## Friona $*$ Star

## Free pre-natal classes

The Healthy Baby Coalition of Parmer County is having signup for free pre-natal classes Saturday, May 11 , from $9-11 \mathrm{a} . \mathrm{m}$. Registration will be at the conference room of Parmer Medical Center. All expectant mothers are encouraged to register for the free classes. Hree baby items fort their newbom Classes arn points to use for free baby items for their newbom. Classes are available in both
English and Spanish. The coalition will also be accepting donaEngish and Spanish. The coalition will also be accepting
tions of new or gently used baby items at the same time. For more information about the Coalition contact Heid Eichenauer a t $806-250-2754$ or JoDonna Terry at 806-295-829
Cemetery clean-up day
If you have family or friends buried in the Friona Cemeter come join the cemetery board on Thursday May 16 at 5 p.m.
for the annual clean-up day. All volunters will be appreciated. for the annual clean-up day. All volunteers will be appreciated.
Each year the cemetery board makes a special effort to get the Each year the cemetery board makes a special effort to get the
cemetery ready for Memorial Day visitors. All old and faded flowers will be picked up and destroyed. Plastic bags will be available and the city will furnish extra trash bags.
If you have flowers or other items at the cemetery that you treasure you should go get them before the clean-up day then bring them back afterwards to make sure they are not thrown
away. Soft drinks, water, and snacks will be furnished in the away. Soft drinks, water, and snacks will be furnished in th
Memorial Chapel for all workers. See you May 16 at 5 p.m.

## 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.

ron carr photo
The top athletic awards at Tuesday's All-Sports banquet were presented to, l-r, Stephen Albarado \& Maddie Murphree, Fighting Heart Award; Sawyer Osborn, Fighting Chieftain Award; and Kalley Preston \& Brianna Miller, Fighting Squaw Award. More all-sports award photos in next week's Friona Star

## Cargill arranges worker transportation

Approximately 70 Cargill for gasoline.
workers in Plainview
As soon as the idling was
transferred to the company's announced, SPARTAN Public
Friona plant following the
Tidling of the Plainview

SPARTAN Transportation will begin roundtrip commuter service between Painview and Friona fo Cargill employees on May 6, 2013. The Texas Department of Transportation purchased two buses for the route
received specialized training will drive the routes. "This unique collaboration has nabled Cargill employees reduce their transportation costs significantly each month," said Plainview City Manager Greg Ingham. "I also keeps dollars in our local lso keeps dollas in
courtesy photo
The 2013 Friona High School Prom King and Queen are O.P. Vazquez and Bianca Romero.

## Local meeting to examine ways to boost EBI score in CRP

By Jim Steiert
 Pampa.

Jordan Menge, Texas Farm Bill wildlife biologist with Pheasants Forever, will be the featured speaker for the Hereford session. Menge, based out of Muleshoe, serves a territory that includes the "Magic Triangle" area of Deaf Smith, Castro, and Parmer counties as well as Oldham, Randall, Bailey and Lamb counties.
Ars on CRP and the EBI , ers on CRP and the EBI, the Hereford semed by local Tommy Wells and caThose interested in attending should RSVP to Menge at 806-664-0608. "The next general signup period for CRP locally will be May 20 through June 14. Deaf Smith County has contracts on over 20,000 acres of CRP expiring, Randall County has 25,000 acres running out, Parmer County will
see contracts on over 18,000 acres expiring, and contract expirations in Castro County will total 13,000 acres plus," said Menge
'The higher the EBI score on land proposed for enrollment or re-enrollment, the better the chance of getting it accepted. We'll be going over ways to maximize poins to increase he probability of acreage being accepted. The
Hereford and Perryton sessions Hereford and Perryton sessions are region," Menge explained.
Menge has been the regional Texas Farm Bill biologist for just under a year A native of Grand Junction, Colorado, a high desert region, he majored in fisheries and wildlife biology and management at the University of Wyoming He applied online for the regional pos was called to Lubbock for and inter-
view, and ultimately moved to Mule shoe and a whole new landscape in the High Plains, working in a program based on the Lesser Prairie Chicken Initiative through the farm bill. " I help with farm bill programs, wildlife projects and other efforts. assist local NRCS offices with appli cations and do field work such as forage inventories, grazing plans, seeding
mixes and so forth. I'm in the Hereford NRCS office for a day about every two weeks," he explained.
During the Hereford session Menge will go over sample scenarios on enhancing wildlife habitat to boost EB scores. Full details on every measure that will be applicable in the EBI effo await word from the Farm Service Ad ministration (FSA)
Along with Menge, Manuel DeLeon,

NRCS Zone 1 wildlife biologist, will talk about "pollinators" that can be planted to enhance EBI scores. Included in this category are wildflowers that can be mixed with native grasses. "Native grass mixes on the landscape help the score and hopefully eliminate introduced grasses. Producers can also get points for wildlife food plots, and converting introduced grass stands to
native species. Pollinators are a nationnative species. Pollinators are a nationhealth of landscapes," he said "We're looking at a broad spectrum of things to enhance wildlife habitat, Menge emphasized.
Producers interested in enhancing wildlife habitat and their EBI scores, but unable to attend one of the upcom-

