

Friona Star

VOL. 89, NO. 18

FRIONA, TEXAS

THURSDAY, MAY 2, 2013

TEN PAGES

Mother's Day chicken dinner at St. Ann's

The St. Ann's Catholic Church Youth Organization of Bovina will serve a chicken dinner on Mother's Day, May 12 from 11:30 a.m. to 2 p.m. The cost is \$8 per plate and carnations will be given to the first 200 mothers. The menu includes fried chicken, mashed potatoes, green beans, salad, dessert, tea or coffee.

Public forum on Channel 76 Sunday

The recent public forum for mayor and school board candidates that was held April 18 at the junior high cafeteria was recorded and will be shown beginning at 2:30 p.m. Sunday May 5 on WT Services channel 76. Early voting ends Tuesday May 7. The election is held Saturday May 11 from 7 a.m. to 7 p.m. Both mayor and school board voting will be at 619 Main St.

Chieftain Send-Off

Friday May 3 1:30 p.m.

At the high school

Chiefs vs. Tulia 5:30 p.m.

Canyon High School

Team will leave the high school parking lot and travel Hwy 60 to Canyon

Fans are invited to the high school or line-up anywhere along Hwy 60 and/or the roadside park.

Go Big Red! Support the Chiefs!



ron carr photo

The Chew on This Tour stopped at Hi-Pro Feeds Monday. Visitors had the opportunity to watch a brief movie on food production and dine on BBQ

Chew on This tour visits Friona

By 2050 the world will need 70 percent more food than we produce today! About 140 people attended an exciting, one-of-a-kind event at Hi-Pro Feeds on Monday April 29 in collaboration with Elanco and Nutra Blend. The Chew of This Tour featured two custom built trailers, one a high-tech movie theater on wheels and the other a BBQ kitchen of wheels.

This unique road show is stopping at feed mills all around the country,

spreading the word about world hunger and sustainable food production. Participants enjoyed a hearty BBQ meal, watched a film hosted by Bill Goldberg, former NFL lineman and champion wrestler, and tested their knowledge on interactive kiosks.

"We were very excited to host this event," said Varla Wilcox, Hi-Pro marketing coordinator. "It was an amazing opportunity for our customers and employees to get together and get fired up

about what we do for a living. They all play an important role and the products we sell play an important role, in meeting the challenge of feeding a hungry planet."

Some of the eye-opening information from the film: 1) 870 million people worldwide don't get enough food; 2) the global population is expected to grow to more than 9 billion by mid-century; 3) by 2050 we will need 70 percent more food, most of it will have to come

from efficiency-enhancing products and technologies; 4) the carbon footprint of a gallon of milk has decreased by 63 percent since 1944. One cow today produces as much as five cows did back then.

Nutra Blend is the leading distributor in the U.S. of feed micro-ingredients including vitamins, minerals, and other nutrients. Elanco is a global leader in animal health and a division of Eli Lilly and company.

WTRT General Manager goes to Washington

By Jim Steiert

Amy Linzey, general manager of Hereford-headquartered West Texas Rural Telephone Cooperative, met with staff members from the offices of Representatives Randy Neugebauer and Mac Thornberry in Washington, DC last week, while

representatives of the telecommunications industry were meeting with Texas Senators John Cornyn and Ted Cruz.

The sessions with representatives and senators emphasized the significant impact of small communications provid-

ers like WTRT in delivering affordable broadband services to consumers in Deaf Smith and Parmer counties and portions of Castro and Bailey counties, and communities including Hereford, Friona, and Bovina, as well as similar communities all

over the state.

Ms. Linzey emphasized the importance of broadband for rural business development and growth. She highlighted the ways that broadband brings education, public safety, telemedicine, and other opportunities to rural cus-

tomers.

Both Ms. Linzey and fellow communications representatives provided an overview of their service areas. Ms. Linzey focused on the 19th Congressional District of Texas, highlighting the types of service that WTRT provides to businesses and consumers in the Hereford/Friona/Bovina area, as well as pointing out the number of jobs that West Texas Rural Telephone provides, and other services that contribute to the area's economic development.

Ms. Linzey urged staffers from the offices of Rep. Neugebauer and Rep. Thornberry to seek the assistance of congressmen in helping rural cooperatives to continue to provide the services that rural communities need at an affordable rate by ensuring that Universal Service Fund (USF) and intercarrier compensation reforms don't deter future broadband investment in rural America and penalize small businesses that have already invested.

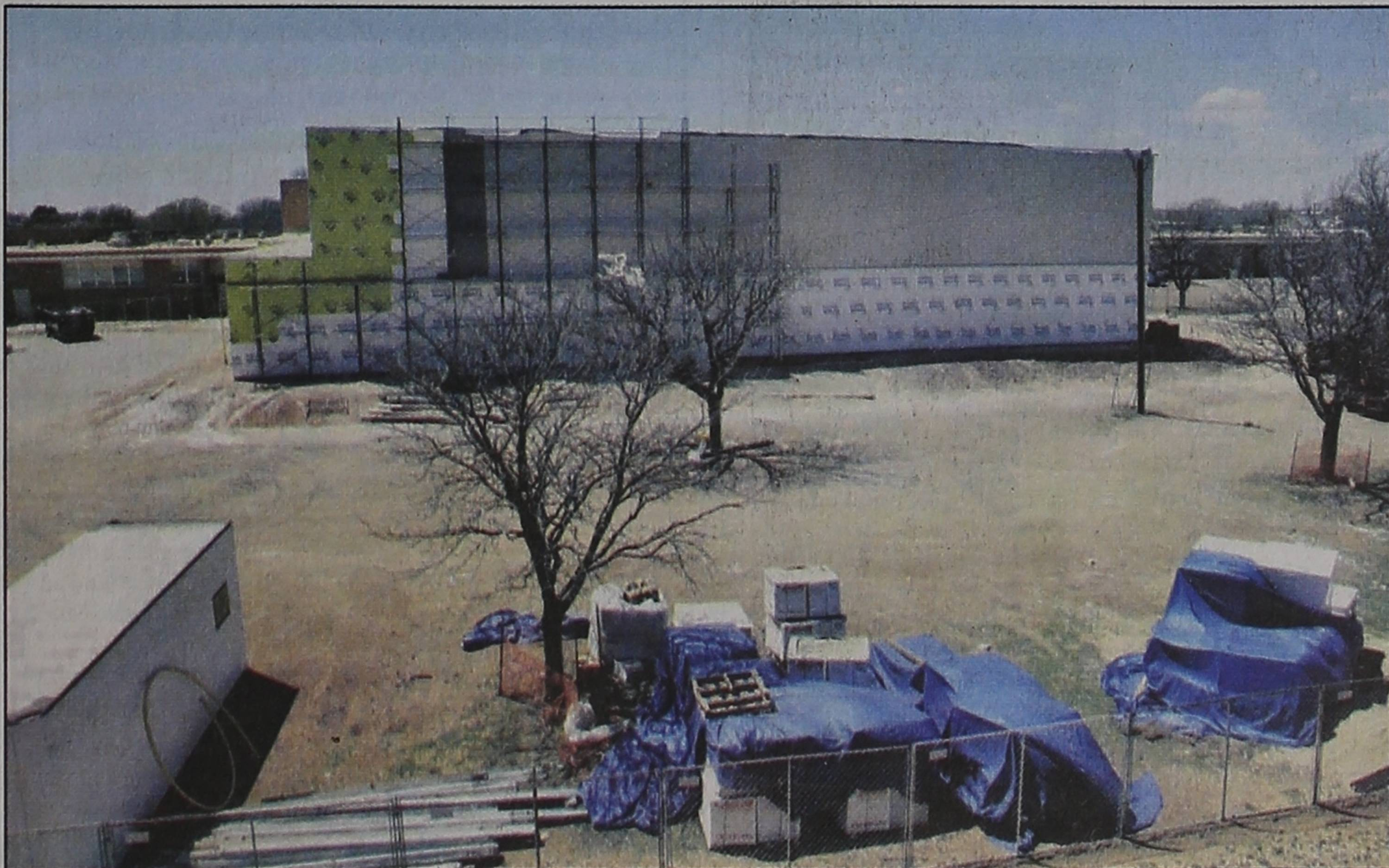
Speaking on behalf of

WTRT, Ms. Linzey explained that cuts to the vital Universal Service Fund are putting existing investment in rural broadband at risk, and discouraging future investment in new broadband-capable networks by small companies.

"This could lead to increased rates for telephone, broadband, and other services," Ms. Linzey warned.

The WTRT general manager was in Washington participating in the Legislative and Policy Conference, hosted by the National Telecommunications Cooperative Association—The Rural Broadband Association April 22-24. More than 500 rural telecommunications representatives from across the U.S. gathered in Washington, DC for educational briefings about emerging rules and regulations and other industry issues.

Rural telecommunications representatives also visited policy makers on Capitol Hill and the Federal Communications Commission.

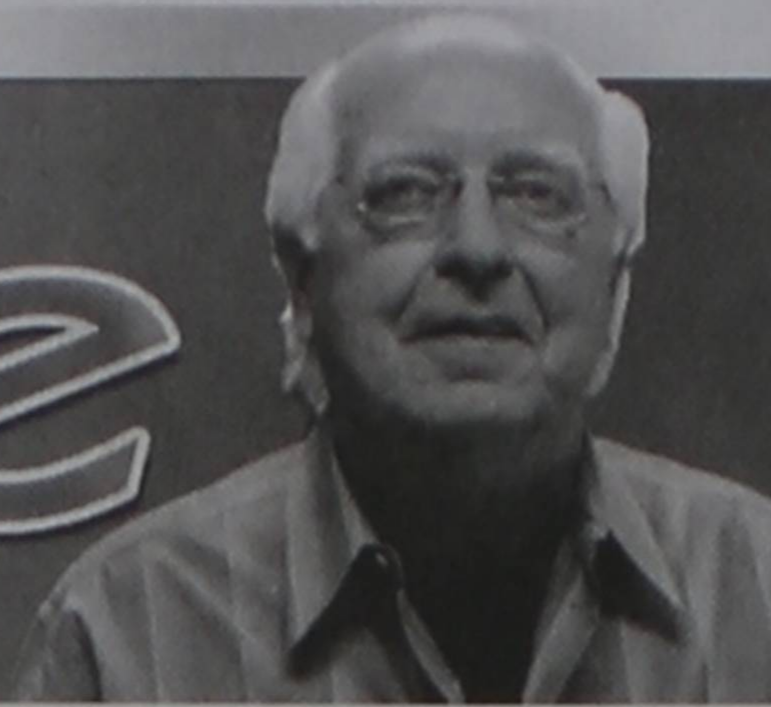


ron carr photo

A view from the top of the home side bleachers shows progress being made on the high school activity center. Brick work has begun on the north side of the building. Bricks will be laid up to 14 feet with siding the rest of the way. At left is the present gym entrance and the cafeteria.

Out Here

By Ron Carr



drawing a red line

We have all done it. In fact we do it more often than we realize. Who hasn't said, "That does it, I've had it, I'm drawing the line right now."

I have often drawn a line during my lifetime. Sometimes I stuck with it, sometimes not. It is a diverse expression that can indicate impatience, determination, anger, or compassion. It is a new beginning, an end to an old problem, or a fresh starting point, sort of like a New Year's resolution.

In all of my line drawing I never realized they come in colors. I always just drew a plain old line. Now, however, we have people, especially politicians, specifically President Barack Hussein Obama, drawing a red line. Not sure why a red line is more serious than, say, a blue, green, or yellow line. Sounds to me like a red line is supposed to be the last step before we bomb your country. Wonder if red scares the foreign dictators more than, say, beige or taupe.

The first time I heard of drawing a red line was when Israeli Prime Minister Benjamin Netanyahu addressed the

United Nations and, with a chart, drew a red line about Iran's nuclear bombs. He didn't say what would happen if Iran crossed the red line but since it was Israel talking I can imagine the consequences.

Recently it was reported that Syria might be using chemical weapons to kill its citizens in the two-year civil war there. So far the U.S. has not intervened in the Syria conflict. Recently President Obama said if Syria did use chemical weapons they would be crossing that red line, insinuating that the U.S. would do something to them. He didn't say what the red line crossing consequences would be.

Defense Secretary Chuck Hagel told the press that Syria had indeed used chemical weapons. He didn't say maybe, he said they had. When asked about it at a news conference Tuesday, President Obama said, "hey not so fast." He said they did not know if chemical weapons had been used, and if they had they didn't know how serious it was, or which side might have used them, yadda, yadda, yadda.

