

# Friona ★ Star

VOL. 89, NO. 31

FRIONA, TEXAS

THURSDAY, JULY 25, 2013

TEN PAGES

## St. Teresa's Jamaica is Aug 4

St. Teresa's Catholic Church in Friona will hold its annual Jamaica Sunday, August 4, 2013 on the church grounds from 11:00 a.m. to 8:00 p.m. Everyone is invited to attend.

A raffle will be held for pre-paid gift cards. Tickets are \$5 each. There will be five \$500 cards, a \$400 card, and a \$100 card given away. Plus many more prizes. Eight bicycles will be given away to the kids.

Food booths will include hamburgers, gorditas, tripas, funnel cakes, frutas, aguas frescas, snow cones, and cokes and water. Games will include Bingo, train rides, dunking booths, and basketball toss.

There will be music too by: D.J. Luis Hernandez, Grupo Ilusion de Northe, Grupo Incepcion, Grupo Vigilante, Grupo Tiburon, and Grupo Tamborasso Quinto Elemento.



courtesy photo

The winning cheeseburger. Above is the winning cheeseburger The Hot Mamas submitted to the judges at Saturday's cook-off. They are now a two-time winner. Congratulations to all of the teams who entered the cook-off.

## County youth water fair

Parmer County Extension Agent Benji Henderson announces a Water Fair open to all youth in the county on August 6, 2013. The fair will begin at 9:00 a.m. to 2:30 p.m. in Farwell. There is a \$25 charge per attendee. Lunch will be provided.

The youth will have the opportunity to learn about the playa lake systems, Ogallala Aquifer, and water issues facing us today. Many activities are planned, Henderson said.

Please RSVP to the Texas A&M AgriLife Extension office in Parmer County at 806-481-3619 on or before August 2. Henderson said, "We look forward to having our youth for a fun filled educational day."



ron carr photo

The first place grand prize winner at the Cheeseburger Cook-Off was The Hot Mamas team, left, Tawnin Mullins and Ashlee Roberts. They won this nice trophy and the \$1,000 first place cash. It was the second time The Hot Mamas won at the cook-off.

The Elementary Summer Drama Workshop performance was "C-rhymes and PUN-ishment." More photos from all three Summer Drama Workshop performances available at [frionaonline.com](http://frionaonline.com).



## Mayor's Minutes

by Ricky White

I want to keep "you", the citizens of Friona updated on some important issues in Friona and share other information on how the city is performing. I will be sharing this once per month in the Friona Star under "Mayor's Minutes."

1) Water: We asked our city engineer to perform a study on Friona's water supply and give us a good estimate on how many years supply we have. After an extensive study we know today that we have a water supply of approximately 40 years. The city council will be making some decisions on Friona water and I will inform you as those decisions are made.

The city is asking for bids to replace the top of the north water tank. It is in need of repair and plans are to replace the top around October. More information to come in the future on our water supply. In June we pumped 25,323,100 gallons of water. We sold 21,491,000 gallons of water and billed

\$87,375.53. We expect the water usage to continue to be high for July and August, depending on how much rainfall we receive.

2) Housing: The Whaley lots are 90% cleaned up. The city will finish that project in the next couple of weeks. A big "thank you" to all of the city workers involved in the project. We have had a couple of meetings with an investor and contractor out of Clovis, working on the possibility of condos or twin homes being built on that property. We are positive that this will happen in the future but at this time no specific agreements have been made. We are still in the discussion process.

3) Police Department: Police Chief Mooney was busy along with all police officers. There were 85 warnings and 38 citations issued. There were 7 arrests made in June. Overall, there were 200 calls made to the police department requesting service from

policemen on call at the time. Chief Mooney and all of the officers do a great job for the citizens of Friona.

4) Municipal Court: Judge Campbell was also very busy. There were 81 new cases filed in June and 33 trials by judge. There was \$8,406.47 collected in fines for June. The motto is, "You do the crime, you will pay the fine." Judge Campbell is working hard on getting all of the fines collected and issuing warrants for arrest if not paid. Thanks to Judge Campbell for her dedication.

5) Volunteer Fire Department: They were called out 7 times in June for fires. These were small fires that were handled very quickly. Thanks to all of the volunteers that are there when we need them. They do great work.

6) EMS: The ambulance was called out 19 times in June. There were six calls made to 911 and 11 calls for transfers. The other two calls were non-transfers. There was \$9,558.23

collected in June. Thanks to all EMS employees for their commitment.

7) Library: There were 3,311 patrons visiting the library in June. Darla Bracken and all of the staff do great work in servicing the citizens of Friona. We will continue to support Darla and the needs of the library.

