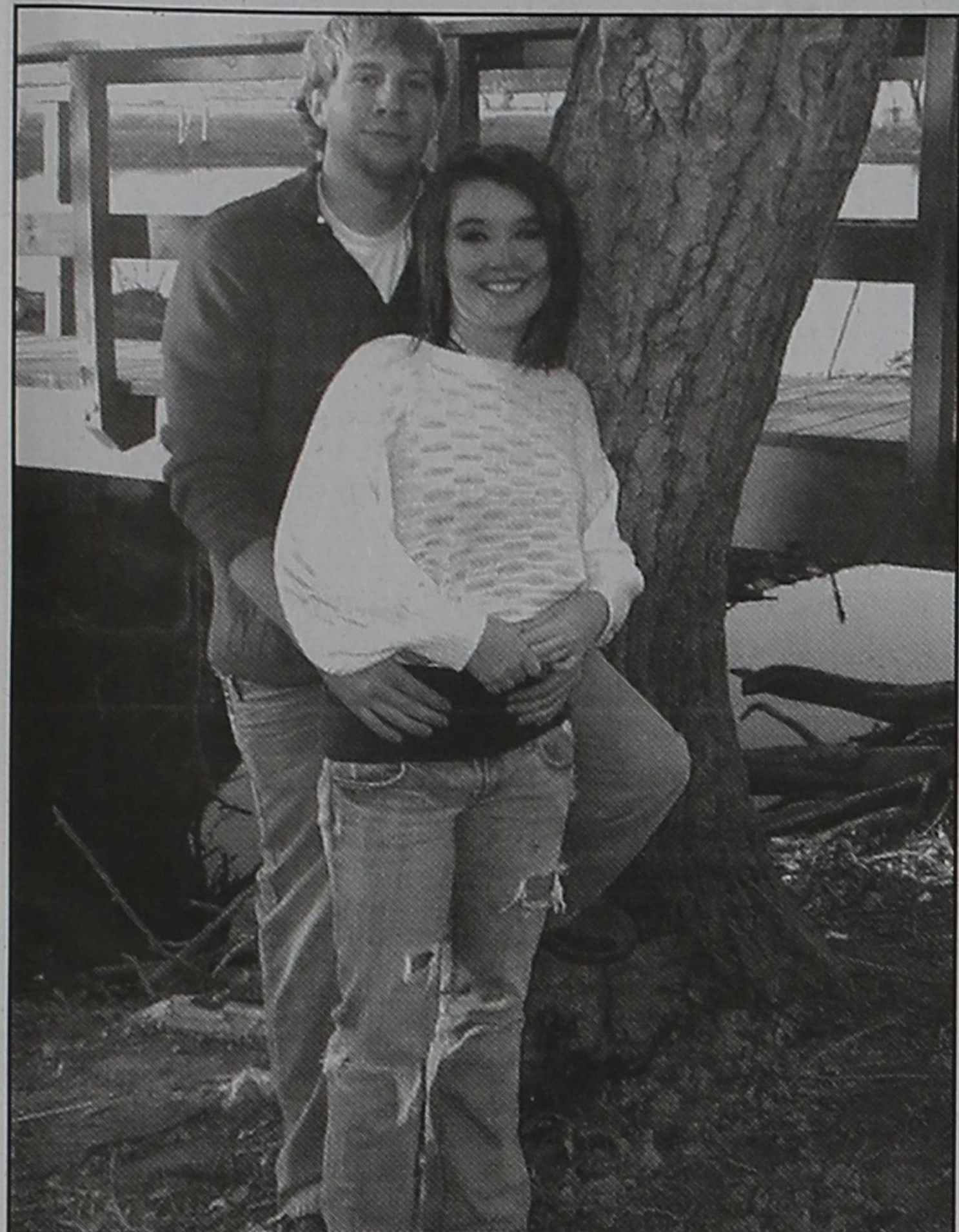
Phone 250-5000  
"Where People Come First"

1105 N. Cleveland  
www.frionastatebank.com



## Engagement

### Stormes - Venhaus



Andy and Lori Stormes of Friona, Texas along with Joel and Monia Ann Venhaus of Texico, New Mexico and Tim and Susan Elliott of Dimmitt, Texas are pleased to announce the engagement and approaching marriage of their children, Skyla Rae Stormes and Dustin Paul Venhaus.

The bride's grandparents are Darla McBroom and the late Orin McBroom and Rodney and Ella Jo Borchardt and Sammy Stormes. The groom's grandparents are Greg and Mary Lou Venhaus and Linda Campbell and the late Eddie Campbell.

Skyla and Dustin will exchange wedding vows June 8, 2013.



cashman/flamingo hotel photo

Dr. Jeff Dickson and wife Becky recently attended a medical conference in Las Vegas. They attended the Donnie and Marie Osmond show, during which Marie selected Dr. Jeff for a big red lipstick kiss on the forehead. They got to meet the Osmonds after the show and Becky received a big hug from Donnie.

## Standing With God

BRETT HOYLE, Pastor, First Baptist Church

Have you ever thought about standing up for God in a certain situation or regarding a moral issue? Please don't attempt to stand for God, He is strong enough to take care of Himself. You may want to stand with God, though, against wickedness, immorality, injustice and for the gospel. Standing for God implies a false idea that God needs you and I to take a stand for Him, which He doesn't, but standing with God depicts the accurate invitation and expectation that God has for His children who are His ambassadors in the world.

1 Kings 13:1-10 tells of a man of God who took a stand with God against idolatry and the authorities that promoted it. When you stand with God, realize that you may be the only one willing to stand, and when you take a stand, do it by speaking and trusting God's Word, not yours. This prophet in 1 Kings entered into a wicked situation and spoke the word of the Lord, he didn't just give them his two cents and a piece of his mind. God has already spoken what needs to be said in the Bible, and for us to stand with Him against sin and wickedness. We need to look into His word, listen to the Holy Spirit, apply those promises and commands to our time, and show boundless love of God in the gospel of Jesus Christ.

### Panhandle Parables

## The Little Stuff

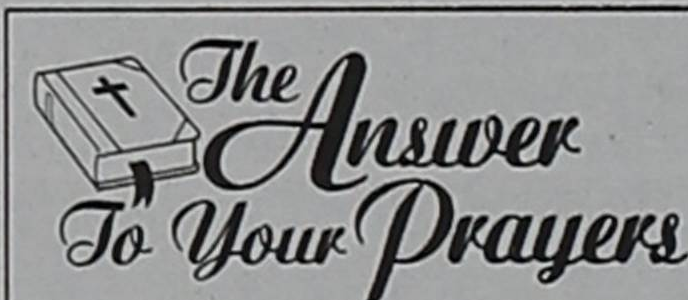
JEFF PROCTER, Minister, 6th St. Church of Christ

When I was in college home for the summer, I drove a tractor to earn a little money. One day while driving I noticed a baby cotton tail working its way through the plowed ground and into my path. I decided that I would not slow down and see how the little rabbit fared, sounds cruel. The little rabbit jumped and climbed and ran as fast as it could and escaped the plow. I was proud of that little rabbit when out of nowhere a hawk dove down and grabbed itself an easy meal. Yes, I felt

bad, but learned a valuable lesson at the price of one cotton tail.