So much for blustering about a red

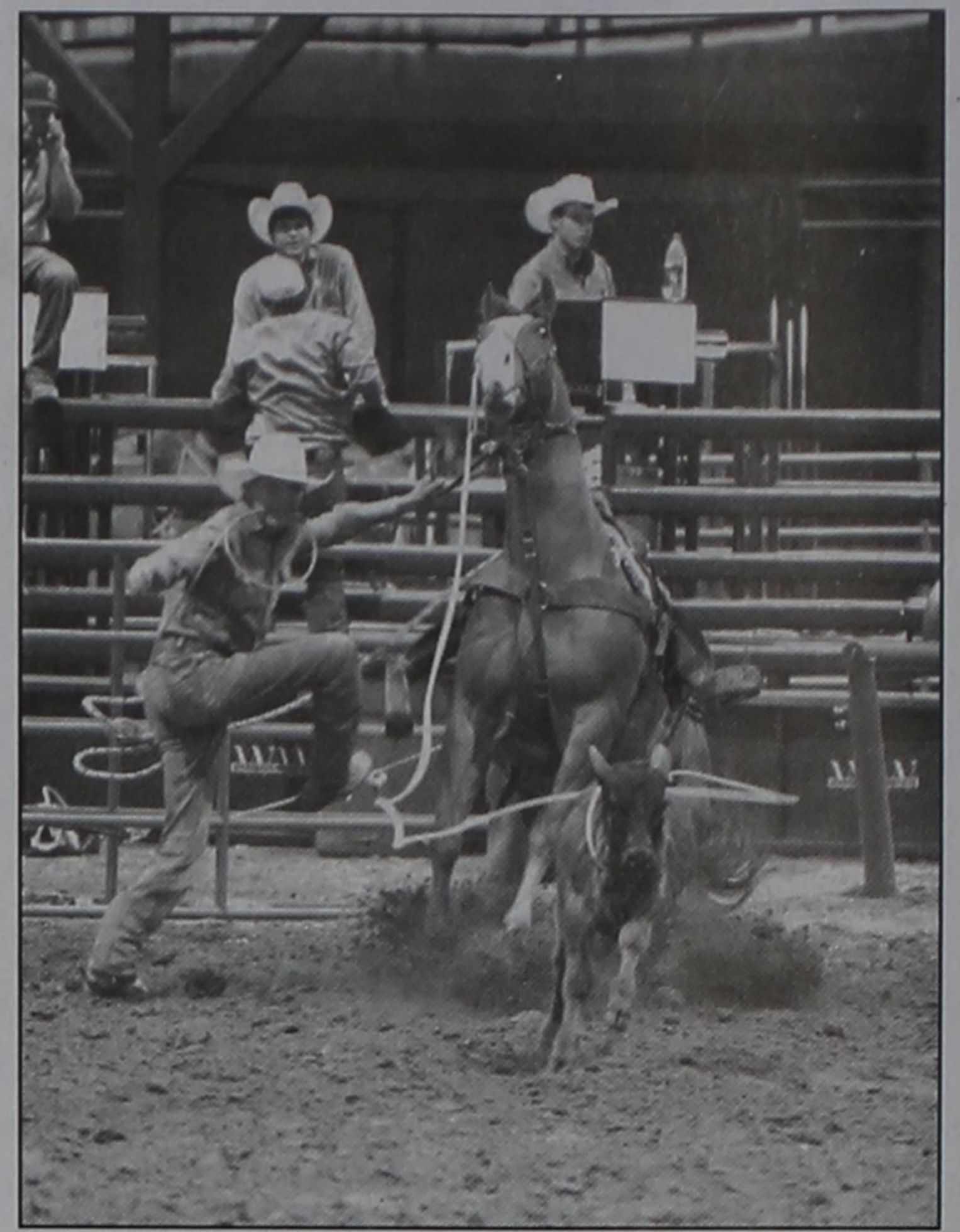
line. It is okay for me and you to back-peddle about crossing a line but not for the President of the United States. Not when he told the world about that red line business. Makes us look like a bunch of silly nincompoops. (I like that word. Haven't used it in a while.)

One of the Fox News pundits, Sean Hannity I think, even said Obama drew a red line in the sand, combining two old clichés. You can draw the line or you can draw a line in the sand. That is two different situations Hannity.

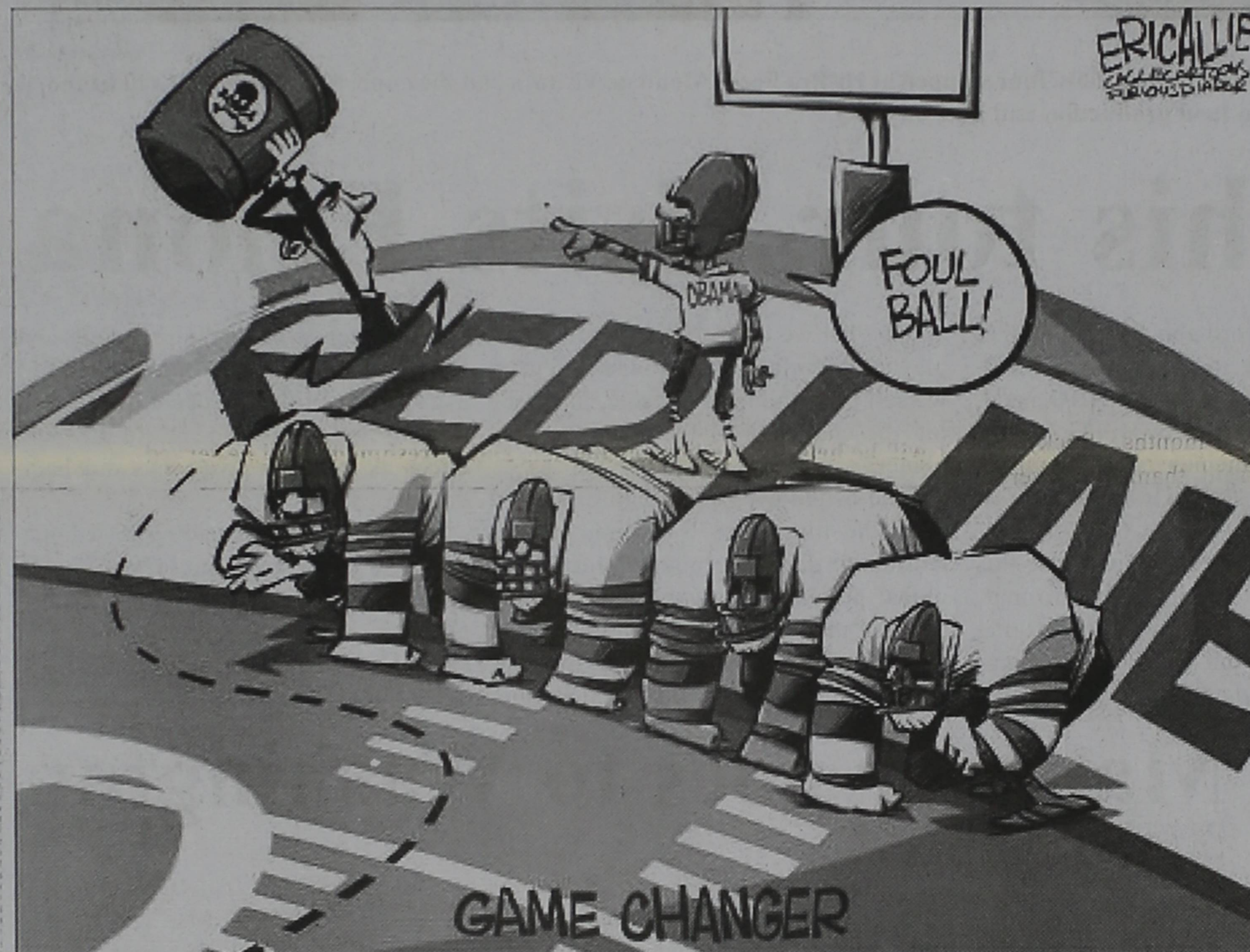
People of power shouldn't run around threatening the rest of the world with red lines unless they mean it. Let us hope that our country does not enter another war. Time for someone else to fight for a change. Let's draw the line on war.

Then I have to mention that the President of the United States of America called a professional basketball player named Jason Collins to congratulate him for admitting that he is gay. Wow!

Seems like they both might have crossed a line there.



A Joe's Boot Shop Rodeo photo by Dr. Gary Cash



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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, 1st Floor, Lobby box 28, Amarillo 79101. 806-372-3327, fax 806-342-0327.

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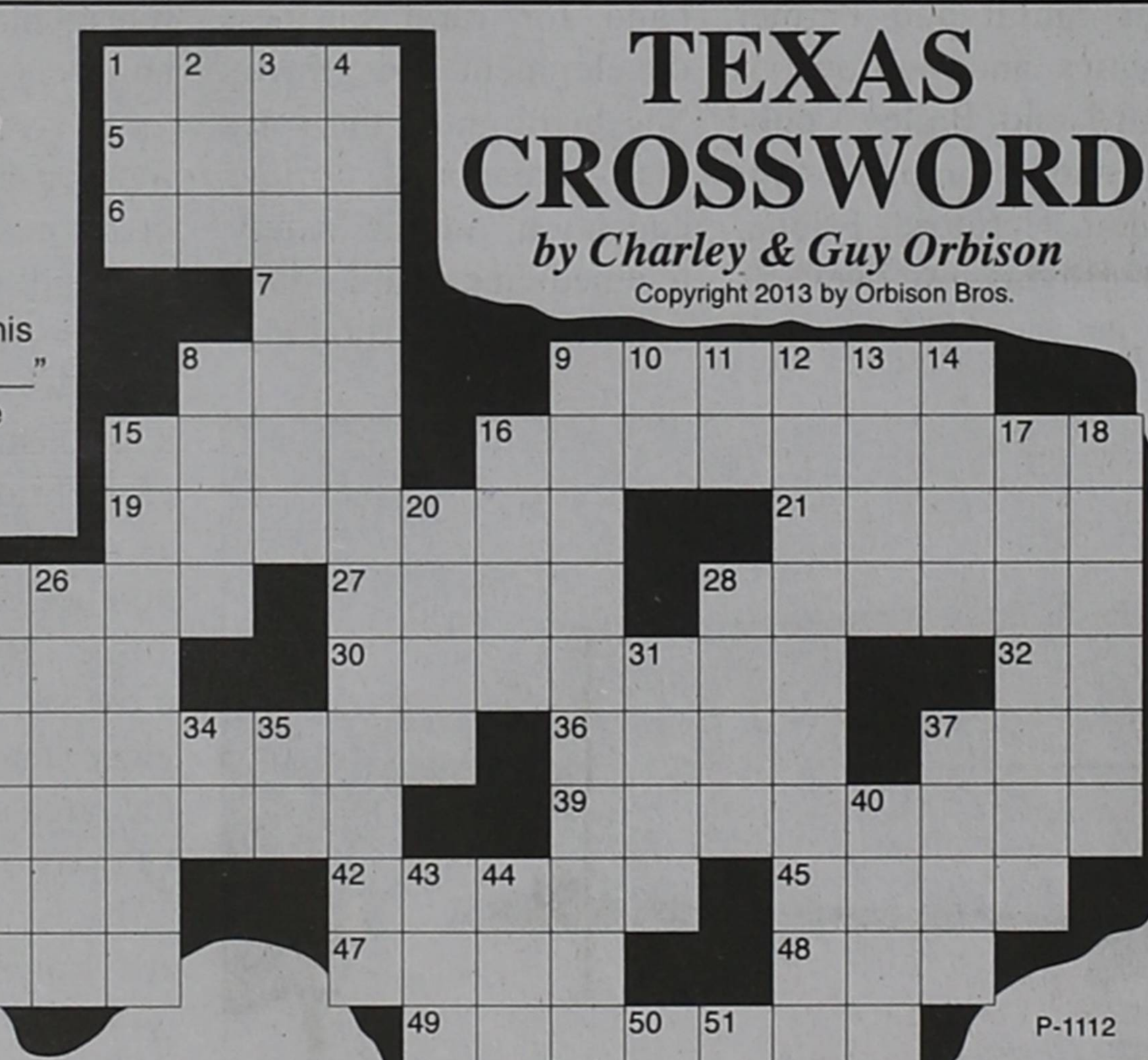
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TEXAS CROSSWORD

by Charley & Guy Orbison
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- ACROSS**
- 1 "___ Texas Tower" will anchor new Fair Park amusement park
 - 5 formerly Persia
 - 6 Corps of Engineers ___ Lake Texoma
 - 7 univ. in Ann Arbor
 - 8 TX Kelly Clarkson recording label
 - 9 TXism: "___ the barrel head"
 - 15 move from mother's milk to food
 - 16 TXism: "big enough elephant" (large)
 - 19 TXism: "would have to stand up twice to cast ___" (skinny)
 - 21 Scandinavian
 - 23 blacktop surface
 - 27 used to clean up oil spills: peat
 - 28 19th TX governor (1887-91)
 - 29 TX Edward ___ was ambassador to Australia (1965-68)
 - 30 dove down
 - 32 Austin univ.
 - 33 Marlin was popular for its hot ___ mineral wells
 - 36 George W. s alma mater
 - 37 emergency health-care provider (abbr.)
 - 38 "Doonesbury" cartoonist, Garry
 - 39 TXism: "brave ___ clown"

- 41 Argentine actor & director, Fernando
 - 42 Baylor grad, Ted, who pitched 26 no-hitter
 - 45 TX-born Meredith Monroe '05 TV film: "Fathers and ___"
 - 46 TV series for TX Dennis Burkley: "Sanford & ___"
 - 47 80s Arlington, TX ace pitcher, Van Poppel
 - 48 TXism: "tax wrangler"
 - 49 enthusiastic words
 - 52 Russian whip
 - 53 TX Willie s "The ___ Tapes"
 - 54 superlative suffix
 - 55 TX Gary Morris was in "___ Miserables" on Broadway
- DOWN**
- 1 this TX Brown won 87 Heisman
 - 2 TXism: "don t give a hoot ___ holler"
 - 3 seat of Cottle Co.
 - 4 TX Lucian Adams won the Medal of Honor for a ___ on Germans in WWII
 - 8 "___ in peace"
 - 9 Ballinger has Coppini-designed ___ statue
 - 10 TXism: "fit ___ a fiddle"
 - 11 this Sam was pres. & gov. of TX (init.)
 - 12 UT gold medalist swimmer
 - 13 unpleasant smell
 - 14 TX-born Lee Horsley was in 81 NBC show "___ Wolfe"
 - 15 TX Alan Bean ___ the moon (69)
 - 16 "bull" south of the border
 - 17 presumes
 - 18 birds use a ___ incubate eggs
 - 20 TXism: "hunker ___"
 - 22 Teague h.s. class



solution on page 4

- 23 home state of Alamo s William Travis (abbr.)
- 24 plots of land
- 25 TX s most populous county
- 26 this Torres got rich selling pizza in TX
- 28 mother of TX Ginger Rogers
- 31 Romo aerial dir. to Austin from Comanche
- 34 dir. to Austin from Comanche
- 35 state where TX Buddy Holly died (abbr.)
- 37 seat of Jackson Co. (abbr.)
- 40 sound of a mistake
- 43 Cowboy foe: New ___ Giants
- 44 Gov. W. Lee "Pappy" ___
- 50 oxidizes
- 51 Austin band: "Asleep ___ the Wheel"

Town Talk II

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

Official weather guy John Gurley sent his April weather report in by text message, not surprising since there isn't much to report. He said we had .05" moisture in April and 1.69" so far in 2013. In the 90s Monday and Tuesday and a cold front arriving Wednesday and Thursday. It is a wonder we are not all sick.