8) Prairie Acres/Heritage Estates: There are currently 45 residents at Prairie Acres and 12 residents at Heritage Estates. Billy Ray Johnston and Staff have done a great job keeping the home a great place for our family members to call their home. We will continue to support Billy Ray and his needs to make Prairie Acres a great place for our family members to live.

9) Patricia, Chief Mooney, and I met with the American Red Cross to begin our planning on getting some approved Red Cross facilities designated in case we have a catastrophe like a tornado. We had good participation from four area churches that have

volunteered their facility to help in the need of an emergency. The Red Cross will be back in the near future to give training to all volunteers so we can be ready to act and know what to do and where to go when needed.

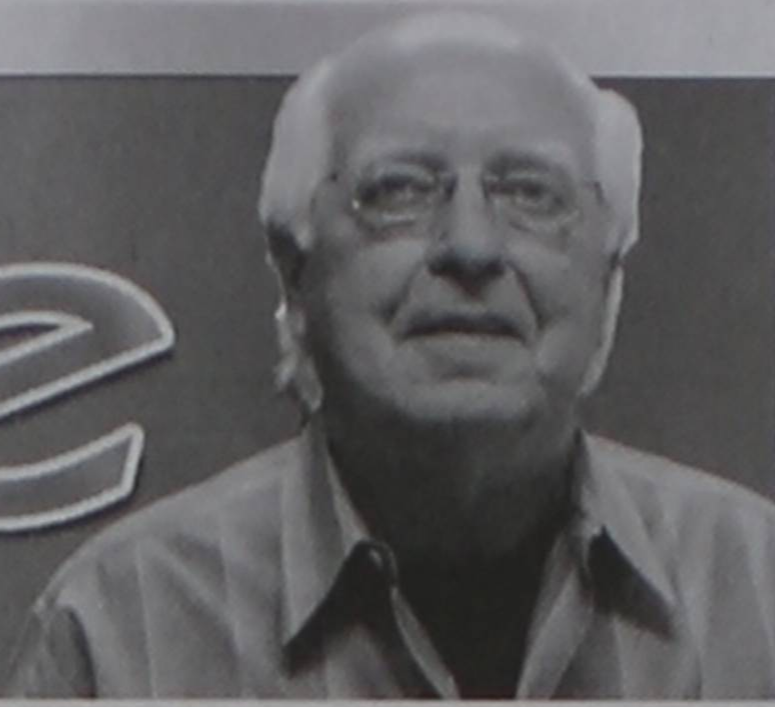
We will designate a storage place to hold approximately 200 cots, blankets and accessories so we will be able to quickly respond to ones needs. Once this process is completed we will inform and educate all citizens of Friona on what facilities will be available and where to go for shelter, food, and water. We are excited to team up with Red Cross and get this plan in place. We want to thank them for their cooperation and assistance in this endeavor.

I would like to take this opportunity to thank Patricia Phipps and what she does for the city of Friona. She does a great job and we are very fortunate to have a City Manager that is very knowledgeable and makes good decisions for "you" the citizens of Friona.



# Out Here

By Ron Carr



If the city of Detroit owes you some money you might want to call them right quick.

Have you been following Detroit's problems? They are \$18 billion in debt and the population has decreased from almost 2 million people to 700,000 over the years. They say there are around 80,000 abandoned houses and buildings in Detroit.

One million Detroit residents have moved away. I find that statistic fascinating. Imagine living in a city where everybody is leaving. Sounds like one of those Mad Max movies.

There has been a lot of conjecture about Detroit's fiscal problems. Seems pretty simple to me. For the past 50-60 years Detroit has had Democrats in office, from the city council to the mayor. They spent themselves into oblivion on social programs and elaborate pension programs. It was a city government run amuck.

Now, they cannot fund the pensions. As more workers retire and

more citizens (taxpayers) leave it does not take an economics professor to figure out that at some point they will be underfunded.

Then there are the Detroit unions. As wages increase, profits need to increase also. Didn't happen in Detroit. They have one million fewer taxpayers to support an unsustainable debt.

The crime rate in Detroit has usually been among the highest in the country. I can remember years ago when it was Halloween in Detroit some of the gangs rejoiced in setting multiple fires around the town.

Now the word is that 50% of the street lights in the city are burned out and it takes an average of almost an hour for emergency responders to arrive.

Other cities are said to be near bankruptcy, i.e. Chicago (\$19 billion in debt), Cincinnati, Minneapolis, Portland, Oregon, and Santa Fe, New Mexico.