too busy to worry about it

Benghazigate.
Whether Mr. Obama and Mrs. Clinton will ever be held accountable for their lack of concern about the Benghazi murders of four Americans is yet to be determined. There should be no doubt that the Obama re-election campaign lied to us about the terrorist attack.
They lied because it was prior to the election, Obama had publicly said A1 Qaeda was on the run, and he was winning the war on terror. To admit to the voters that he was wrong may have cost him votes so they all lied.
Now they are being "outed" and the cover-up is being investigated. Even some Democrats are criticizing the ad-
ministration about the lies since they too ministration about the lies since they too have to be re-elected in 2014. Politics
continues to be a nasty, bitter, mess. continues to be a nasty, bitter, mess.
Will be interesting to see if any of the Will be interesting to see if any of the
mainstream media finally start reporting mainstream media finally start reporting
the Benghazi affair. I've been too busy the Benghazi affair. I've been too busy to worry about it.
If you think it is not important to get
some answers, ask some answers, ask the families of the four dead Americans how they feel about it. The end!
That's the extent of my political views this week. I haven't had much time to
think about a column. We are organizing an estate auction of our mother's estate. It is scheduled for Saturday May 18 at 10:30 a.m. at the house, 1201 W .9 th Pl. Watch for an ad next week. Viewing will I fiday May 17 from 9-5. thanks to a couple of over the weekend thanks to a couple of strong friends. I am now finally ensconced in the apartments on Sth Street where 1 lived for 10 years
before moving in with my mother almost before moving in with my mother almost
four years ago. It was an interesting exfour years ago. It was an interesting experience getting all the utilities turned on but now they are and maybe life will soon return to a semb
least by the summer.

I continue to marvel at how electronios I continue to marvel at how electronics have taken over lives. Stuff we didn't have ten years ago, like smartphones, iPads, eReaders and the rest, folks can't seem to live without today. It is interesting to an old guy like me who thought a Big Chief tablet and a \#2 pencil were the ultimate communication device
Just this past week a friend of mine traded her Verizon Android phone for a Verizon iPhone. She hated the Android. It missed calls and sent blank text messages. Everybody loved their iPhone she sages. Everybody loved their iPhone she
was told. The iPhone came and the set-up
began. We all know cell phones are supposed to be more than phones these days. What I found interesting was my friend drove to Amarillo to attend a two-hour Verizon class on how to operate the phone. If you have to take a class to learn how to operate a phone then it is no longer a phone. It is a computer with a phone app. She said the class was helpful. Among other things she found out instead of speed dial by numbers she now has to have a favorites file in which her previous speed dial folks would now reside.
When she got back to Friona all set to challenge the world of iPhones, for some reason her phone would not ring. She set ring tones, she poked on some apps, even ried to call Verizon tech services but of course she never could get through. My Friend is a bit impatient
Finally in desperation she shared her lack of a ringer with a co-worker who promptly pointed to a small onoff switch on the top left corner of the phone. The ringer works now and she has gotten over that dumb feeling for now. Nothing is more disastrous than an iPhone that doesn't work unless maybe it is a Benghazi cover-up.


## Letter to the Editor

In spite of the 60 mph wind and a chill factor in the teens, 69 people came to the Friona blood drive.
At 1 p.m. one hour after the start of the drive, we had 31 people registered to donate. We were more than overwhelmed. We can only handle about ten to twelve per hour. I know some of you had appointments and some came on lunch break.
I want to apologize to all of you who were late getting back to work. We are working on solutions for this problem. Keep watching the Friona Star for more information about this situation.
A special thanks to the Lions Club for the corn dogs, fries, and cobblers. To Hunan II for the food for the Coffee Memorial workers and for a gift certificate for two won by Galen Jack. Thanks to Hernandez Restaurant for the meal for two drawing won by Roy Romas.
Thanks to the junior high staff for the notice on their sign about the blood drive and Friona State Bank for their sign notice. We were not able to put out the usual signs because of the wind but you folks responded anyway. With Shattered Dreams and bus school bus drivers off to several events we still had a good blood drive
Thanks again for your response.
Bessie Holt
Coordinator

## A <br> Follow our Friona Star Fan Page on Facebook

## Fríona Star

IS ONLINE AT
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 \#220, L
9168.
Covernor. Rick Pe State
Bover. 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. 512-4630702. fax 512-476-7016. Amarillo office; 320 So. Polk $1^{\text {st }}$ Floor, Lobby box 28, Amarillo 79101. 806-3723327, fax 806-342-0327.


## Town Talk II

By Ron Carr • Phone: 250-2211 • Fax: 250-5127 • Email: frionastar@wtrtnet

Weather guy John Gurley re-
ported his official rain gauge
showed . $29^{\prime \prime}$ of rain overnight
Monday. It was a welcome surMonday. It was a welcome surprise while it lasted, making
puddles in the parking lot.

Early voting results: early voting ended Tuesday May 7. There were 211 early votes for mayor and 354 early votes for school board. The election is Saturday May 11 from 7 a.m. to 7 p.m. at 619 Main St. Vote for both mayor and school board at this location.
There have been a lot of wild rumors floating around. Accordday, a Friona man, 43 year-old Sergio Acosta is still missing Sergio Acosta, is still missing. of town on Highway 60 after his shift at Cargill on April 24 . Searches of the area have been conducted with no success. If you have any information, contact the Friona Police.
Once again Friona residents came through in grand style at the May 2 blood drive. Coffee here were 59 donations. The there were 59 donations. The and French fries and all donors received a $t$-shirt. Donor Galen Jack was the drawing winner of two free meals from Hunan II and Roy Romas won dinner for two at Hemandez Restaurant. Thanks to everyone that participates to make Friona blood drives successful.