The little rabbit saw a large tractor and 60ft plow coming right at it. While focusing on this large threatening beast it escaped only to be taken by a small hawk. I believe we are like that; we see sin and decide which ones are big and which ones are little. Many avoid those bigger ones like murder or stealing, but are snatched up by gossip or some other thing that seems like no big deal.

I realize I flushed that rabbit and forced the issue, but what flushes us to step outside of faith and pursue our own will? It may be the big stuff that scares us, but it is usually the little stuff that snares us. Jesus came and challenged all to think more seriously about their relationship to God. He would clear the path for the reestablishment of that relationship lost so long ago by the small act of eating forbidden fruit. God desires your heart and your actions. Be wary of the "tractors", but don't forget the "hawks" they are just as deadly. By the same token don't just give God the big stuff on Sunday, but all the little stuff during the week.



Dear friends,

We have been so overwhelmed and blessed by your acts of love. When God escorted our dear JB Barrett home on April 2, many sweet friends rallied around our side to encourage us. Thank you so much for all the cards, food, and visits but especially your prayers. We love you and thank you!

Sue Barrett  
Jay Be & Jana Barrett & family  
Jana Headrick & family

### Bridal Registry

**Ingrams • 250-3291**  
Deirdre Johnston & Bill Long  
Jamie Martin & Chris Spell  
Cody Grimsley & Erin Parsley  
Kandace Frye & Kyle Burk  
Brett Field & Elizabeth Bouquin  
Drew Johnson & Cebia Martin  
Blair Smiley & Barry Morris

**Ivy Cottage • 250-8073**  
Deirdre Johnston & Bill Long  
Cody Grimsley & Erin Parsley  
Kandace Frye & Kyle Burk  
Brett Field & Elizabeth Bouquin  
Jamie Martin & Chris Spell

**Bi-Wize • 250-3010**  
Leslie Hernandez & Ruben Chico

## First Baptist Church

# Revival Services

## April 21-24

Sunday Morning @ 10:40am  
Sunday-Wednesday @ 7:00pm

Led by Pastor Jeff Anders & music by Greg Peck of Shepherdsville, Kentucky

Free Steak Dinner Sunday Night @ 6pm  
Free Family Night Meal Wednesday @ 6pm

First Baptist Church, Friona, TX  
5th & Summit, 250-3933, www.fbcfriona.com

### Friona Area Church Directory

<p><b>VICTORY FAMILY WORSHIP CENTER</b> 9TH &amp; WASHINGTON PASTOR ROBERT KERBY 250-2207 EMAIL: www.thevictory.tv</p>	<p><b>CALVARY BAPTIST</b> 15TH &amp; CLEVELAND PASTOR RICK BURTON, 250-3000 CHILDREN'S CHURCH 3 yrs - 6th grade</p>	<p><b>ST. TERESA'S CATHOLIC</b> 16TH &amp; CLEVELAND FATHER WILLIAM 250-2871</p>	<p><b>FRIONA UNITED METHODIST</b> 8TH &amp; PIERCE REV. KURT BORDEN 250-3045 EMAIL: frionaum@wtrt.net WEBSITE: frionaumc.com</p>	<p><b>ST. ANN'S CATHOLIC CHURCH</b> 401 3RD STREET 251-1511</p>
<p><b>FIRST BAPTIST</b> SIXTH &amp; SUMMIT 250-3933 PASTOR BRETT HOYLE WWW.FBCFRIONA.COM EMAIL: firstbc@wtrt.net</p>	<p><b>GRACE BAPTIST CHURCH</b> NORTH END OF CONGREGATIONAL CHURCH PASTOR GARY JOHNSON 1601 EUCLID 575-693-6381</p>	<p><b>SIXTH ST. CHURCH OF CHRIST</b> 502 WEST SIXTH JEFF PROCTER, MINISTER 250-2769</p>	<p><b>TEMPLO DE ADORACION</b> 620 WASHINGTON 250-5929 PASTOR ROY DOMINGUEZ</p>	<p><b>LA IGLESIA DE DIOS DEL PRIMOGENITO THE CHURCH OF GOD OF THE FIRSTBORN</b> 102 2ND STREET</p>
<p><b>QUALITY OF LIFE BIBLE STUDY CHURCH</b> 301 Grand Ave. Friona Pastor Mark &amp; Mary Goff 806-240-0826</p>	<p><b>TEMPLO BAUTISTA</b> Pastor Antonio Rocha 403 WOODLAND 250-3472</p>	<p><b>TENTH ST. CHURCH OF CHRIST</b> 10TH &amp; EUCLID RON SMILEY 250-3213 GERALL WYLY 295-6774</p>	<p><b>UNITED CHURCH OF CHRIST</b> UNION CONGREGATIONAL CHURCH 1601 EUCLID REV. BUCK MALONE 250-3635</p>	<p><b>IGLESIA BAUTISTA HISPANA</b> 103 1ST STREET PASTOR RAFAEL MARIN 251-5232</p>

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

**Prairie Acres/Heritage Estates**  
Quality Care • Assisted Living  
Billy Ray Johnston  
Administrator  
806-250-3922

**Cargill Cattle Feeders**  
806-225-4400  
A Cargill Company  
PO BOX 150 Bovina, Texas

**LOWES**  
251-1324  
800 Hwy. 86 Bovina, Texas

**Paco Feed Yard, Ltd.**  
P.O. Box 956  
Friona, Texas 79035  
(806) 265-3433  
(806) 265-3281

**WT Services Inc.**  
1010 Columbia at Hwy 60, Friona  
Hours: 8:00 am-5:00 pm  
Monday-Friday  
250-5555

**First National Bank**  
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

**Friona State Bank**  
FDIC  
Phone 250-5000  
"Where People Come First"

**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

**LOWES**  
250-3913  
1205 Hwy. 60 West  
Friona Texas

Member FDIC- Equal Housing Lender  
301 W. 3rd Hereford TX 806-363-2265  
710 W. 11th Friona TX 806-250-2900

1105 N. Cleveland  
www.frionastatebank.com

**DEAF SMITH COUNTY HOSPITAL DISTRICT**  
Stephanie Alvarado, RN  
Phone: (806) 364-2344

**First Bank Bovina**  
Member, FDIC  
Equal Housing Lender  
101 North Third 251-1442

**CATTLE TOWN**  
Mobile: 806-357-9132  
Office: 806-357-2231  
Summerfield  
PO Drawer 1938  
Hereford TX 79045

**HI-PRO FEEDS**  
East Highway 60  
Box 519  
Phone: 250-2791  
Friona TX 79035



courtesy photo

The Friona LifeSmarts team qualified for national competition in Atlanta, Georgia. The team is coached by Gayle Murdock. Back row, l-r, Magali Morales, Marissa Lozoya, Gaby Quintana; front, l-r, Ivan Soto, Cotton Fleming. See accompanying story for details.