There doesn't seem to be easy answers to government's debts, includ-

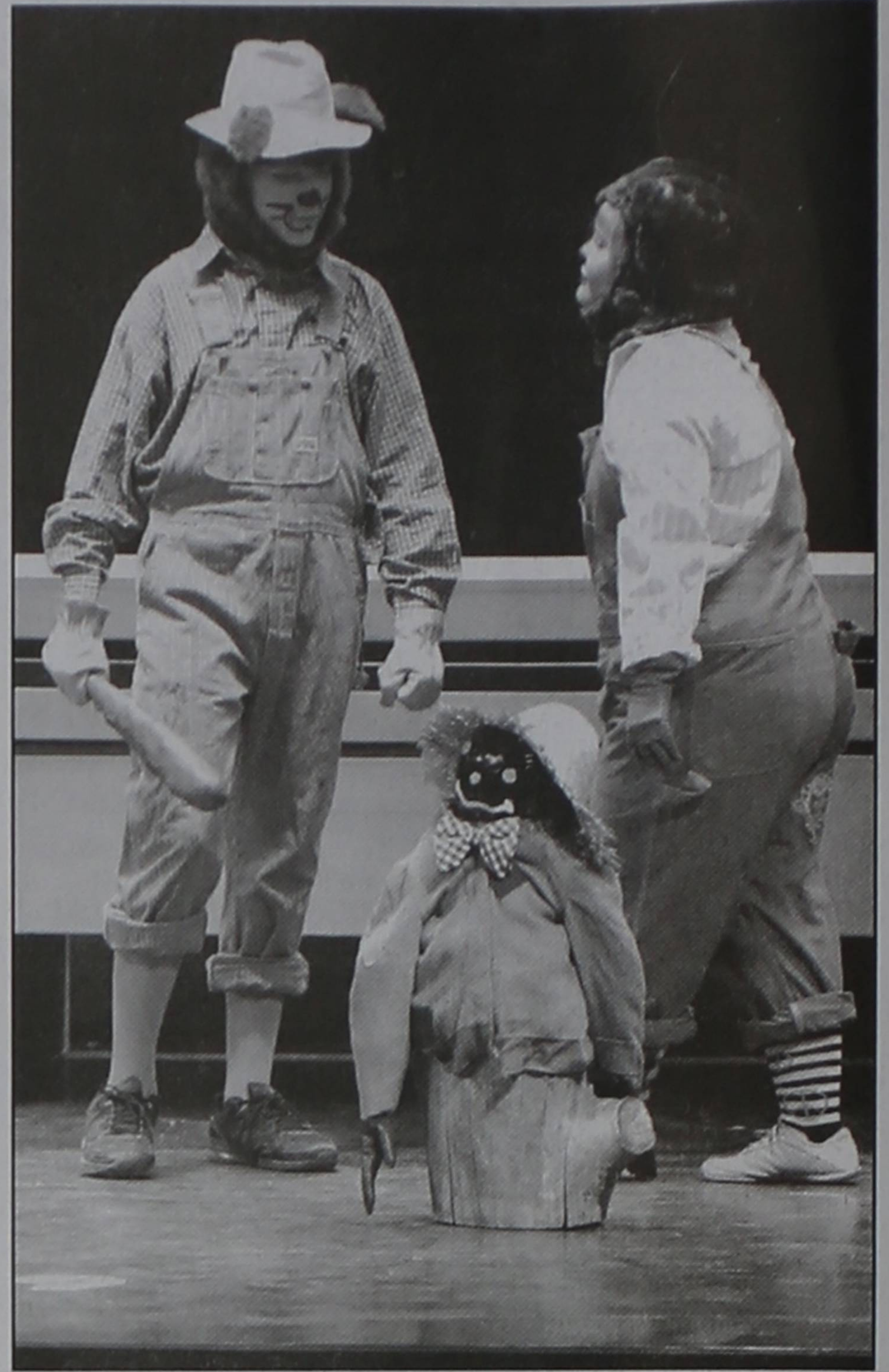
ing the federal government. Some say the only answer is more taxes.

In the meantime President Obama is on another campaign tour beating the drum for his economic policy to help the middle class, which includes most readers of this column I think.

I don't know about you but I've been underfunded a few times along life's journey. It ain't easy to get re-funded. Takes some focus and energy and hard work, traits that many Detroit folks don't seem to have. I saw a Detroit councilwoman on television that said since the citizens of Detroit helped Obama get re-elected he should "bring them some bacon."