Most everyone here saw on Amarillo news reports about the fire that destroyed the home of Amarillo's La Paloma addition last week. The fire was accidental caused by construction workers at the home, reports said. Our thoughts and prayers to the King family on this huge loss.
Jeremy and Jeanà Hardin, for mer residents now living in Ama

## fillo, welcomed a the family on May

Attended the Friends of the Library annual meeting Sunday. The Library Friends do many brary. They are planning a float in the Maize Days parade and in the Maize Days parade and kids" to participate. If you were a library story hour kid 30-40 years ago and would ride in the parade, please let the library staff know. Don't forget about the Book Shoppe on 6th St that offers used books at low prices. Linda White, who has been volunteering at the
Book Shoppe for a long time is Book S

## Hunan II Thai and Chinese

 Restaurant is offering free ice cream to everyone that comes in. They also donated the meal for the Coffee Memorial Blood Center staff during the Friona blood drive last week.The Friona Co-Op Gin held a hrimp boil lunch for customers and friends last Thursday for the f ft barm next to the gin office. It will be used to store module trucks and other gin equipment. Gin manager Matt Lingle told me he needs one more license and will be ready to launch his lawn spraying business.
A fire call Monday about 9:15 a.m. west of Black turned out to be one railroad crosstie that was smoking. Our volunteer firemen responded Sunday at 1 p.m. to an Thanks to our volunteer firemen Thanks to our volunteer firemen community.

The Friona FFA awards banquet is Tuesday May 14 in the high school cafeteria at $7 \mathrm{p} . \mathrm{m}$. We will be attending not just for the meal but to take a few photos of some hard-working kids. "Learn-
ing to do, doing to learn. Learning to live, living to serve."
Betty Rector called with joy to share. Her twin great-grandsons, born premature, are now out of and dosping well. The babe home ents are Tyler and Angie Rector, grandparents are Roy Don and Sherri Jo Rector. They all live in the Austin area. Betty says she is going down there for a week in July to love on them. I'll bet she

## does.

Darlene Case's mother, Georgia Mount, Case's mother, Georgia Mount, is now a resident of and Bennie moved her here from Vernon, Texas. Darlene said here Vernon, Texas. Darlene said here
mom is adjusting well. Welcome to Friona Mrs. Mount. The new manager at Heritage Estates is Lesly Gama. Heritage Estates now has 9 residents and Prairie Acres has 42 residents.
The St. Ann's Catholic Youth Group in Bovina will have a fried chicken dinner for Mother's Day from 11:30 a.m. to 2 p.m. Cost is $\$ 8$ per plate and the first
200 moms get a carnation. Fried 200 moms get a carnation. Fried chicken, mashed potatoes, gravy,
green beans, salad, dessert, tea or coffee. Worth the drive. offee. Worth the drive

Congrats to junior high district tennis kids: Matthew Dickson, 7 th grade 1st place in singles, Daniel and Ezekiel Grado, 7th grade 1st mixed doubles, Kendall Barnett and Daniel Pena 8th grade 3rd mixed doubles.
I am going to check out the new milk-based energy and fitness drink called Core Power. They say it does not have to be refrigerated and has a nine month shelf
life. Harry DeWit at High Plains Dairy told me Tuesday evening he has a supply out at the dairy. Going to get out there and try it since I am a big milk drinker. It is available at United Supermarkets


Jake DeWit and Maddie Murphree are all dressed up and ready for Prom. The 2013 Prom was held Saturday May 4 at the Country Rose in Summerfield.

## The Stevens 5 Star Deal of the Week!



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right now and is distributed by it will get to , First Baptist Church Vacation Bible School is June 24-28. A ing will be held May 29 in the fellowship hall at 6 p.m.
Friona high school coach Kamron Lingor has announced his resignation and move to Lake Dallas. Coach Lingor is a Tulia native and has coached in Friona the past two years. He served as head track coach this year and the boys track team was district
champions. He was given a nice recognition at Tuesday's Allrecognition at Tuesday's All-
Sports banquet.
of the All-Sports ban
Speaking of the All-Sports banpresidents Brent and Annette Loflin and vice-presidents Britny and

Charlie Pope and Booster volunteers for the hard work all year and especially for the banquet. It was held at the high school this year and once again the Boosters aid a fantastic job of decorating and serving meals, etc. Hats off

Clara Trowbridge of Hereford, celebrated her 90th birthday May 7. Her daughter Teena from Powder Springs, Tennessee and her son Murl May from Del Valle came to celebrate with Clara. on David May and wife Sandy also attended the reunion. Happy birthday Clara.
Friona State Bank president Gary Brown was recently honGary Brown was recently hon-
ored by the Texas Bankers Founored by the Texas Bankers Foun-
dation with a 50 -year Banker dation with a 50 -year Banker
Award during a luncheon at their convention in San Antonio. He started his banking career in 1963
as an agriculturalist in loan operations for Friona State Bank. A local reception for Gary is being planned for the summer.
The hospital auxiliary is holding a luncheon/reception The the hospital conference room tors and hospital staff during Hospital Appreciation Week Donna Schueler, auxiliary president, asks that if anyone can help by bringing a salad it would be appreciated. Please have your salad there by 11:30 a.m. Everyone is invited to atour hospital personnel.

It has been a busy week but we have survived once again. Thank for reading and supporting the newspaper. See you next week Until then!


Elizabeth and Lewis Gore ron carr photo Friends of the Friona Public Library annual meeting Sunday afternoon. A total of 12 baskets were donated for the drawings. A list of winners and a meeting report are printed elsewhere in this Friona Star.



Friona volunteer firefighters and EMS responded to an accident Sunday May 5 at the Hub intersection. The car collided with a semi- that was turning east off of Hwy 214 onto Hwy 86, sending two young children to Parmer Medical Center where they were then transported to Amarillo with serious injuries.