Someone called the office this week to tell us a Google street view truck was driving around town, I guess mapping our tiny village. I went looking but couldn't find it. Guess your home may be on Google maps by now. Sort of scary huh?

Early voting started Monday and continues through Tuesday May 7. As of Tuesday morning, 56 people had voted at city hall and 59 at the school admin office. Seems like a good turnout for one day of early voting. If you miss early voting, the election is Saturday May 11 at 619 Main St. The public forum held April 18 for all candidates will be shown Sunday

May 5 at 2:30 p.m. on WT Services channel 76.

Found this interesting. The public relations manager for the National Cotton Council is Cotton Nelson. Wonder if his name had anything to do with hiring him for the job.

Janie Sudderth will be retiring from the Bovina ISD after 51 years. I got acquainted with Janie during my years of covering Bovina every week when we had the Bovina Blade. I think she has "sort of retired" a few times before but this time is going to be for real. All the best to Janie, a nice lady.

The Chiefs baseball team won their final regular season game, beating Sanford-Fritch 9-7. They meet Tulia Friday May 3 at 5:30 p.m. at Canyon High School in the bi-district playoff round. It is a 2 out of 3 series with the second game at 12 noon Saturday followed by game 3 if necessary. They lost to Tulia twice in the regular season but this is a whole new season now.

Good luck gentlemen.

Raul Martinez from Hereford is the newest Friona police officer. He started this week. Raul was a jailer in Hereford prior to joining the Friona force. Welcome to Friona Officer Martinez.

Doris and Wesley Barnett took a trip to Kentucky last week to attend the International Quilt Show and had a side trip to attend the Grand Ole Opry. Their son Ricky said they had a great time.

In this issue of the Star is an obituary for Mr. Kenneth Williams. His claim to fame is he was the original owner and founder of the Friona Tasty Cream in the fall of 1955. After a few owners and a couple of location changes, the restaurant/café/burger joint is still cooking today. Luis and Janet Hernandez are the current owners. Mr. Williams passed away in Ker-ville where he had lived for 17 years. He was 90 years-old.

She gave it a try but it didn't work out. The Becky's Burritos location in Hereford has closed after a short run of a couple of months. Becky Soto said thanks to everyone who supported her venture and she will still be serving her popular burritos and taco plates and Mexican food here in Fri-

ona. Call ahead to order, 250-2010. Try the pile-on. Bet you can't eat it all.

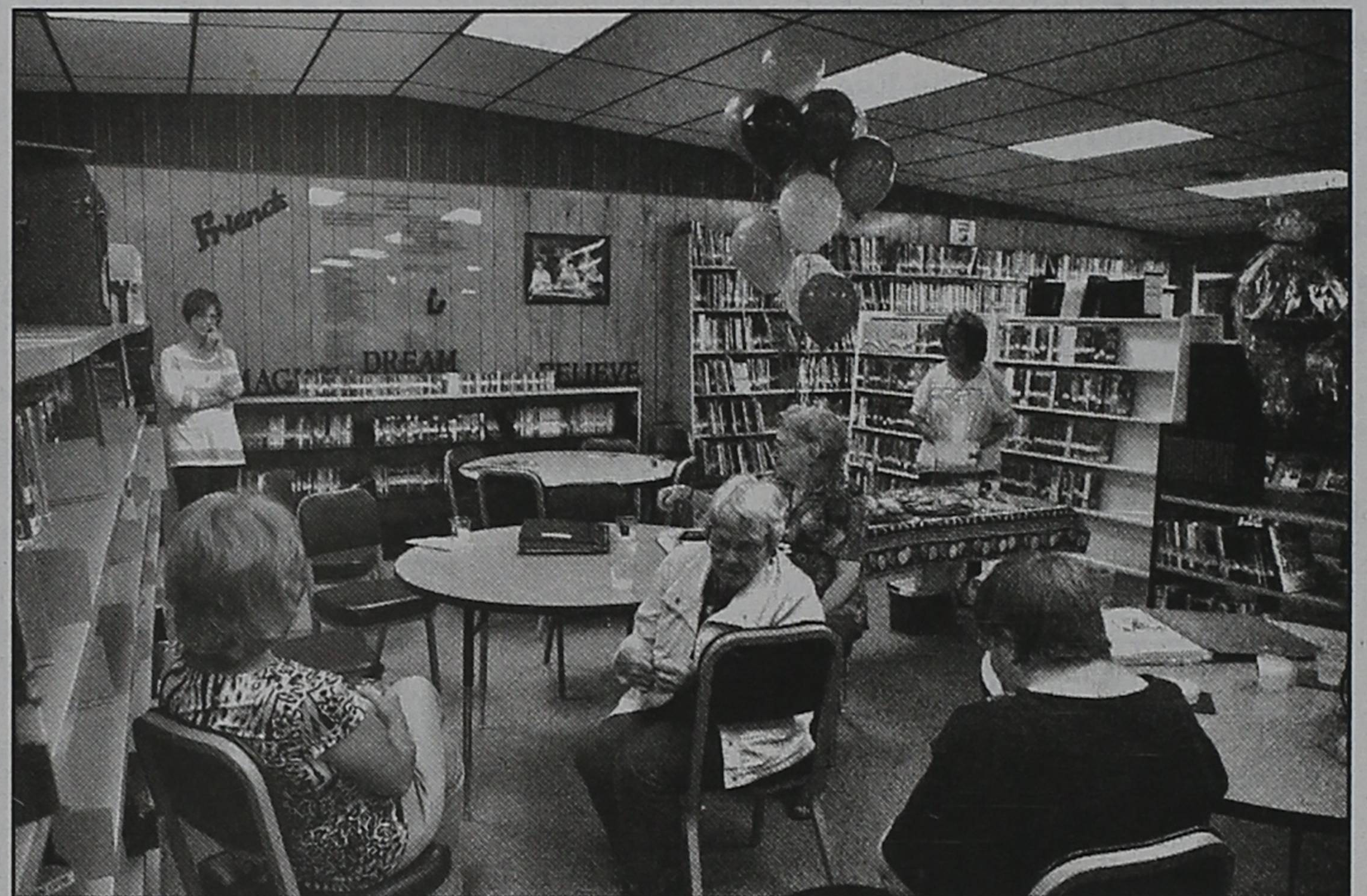
Enjoyed the lemonade and cookies (and the air conditioning) at the Library's open house and 50th birthday party Tuesday afternoon. They had a nice flow of visitors, including two ladies from the Hereford Library. Can't say enough about how fortunate we are to have an outstanding library and library staff in our little Panhandle town. Kudos to all of the library ladies. The annual meet-

ing of the Friends of the Library is Sunday May 5 at 2 p.m. at the Redeemer Center, 13th and Virginia. Everyone is invited. The literacy baskets will be given away and no doubt there will be some tempting refreshments. See you there.

I'm going to try and get over to the Cinco de Mayo celebration in Bovina Saturday and to the Friona high school prom Saturday evening. Plus I might try to make it to one of the Chiefs baseball games in Canyon, but I

am also going to be moving this weekend. Not sure I can do it all but it will be interesting trying. If I don't get there maybe some kind soul photographer will email us photos.

It is Wednesday morning. I wore a jacket today and the wind was blowing dirt all over town. Yesterday it was in the 90s. Tonight it is supposed to be freezing. Hope the weather does not affect all of the weekend activities. See you next week. Bring a jacket. Until then!



ron carr photo

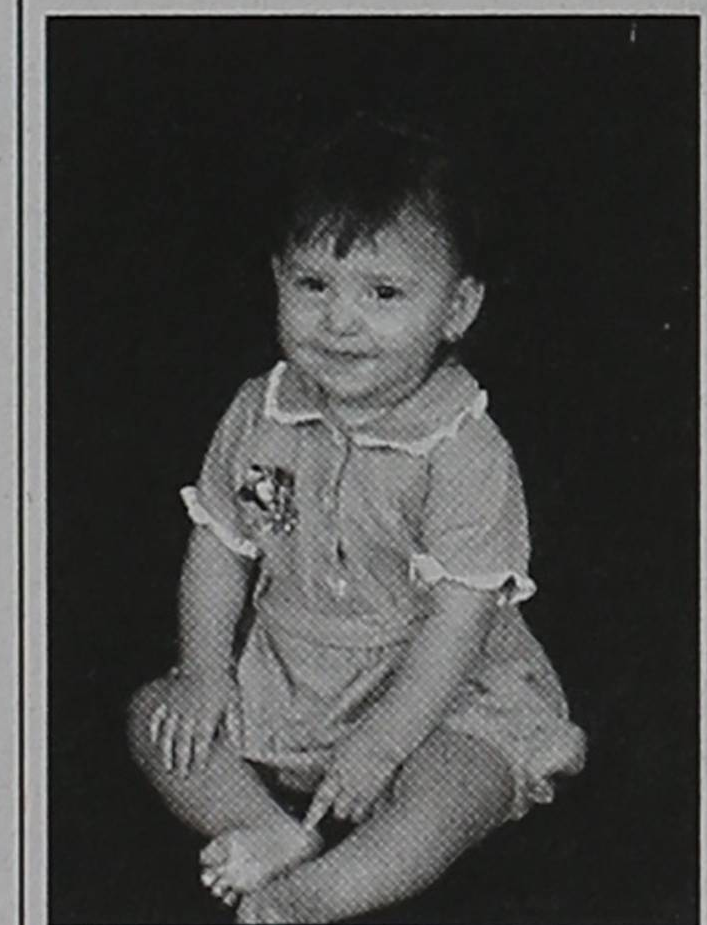
The Friona Public Library held an open house Tuesday afternoon to celebrate the library's 50th anniversary. The Friends of the Library annual meeting will be at 2 p.m. Sunday May 5 in the Redeemer Center, 13th and Virginia. Drawings will be held for the literacy baskets and refreshments will be served.



courtesy photo

Participating in the Earth Day clean-up at Reeve Lake Saturday April 27 were, l-r, Heather Ramos, Ladonna Grubbs, Johnny Baca, Roy Grubbs, Pedro Ramos, Margaret Renteria, Omar Ramos. Not pictured but participating was Jon Surman who snapped the photo.

Happy 17th Birthday Bailee!