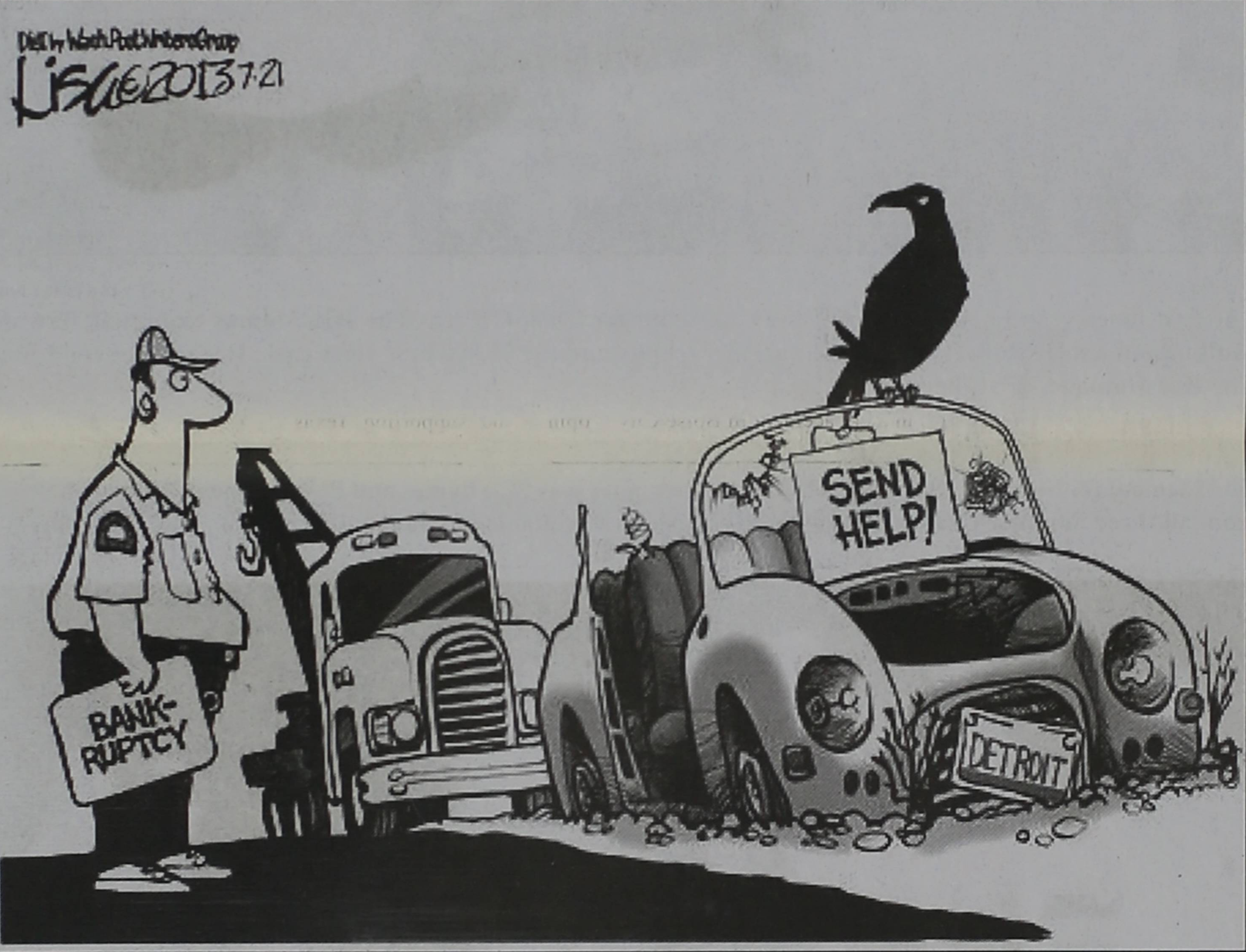
It will be interesting to watch what happens in Detroit. There has been crime, corruption, fraud, and downright meanness there for many years. Their previous mayor is serving a prison sentence for corruption.

The sad thing about Detroit is that Democrats have no one to blame but themselves.



ron carr photo

Brer Fox Tommy Hutchins and Brer Bear Holly Johnston with the Tar Baby in the high school summer drama workshop production. See more photos at [frionaonline.com](http://frionaonline.com).




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### ON YOUR PAYROLL

**U.S. Government**  
**President:** Barack Obama, The White House, 1600 Pennsylvania Avenue NW, Washington, D.C. 20500. 202-456-1111, fax 202-456-2461, email comments@whitehouse.gov.  
**Senator:** John Cornyn, 517 Hart Senate Office Bldg., Washington, D.C. 20510 202-224-2934, fax 202-228-2856.  
**Senator:** Ted Cruz B40B Dirksen Senate Office Bldg., Washington, D.C. 20510 202-224-5922.  
**Representative:** Randy Neugebauer, 1424 Longworth HOB, Washington, D.C. 20515. 202-225-4005, fax 202-225-9615. Lubbock office: 611 University Avenue #220, Lubbock 79401 806-763-1611, fax 806-767-9168.