## Happy Birthday

## May 12-May 18, 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.)

May 12-Jay Beene, Roy Eastep, Becky Reeve, J.D. Spencer Sr., Susie Spring, Darla Skaggs, Lynn Gowens, Richard Turner, Trevor Rathburn, Kelly Laxson, Joel Cramer, Kimberly Jones
May 13-Olivia Ortiz, David Hough, Sharla Trimm, Hanna Nelson, Trey Hurst, B.L. Marshall, Cara Malone, Lillie Mae Baxter, Mike Madrigal
May 14-Cecelia Schueler, Robin Houlette, Danny Pena, Owen Drake, Amy Blankenship, Sylvia Roth, C. Daniel Padilla, Kristie Jack, Mary Lee Cass, Renee Hough, Billy Johnson, Robert Read, Casey Sharrock May 15-Ron Reed, Isidra Villalobos, Billy Stover, Brittany Berend, Kinsey Reeve, Denny Young, Avery Kendrick, Tony Barraza May 16-Ruthie Hardin, Ron Procter, Lisa Lane, Deirdre Johnston, Barbarette Sikes, Savanna Barksdale, Gloria Reyes, Mariana Pina May 17-Carl Mohr, Jill McFarland, Glen Herring, Christie Guerra, Kristen Bailey, Sally Howard, Franklin Ratliff, Dario M. Hernandez, Jacob Hefner, Joe DeBons
May 18-Danny Carthel, John Crozier, Jacob Landrum
DPS Trooper Izzy Carrasco investigates the Sunday,
May 5 accident at the Hub intersection.

## Courthouse Notes

## Warranty deeds recorded with the County Clerk's Office for the week

 of April 25 - May 1, 2013.Ronald Dee Clark-Harrison W Wellman II, Madison K Wellman S/2 L5 All L6 B3 Drake
Esta Lee Lide - S D Farms S 100 ac SW/4 S7 T6S R3E
Kenneth Wayne Precure Estate - Preston Scott Miller, Christie Miller NE/4 50.19 ac out of NW/4 S3 Blk W Edward K War
Jo Anne Hill - Henry Clark, Paula Clark L8 B49 Friona

## 0 <br> Sheriff's Report

As reported by the Parmer County Sheriff's Office
April 30,2013 Yesenia Garcia, 35, of Clovis was arrested by DPS on a Midland County warrant, posted bond and released. May 3, 2013 Heber Cardoza, 21, of Farwell was arrested by the Farwell Police for violation of community service, indecency with a child, pending district court
May 4, 2013 Tomas Castillo, 33, of Texico was arrested by the Farwell Police on a Curry county warrant, pending transport.
May 4, 2013 Adam Newton, 20 , of Bovina was arrested by the Bovina Police for violation of a protective order, pending county court, and prohibited substance in a correctional facility, pending grand jury.
In 287th District Court, Judge Gordon Green presiding. April 11, 2013 Jacob Gonzales, 23, of Friona, charged with the lesser included charge of assault, was sentenced to one year in the Parmer County jail, probated for two years, $\$ 324$ court costs, $\$ 750$ attorney fees, and $\$ 5,000$ restitution.
April 18, 2013, Juhari Pleasant, 39, of Clovis, charged with aggravated robbery, was sentenced to 10 year deferred adjudication, $\$ 324$ court costs, $\$ 1,000$ fine, $\$ 400$ attorney fees, and $\$ 300$ restitution.

## School menu

Friona school breakfast \& lunch menu for May 13-17, 2013.

Monday: Cereal, waffles, fruit, juice milk Breaded chicken, cracker, baked beans, mashed potato, fruit, milk

Tuesday: Cereal, pancake sausage on a stick, fruit, juice, milk
Chicken patty sandwich, broccoli, corn, fruit, milk
Wednesday: Cereal, breakfast toaster, fruit, juice, milk
Burrito, lettuce \& tomato, carrots, fruit, milk
Thursday: Cereal, pizza, fruit, juice, milk Hamburger, celery, chips fruit, milk

Friday: Cereal, cinnamon roll, fruit, juice, milk Chicken nuggets, cracker, green beans, special vegetable, fruit, milk



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even though the heart is breaking.. It believes beyond believing And it world with all the man cannot understand of God's tender guiding hand.


## A Mother's Love

na Banking center

## OBITUARIES Horses \& Alcohol

## BRETT HOYLE, Pastor, First Baptist Church

Just a few days ago, the Kentucky Derby was ran at Churchill Downs in Louisville, Kentucky. If you have ever seen the Kentucky Derby telecast you are impressed with the majestic animals that run, high class dignitaries who attend and beautiful horse farms carpeted with Kentucky bluegrass and white painted fences. I had always thought Churchhill Downs was located in the Kentucky country
side where horses spent their side where horses speni heir days frolicking in ine meadows, be cause that is how television portrayed it. As a resident of Louissille, Kentucky for three years before moving to Friona, I was in for
big surprise when I drove by Churchhill Downs the first time and saw that it sits in a rougher and older part of town, just cadie corner from the University of Louisville Baseball and Football fields (comparable in size to Jones Stadium in Lubbock). This was quite a different picture than the one I had gotten from the media. Further, the Kentucky Derby is televised as a glorious holiday for horse enthusiasts who honor the legendary horses such as Barbaro and Big Brown, but what network TV skips over is the drunken stupor and wild party that is taking place all throughout this event. The scene portrayed is different from reality, as is often the case with alcohol. Think about the impact alcohol has on our society. Although Alcohol is portrayed as fun and exciting with bikini babes, hulkular hunks and clever commercials we are bombarded with lives that are hurting because of the impact of alcohol. Fatherless homes, abused wives, children sent to CPS, cancer-ilied livers, cor srecks from of these commercials simply because what is portrayed is different from the reality of the effect of alcohol. In truth, the reality would be bad for business.
God says in Proverbs 20:1 that "Wine is a mocker, strong drink a brawler, and whoever is led astray by it is not wise." If you have
been led astray by the bottle or can in your life, you need the lasting been led astray by the bottle or can in your life, you need the lasting joy, satisfaction, happiness and peace found in Jesus Christ.