## Friona LifeSmarts qualify for Nationals

On April 19th, The Friona LifeSmarts team will leave to compete in the National LifeSmarts Competition in Atlanta Georgia. They will be representing FCCLA, Texas, and Friona High School. The Friona Red Team qualified for the State FCCLA contest but before the state contest occurred they competed in the FCCLA challenge. Every FCCLA chapter in the United States is eligible to compete in the challenge. The Friona team won the contest and a grant from Experian that helps with travel expenses.

This year there are teams representing 37 states plus FCCLA and FBLA for a total of 39 teams. The teams will compete in a total of 8 rounds to determine the top eight teams. These teams will then compete in a single elimination tournament. The teams compete in the first round prior to leaving for Atlanta. The Friona team, which is identified as "FCCLA", is in 5th place at the end of round one. The teams will compete in their individual subject area, in a sister team competition, speed dating the experts and four buzzer rounds to determine the top eight teams.

This year the team is made up of Senior Captain Marissa Lozoya, whose area of speciality is Environment. Marissa has participated in LifeSmarts for four years, served as captain for four years,

qualified for state for four years, been to nationals twice and was selected as LifeSmarts Student of the year in 2012.

The specialist in Personal Finance is Magali Morales. Magali has qualified for state four years and been to national twice. Cotton Fleming is the specialist in Technology. Cotton has participated in LifeSmarts three years and this is his second national contest. Ivan Soto is the Consumer Rights and Responsibilities specialist. He qualified for state last year and for nationals this year. Gaby Quintana is the final member of the team specializing in Health and Safety. She has participated in LifeSmarts for four years and this is her first National contest. The team is coached by Gayle Murdock.

This is the ninth year that Friona has participated in the LifeSmarts contest. They have qualified 21 teams to advance. This year's team is the third team to qualify for Nationals. It is possible to follow their progress at [www.lifesmarts.org](http://www.lifesmarts.org). If the team makes it to the final four it will stream live on the Internet at the same site on Tuesday April 23rd.

The National Consumer League awards scholarships to the top teams and to the top individual in each subject area along with other prizes. Marissa Lozoya and Gayle Murdock have served on the 2012-2013 Student Advisory Board.



**PARMER MEDICAL CENTER**

Personalized Service.  
State-of-the-Art Care.  
Your Hospital.

**POSITION AVAILABLE:**  
**Insurance Clerk**  
Full Time

**POSITION REQUIREMENTS**  
The Insurance Clerk files inpatient and outpatient hospital claims to insurance carriers.  
• Computer skills required.  
• Prior claims experience preferred.  
(Complete job description available online at [ParmerMedicalCenter.com](http://ParmerMedicalCenter.com))

**POSITION BENEFITS**  
• Competitive pay • Paid vacation, sick & holidays  
• Group health, life, dental, vision & more  
• Retirement & other benefits

**To apply, send resume or fill out an application at:**  
Parmer Medical Center Human Resources  
1307 Cleveland Friona, TX 79035  
[ParmerMedicalCenter.com](http://ParmerMedicalCenter.com)

J.D. Heiskell and Company in Friona Texas has an immediate opening for the following

**Position: Maintenance Mechanic**

The Successful Candidate will be able to adhere to and complete the following:

The person in this position reports directly to the Maintenance Manager and is accountable to the Maintenance Lead Man, the Plant Manager, and the Operations Manager.

**Summary of Major Duties:**

1. Plant maintenance includes but is not limited to;
  - a. Preventative maintenance
  - b. Repair of machinery and equipment
  - c. Changing/replacing bearings
  - d. Changing/replacing gearboxes
  - e. Repair/replace conveyor and elevator belts
  - f. Repair/replace drag and screw conveyors
2. Fabrication, able to read and work from blue prints
3. Welding gas and arc including;
  - a. Oxy/acetylene
4. Operation of rolling stock including:
  - a. Forklifts
  - b. Skid steers
  - c. End loaders
  - d. Pick up trucks
5. Use all applicable hand and power tools
6. Hoisting and rigging


**Principal Accountabilities:**

1. Complete work assignments as directed by the Maintenance Manager  
Must have valid drivers license

- **Physical Demands** - While performing this job, the employee is regularly required to stand, use hands to finger, handle or feel and reach with hands and arms. The employee is frequently required to walk, climb, balance, stoop, kneel, crouch, talk, and hear. The employee is regularly exposed to high, precarious places, and must be able to climb to heights of 100 feet. The employee is required to sit. The employee must frequently lift and move up to 70 pounds. Body agility and balancing are essential.
- **Work Environment** - While performing the duties of this job the employee is regularly exposed to moving mechanical parts. The employee is constantly exposed to dust, rain, wind, and other outside weather conditions. risk of electrical shock and vibration. The employee is regularly exposed to noise levels requiring the use of hearing protection. The employee is occasionally exposed to various solvents, all fluids associated with rolling stock, cement dust, noise levels requiring the use of hearing protection.

J.D. Heiskell and Company is a non-smoking Plant. We offer 401K and Health Insurance, and a very competitive hourly wage.

To set up an appointment for an interview, or for questions, please contact our office at 806-250-3839.



**Lubbock Urology**  
*Advanced solutions from people who care*

**INTRODUCING**  
**Dr. Girish C. Vallabhan, MD**  
Parmer Medical Center  
1307 Cleveland Street  
Mornings, 4th Wednesday  
each month

**CALL FOR AN APPOINTMENT TODAY**  
6102 82nd Street #5  
Lubbock, Texas 79424  
**Toll Free - 800-737-0757**  
(P) 806-771-0077  
(F) 806-771-3175

**LUBBOCK UROLOGY CLINIC HAS:**  
Fellowship Trained - Robotic Surgeon  
Fellowship Trained - Laparoscopic Surgeon  
Specialist in Erectile Dysfunction  
Specialist in Female Incontinence  
& Sexual Health

**Services we provide**  
Male & Female urinary problems  
Minimally invasive surgery  
Kidney stone & stone disease  
Laparoscopic surgery  
Prostate conditions  
Robotic Surgery  
Impotence / Infertility  
Bladder Control / Incontinence  
Early detection & treatment genital and urinary cancer  
Vasectomies  
LUC Lab

**OUR VALUES**  
**QUALITY:**WE OFFER THE MOST ADVANCED MEDICAL CARE AVAILABLE TO THE PATIENTS WE SERVE.  
**RESPECT:**WE RESPECT DIVERSITY AND INDIVIDUALLY AND HOLD EACH PATIENT'S UNIQUE CIRCUMSTANCES AT THE FOREFRONT OF CLINICAL CARE DECISIONS.  
**PROFESSIONALISM:**WE BELIEVE OUR STAFF AND PHYSICIAN ARE OUR GREATEST ASSETS.