**State**  
**Governor:** Rick Perry, Office of the Governor, P.O. Box 12428, Austin, Tx 78711-2428, 512-463-2000.  
**Senator:** Kel Seliger, P.O. Box 12068, Capitol Station, Austin, Tx 78711. 512-463-0131. Amarillo office; P.O. Box 9155, Amarillo, 79105. 806-374-8994.  
**Representative:** John T. Smithee, Room CAP1W.10, Capitol P.O. Box 2910, Austin, Tx 78768. 512-463-0702. fax 512-476-7016. Amarillo office; 320 So. Polk, 1st Floor, Lobby box 28, Amarillo 79101. 806-372-3327, fax 806-342-0327.

## TEXAS CROSSWORD

by Charley & Guy Orbison  
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**ACROSS**

1 semi-formal dance at end of senior year

5 country singer McCann

6 "Rock of \_\_\_\_\_"

7 TX Beyonce sang "\_\_\_\_\_ Here"

8 prefix meaning "not"

9 TX Carolyn Jones was in epic "How the West \_\_\_\_\_ Won"

12 TXism: "\_\_\_\_\_ as an outhouse on a cold morning"

17 city/county north of Odessa

19 ex-Cowboy DT, Danny ('87-'92)

21 "Stark Museum of Art" in Orange has a rare set of this glass

22 TXism: "he's \_\_\_\_\_ walk the river with" (honorable)

23 whole, complete

28 this TV sitcom was set in Houston

29 Gen. Robert \_\_\_\_\_

30 TX "Angel" Fawcett

31 TX Waylon tune: "\_\_\_\_\_ the Chance I'll Have to Take"

35 this Pat starred in TX-filmed "State Fair" ('62)

36 TXism: "happy \_\_\_\_\_"

42 Ph.D degree

44 TXism: "took everything but the \_\_\_\_\_ my lungs" (robbed)

46 TXism: "run that by \_\_\_\_\_ time"

**DOWN**

1 TXism: "\_\_\_\_\_ line on an eye chart"

2 TXism: "that \_\_\_\_\_ drill" (disagree)

3 in spring, Galveston has the "\_\_\_\_\_ Festival"

4 a crowd at Cowboys Stadium

9 this Jimmy wrote "Galveston" sung by Glen Campbell

10 TXism: "spinning like \_\_\_\_\_ a whirlwind"

11 fed. ID no.

12 in Hidalgo Co.: "Santa \_\_\_\_\_ National Wildlife Refuge"

13 TXism: "he's still got \_\_\_\_\_ his garters" (able)

14 young horse

15 this "vampire" writer, Rice, lived in TX for several years

16 \_\_\_\_\_ of return

18 bitterly regret

20 TX Nolan threw seven \_\_\_\_\_-hitters

23 TX Trini sang "\_\_\_\_\_ I Had a Hammer"

24 arrest, e.g.

25 walked

26 TXism: "nervous as a cat in \_\_\_\_\_ of rocking chairs"

27 Jack Ruby died from this

32 Santa's word

33 Greg Abbott's TX title (abbr.)

34 TX semiconductor co.

36 TX Paula Prentiss '60 film: "Where the Boys \_\_\_\_\_"

37 TXns Donaldson and Rayburn

38 you can take \_\_\_\_\_ of Cowboys Stadium

39 Dallas beat this team for 2011 NBA championship

40 pleaded

41 TXism: "gave up the ghost"

43 TX Buddy Holly song: "Rave \_\_\_\_\_"

45 TX Nolan (init.)

47 tidal mouth of river


48 TX or IA town

55 pecan, e.g.

solution on page 4

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## Town Talk II

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

How important is the CRP program? According to the Agriculture Department CRP provides \$2 billion annually to landowners and these dollars make their way into the economy creating jobs. Each year, says the USDA, CRP results in carbon sequestration equal to taking almost 10 million cars off the road. Big article on CRP from the Ag Secretary in this issue of the Star. Once a politician always a politician.

Here's another "watch out" tip: A news report said 12,300 kids went to the ER in 2011 as a result of injuries from falling TVs. Most were smaller TVs. Sixty-four percent were kids under five years-old. On average, one child dies from falling TV injuries every three weeks. Better keep the little ones away from the TV.

Coach Cindy Moreno advises that cross country practice begins at 6:00 a.m. Monday August 5. All physical packets must be turned in before then. If there are any questions call Coach Moreno at 806-626-9436.