Love
Tiny, Mom, Grandma Ross
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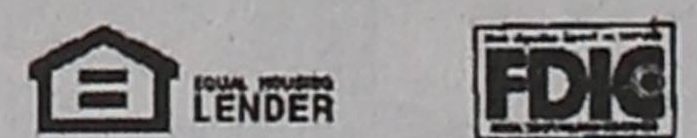
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- * Safe Deposit Boxes to rent
- * Visa Debit Card
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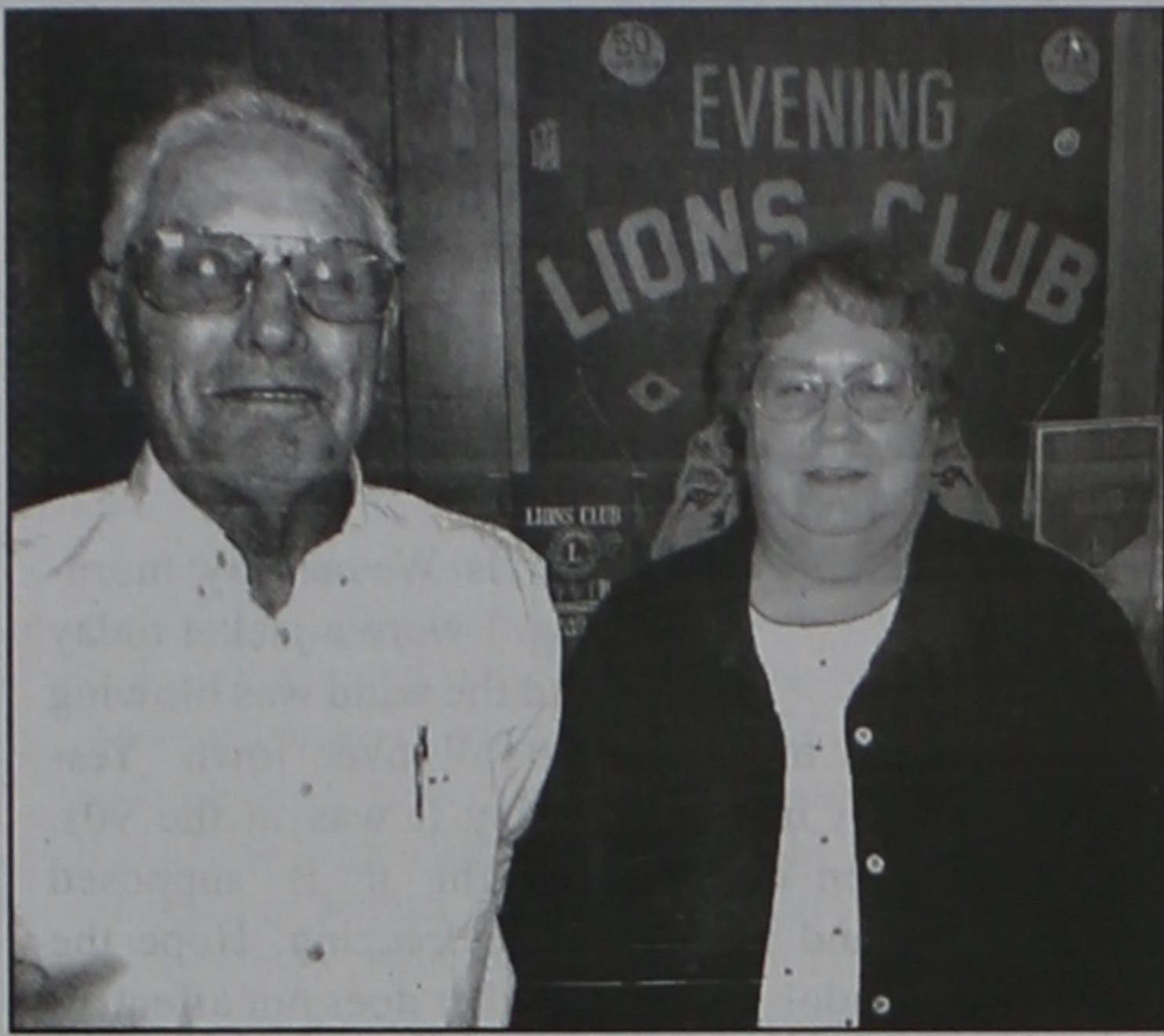


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Lions Club News



courtesy photo

The Friona Evening Lions met Thursday April 25. Lion Kristina Anthony gave the program on geocaching, a search for objects using satellite locations. Mrs. Anthony gave a club financial report with suggestions on fundraising projects. Dale Widner was a guest at the meeting. The Evening Lions meet the second and fourth Thursday of each month at the Congregational Church. Meals are catered by Canna Ray.

Immunization clinic times

The Department of State Health Services immunization clinic schedule for May.

May 6 and May 20 in Friona at the Migrant Center 618 Main St. from 9:30-11:30 a.m. and 1-3 p.m. for first 10 clients. May 13 in Bovina at the EMS Building 109 3rd St. from 1:30-3:30 p.m., first 10 clients.

TOPO
IRAN
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WEAN
ASHADOW
ASPHALT
ACLARK
ARTESIAN
TRUDEAU
SIRO
SON
RAHRAHS
KNOUT
IRS
EST
LES

Puzzle Solution

CASHON
TOSHAEAN
NORSE
LSROSS
SWOOPED
YALE
EMT
ASARODEO
SONS
CPA

S-1112

Engagement



Bret and Sherri Whitten of Bovina announce the upcoming marriage of their daughter Megan Whitten to Jared Taylor, son of Harry and Carolyn Taylor of Canyon, Texas.

The bride-to-be is a 2009 graduate of Clovis Christian School and will graduate in May from West Texas A&M University with a Bachelor's degree in Elementary Education.

The groom-to-be is a 2007 graduate of Canyon High School and a 2011 graduate of West Texas A&M University with a Bachelor's degree in Mechanical Engineering. He is currently employed as an engineer with Halliburton.

The couple will exchange vows this July in Amarillo, Texas.



ron carr photo

Welcome to our newest Friona police officer. Raul Martinez joins the force this week. He is from Hereford and formerly served as a jailer in Hereford.

Courthouse Notes

Warranty deeds reported by the County Clerk's Office for the week of April 18-24, 2013.

Myrtle Marlene McDonald – Zipper Farms Inc SE/4 S22 S345.5 ac S23 T11S R3E.

Virgil Marvin Mimms Trust, Billie Jo Mimms Estate – Daniel Schacher, Mary Jo Schacher N/2 S6 Doud & Keefer

Sheriff's Report

Reported by the Parmer County Sheriff's Office.

April 23, 2013 Dottie Osborn, 34, of Friona was arrested by the Sheriff's Office for violation of community service, forgery & theft, pending district court.

April 26, 2013 David Chapman, 23, of Clovis was arrested by the Sheriff's Office for violation of community supervision, possession of marijuana, pending district court.

April 26, 2013, Anthony Nunley, 27, of Friona was arrested by the Friona Police on motion to revoke, theft by check, pending county court.

April 29, 2013 David Vega, 22, of Amarillo was arrested by the Bovina Police for driving while license invalid w/previous, pending county court.

Crime of the Week

The Parmer/Bailey County Crime Stoppers need your help. On April 25, 2013 the Parmer County Sheriff's Office took a report for a theft of property in the 1900 block of Highway 214 in Friona. The unknown individual(s) stole 5 Waterman aluminum irrigation hydrants from the property. All 5 hydrants have various spots/splashes of aluminum paint on them.

If you have any information at all about this crime call Crime Stoppers at 806-481-9178 or 800-774-8477. You will remain anonymous and if your tip leads to an arrest you may earn a cash reward up to \$1,000.

PARMER COUNTY CRIME STOPPERS

1-800-774-TIPS
(1-800-774-8477)

Happy Birthday

May 5 - May 11, 2013

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

Mar. 5-Katie Jo Osborn, Luella Drake, Janet Baxter Labrue, Michael Mann, Linda Chesher, Chuck Sutter, Tony Duran, Jr., Daylen Gallman, Nathan Nunley, Campbell McFarland, Cassie Gonzales, Zachary Graves, Trinity Black, Addie Huckins

Mar. 6-Pat Fleming, Reba Buske, Rainey Jo'Beth Williams, Emma Dawn Hankins, Evan Odell

Mar. 7-Teresa Wilcox, Steve Stephens, Rick Jennings, Frieda Dickson, Thomas Villalobos, Jeremy Roth, John Stephens, Sybil Hewitt, Betty Renner, Tina Sides, Charles Gilbreath, Eric Hansard

Mar. 8-David Sifford, Mary Schueler, Rob McDaniel, Ruby Neathland, Bianca Burkett, Sarah Gerles, Gail Hand, Kay Venable, Bonnie Scaff, Rob McDaniel, Lea Garrett

Mar. 9-Linda White, Billie Tongate, Cindy Cleveland, Will Romero, Sean Campbell, Kay Hinton, Maddie Tyler

Mar. 10-Jerry Poarch, Park Weatherly, Patsy Gresham Riggs, Beth Bridges Wren, Victor Favela, Tony Chisom, Maisie Rainey, Pattie Hanes

Mar. 11-Bryan Walker, Corbin Riethmayer, Koby Rogers, Jeffery Rogers, Candy (Field) Valterton, Nelline Spicer, Amelie Champenois, Mason Schueler

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OBITUARIES

Kenneth Williams

Kenneth Williams, resident of Kerrville, Texas for 17 years, died in the early morning hours of April 25, 2013. He was born in Shamrock, Oklahoma on October 26, 1922 to George Williams and Grace (Fenter) Williams.

Kenneth served in World War II as a Staff Sergeant in the Army Air Force, European Theater 9th division for three years. After the Air Force he returned home, met and married the love of his life Matta (Mickey Coggins) on October 21, 1947 on the "Bride and Groom" ABC radio program at Chapman Park Hotel in Los Angeles, California. They were married 65 1/2 years.

Kenneth was a successful small town merchant, owning and operating: Tasty Cream Drive-In, Ben Franklin Variety Store, and the Sears Catalog store, which he retired from. He was also community-minded, serving as Lions Club president, city council, credit union, volunteer fireman, and Salvation Army representative in Friona, Texas. He was a 32nd degree Mason and while operating the Sears Catalog store he helped build the Masonic Lodge building in Cordell, Oklahoma.

He would tell you the most important decision he made in his life was when he accepted Jesus as Savior at the First Baptist Church in Stratford, Texas in 1964.



Kenneth Williams

Survivors include his wife Matta R. Williams; one sister, Billie Kingston of Long Beach, California; two sons, Ronald R. Williams and wife Marian of Queensland, Australia, and David G. Williams of Harper; one daughter, Terri M. Wilson of Amarillo; three grandsons, Joe Dan Wilson of Amarillo, Kade David Williams of Harper, and Mason Gramling of Luckenbach; three granddaughters, Elizabeth Rose Williams of Austin, Kristen Wilson of Amarillo, and Meagan Gramling of Victoria.

He was preceded in death by his parents, sisters Opal Maynard, Alma; brothers Harvey and Glenn Williams, and son-in-law Eddie Wilson.

Arrangements by Wright's Funeral Parlor. Burial was in Odessa Cemetery in Gotebo, Oklahoma.

National Day of Prayer

BRETT HOYLE, Pastor, First Baptist Church

Today is the National Day of Prayer for America. May the following quotations from the autobiography of J.C. Penny incite your heart to pray for our nation:

"As to our country, my faith in our America, in its people and in the "American way of life" is unwavering. Its founding I believe to have been divinely ordained, and God has a mighty mission for it among the nations of the world. It was founded in prayer, in faith, and in the heroic spirit of sacrifice. Lives of comparative ease might have been the lot of our forefathers in their own country had they been willing to surrender their convictions. They chose the "hard right," rather than the "easy wrong"....

"As a nation, and as individuals, our fate will always be determined by our choice of the "hard right" or the "easy wrong"....

"Every aspect of world condition today opens a way provocatively for applying Christian principles to living. Let us not be afraid: loving God, and our neighbors as ourselves, let us only believe. Being not afraid, and believing, let us choose for ourselves the "hard right." If individuals in sufficient number will pledge their part as men willing to follow the hard right, our America will be made safe for her own people and will stand as a beacon light of hope to this war-torn, war-weary world." (Penney, J.C. (James Cash). J.C. Penney, *Fifty Years With the Golden Rule* (New York: Harper & Brothers Publishers, 1950), pp. 239-245).

Panhandle Parables

Hidden Pictures

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

Hidden pictures have been around awhile. I remember as a kid sitting in one of Dr. Alexander's exam rooms waiting my fate a shot or bad tasting medicine, and there in every room was a Highlights Magazine the best refuge in such situations. It was with great anticipation that I would flip to the "hidden pictures" page and begin my search. It could be a ruler hidden in a door facing or a seashell tucked into a cloud, all cleverly disguised, but all in plain view. Now you can play this on your computer and it is a far cry from those early Highlight pages, yet no matter how impressive the picture all items are still hidden in plain view.

Do you ever miss things "hidden" in plain view? You look but you do not see. I have heard of people looking for their cell phone while talking on it. (no names, but you owe me). I cannot cast a stone either I have walked around looking for the car keys that were in the pocket of the jeans I was wearing. We all are guilty of being bitten by that snake had it actually been one right?

So what would we see if we began to look for Jesus? Would we find him in the desperate soul of the man with wine on his breath and a cardboard sign in his hand? Would we see him in the waitress, a single mom using every tip for rent, that gave us un-sweet tea instead of sweet or in the guy that has the perfect family, nice car, big house and is maxed out credit wise? Jesus is not really hidden but here in plain view, when we look around we can see all the people He wants to touch, the question is when we look do we see?

From the family of Drew Baize, we would like to thank our friends for the cards, flowers, food, and especially the thoughts and prayers during the most difficult time. What a wonderful, loving community we live in. A special thanks to Danny, Holly, and Stephen for always being there.