**Lubbock Urology Clinic**  
Since 1951, we have been providing leading edge treatment to the area residents as well as many smaller communities in West Texas and Eastern New Mexico. When it's time to share your sensitive health problems with a medical professional, turn to the experienced, understanding staff at Lubbock Urology. Our urologists (diplomates of the America Board of Urology) and our dedicated support staff have helped thousands of people just like you. We offer state-of-the-art, personalized care in a safe and complicated treatments that you'd often find only at a large hospital in a large city.

[WWW.LUBBOCKUROLOGY.COM](http://WWW.LUBBOCKUROLOGY.COM)

# Home and garden Show

**APRIL 20-21**

*Clavis*  
**CIVIC CENTER**

*Sat. 10am-5pm*  
*Sun. 11am-5pm*

**Hundreds of dollars worth of prizes to be given away!**

Adults \$3  
Children 6-12 \$1  
Children 5 and under free (with paid adult)

**Home Builders ASSOCIATION of Eastern N.M.**

[clovishomeandgarden.com](http://clovishomeandgarden.com) **575.762.4342**

# STAR CLASSIFIEDS

250-2211

Deadline: Tuesday @ 5 p.m.

## MARS REAL ESTATE & INSURANCE

908 WEST 11TH OFFICE: CALL 250-2090  
 COMMERCIAL BUILDING W/ CHAIN LINK FENCE.....\$30,000  
 FRIONA MASONIC LODGE BUILDING.....\$69,000  
 3BD 2BT WESTERN ADDITION.....\$125,000  
 4BR/3BA NEW PAINT & CARPET.....\$99,000  
**JOHN MARS**  
 OWNER/BROKER, 265-7004  
 CROP INSURANCE SPECIALIST

## HELP WANTED

**Center Pivot Service**  
 Electrical maintenance  
 GPS Dealer With home computer  
 access and cell phone control modems  
 20 years experience  
 Call Rick Black  
 806-946-7207  
 1360 FM 1172 Friona tffc

The City of Friona will accept applications for the City Pool:

**Lifeguards**  
 Salary: \$7.25/hour

Job description and application forms may be picked up at Friona City Hall, 623 Main St. in Friona. Applications will be accepted until April 30, 2013. 2tc:4.4&4.18

**Cargill Cattle Feeders - Bovina, Texas - Position available in the feed mill department.** Responsibilities will include housekeeping, maintenance, loader/truck operation, batching/computer operation and other duties as assigned. Applicants must be able to perform all of these responsibilities. Work schedule will include 1-1/2 days off and hours will average from 50-60 hours per week, straight wage no overtime. Position includes full benefits package including 401K and health insurance. Interested applicants should apply in person at Cargill Cattle Feeders 600 US HWY 60. (806)225-4400 2tc: 4.11-4.18

**Feed Truck Driver / Mill Dept - Cargill Cattle Feeders - Bovina, Texas - Full time position available for feed truck driver and mill employee.** Position responsibilities will include both mill and feed department duties. Mill responsibilities include housekeeping, maintenance, loader/truck operation, batching/computer operation and other duties as assigned. Feed Truck Driver responsibilities include operation, maintenance and daily servicing of feed trucks. Applicants should have the ability to lift 50 lbs, operate large machinery and maintain a safe work environment. Work schedule will include 2 days off most weeks and hours will average from 50-60 hours per week, straight wage no overtime. Position includes full benefits package including 401K and health insurance. Interested applicants should apply in person at Cargill Cattle Feeders 600 US HWY 60. (806)225-4400 2tc:4.11-4.18

**DRIVER**  
**Limited Openings!**  
**Based in Clovis, NM**  
**HOME DAILY**  
 Great Pay  
 Free Medical Benefits Avail.  
 CDL-A w/ 1yr. T/T exp.  
 Must have tank endorsement  
 800-879-7826  
 www.ruan.com/jobs  
**RUAN**  
 Dedicated to Diversity. EOE

**WILBUR-ELLIS**  
 IDEAS TO GROW WITH®  
**SEASONAL EMPLOYMENT OPPORTUNITY**  
**DELIVERY DRIVER NEEDED**  
 APPLY IN PERSON  
 2765 FM 2397  
 FRIONA, TEXAS tffc

**Cargill Cattle Feeders, Bovina, Texas -Positions available in the Cattle Department.** Cattle department responsibilities include processing cattle, doctoring, shipping, riding pens, and other duties as assigned. Applicants must be willing to perform all of these responsibilities. Work schedule will include 1&1/2 day off on most weeks and hours will average 50-60 straight wage no overtime. Position includes full benefits package including 401K and Health Insurance. Interested applicants should apply in person at Cargill Cattle Feeders, 600 US HWY 60, (806) 225-4400. 2tc:4.18-4.25

**T Bar Electrical, Inc.**  
 3915 Hwy 60 \* Hereford, TX 79045  
 Bus. 806-363-1699 \* Fax 806-363-1696  
 TECL# 18386  
 Electrical Contracting Industrial & Agricultural Service, Installation and Repairs  
**Jerry Ethridge • Cell 806-344-6699**



HOLLY CAMPBELL  
 BROKER/OWNER



**PROPERTY ASSOCIATES**

Realtors

102 E. 11th Friona

806-250-2745

806-265-5028 cell

www.frionarealestate.com



Sales Associates:  
 Mike Chaney  
 806-265-7605  
 George Rushing  
 806-265-7037



**1770 Hwy 86 Reduced \$180,000**

**3/2/2 Brick Country Home on 4.73 acres, central heat & air, fireplace, cellar, barn, newly remodeled kitchen, lots of storage**

### New Listing

4/2/2 Brick w/central heat & air, fireplace, formal dining room, sprinkler front & back, fenced backyard with storage, Western Addition.....\$167,900

4/4/2 Siding w/central heat & air, remodeled kitchen, open floor plan, corner lot, covered deck in backyard, storage building.....\$125,500

### Residential

4/4/3 Brick w/central heat & air, fireplace, safe room, security system, fenced backyard with storage building, dog run, Western Addition.....\$219,900

REDUCED: 3/2/2 Brick Country Home on 2.79 acres, fireplace, central heat & air, basement, sprinkler front & back, well, incinerator.....\$150,000

REDUCED: 3/3 Brick w/central h&a, AC is new, fireplace, 2 living areas, Class 4 roof, large fenced yard with storage, garden area w/trees.....\$139,900

3/2/2 Brick w/central h&a, fireplace, corner lot, fenced yard.....Cont Pend

**Let us sell your property!**

**Subscribe Today**

PHONE 250-2211 **Friona Star**

## CHECK CASHING

Payroll Check Cashing and Income Tax Refund Checks

**1%**

Fridays 7-4

**Food Express**

Hwy 60, Bovina TX  
 806-251-9945

## EMPLOYMENT WANTED

I do handyman work of all kinds. Residential or farm. Allen Humberg 806-346-1578 or 806-295-6737 Leave message. References furnished. tffc3.7.13