Melanie Gallman Braun has been writing fitness articles for us. She reports that sitting at Reeve Lake every Monday for a couple of hours for her Walking Challenge folks she observes people of all ages enjoying the improved park area. Some geese get a little aggressive with the walkers. One walker carries bread along to walk peacefully. She says they measured the walking path

around the lake with Google Earth and estimates it is about a third of a mile. She says it is a great place to exercise and commune with nature and if the geese chase you, you get an even better workout.

Sawyer Osborn, Matt and Jo Jo's son, was elected state FFA vice-president for the 2013-2014 year.

Friona Farmers Co-Op Gin annual meeting will be Tuesday August 13. It will be held at the gin on south Hwy 214. Invitations will be going out soon.

It is jamaica time. The St. Ann's Catholic Church jamaica in Bovina is this Sunday July 28. St. Teresa's Catholic Church Jamaica in Friona is Sunday August 4. Food, fun, games and music will highlight the afternoon celebrations. Everyone is invited to attend.

First National Bank-Friona Banking Center's Cheeseburger Cook-Off team won the People's Choice award at the Saturday cook-off. Rickey Rector's 1966 Shelby Cobra won 1st place in the Car Show.

Some anniversaries to note: Bill and Jeri Lynn White 19 years, Dawna and Danny Roach 21 years, Candice and Eric Geske 10 years, Joe and Anita Lafuente 34 years, Christian (Hanes) and James Lee 7 years, Jeremy and Jeana Hardin 11 years. Happy anniversary to each and every one.

Payton Smiley Gutierrez was born July 20. He is the third son for Jason and Ashley Gutierrez. Kim and Mitchell Smiley are grandparents and Ron and Melba Smiley are the greats. No doubt Kim will be by sooner or later with the photo and stats. Congratulations Jason and Ashley.

Deirdre Osborn has resigned at the Friona junior high and will be teaching 6th grade English at Marshall junior high in Clovis. Ross Prokop, Coach Mike Prokop's son, has been hired as a coach here. He comes over from Morton. James Andrews is the new junior high boys athletic coach. He and his wife Kimberly moved from Greenville. She will teach 3rd grade. Brandi Surman, who joined the district last year as cheerleader sponsor, has now been hired as the junior high girls athletics coach and will continue as the varsity cheerleader sponsor.

Mason Loflin gave his parents Brent and Annette a scare last week. He was cutting some limbs and raked the chain saw across his knee to the tune of seven stitches. He should be fine when his Chieftain quarterback duties begin in a few weeks.

The Fast Stop is getting a new tile floor so there was no fried chicken for a couple of days this week. All the tables were moved over to the Fast Stop side. It was a little crowded for a while. There

continues to be a "Now Hiring" sign in the Fast Stop window if anyone needs work.

LifeStar will celebrate their 20-year anniversary with an outdoor reception/party August 15 at Northwest Texas Hospital in Amarillo. More details as we get them but I'm sure everyone is invited.

I would like to say a special thanks to Betty Lamb and Chris Alexander at the Friona Chamber of Commerce for the work they put into the annual Cheeseburger Cook-Off. It takes a lot of detail work to put it all together so thanks ladies. The board members, all volunteers, deserve our thanks also. They are Julie Mason president, Gayla Quillin vice-president, Tricia Etue treasurer, Jeff Ray past president, and board members Tammy Borders, LaDonna Grubbs, Don Holland, Brett Hoyle, Allison Johnston, Diane Orr, Britny Pope, and Anthony Ramirez. Now straight ahead to Maize Days.

Gay Stokes Bridges' 17-year-old nephew Jordan Truitt had a 4-wheeler accident a week ago last Monday. The young man suffered a compound collarbone fracture, cracked the T1 vertebrae, broken ribs, collapsed lung, liver laceration, and some bleeding on his brain. Gay says he managed to right the 4-wheeler and drive it about two miles to the house for help. He remains in surgical ICU at Northwest Texas Hospital in Amarillo. He will be there another couple of weeks at least. Gay said a couple of years ago Jordan was injured in a car accident in Boise City

where his dad was killed. We wish young Truitt and family a full recovery. Remember them in your thoughts and prayers.

Last call for camps. Volleyball camp July 29-31 3rd - 8th grade girls 9-11:45 a.m. \$40. Basketball camp July 31-Aug 2 3rd-8th grade girls 1:15-4 p.m. \$40. Discount for both camps. Call Coach Darrell Ray 575-749-2880.

Cheerleader camps July 29-Aug 1 junior high & 6th grade 4-6 p.m. and 4-years to 5th grade 7-8 p.m. Camps are \$25 includes a t-shirt and are at the high school gym. Register the day of the camps at 3:30 or 6:15 p.m.