## Panhandle Parables

Thanks Mom
JEFF PROCTER, Minister, 6th St. Church of Christ
Thanks to a mom we were all born and so on behalf of childre everywhere, myself included I would like to thank MOMs. Thanks Mom-
For all those diapers you did not leave us in too long.
For taking the time to answer, "But why? When we were curious for the 16th time
For kissing us good night and good morning
For letting us help make the cake even though it took twice as long and 3 times the mess.
For holding us close when the thunder sounded closer
For helping us learn our ABC's and $1,2,4$ s.
For putting a song in our hearts and encouraging us to sing
For the band aides that covered perceived injuries.
For the many meals that helped us grow, (except the peas)
For the "Go outside and play" that we would see God in His
creation.
For that gold fish funeral in the bathroom.
For that toothbrush and soap lesson to help us choose our word more carefully.
For buying our clothes too big confident we would grow into them. (we did)
For that firm hand and stern look usually preceded by our first, middle and last name so we would know for sure we were in trouble.
For loving our dad even when he snored.
For having the courage to let us
what God needed us to be.
in you.
In know that you can probably say it better to your mom, so encourage you to do so if you have that opportunity. Happy Mother's Day and God bless you, Moms

Thank you for your kindness, visits cards, phone calls and prayers during my illness and rehab. Especially your love and caring during the loss of our grandson Drew. That caring and love will always be remembered.

Love
E. G. Phipps \& family



## Send your church

 news to theFriona Star frionastar@wtrt.net


## Bovina

FIRST BAPTIST CHURCH CATHOLIC CHURCH 251-1511 PASTOR BRIAN MULLINS ${ }_{251-1632}$
CHURCH OF CHRIST 500 AVE. E
MIKE PRATHER, MINISTER

IGLESIA DE DIOS DE PRIMOGENITO
CHURCH OF GOD OF THE FIRSTBORN $022^{\text {ND }}$ STREET
IGLESIA BAUTISTA HISPANA
street PASTOR RAFAEL MARIN

FIRST UNITED METHODIST CHURCH PASTOR LTARRY MITCHEL PASTOR LARRY MITCHEL

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| Come First" <br> 1105 N. Cleveland www.frionastatebank.com |  | First Bank Bovina Member, FDIC Equal Housing Lender 101 North Third 251-1442 | Mobile: 806-357-9132 athe Office: 806-357-2231 Summerfield own PO Drawer 1938 Hereford TX 79045 | $\xrightarrow[\text { FEEDS }]{\substack{\text { Friona TX } 79035}}$East Highway 60 <br> Box 519 <br> Phene $250-2791$ |

By Melanie Gallman Braun proficient knowledge of Excel and Word.


## 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 CIRCUMSTANGES AT THE FOREFRONT OF CLINICAL CARE DECISIONS. PROFESSIONALISM:WE belleve our staff and physician ARE OUR GREATEST ASSETS. to the experienced, understanding staff at Lubbock Urology.
Our urologists (diplomates of the America Board of Urology)

## The Good and The Bad

Let's get out the microscope are getting a great benefit. Your After the age of thirty, you beand examine a muscle cell and
an adipocyte (fat) cell. What do we see? Skeletal muscle cells are long, thin, threadlike cells and are arranged in bundles. Adipocytes store fat in droplets and enlarge as they accumulate fat. When adipocytes become so abundant that they crowd out other cell types, they form adipose (fat) tissue. Adult muscle cells cannot grow in number, only in size and strength. Likewise, a person is born with a certain number of fat cells. The good and the bad about both muscle and fat cells is that
they both can grow and shrink they both can grow and shrink Best case is that our muscles grow, and our fat cells shrink shrinking, fat cells are probably growing.
You cannot "spot" reduce fat. So, for example, if flat abs are a goal for you, doing 100 crunches every day is not going to get rid of the fat in front of the ab muscles. Now, that doesn't mean you shouldn't do crunches. You
are getting a great benefit. Your muscles will become stronger awesome. Plus you ARE burning fat as you workout, but you body is taking fat from wherever it is most efficient for it to use it. There's a fitness industry proverb that says, "Flat abs start in the kitchen." Muscle has a daily metabolic rate of about three times that of fat. Increasing lean body mass (muscle) and physical activity will improve your metabolism which helps to combat that kitchen thing.
Don't look at the scale! As you increase your lean body masy, go up. Yeah, the the scal may go up. Yeah, that bothers more muscle into a can pack yore muscle into a space than you cays fat. Cuse in point over and lays fla. Case in point, ove pounds, BUT I can still wear pounds, BUT I can still wear the same clothes size. As you use inches lost, not necessarily pounds lost. Aging ca
ging causes muscle loss.
gin to lose approximately three to eight percent of your muscle mass per decade, and the rate of decline is even higher after the
age of sixty. Doesn't sound like age of sixty. Doesn't sound like much at first. However, if we use an average of five percent per decade, by the time you are seventy you have potentially lost twenty percent of your muscle mass from aging alone. This loss of muscle mass, strength, and function is a fundamental cause of and contributor to disability in older people.
So fight back! Regular exer-
cise including strength cise including strength training and cardio is the best way to slow down the aging process, kick up your metabolism, and preserve and maintain the integ-
rity of your muscle. It doesn't matter how old you are. Aged matter how old you are. Aged muscle can still increase in size
and strength. I'm sure you've and strength. I'm sure you've
heard this one before, but I'm heard this one before, but I'm going to share it again, "You
don't stop moving because you get old, you get old because you stop moving."