## BIBLE STUDY

The Bible is God's good news that brings hope, joy, life and love. Millions receive the blessings of the Bible by studying with World Bible School--Completely FREE. If you would like to study the Bible through a Bible correspondence course, Call: 806-250-2769 for the first FREE lesson. tffc-12.18

**Risinger Plumbing**

Serving Friona

272-6772

Cell: 523-2222

Master License #16066

## HOUSE FOR SALE

For sale by owner

1303 W. 5th St. in Friona  
 4 bedroom/2 1/2 bath 3300 square feet  
 Call 806-265-7922 tffc4.11

## Samarron Tree Trimming and Commercial Mowing Service



Large Lots • Spraying Stump Grinding



Richard Samarron  
 Cell: (806) 236-4722

Local and Experienced!  
 Free Estimates

## Elizabeth Romero Independent Beauty Consultant

403 Beach  
 Friona, Texas 79035  
 806-206-1297  
 www.marykay.com/eromero81

Enriching Women's Lives™



MARY KAY



806-250-2300 • 1502 W. Hwy 60  
 Bring this coupon for 4 cream cheese with your meal

<b>NEED MORE</b>	6mg	15mg
<b>INTERNET SPEED?</b>	3mg	10mg
<b>WT Services</b> All around communications	<b>WE'VE GOT YOU COVERED!</b>	
PROUDLY SERVING FRIONA AND BOVINA Call us today! 250-5555		

**We SHIP via UPS**

Now you can SHIP where you SHOP!

Blackburn Hardware  
 904 West 11th  
 250-2828  
 Hours: 8:00-5:30  
 Saturday 8:00-12:00

**APT FOR RENT**

One Bedroom Apt.  
 Call 806-250-3818  
 or 806-265-5172  
 tffc-1.10

**BUSINESS OPPORTUNITY**

**EDWARD'S COIN LAUNDRY**  
 (Bldg. for Sale/Lease)  
 Hereford, TX  
 Call Dennis Edwards  
 Day - 806-364-8658  
 Night - 806-364-2617  
 (Owner Retiring)  
 tffc-4.26

**HANDGUN CLASSES**

Concealed Handgun Classes  
 Call for class dates  
 Private classes available  
 DPS Instructor  
 Toby Turpen  
 806-364-6362  
 -Also-  
 Garage/Shop Door & Opener Repair  
 31 years in business  
 Call Toby Turpen  
 866-364-6362

Call-in orders welcome

**SUBWAY**

806 W. 11th Friona 250-2727  
 \*please allow 30 minutes for phone orders

**FARMS/RANCHES FOR SALE**

Check our websites for other properties.  
**PARMER CO., TX.** - 2,107 ac. +/- (CRP, dryland & grass) in NE Parmer with Hwy. 60 frontage, irr. potential, irr. wells.  
**CASTRO CO., TX.** - 5,033 ac. +/-, in 4 tracts, on pvmt., each tract can be bought separately, developed w/sprinklers, irr. wells, homes, barns, steel pens w/feed bunks on each tract, hwy. frontage.  
**HALE CO., TX.** - 2700-cow dairy in excellent condition, on I27, double-35 parallel parlor, 1,080 acres +/- of choice farm land in a strong water area, 6 pivots. PRICE REDUCED! MAKE AN OFFER!  
**OCHILTREE CO. DAIRY** - double 16 (expandable to 20) parallel, rapid exit parlor, 990 lockups, 160 ac. +/-, 4 yrs. old, excellent farming area, very nice!  
**LONG CORRAL 420 ACRES** - Parmer Co., TX. - 3 bdrm./2 bath, double-car garage brick owner's home, large hay/commodity barn, other barn & out bldgs., livestock pens suited for beef or dairy cattle, excellent dryland farm, irr. wells not in use, all weather road.  
**LEA CO., NM** - 1400 cow dairy on 136 acres, double 20 parallel parlor, beautiful 5 bdrm./4 bath home, on pvmt. PRICE REDUCED! MAKE AN OFFER!  
**CASTRO CO., TX.** - Flagg Hwy. Farm & Feedyard - 3,125 ac. +/- irr. farmland & 15,000 hd. feedyard in South Castro County.  
**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!  
 www.scotlandcompany.com  
 www.texascrp.com  
 Ben G. Scott - Krystal M. Nelson - Brokers  
 800-933-9698 day/eve

# Let Me See Your Muscles

By Melanie Gallman Braun

Remember the five components of fitness—cardiovascular endurance, muscle strength, muscle endurance, body composition and flexibility? We've "cardio-ed" the past several weeks, so let's move on to muscle strength and endurance. Muscular strength refers to the amount of force a muscle or group of muscles can generate in one contraction. Muscular endurance is the ability of a muscle or group of muscles to exert force repeatedly without fatigue or the ability to sustain a muscular contraction. So how do you apply these two fitness components to your fitness goals? Add resistance/strength/weight training (choose the word you want to use) to your exercise program two to four times per week.

Ok, so you're thinking, "Good grief! How am I supposed to get in all that cardio? And now she wants me to add weight training? I don't have time for that." Easy solution. You alternate cardio and weight training days. Weight training should be done on non-consecutive days. Always skip a day between weight training sessions to let your muscles repair and recover. For example, you can cardio on Monday, Wednesday, Friday, and weight train on Tuesday, Thursday and Saturday. It is also important to give yourself one day as a rest day during the week, in this example that would be Sunday.

How do you strength train? Just like cardio, there are lots of options. You can use free weights (dumbbells, hand weights, kettlebells, body bars, medicine balls), machines (gym), and even or especially your own body weight. If you like the gym setting, Friona Fitness Center has awesome machines that work all muscle groups and can be adjusted to any fitness level. Gym equipment can sometimes be in-

timidating, but don't let that trip you up. Once you are trained on how to set the machine, you'll find it's not complicated at all.