Spoke with Harry DeWit this week. His family operates High Plains Dairy but all of his several farming and dairy operations have been merged under a new entity, Blue Sky Farms. Harry and his sons Ryan and Jake will be traveling to China next week on a trip sponsored by one of his suppliers. They will visit Chinese dairy and farming operations and get in some sight-seeing. He jokingly said they should feel like rock stars in China since all three of the guys are over 6'5", a height not reached by many Chinese men. Have a safe trip Harry and thanks for the Core Power protein milk shake samples.

Leonardo Castaneda of Friona was listed as one of 24 transfer students to receive a Terry scholarship to attend Texas Tech. The Terry Foundation was established in 1986 by Howard and Nancy Terry of Houston to strengthen Texas by identifying, developing, and supporting Texas

high school graduates and to help young people help themselves.

Stay tuned to Amarillo TV for details on a "Million Dollar Duck Race", a bunch of rubber ducks which you have to buy and if your duck wins you win lots of stuff, maybe a million dollars. It is Sunday August 18 at Wonderland Park. You might have guessed that Duck Dynasty stars Jep and Jessica Robertson will be there. If you want to buy some rubber ducks call 806-376-4521 for more info. The whole thing benefits an organization that provides housing and services to physically disabled young adults.

Prints of our Friona Star photos can be ordered through our website, frionaonline.com. We have reduced the price to \$1.00 for a 4x6 print, \$3 for a 5x7, and \$5 for an 8x10. Lots of scrapbook memories still available. Order soon because we are considering discontinuing the online photo albums by year-end.

Just before our Wednesday deadline we received word that former Chieftain Coach Mike Scott's wife Michelle died Wednesday morning in Abilene. They have three children. No other details available at this time.

We are heading into a busy season with football and volleyball practice about to begin, then school starts August 26, followed by Maize Days, the Friona Star football contest, and many fall events. We hope you come along. Until then!