CATTLE CLERK NEEDED
A highly dependable individual is needed to fill a position that involves multi-tasking in a fast-paced interruptive environment while at the same time paying close attention to detail. The ideal candidate should possess excellent people skills, being able to communicate with customers, excellent people skils, being abers of the staff and have good phone
management and other members ith a
etiquette. Knowledge of the Cattle Industry is highly preferred along with a

Benefits Package includes: Paid Vacation, Health, Dental \& Vision Insurance, 401K
Should you be interested in joining a respected industry leader, email your resume to
steve@cavinessbeef.com
Caviness Beeff Packers
3255 U.S. Highway 60
P.O. Box 790
Heroford, TX 79045
An Equal Opportunity Employer

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

CALL FOR AN APPONTMENT TODAY 6102 82nd Street \#5 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 condition mpotence / Infertility Bladder Control / Incontinence Early detection \& treatment genital and urinary cancer VasectomiesLUC Lab

## 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 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 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


Carolyn Wiseman submitted this photo of two helicopters that landed at the hospital Sunday afternoon. Two children injured in an accident at the Hub intersection were transported to PMC by Friona EMS shortly before the helicopters arrived. Our attempts to find out more were not successful. We have no further info on who was transported by the helicopters.

Conservation award winners announced

## The Parmer County Soil \& of the Conservation Awards students who have dedicated

 Water Conservation District Program is to recognize and their time, efforts, and talents to \# 140 sponsored the 2013 Con- honor Soil and Water conserva- making wise use of renewable servation Awards. The purpose tion districts, individuals, and
courtesy photo
Alex Santiago from Friona ISD won 1st place in Parmer County with his essay on "Why Soil and Water Conservation is Important to my Future." He also won 2nd place in the Area 1 competition. He will receive $\$ 100$ from parmer County SWCD at his school's awards program May 29. He received a plaque from Area 1 at the conservation Awards banquet held in Plainview May 7 .

## Property Tax Protest and Appeal Procedures



Deadline for Filing Protests with the ARB*

## Usual Deadiline

n or before May 31 (or 30 days aftera
was maikd to you, whichever is later).
Late protests arc allowed if you miss the ussual deadine for good medicas emergencey. The ARB docides whelber yout have good
cause. cause.
Late protests are due the day before che ARB approves records
for the year. Contoct your appraisal district for moro information.
Spectal Deadilins
For change of use (the appraisal district informed you that you are
losing agriculurual appraisal becance losing ggriculurral appraisal because you changed tho use of your
land, the deadine is not later than the 3 Oh dhay after the notice of lands, the deadline is not later than the
Ler

For ARB changes (hhe ARB has informed you of a change that
fncreases your tax liability and the change didn't mestl at protesss you filed), the deadiline is not tatere than the 30 out day affer
prem
the notice of the delecmination was mailed to you.
$\square$
If you believe the appraisal district or ARB should have sent you a notico and did not you may file a protest unil the day before caxes
become dedingut become delinquunt (usually February 1) or no later than the 125 Sth
day after ho date you claim you received a tax bill from one or day ater tho date you claim you received a tax bill from one or
more of the tauing units that tax your property. The ARB decides more of tbe taxing units thas tax your propectry. The ARB decides
whecherit will heary your case bysed on evidence about whecher a
required notice was mailed to you.
natural resources.
This year's school competition included an essay and poster contest. We offered a coloring contest for the kindergarten, first and second grades. The student winners of the 2013 Parmer County Conservation Awards are:
Poster contest: 1st place Pau-
lina Rodriguez zales, 3rd Victoria Gutierrez, zales, 3rd Victoria Gutierrez, all fo Farwell ISD.
Essay contest: 1st Alex Santi-
ago, Friona ISD ago, Friona ISD, 2nd Haley Ivy,
3rd Baylee Ruthardt, Lazbud3rd Baylee Ruthardt, Lazbud-
die ISD. Honorable Mention: die ISD. Honorable Mention: Kattisun Hester, Jesus Montes, buddie ISD.
Coloring contest: Friona ISD; mond, 2nd Vanessa Martinez, rd Nathan Tafoya; First grade 1st Isaac Tafoya, 2nd Nicole
Ramirez, 3rd Gage Campbell Second grade 1st Deiondre Romero, 2nd Vanessa Perez, 3rd Romero, 2nd Vanessa Perez, 3rd
Azarel Gutierrez.


Residential
4/4/3 Brick w/central heat \& air, fireplace, safe room, security system, fenced ReDUCED $3 / 2 / 2$ Brick Country Home on 473 acres, central heat $\&$ a fireplace, cellar, barn, newly remodeled kitchen, lots of storage .......s 180,000 $4 / 2 / 2$ Brick w/ecentral heat \& air, fireplace, formal dining room, sprinkler front
$\$$ back, fenced backyard with storage, Western Addition
 REDUCED: $3 / 2 / 2$ Brick Country Home on 2.79 acres, fireplace, central heat \&
air, basement, sprinkler front \& back, well, incinerator. REDUCED: $3 / 3$ Brick w/cdentral h\&a, AC is new, fireplace, 2 living areas, Class 4/42 Siding w/central heat \& air, remodeled kitchen, open floor plan, corner lou covered deck in backyard, storage building.............................. 125,500
$\qquad$
3/2/2 Brick w/central h\&a, fireplace, corner lot, fenced yard...............SoLD


Let us sell your property!

## Estate Auction in Friona

 May 18 10:30 am.Viewing Friday May 17
from 9 atm. to 5 p.m.
Watch for large ad with details next week.