Love,
Robin, Jennifer, Jean and Randy Baize

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Students of the six weeks

Freshmen: Seth Fothergill and Johnna Thompson

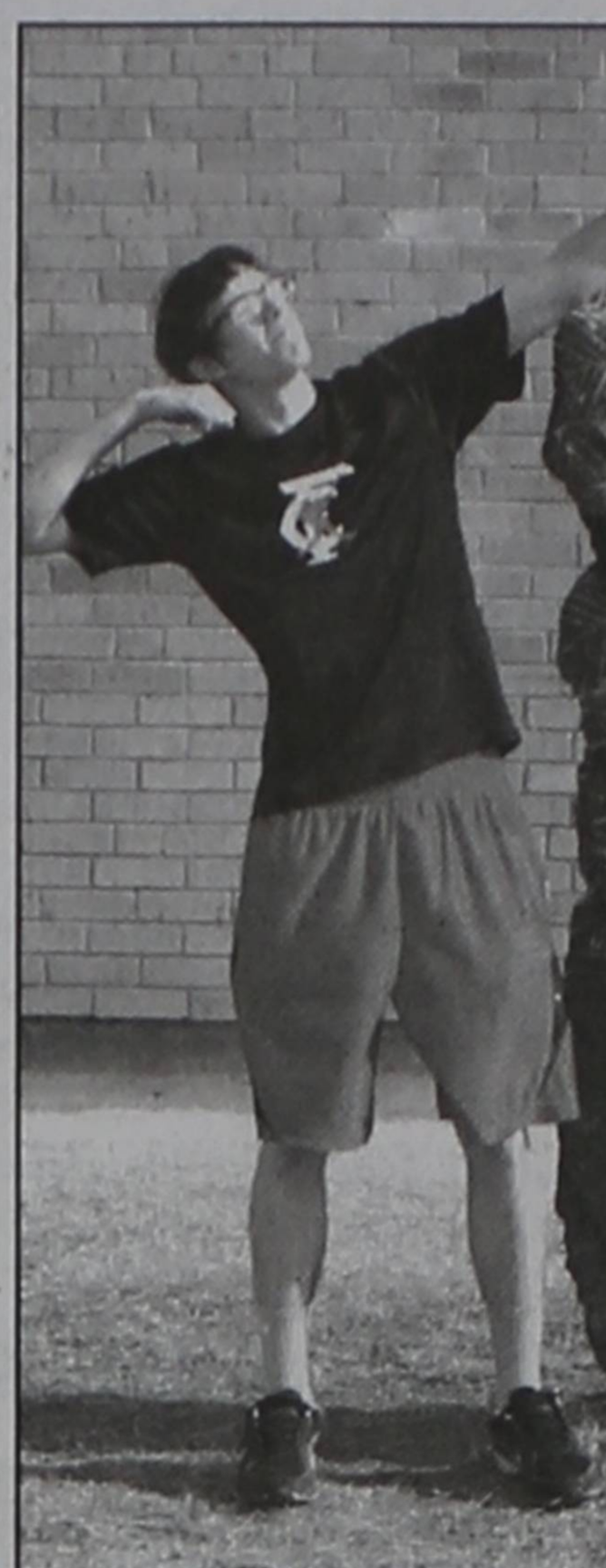


Seth Fothergill is polite and kind to others and is always willing to help. He is an active member of the Chieftain Band. He works hard at everything he does.

Johnna Thompson is active in athletics and choir. She is a joy to have in class. She is always pleasant. She is very nice to her peers and is always willing to help. She is very respectful.



Sophomores: Jacob Dickson and Cassidy Malone

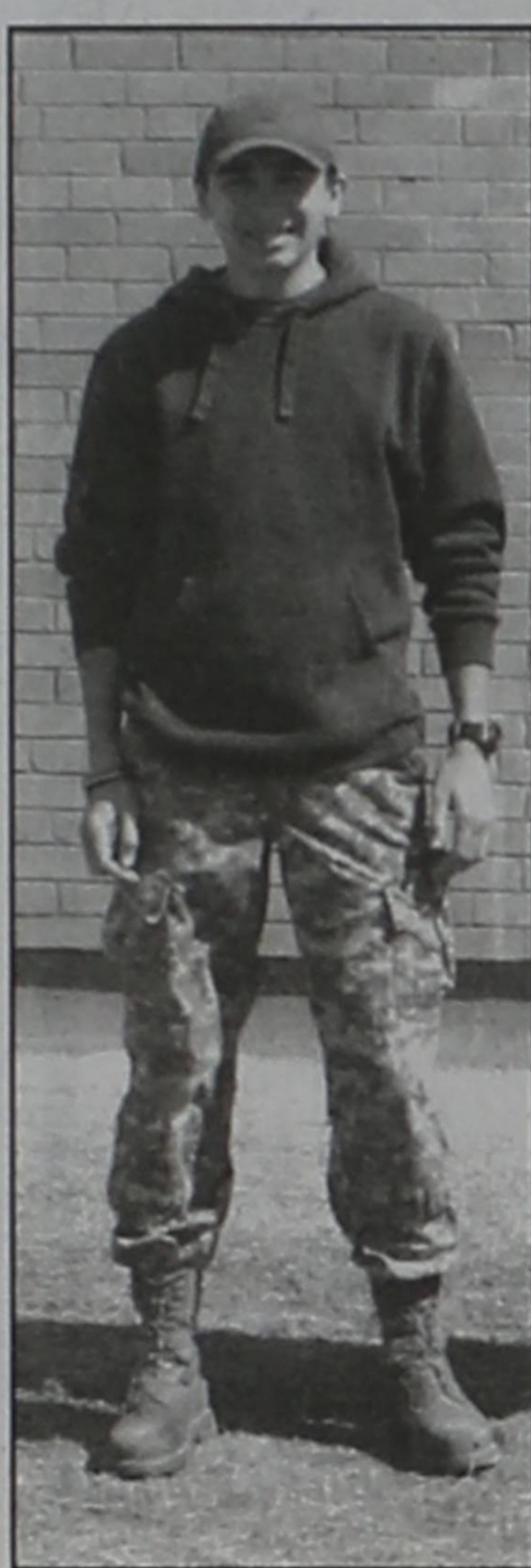


Jacob Dickson is kind to others, always willing to help and polite. Jacob is active in the Chieftain band and in athletics. He is a joy to have in class. He has a good attitude in class and is not afraid to put forth effort in order to achieve success.

Cassidy Malone is incredibly intelligent, helpful, polite and respectful. She is an active member of the Chieftain Band, the choir, the speech team and Thespians. She excels in everything she does. She has a tremendous work ethic. She is determined to succeed, and that determination will propel her to make a positive difference in the world.



Juniors: Nathan Rando and Destiny Sandoval

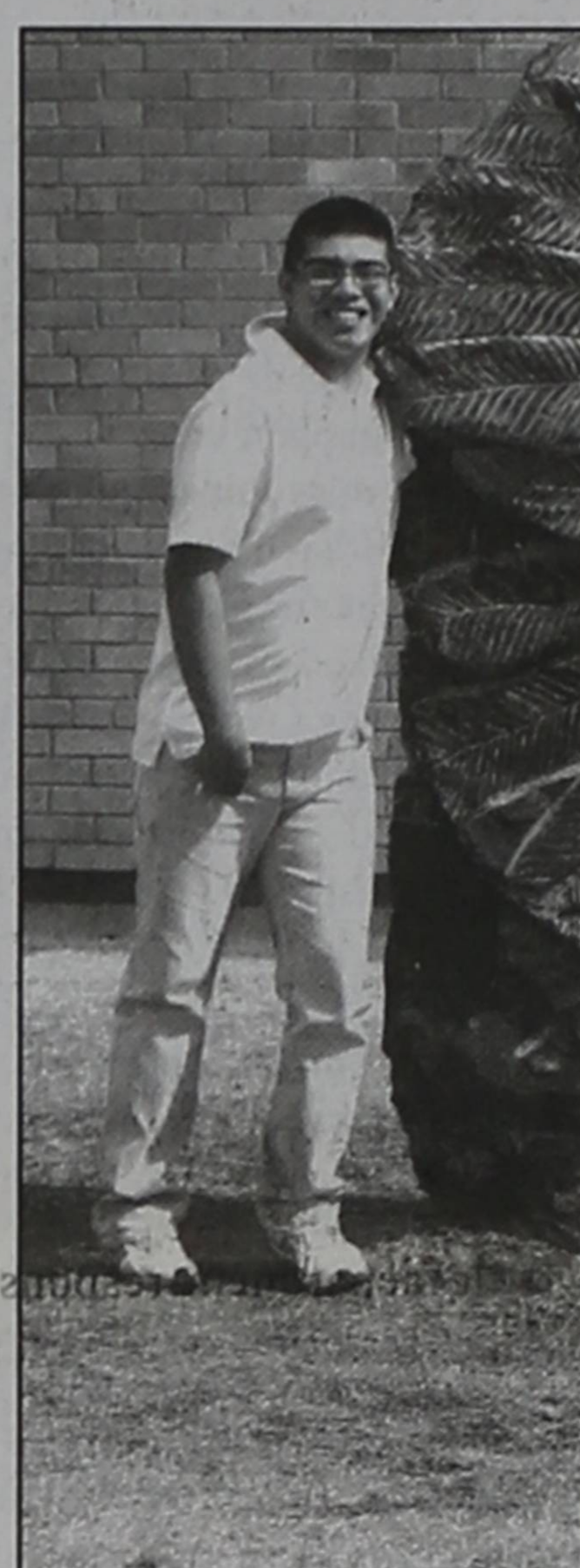


Nathan Rando is highly intelligent. He is a strong student. He is determined to succeed. He is a leader among his peers. He has definite goals and works very hard to achieve them. He is polite and kind to others.

Destiny Sandoval is a sweetheart. She is active in athletics, FCCLA, and the Chieftain Band. She always has a smile on her face and is willing to help others whenever asked. She recently participated in the FCCLA state competition. She wants to make a positive difference in her community. She has already taken steps to do just that with her recycling project for FCCLA.

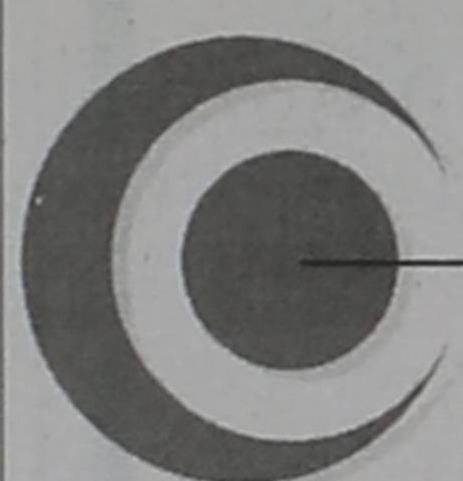


Seniors: Samuel Silva and Marissa Lozoya



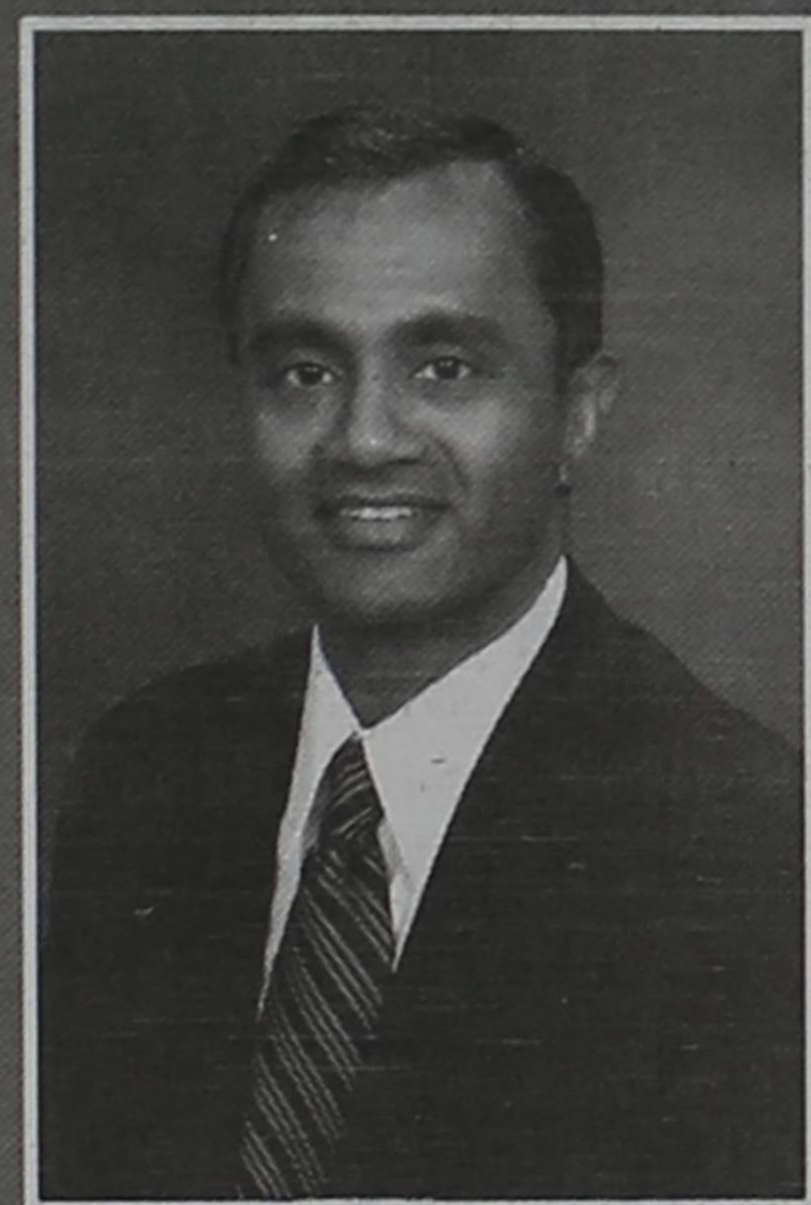
Samuel Silva loves life and loves school. He brightens up our halls just by being here. He is always positive and is eager to participate in activities with gusto. He makes all of us smile with his excitement for life. He has been very successful this year in Special Olympics. He is a joy.