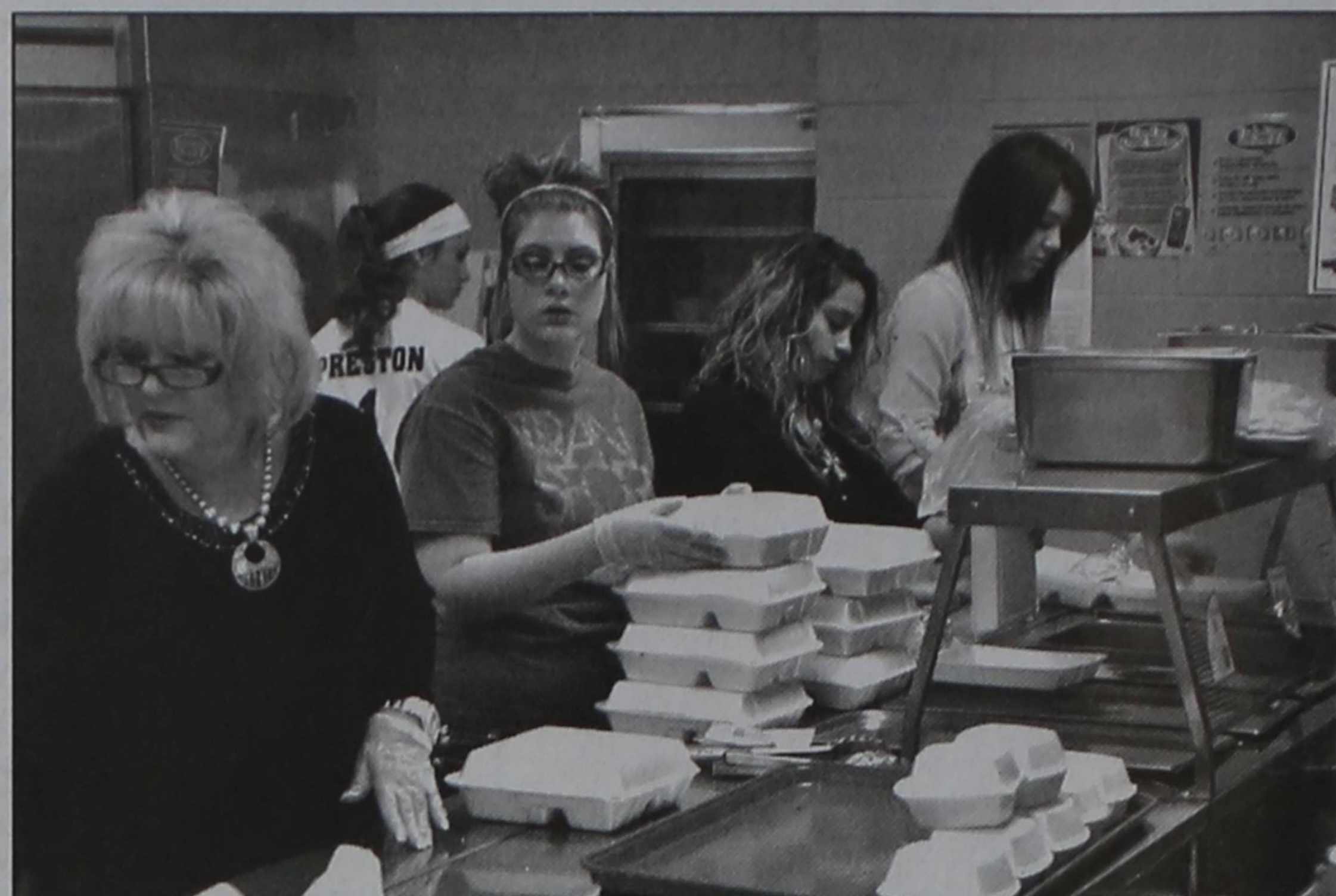
Machines are a great way to isolate muscle groups and take the guess work out of strength training as you begin designing your workouts. If you prefer to train at home, you don't need expensive equipment or equipment that takes up a lot of room in your home. I recommend a stability ball, hand weights, resistance bands and a mat. Less than \$100 and fits in the closet. Olympic gymnasts train mostly with their own body weight, and they of course, are incredibly fit and strong. You can rock it with minimal equipment and your own body weight.

Ladies, you will not "bulk" up and look like Arnold from strength training. Our bodies do not have enough testosterone to build big, bulky muscles. You will tone up and firm up. You will burn more calories at rest because muscle is more metabolically active and burns more calories than fat. You will reduce your risk of osteoporosis. During resistance training, muscles and tendons pull on the bones, providing a tension that stimulates the bone deposition process.

Next week, we'll lay out the details of designing a strength training workouts. Adding strength training to your exercise regime will increase endurance, bone density and guys- testosterone levels. It strengthens your joints, burns calories, lowers cholesterol and improves your sleep. Can't get all that in a pill!

"The first wealth is health." Ralph Waldo Emerson

[www.issacertifiedtrainer.com/melaniebraun](http://www.issacertifiedtrainer.com/melaniebraun)



ron carr photo

Working on the take-out line at Sunday's Senior Steak Dinner are, l-r, Johnnie Wiseman, Lindy Wiseman, Joanna Hernandez, and Marissa Lozoya. In back is Kalley Preston.



ron carr photo

This group of seniors were kept busy pouring drinks at the Senior Class Steak Dinner Sunday.

PARMER COUNTY SHARED SERVICE ARRANGEMENT  
909 E. 11<sup>TH</sup> STREET  
FRIONA, TEXAS 79035  
(806) 250-3315

The Parmer County Shared Service Arrangement serving the Friona, Bovina, Lazbuddie, and Farwell Independent School Districts, is offering a **FREE DIAGNOSTIC CLINIC** for children 3, 4 and 5 years old who seem to have a learning problem or developmental delay. Certified specialists will be working with children at this clinic which is to be held at the following locations on Friday, April 26, 2013.

**FARWELL ELEMENTARY SCHOOL SPEECH ROOM**

8:30 - 9:30 A.M.

**BOVINA RIDGELEA ELEMENTARY SCHOOL**

10:00 - 11:00 A.M.

**LAZBUDDIE SCHOOL LIBRARY**

12:00 - 12:30 P.M.

**FRIONA ADMINISTRATION BUILDING  
909 E. 11<sup>TH</sup> STREET**

1:00 - 2:30 P.M.

If you are concerned about your child's growth and development, bring your child to this clinic. If you need additional information, call Sue Wells, Director of Special Education at: (806) 250-3315.

PARMER COUNTY SHARED SERVICE ARRANGEMENT  
909 E. 11<sup>TH</sup> STREET  
FRIONA, TEXAS 79035  
(806) 250-3315

El Condado de Parmer, con Servicios Compartidos sirviendo los Distritos Independientes de las Escuelas de Friona, Bovina, Lazbuddie, y Farwell, están ofreciendo una **CLINICA DIAGNÓSTICO GRATIS** para niños de 3, 4 y 5 años que parecen tener un problema de aprendizaje o en el desarrollo. Especialistas Certificados van a estar trabajando con niños en esta clínica que va a ser localizada en los siguientes lugares, Viernes, 26 de Abril, del 2013.

**ESCUELA PRIMARIA DE FARWELL – En la salón de Terapia de Lenguaje**

8:30 - 9:30 A.M.

**ESCUELA PRIMARIA DE BOVINA – RIDGELEA**

10:00 - 11:00 A.M.

**ESCUELA DE LAZBUDDIE – BIBLIOTECA**

12:00 - 12:30 P.M.

**EDIFICIO DE ADMINISTRACIÓN DE LA ESCUELA DE FRIONA  
909 E. de la calle 11<sup>TH</sup>**

1:00 - 2:30 P.M.