W \& J Auction, Inc.
OUR KNOWLEDGE IS YOUR SECURITY AUCTIONEERS : James Priest, Gid Priest, Butch Priest

TX LIC\# 11077 \& 15577 1-800-822-1243
http://www.wjauction.com

## Risinger

Plumbing
Serving Fiona 272-6772
Cell: 523-2222
Master License \#16066

## Check Cashing

Payroll Check Cashing and Income Tax Refund Check

Fridays 7-4
Food Express
Hwy 60, Bovina TX
$806-251-9945$


Library Friends Celebrate 50th Anniversary

Friends of the Friona Public Library held their annual meeting of the membership on Sunday, May 5, 2013 at the Redeemer Literacy Center 1304 Virginia, to celebrate 50 years of library service. Tracy Ellis, President, welcomed members and recognized special guests: Patricia Phipps, City Manager; Ron Carr, Editor, Friona Star; Teddy and Jim Bob Jones, executive members of the Centennial Endowment Committee and immediate Field. She thanked for their continued support; 26 members were present.
Following the reading of th minutes of the 2012 Annual Meeting, Darla Bracken, trea surer gave the current report surer gave the current report. Fund at the Amarillo Area Foundation is
S192, 227.75 with a return in 2012 of 12.4 \%. Current money
$\$ 12,614.47$
She also explained about the setup of the endowment and how the distributions are made as well as some of the planned uses for the fund. [Friends budget this year is $\$ 7,054$.] Tracy Ellis praised the efforts of Terri Ellis, Membership Chairman, for the great job on the 2013 membership drive. Friends currently have 68 family, 29 individuals, new business and 6 new life time members. Many members made special tributes or extra donations for the library's anniversary. "Every member is greatly appreciated and all are welcome to become Friends
members to promote and support the library."
port the library."
Karen Renner, Literacy Chairman, reported that there
are 12 members in her GED are 12 memb
5 of them have already passed at least one of the five passed at least one of the five
required tests to achieve a
he Fri Mrs. Renner thanked Lewellen is the Social Media the Friends for their contribu- Chairman, a new position. cost of thelp defray some of the for the year included dents whese tests for the stu- the Veteran's Breakfast which are about have passed. There had a nice crowd; the ComESL clout 20 students in the munity Appreciation Concert well; they who are also doing with the Flamenco Guitarist level each must advance one level each year.
Mrs. Ellis also re
Grimsley, man; Lucy Hospitality Chairity Chairman, and Ruby Ro driguez Scrapbook/Archives Chairman for their dedicated efforts in these areas. She expressed appreciation to Wendy Carthel, Garden Chairman, for the beautiful flowers inside and out for the Open House and to retiring chairmen Linda White for her work in managing the Book Shoppe and Melba Smiley for her many years of scrapbooking for the Friends. Jami

Friends of the Friona Public Library Literary Basket Raffle Results WHIT
Once Upon a Tea Cup by Farmhouse Designs Greenhouse owned by Wendy Carthel won by HOLLY CAMPBELL
Gathering of Friends by Ingram's Department Store owed by Cris and Sylvia Ingram won by TERRY HUNT Meanwhile back at the Ranch by Veterinary Industries owed by Eldon Reeb won AMBER ROBERSON. Fitness Dynamics owned Melanie Braun won by JOYCE LOFLIN.
. DrSeuss on the Loose by Friona Primary School won by ASHLEY MILLER
Cooking with Paula Deen and the Pioneer Woman by Ivy Cottage owed by Kirk \& Misty Frye won by BETTY REEVE.
For the Birds by Prairie Acres and Bi-Wize Pharmacy \& Furniture won by CINDY ALEXANDER
. Down on the Farm by Friona Elementary School won by
Didnigh Blis.
Midnight Blues by Property Associates owed by Holly Campbell won by DONNA MEARS
11. Queen for a Day by Creative Chaos owed by Adriana Stowers \& Lori Davila won by ANGELICA MARTINEZ Mike \& Johnn Blackbum won by ELIZABETH GORE

Friona Noon \& Evening Lions Clubs

## Broom Sale

Thursday. May 16.2013
Friona City Park 9:00 am - 5:00 pm

Brooms • Mops • Brushes and many other items

Quality Cleaning Aids for Home - Business - Industry


Quality Blind-Made Products

In association with - CARAVAN SALES FOR THE BLIND Articles Made By The Blind Fully Guaranteed


Friona agricultural science teacher Tracy Blount, I-r, and students Andres Silva and Eddy Delgadillo display their Texas Cattle Feeders Association certificates after completing the Cattle Handling and Care Certification Program.

Local students complete cattle certification program
Texas Cattle Feeders Association, in collaboration with West Texas A\&M University and
Texas A\&M AgriLife Extension developed the Feedyard Technician Certification Program in cian Certification Program in
2012 and had three area high 2012 and had three area high
school students complete the Cattle Handling \& Care Certification Program yesterday. Andres Silva and Eddy Delgadillo, both of Friona, and Lane Miller of Dalhart began the certification process by building on their agricultural classes with additional curriculum developed from TCFA's Beef Quality Assurance program. To complete the certification process, students trained at the WTAMU Research Feedlot with Extension Beef Cattle Specialist Dr. Ted McCollum, Dr. Mike Brown, Faculty Supervisor of WTAMU Research Feedlot and Associate Professor of Ruminant Nutrition,
$\begin{array}{lll}\text { and Robert Devin of Texas A\&M } & \text { Science Teacher, feedyard man- } \\ \text { AgriLife Extension. Trainings } & \text { agers or have expressed interest }\end{array}$ AgriLife Extension. Trainings agers or have expressed interest
included cattle handling prin- to be accepted into the program. ciples, and processing cattle, They should be enrolled in at ity Assurance (BQA) principles. class each semester, participate The students were then tested in extra-curricular activities over their skills through demon- such as FFA, have a supervised stration and with a written exam. agricultural experience project, They were also interviewed by and they are required to either instructors using hypothetical job shadow or have an internship situations and questions on top- within the industry before receivics covered in the training. At the ing a High School Diploma. conclusion of the day's events, Individuals who work in the the students were presented with fed beef industry have one of the a certificate of completion and most important jobs in the world jacket from TCFA. Completion of this certifica tion program enables students to be better prepared to obtain The vitality of having young employment within a feedyard a feedyard setting, especially in in a basic understanding of the the TCFA-area of Texas, Oklarowedge and skills necessary homa and New Mexico where Studensts in the operation. 30 percent of the nation's beef is Sudified by the program are