Marissa Lozoya is a very determined young lady. She works hard at everything she does. She is very active in athletics and FCCLA. She is a leader in FCCLA. She is pleasant and kind to others. She has made a positive impact on our school through her projects with FCCLA. She has a strong work ethic and is a role model for younger students.

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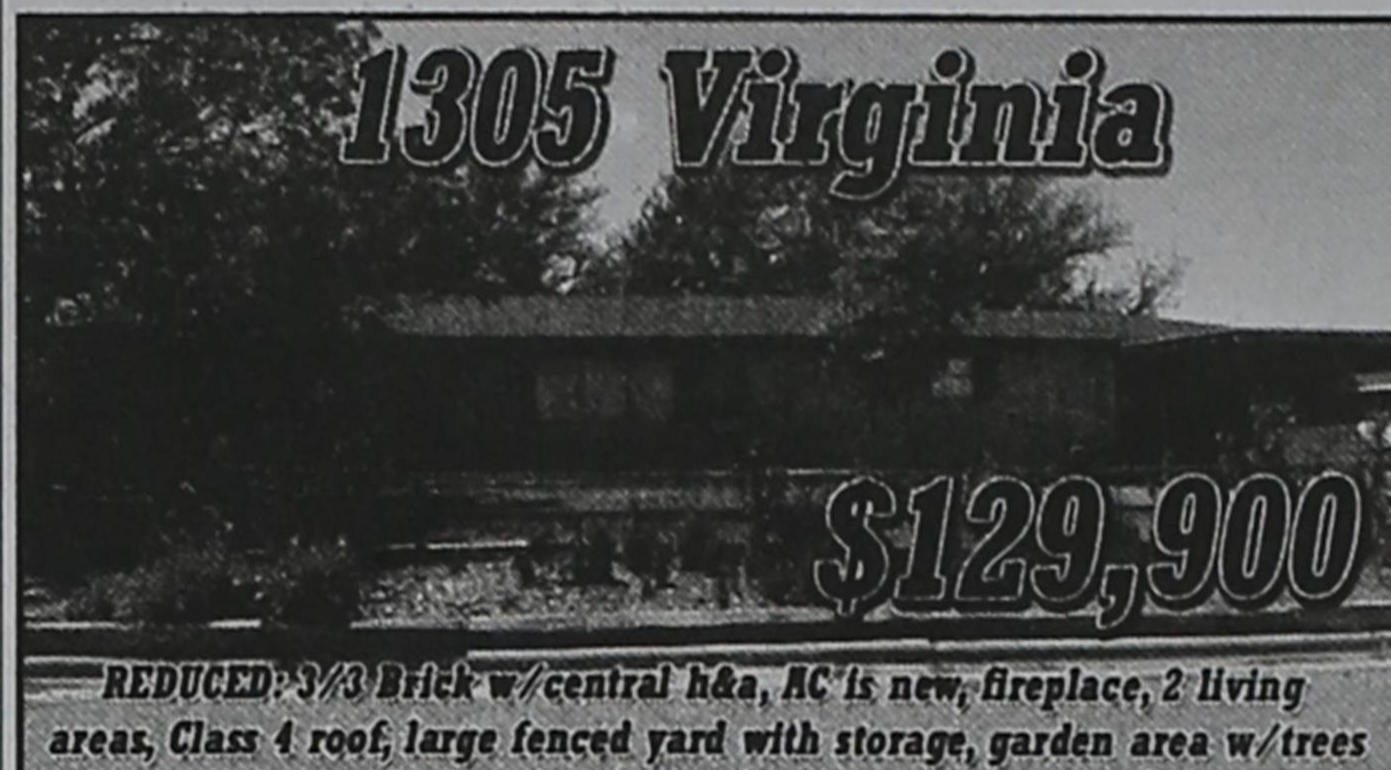
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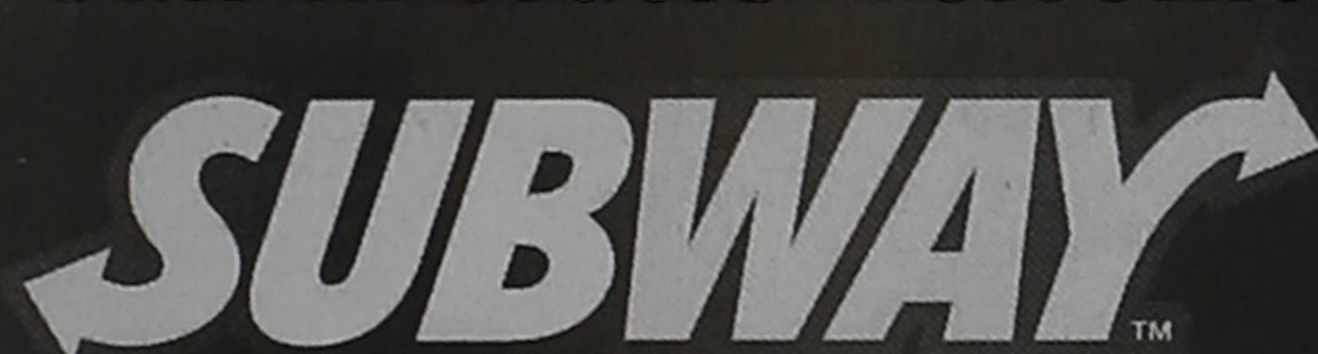
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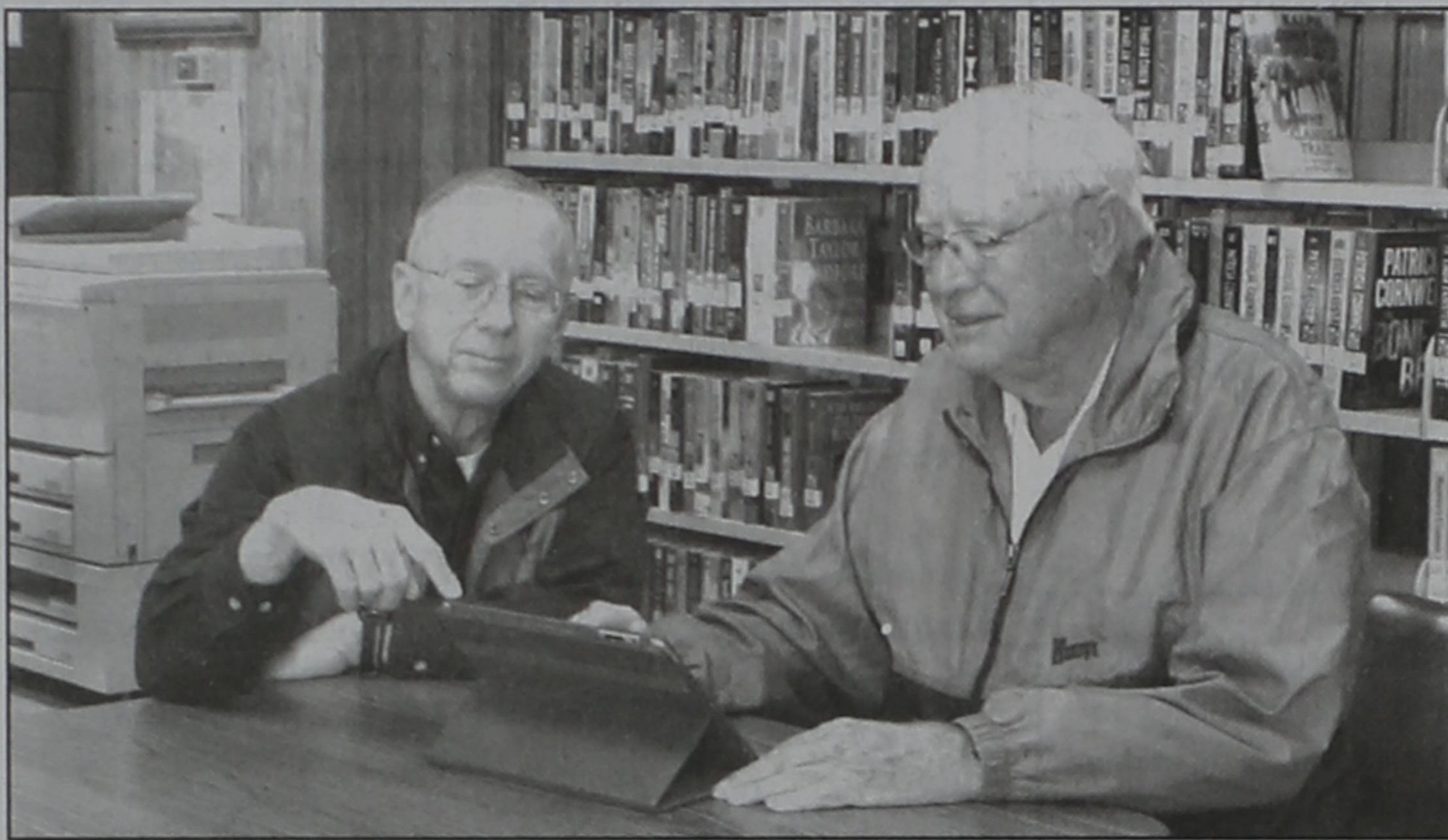
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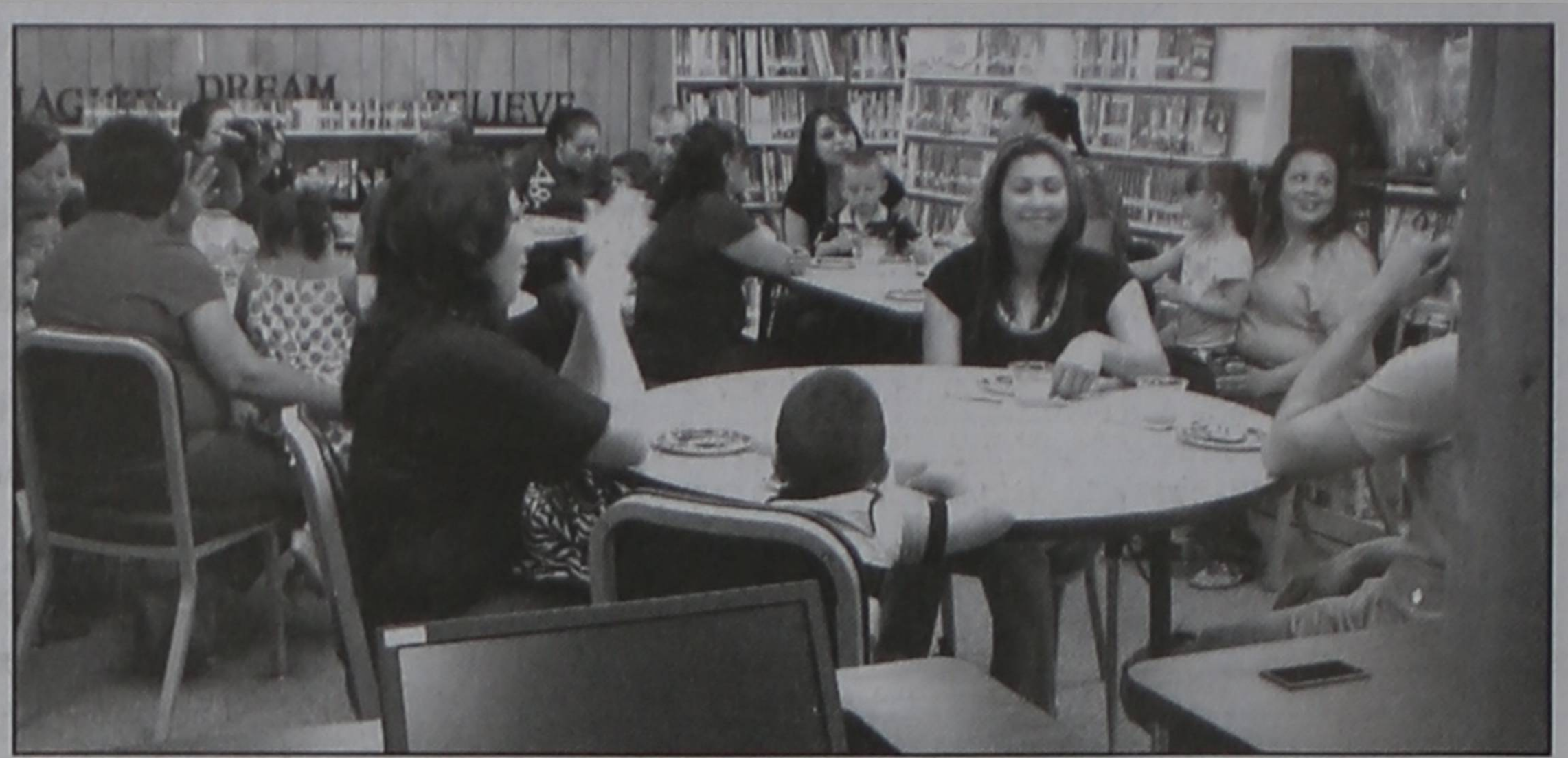
ron carr photo

These three seniors will lead the Chieftains into the playoffs this weekend. The Chiefs face Tulia in a 2 out of 3 series to be played at Canyon High School. The first game is Friday May 3 at 5:30 p.m. The second game is at 12:00 p.m. Saturday, followed by game 3 if needed. From left are Nathaniel Gonzalez, Stephen Albarado, and Joshaphat Rocha.



courtesy photo

The Friends of the Library Ereader class was a success. Ron Davenport, right, is shown with Lee Carter of Technical Lee: Personal Technology and Computer Assistance from Amarillo who served as the instructor for the class. Students were shown how to use their electronic devices to download Ebooks from the Friona Library via Harrington Library Consortium's Overdrive Ebooks Program and 3M Cloud Ebooks. A library card and pin number are required to use these programs.



courtesy photo

Children, parents, and staff from the Friona ISD Migrant Center participated in the Stepping Stones program held April 24 at the Friona Public Library.