Si usted está interesado sobre el desarrollo de su niño, tráigalo a esta clínica. Si usted necesita más información, llame a Sue Wells, Directora de Educación Especial al: (806) 250-3315. SE HABLA ESPAÑOL



**It's time to sign up for Bovina's Spring Fling/Cinco de Mayo celebration.**

A fun time for everyone, sponsored by the Chamber of Commerce and the Cinco de Mayo Committee. Come join us.

Starting at 10 a.m. Saturday May 4 at the XIT Center and the area in front of the building on North Street. There will be arts and crafts inside the rec center and food booths and musical entertainment outside.

To sign up for a table inside the rec center call Don Spring at 251-1552 or Suezy Smith at 251-1677. To sign up for booths or music on the outside of the building call Sonya Enriquez at 240-1003 or Celia Quintana at 251-1122.

**The sign up deadline is April 22.**



ron carr photo

Friona Public Library clerk Ruby Rodriguez encourages you to come by the library and buy your tickets for one of the 11 literary baskets to be given away at the library's annual meeting Sunday May 5. Tickets are \$1 each and you can select individual baskets to deposit your tickets. You can also register for the library e-reader drawings each Friday in April. You might win a Kindle.



# SPRING FEVER APRIL 20<sup>TH</sup>

AT THE 810 W. 11<sup>TH</sup>, FRIONA LOCATION ONLY

**1/2 Price Cheeseburgers,  
50¢ Small Tots,  
50¢ Small Drinks,  
& 50¢ Cones**



LIMITED TIME OFFER  
ONLY AT  
810 W. 11TH • 247-3344 • FRIONA

Single Patty Cheeseburgers only. Add ons cost extra. Tax not included. Only at participating Sonic Drive-Ins. Not good in conjunction with any other offers.

TM & ©2013 America's Drive-In Brand Properties LLC

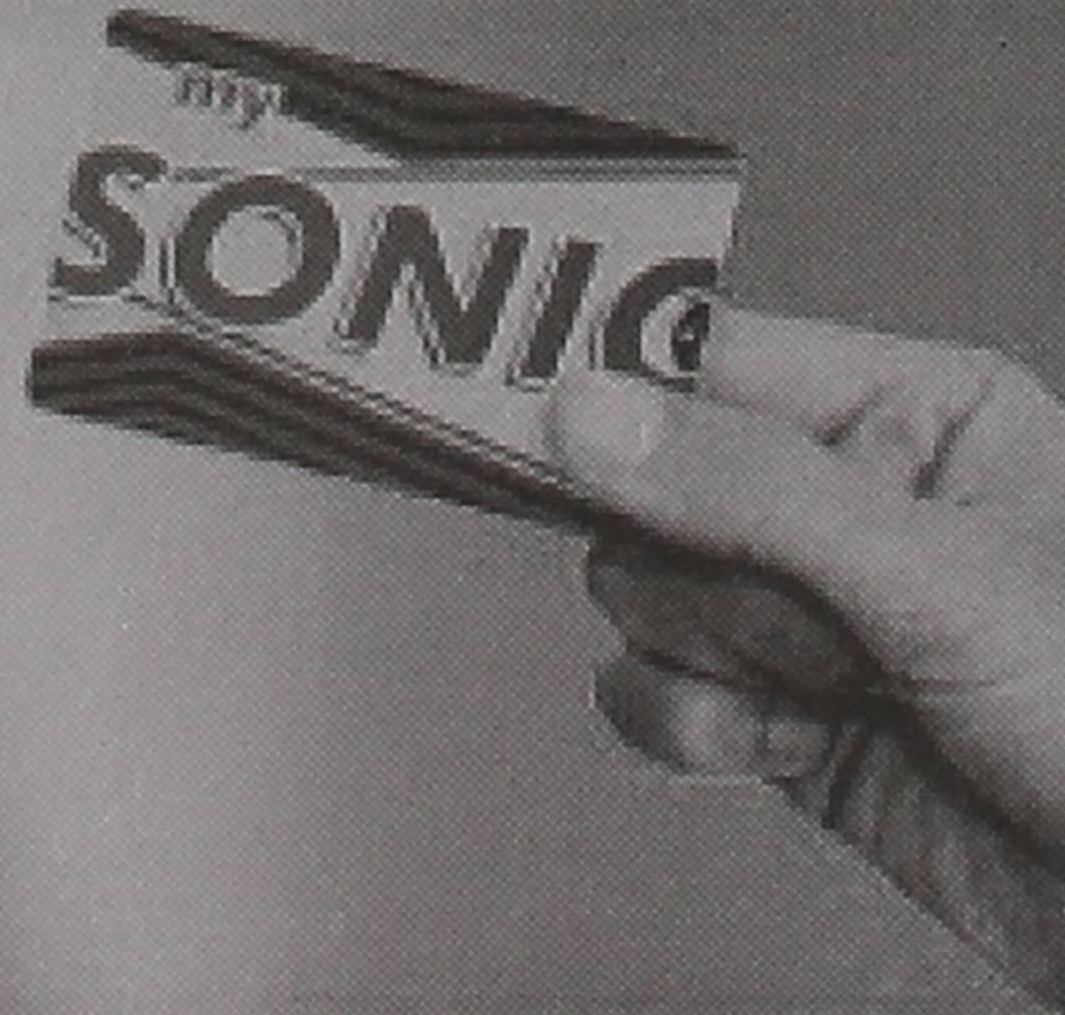
## Register to win a \$50 MySONIC® Gift Card

Name:

Address:

Phone:

Email:



Register to win at the 810 W. 11th, FRIONA LOCATION ONLY.

**School menu**

School breakfast/lunch menu for April 22-26, 2013. Menu is subject to change due to availability.

**Monday:** Cereal variety, pancakes, fruit cocktail, orange pineapple juice, milk  
Baked chicken, baked beans, tomatoes, pineapple, milk

**Tuesday:** Cereal variety, breakfast biscuit, mandarin oranges, orange juice, milk  
Chicken fried steak, hot rolls, corn, English peas, pears, milk

**Wednesday:** Cereal variety, pig in a blanket, oranges, grape juice, milk  
Hot ham & cheese sandwich, chips, carrot sticks, pineapple, milk

**Thursday:** Cereal variety, breakfast pizza, pears, fruit punch, milk  
Chicken nuggets, hot rolls, lettuce & tomato salad, mashed potatoes, peaches, milk

**Friday:** Cereal variety, French toast sticks, fruit salad, grape juice, milk  
Taco salad, Mexican rice, tomatoes, oranges, milk