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


## National Teacher Appreciation Week May 6-10, 2013

The Friona Independent School District Board of Trustees and the Administration staff salute our dedicated teachers and para-professionals during Teacher Appreciation Week.
Thanks for your dedicated service to our students, our school, and our community!!

| Teachers |  |  |  |
| :---: | :---: | :---: | :---: |
| High School | Jr. High | Elementary | Primary |
| Cindy Alexander | Belinda Anthony | Lupita Alvidrez | Johnna Blackburn |
| Patsy Allen | Karen Barnes | Linda Blount | Shilo Essex |
| Carrie Arias | Victoria Bueno | Lisa Borden | Vickie Field |
| Jimmy Arias | Gail Burton | Marla DeBons | Maritssa Flores |
| Sandra Berend | Kevin Cooper | Penney Dustman | Rosa Flores |
| Donna Black | Sylvia DeLeon | Elsa Galvan | Annette Frye |
| Tracy Blount | Sarah Geries | Roman Garcia | Lupe Garcia |
| Bennie Case | Candice Geske | Jennifer Gonzales | Katie Gilley |
| Amy Cook | David Gonzales | Blaire Herring | Marka Herbert |
| Douglas Daffern | Nicholas Gonzales | Trista Hickman | Beverly Ingram |
| Amber Drake | Amy Hand | Francis Huckins | Randy Johnson |
| Kathy Eppers | Melodee Hansard | Terry Hunt | Ann Kelley |
| Dennis Field | Don Herbert | Kim Kimbrough | Cecilia Lindley |
| Tammy Gammon | Paul Hodge | Jackie Martin | Estela Ortiz |
| Styler Haddock | Becky Jones | Maria Mendoza | Cheryl Procter |
| Creighton Henderson | Kamron Lingor | Kathi Miller | Jodi Rando |
| Daniel Hutchins | Benjamin Monk | JoAnn Morris | Jenny Riethmayer |
| Allison Johnston | Rhonda Murphree | Robert Noland | Erminia Rivera |
| Bryan Massé | Deirdre Osborn | Lisa Reed | Diamond Stephens |
| Celeste Miller | Melissa Randolph | Martha Rodriguez | Leslie Wright |
| Michael Miller | Connie Slagle | Marie Samarron |  |
| Erika Montana | Melvin Smith | Maria Sarabia |  |
| Cindy Moreno | Heather Stowers | Debra Sherrill |  |
| Gayle MurdockJo Osborn | Maria F. Vega | Kim Smiley |  |
|  | Gaylene Whitworth | Marci Street |  |
| Michael Prokop Chris Rackley | Sherry Zehner | Claudia Suarez |  |
|  |  | Linda Welch |  |
| Darrel Ray Christopher Ruckman |  |  |  |
| Maureen SmithMitch Terry |  |  |  |
| Mitch TerryDavid Towner |  |  |  |
| David Woods |  |  |  |

Teach the children so it will not be necessary to teach the adults.
Abraham Lincoln

| Instructional Assistants |  |
| :--- | :--- |
| High School | Jr. High |
| Hannah Alger | Carol Holland |
| Fabiola Dominguez | Kristi Lanier |
| Janie Gonzales | Patricia Lanier |
| Linda Salinas | Sandra Rainey |
| Margarita Shelby | Delia Stark |
| Vikkie Vasquez | Imeld aucedo |
| Maria Viernes | Laurie Tweedle |
|  | Mercedes Williams |
|  |  |
| Elementary | Primary |
| Rosa Cigarroa | Tonia Abarca |
| Linda DeLeon | Becky Albarado |
| Caroline Estrada | Norma Bautista |
| Vima Gallardo | Claudia Castillo |
| Sally Garcia | Monica Davis |
| Virginia Hidalgo | Julie Garcia |
| Magdaelena Legarreta | Fabiola Godoy |
| Rachel Martinez | Sonia Gomez |
| Luz Maria Salas | Yesenia Guzman |
| Carla Scott | Kathy Jack |
| Jessica Tafoya | Martha Mendoza |
| Becky Upton | Erin Pena |
| Herminia Ureste | Lupe Shelby |
| Melissa Vazquez | Jennifer Stewart |
| Imelda Vela | Veronica Torres |
|  | Angela Trevino |
| Migrant |  |
|  |  |


ron carr photo
The Bovina Senior Citizens held a cake sale and auction during Bovina's Cinco de Mayo celebration Saturday May 4 at the XIT recreation center.


## Hospital Appreciation Week May 12-18

To the Dostors and Hosplial stafi of Parmer Modloal Gemitr


We apprectate all you dos


Athletic Director and Head Coach Mike Prokop addresses the audience at the FHS All-Sports banquet Tuesday evening. The event was held in the high school cafeteria and auditorium.

The FRIONA INDEPENDENT SCHOOL DISTRICT is participating in the Summer Food Service Program. Meals will be provided to all children without charge and are the same for all children regardless of race, color, national origin, sex, age or disability, and there will be no discrimination in the course of the meal service. Meals will be provided at the sites and times as follows:

ELEMENTARY SCHOOL CAFETERIA
200 West $8^{\text {th }}$ Street
Friona, Texas
Monday thru Friday June 3 thru June 28, 2013

Breakfast will be provided from 8:30 to 9:30 a.m. Lunch will be provided from 11:30 a.m. to 1:30 p.m.

To file a complaint of discrimination write or call immediately to
USDA
Director, Office of Civil Rights
1400 Independence Avenue SW
Washington, D.C. 20250-9410
(800) 795-3272 or (202) 720-6382 (TTY)

USDA is an equal opportunity provider and employer


Friona Public Library $109 \mathrm{~W} 7^{\text {th }}$ Beginning May 30 through June 28. Programs Tuesdays at 10 AM at the Friona Junior High School Auditorium