Migrant Center meeting at the library

The Friona ISD Migrant Center's Stepping Stones annual meeting was held at the library. About 40 people including parents and children, along with Migrant Center staff members Leslie Norrell, Delmira Gonzalez, Nancy Cigarroa, and Elvira Carrasco attended the Stepping Stones to Community Resources program at the Friona Library on April 24. The program doubles as the Library's Dia de los Ninos (Children's Day) annual event.

Friends of the Library hosted refreshments for the guests at the program following a tour of the library with explanations of how and what a library does for a community and its citizens by library director Darla Bracken. She also discussed the role of a Friends group and how to apply for a library card. Ruby Rodriguez, circulation clerk, assisted with the program and served the refreshments. Darla then read Fairy Trails by Susan Elya, a book in English with a sprinkling of Spanish mixed in rhyming verse to complete the festivities.

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Parmer Medical Center, Friona Rural Health Clinic, Blue Bonnet Home Health & Hospice, Prairie Acres, Friona EMS, Bi-Wize Pharmacy

Thursday, May 16 • 11am-2pm
Senior Citizen's Building
1410 Washington St. Friona, Texas

Oxygen saturation tests
Glucose screenings
Blood pressure checks
Door prizes

FREE TO THE PUBLIC

For more information call:
Parmer Medical Center. 806-250-2754
Ask for Rhonda
Blue Bonnet Home Health & Hospice. 806-247-0057
Ask for Tammy

Pass the Spinach, Please

By Melanie Gallman Braun

Ok, so Popeye's weight training regime only involves a 15-ounce can of spinach. I'm jealous. As great as it would be to just guzzle a can of spinach, building muscle involves some thought. What do you want to accomplish? Do you want overall toning and firming? To build strength? To increase muscle size (hypertrophy)? To increase power and speed? Bodybuilding? What your goals are will define how you should train. These variables are the basic "building blocks" included in all methods of weight training: how heavy, how many, and how much rest. Here are some guidelines to help you put them together to achieve your goals:

Strength vs Size

To increase muscle strength, use heavier weights with fewer repetitions (one to six reps). For example you could use a 5X5 system of five sets of five reps. Rest periods are longer between these sets,

three to five minutes. To build muscle size (hypertrophy), do more repetitions (eight to twelve reps, usually three sets) with a lighter weight than you would use if strength training was your goal. Rest periods between these sets are shorter, 45-60 seconds.

So what's the difference between muscle strength and muscle size? Think of it as powerlifting versus bodybuilding. Strength is built by training the neuromuscular system and the interaction between the nerves and muscle. Hypertrophy is the muscle's anatomy, the size and constitution of muscle fibers. Training for muscle size doesn't necessarily improve strength proportionately.

General Fitness

Most of us aren't bodybuilders or powerlifters, we want to tone and firm our muscles and improve our overall fitness level. How should we train? By using a program that targets both muscle building and

strength. The trick is not to lift too heavy or too light. So how do you know? The last two reps in each set should almost be too heavy for you to lift. This is called your "failure point." When training for general fitness, eight to twelve reps in a set for two to four sets is advised. Rest periods are relatively short between sets, 0-30 seconds.

More on muscles next week... Go to my Facebook page, Fitness Dynamics with Melanie Gallman Braun, for a beginner's strength training workout you can do at home.

Women'sHealth magazine published this little gem, "Think Before You Eat." Makes a strong case for limiting your intake of fast food... Yikes! Two and a half hours of climbing stairs for pizza? Researchers at TCU found in a recent study that when menus list how much exercise you'd have to do to work off each food, people ordered lower-calorie options.

If You Consume

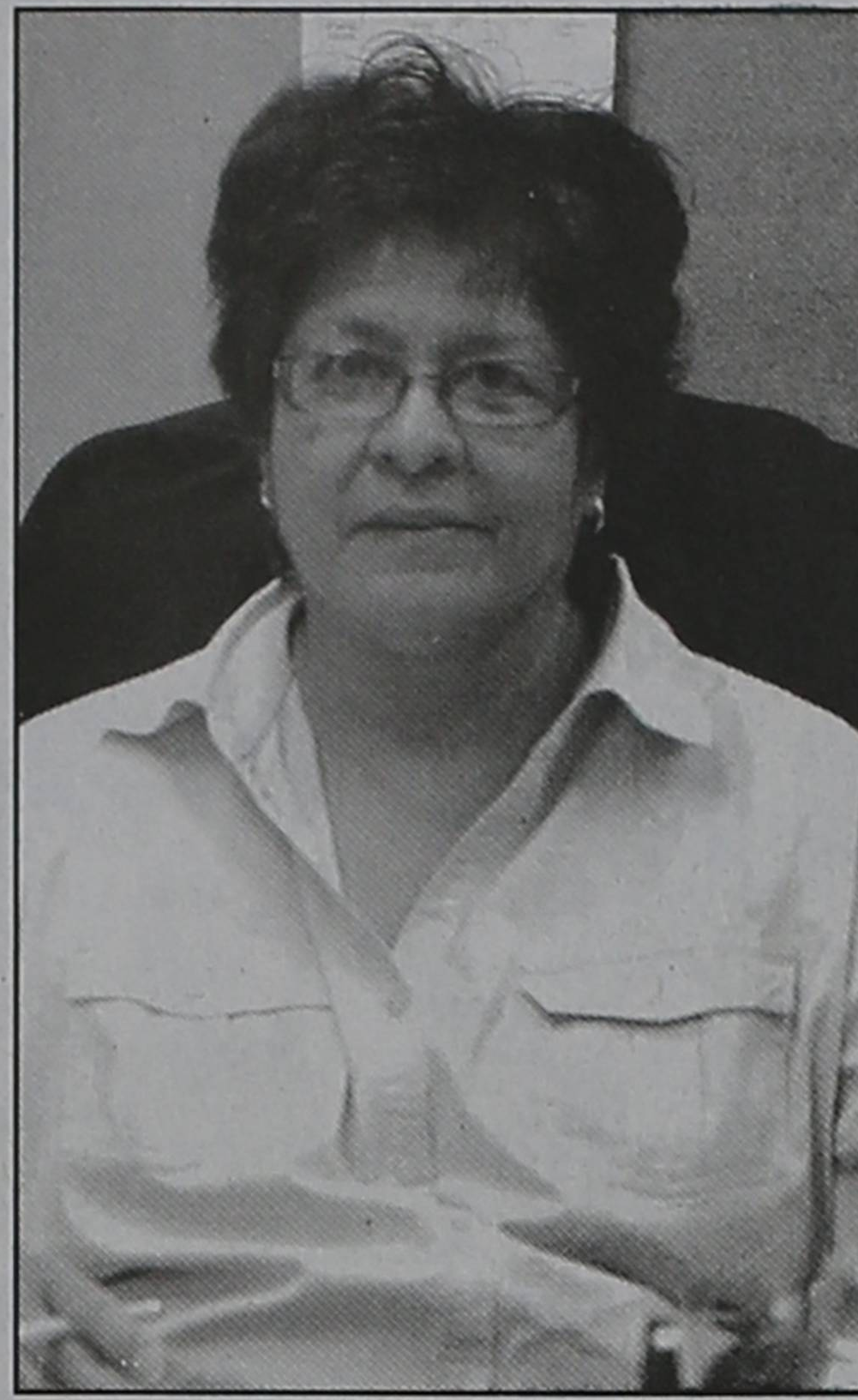
- One Glazed Yeast Doughnut (242 calories)
- Cheeseburger/Fries (691 calories)
- Fried Chicken Breast (444 calories)
- Slice of Cheesecake (710 calories)
- Milkshake (780 calories)
- Two Slices of Pepperoni Pizza (626 calories)
- Chicken Burrito (1,175 calories)
- Chips and Queso (740 calories)
- 16-ounce Frappuccino (500 calories)
- 21-ounce Soda (200 calories)

You Have To Do (to burn it off)

- 88 minutes of crunches
- 141 minutes on the elliptical
- 65 minutes on a stationary bike
- 148 minutes of brisk walking
- 72 minutes of jumping rope
- 159 minutes of climbing stairs
- 122 minutes of running
- 130 minutes of swimming
- 170 minutes of Pilates
- 54 minutes of lunges

FitnessDynamics at www.issacertifiedtrainer.com/melaniebraun

FHS Faculty member of the month: Mary Ortiz



Mary Ortiz goes beyond the call of duty. She is our official translator. She has volunteered numerous hours translating parent meetings, phone calls, and student conferences. She gives passionate advice to students during meetings and tries to help them overcome any obstacles that they may face. She gives help to parents and to teachers over any issues. She once found a babysitter for a student who did not have anyone to take care of their child. She is very knowledgeable about the town and how to contact people. She finds a way to get phone numbers of parents. She knows people who know people who will get the message to their family. She is not afraid to try new things. She has learned to use a spreadsheet and help out making various forms for the Assistant Principal. She stays extra hours for translating after school. She volunteers and stays for after school meetings to translate. She also lets us know if any situation occurs around a student that we may not know about. She is committed to helping all students achieve their goals—whether that be admission to a college or university or helping them to pass high school.

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School menu

Friona breakfast/lunch school menu for May 6-10, 2013

Monday: Cereal, pancakes, fruit, juice, milk
Chili cheese fries, crackers, tomatoes, pinto beans, fruit, milk

Tuesday: Cereal, breakfast biscuit, fruit, juice, milk
Chicken breaded, roll, lettuce & tomato, mashed potato, fruit, milk

Wednesday: Cereal, pig in a blanket, fruit, juice, milk
Spaghetti, green beans, carrots, fruit, milk

Thursday: Cereal, pizza, fruit, juice, milk
Popcorn chicken, crackers, tomatoes, pinto beans, fruit, milk

Friday: Cereal, French toast stick, fruit, juice, milk
Steak fingers, crackers, peas, macaroni & cheese, fruit, milk

Mother's Day is May 12th

Let INGRAM'S help you find something special for the mom in your life.

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Mothers Day Cards

20% off storewide on regular priced merchandise
May 2nd - May 11th - Free Gift Wrapping

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M-F 9-5:30 & Sat 9:00 - 5:00

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POSITION REQUIREMENTS

- Valid and current Texas Licensed Vocational Nurse License (or compact license with State of Texas).
- Current BLS certification required.
- ACLS certification a plus

Certified Nursing Assistant
PART TIME
Certification required. Experience preferred.

• Competitive benefits packages

To apply, send resume or fill out an application at:
Parmer Medical Center
Human Resources
1307 Cleveland, Friona, TX 79035
(Complete job descriptions available online at ParmerMedicalCenter.com)

www.ParmerMedicalCenter.com

The Friona Star
is on the Web!
www.frionaonline.com

Friona FFA district news

Friona FFA members attended the Littlefield District banquet Tuesday, April 30 in Farwell. The Friona members were recognized for their efforts at the district level for participation at District Leadership Development events held in November and District Career Development events held in April.

Also at this meeting Tyler Hough ran for District FFA office, Coke Capshaw ran for Area 1 FFA office and Sawyer Osborn was elected the Littlefield District representative to run for State FFA office at the Area 1 FFA convention in Amarillo May 17-18.

will compete at the Area 1 FFA convention for the Star Greenhand in Agribusiness at the Area and advance to state at the state convention in Dallas in July.

Jacob Osborn and Blake Stowers applications were also accepted and they will receive their Lone Star FFA Degree this summer at the State FFA convention.

Tyler Hough was awarded the Littlefield District Star Greenhand in Agribusiness and



courtesy photo

Friona FFA members attending the district banquet were, l-r, Sawyer Osborn, Seth Fothergill, Coke Capshaw, Amy Osborn, Juan Samarron, Dan O'Brian, Tyler Hough, Armando Flores, Blake Stowers, Jacob Osborn, and Hector Garcia.



BOVINA, TEXAS OPERATIONS TECHNICIANS

We're looking for qualified individuals interested in joining our Cargill Sweet Bran team as Operations Technicians. Starting hourly pay of \$15.00/hour with increase to \$15.50/hour after 3 months of hire and \$17.00/hour after one year of service and successful completion of the Skill Block Training Program. We also offer competitive benefits package, including: health, dental, and life insurance; 401K; long-term disability; pension plan; tuition reimbursement; 11 paid holidays and paid vacation. Advancement opportunities available!