<p>April 19 - 25 <b>MOOVIES 6</b> Sugarland Mall 450 N. 25 Mile Ave - Hereford, Texas Business Office: 364-0101 - Movie Hotline: 364-8000</p>	
<p><b>Scary Movie 5</b> PG13</p>	<p>1:20 • 3:20 • 5:05 • 7:10 • 9:15</p>
<p><b>Evil Dead</b> R</p>	<p>1:10 • 3:10 • 5:15 • 7:05 • 9:00</p>
<p><b>GI Joe: Retaliation</b> PG13</p>	<p>12:50 • 3:00 • 5:05 • 7:15 • 9:25</p>
<p><b>42</b> PG13</p>	<p>1:30 • 4:15 • 7:00 • 9:25</p>
<p><b>The Croods</b> PG</p>	<p>1:15 • 3:15 • 5:15 • 7:15 • 9:10</p>
<p><b>Oblivion</b> PG13</p>	<p>1:00 • 4:10 • 7:00 • 9:25</p>
<p>Fri 19th - 7's and 9's Only Sat 20th - All Showings Sun 21st - All but 9's Mon 22nd - Tues 25th - 7's only www.pccmovies.com for Showtimes Movie Hotline: 364-8000 - Option 2</p>	



don herbert photos

Junior high teacher and photographer Don Herbert prepared this sequence photo of Chieftain Hunter Sundre. Hunter is a junior catcher and pitcher for the Chieftains, son of Mark and Jennifer Sundre. Herbert is the official sports team photographer for the school district. He is also a freelance photographer for senior photos, Little League baseball, portraits, weddings etc.

## TxDOT Warns: Talk. Text. Crash.

With technology at their fingertips, drivers are constantly faced with distractions, such as talking or texting, which places their safety and that of others at serious risk. April is National Distracted Driving Awareness Month, and the Texas Department of Transportation (TxDOT) is launching the Talk. Text. Crash. campaign to raise awareness of the dangers associated with distracted driving and to encourage Texans to put down their cell phones while driving.

Distracted driving is becoming increasingly common and dangerous, causing traffic crashes and fatalities. This deadly trend is widespread in Texas, where nearly one in four crashes involves driver distraction, according to TxDOT. In 2011 alone, over 81,000 Texas crashes involved distraction in the vehicle, driver inattention, or cell phone use. Sadly, 361 of those crashes were fatal. Cell phone use contributed to 3,147 crashes, 40 of which were fatal.

Drivers can be distracted by conversing with other passengers, eating, smoking, manipulating dashboard controls, reaching for something in the vehicle, and talking or texting on a cell phone. Among the many distractions drivers face on the road, cell phone use is one of the most common and a major cause of distracted driving traffic accidents and fatalities. At any given moment during the daylight hours, over 800,000 vehicles are being driven by someone using a hand-held cell phone, according to the National Highway Traffic Safety Administration

(NHTSA).

Teen drivers are more likely than other age groups to be involved in a fatal crash where distraction is reported. This age group has the largest proportion of drivers who were distracted; 11 percent of all drivers under the age of 20 involved in fatal crashes were reported as distracted at the time of the crash. In Texas, 46 percent of urban teens and 52 percent of rural teens talk on a cell phone while driving, and nearly the same percentage text while driving. (Texas Transportation Institute).

"Drivers simply do not realize the dangers that are posed when they take their eyes and minds off the road and their hands off the wheel and focus on activities other than driving," said Carol T. Rawson, P.E., TxDOT's Traffic Operations Division Director. "Talk. Text. Crash. reminds Texans of the consequences associated with distracted driving. Eliminating distractions and putting away their cell phones while driving can and will save lives."

The Talk. Text. Crash. campaign aims to reduce distracted driving, not only for National Distracted Driving Awareness Month, but throughout the year. Drivers need to put away their cell phones and wait until they arrive at their destination to use their phone. Although cell phone use is the most easily recognized distraction, all in-vehicle distractions are unsafe and can cause crashes or fatalities. Keep your eyes on the road and arrive alive!

## Texas AgriLife Extension 40 gallon challenge

The 40 Gallon Challenge is a call for residents and businesses to reduce our region's water use on average by 40 gallons per person, per day. The challenge began in 2011 as a voluntary campaign to increase water conservation. As our county continues to be drier than normal and rain changes keep passing us this is a good time to renew this challenge.

The 40 Gallon Challenge encourages people to save a minimum of 40 gallons a day by adopting new water-saving techniques. The pledge card outlines water-saving practices and the daily water-savings to expect. You can use the pledge to review the water-saving practices that you or your family currently puts to use. By pledging new practices, you will see the total daily savings expected for your household.

The 40 Gallon Challenge also provides maps and charts to see pledge activities in your state and across the United States.

Drought conditions, population growth and increasing water demands have put added stress on the water supply. By conserving water, these water demands and the demand for energy-intensive systems that obtain, treat, and distribute water are both decreased.

Reducing water usage at home not only saves this precious resource, it also helps homeowners keep more money in their wallets. Saving a minimum of 40 gallons a day for 30 days adds up to more than 1,000 gallons per month. This is an easy way to document the amount of water saved since most water provider's bill in thousand-gallon increments. In other words, you should see real savings on your water bill if you follow through with your pledge and put to use the recommended water-saving practices.

The 40 Gallon Challenge maps are a quick way to assess participation of each state and county in the challenge. States and counties are highlighted based on how many gallons their citizens have pledged. The 40 Gallon Challenge charts show the most popular practices being pledged, the pledged practices that are saving the most water daily, and counties that are pledging the most daily savings.

Go to [www.40gallonchallenge.org](http://www.40gallonchallenge.org) and participate in the online pledge. Help make Parmer County number one in pledges in the State of Texas.

Contact Shana Fleming, Texas AgriLife Extension Service Parmer County agent at 481-3619, for more information.

**Vote Rick White For Mayor**

**"I want to be your Mayor"**

**May 11th**

pol. ad paid for by candidate

# The 59<sup>TH</sup> ANNUAL MEETING

of The Friona Texas Federal Credit Union

**Tuesday, April 23**  
**at the**  
**junior high cafeteria**  
**registration & meal**  
**6:30-7:00 p.m.**

**door prizes and**  
**business meeting**

**Friona Texas Federal Credit Union**  
**6th & Euclid 250-2736**

**essure**  
Permanent Birth Control

**No deductible No co-pay**  
approved by all insurance providers

**When you're done having children, there's Essure surgery-free permanent birth control.**

As an OB/GYN committed to the highest quality of care, we're pleased to offer our patients Essure when their families are complete.

- Permanent Birth Control
- No incisions
- No anesthesia
- No deductibles
- No co-pay

Call our office today at 806.355.6330 to learn more and to schedule a consultation.

**ESSURE CENTER**  
of excellence

**Dr. Brian J. Eades**  
1301 S. Coulter St. 300 | 806.355-6330

\*Based on a comparison of five-year clinical data. Essure has been FDA-approved and available in the US since 2002.

www.essure.com The Essure procedure may not be suitable for all women and there are risks. The procedure is not reversible and you must use another form of birth control for at least three months after the procedure. Risks may include cramping/pain, nausea/vomiting, dizziness/light-headedness, bleeding/spotting. Visit www.essure.com for a complete list of risks and considerations. ©2012 All rights reserved. Conceptus and Essure are registered trademarks of Conceptus Inc. CC-2970B1 07JULY 12