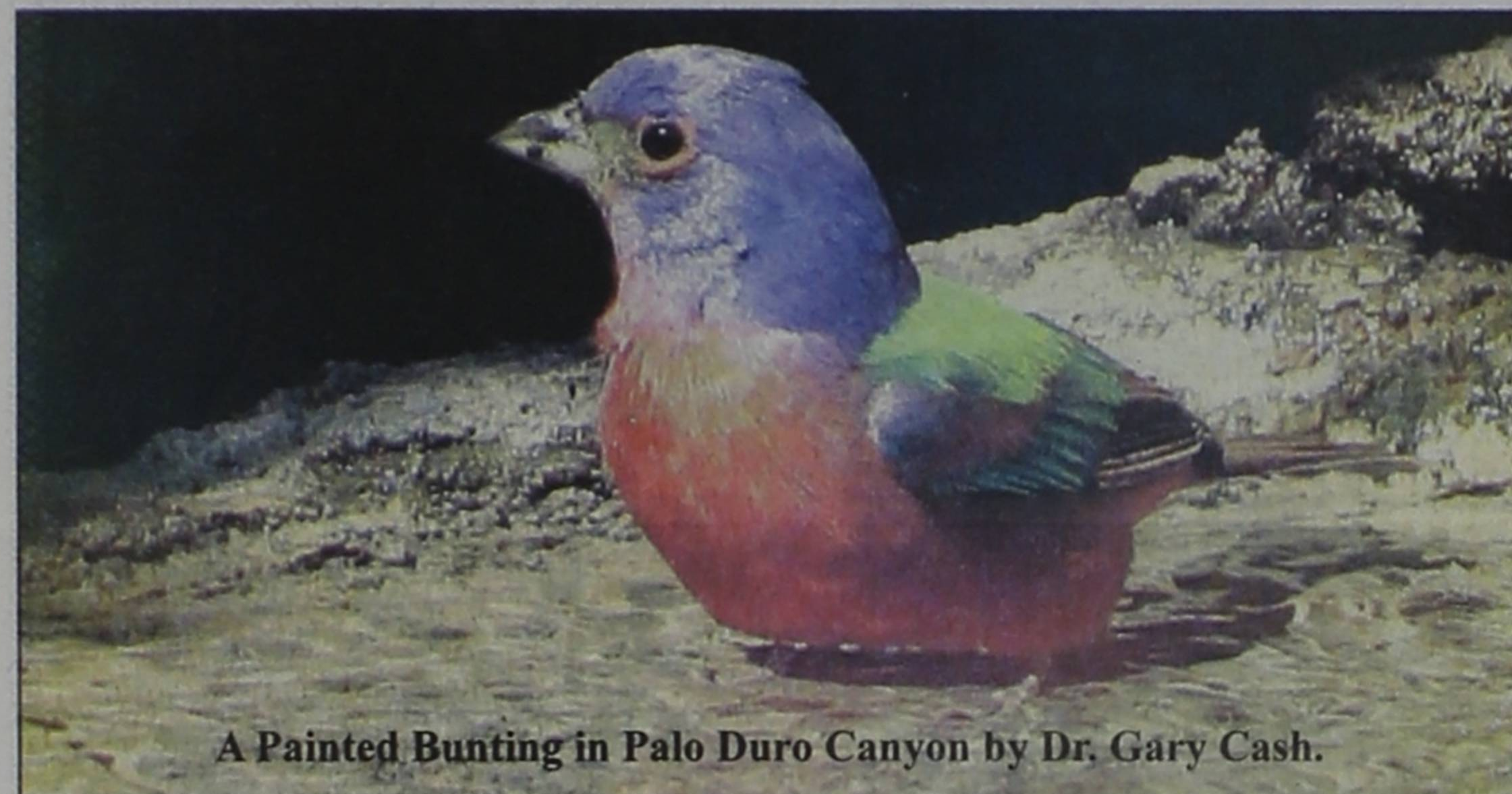
Required to work 12-hour rotating shift including overtime, weekends and holidays; ability to read, write and speak in English; earned a high school diploma or GED. Successful applicant required to pass a company-paid medical exam including drug/alcohol screen, reference and criminal background checks.

HOW TO APPLY: Pick up and complete an application at the following locations by Monday, May 6, 2013.

- Bovina City Office, 205 North Street, Bovina, TX
- New Mexico-Workforce Connection, 111 N Main Street, Clovis, NM
- Workforce Solutions-South Plains, 203 Main Street, Muleshoe, TX
- Workplace Compliance and Solutions, Inc.-121 W Park Ave, Hereford, TX
- Prairie Insurance Agency-603 Main St, Friona, TX

For more information, call 1-800-215-7868, ext. 1617

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www.cargill.com/careers



A Painted Bunting in Palo Duro Canyon by Dr. Gary Cash.



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FOR MAYOR
MAY 11, 2013**

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MAJISTRO DE PRINCIPAL DE LA
CIUDAD DE FRIONA EL 11 DE MAYO 2013
"ES TIEMPO PARA HACER DIFERENCIA"**

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**Vote
May 11th**

***** Experience Matters! *****
**Jim
Atwell**
For Mayor

Political ad paid for by candidate



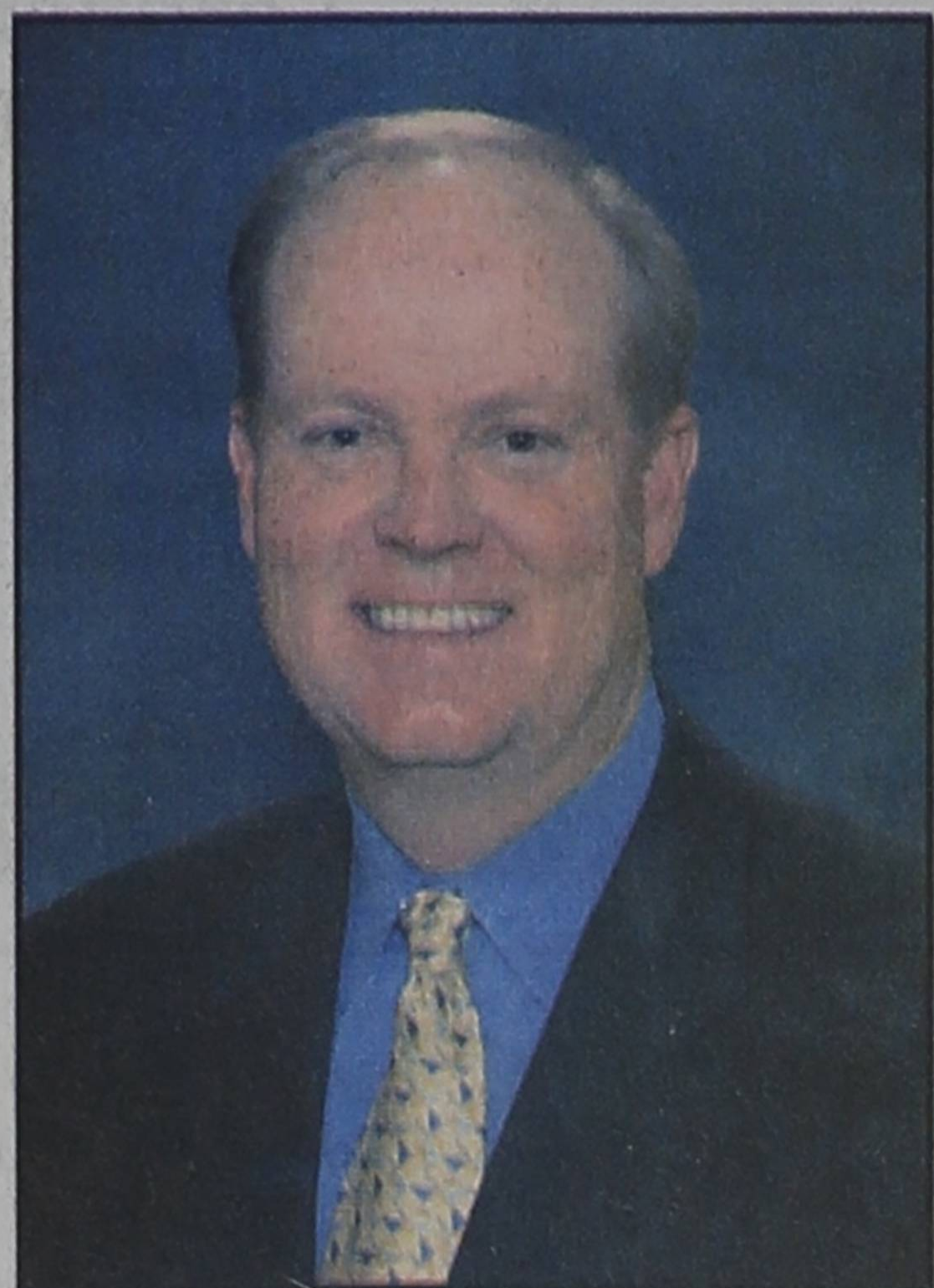
**Vote Richard
Morris Jr.
for Mayor
May 11, 2013**

**Strong leader
for
a strong
community.**

political ad paid for by candidate

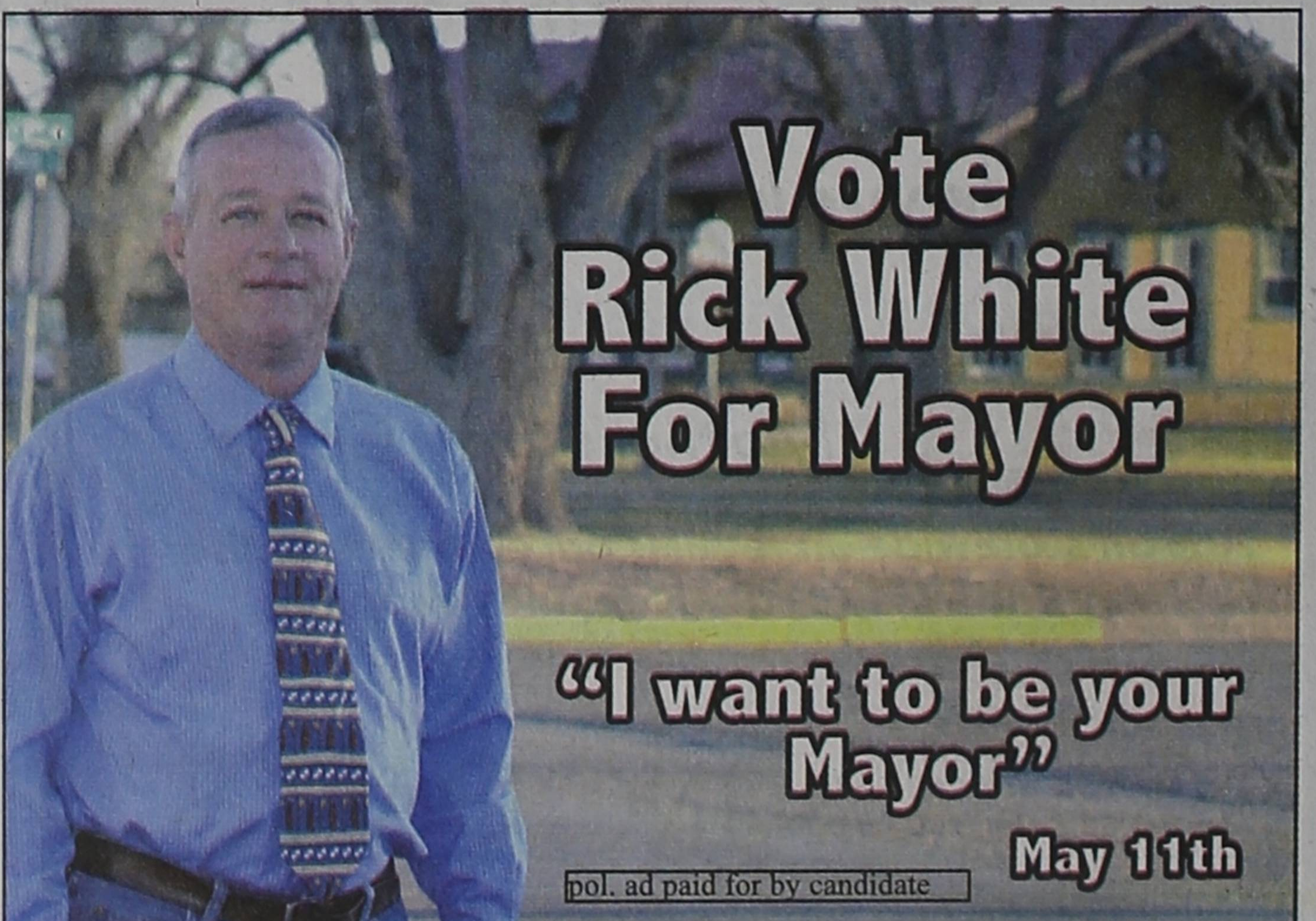
Early voting
until May 7

I would
appreciate
your vote
for School
board
trustee!



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**Vote
Rick White
For Mayor**

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

May 11th

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