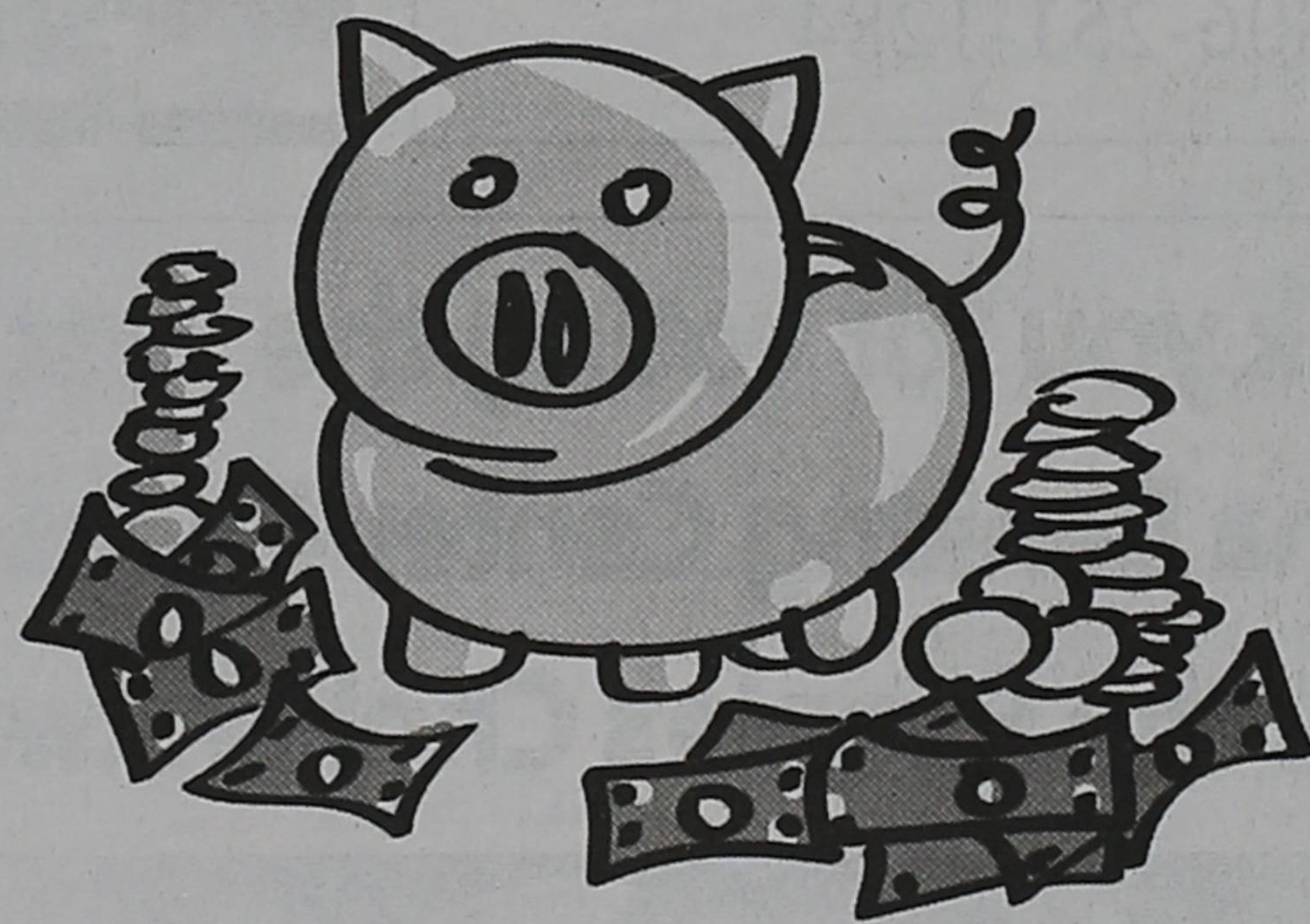


courtesy photos

The Cunningham family gathered recently for photos of five generations. Vernell said the family members drove 600 miles from Cushing, Texas, near Nacogdoches, for the visit and photos. Above, l-r, Sherry Cunningham Williams, Joshua Williams, Mary Fletcher, Letha Fletcher Cunningham, and Carlea Williams. Below, l-r, Dale Cunningham, Sherry Cunningham Williams, Joshua Williams, James and Vernell Cunningham, and Carlea Williams.



## Teach Children to Save



Some Principles about saving money:

Teach your children to save a portion of their money as early as they can understand.

At least a part of every gift or paycheck should be saved.

Value compounds: the more you save, the more it earns.

Every dollar saved is important.

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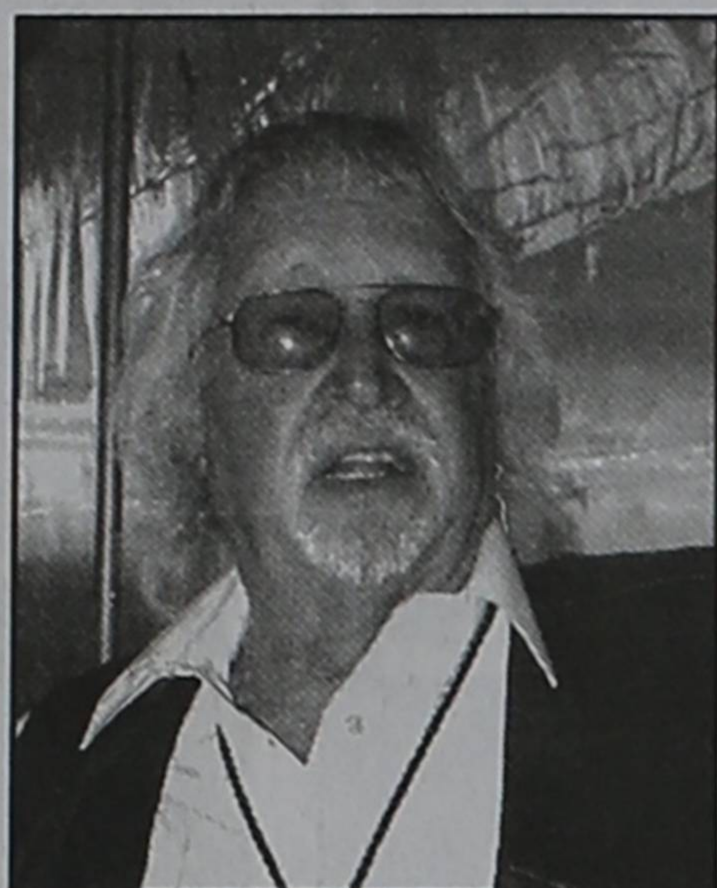


# OBITUARIES

## George Baxter Laymance

George Baxter Laymance passed away Thursday, July 11, 2013 at his home in Graham, Texas. Funeral services were held Sunday, July 14, 2013 at the Cowboy Church Gatherin' south of Graham. A graveside service was held Monday, July 15 at the West Park Cemetery in Hereford. The family owned and operated the Friona Dairy Queen from 1977-1982.

*Baxter's Life as captured by his real close and personal friend, Carolyn Carson*



George Baxter Laymance

On July 2, 1937, there was a seismic shift in the universe when Baxter Laymance was born! A legend was born that will live forever in the hearts of his family, friends, cohorts, partners in crime, and assorted outlaws and vegabonds. His escapades were indeed legendary and he took fun to a new high. His skull-duggery and good humor knew no bounds and he was a friend to all who came his way.

Baxter touched lives from every walk of life and every place he and Fran ever called home. But as much as he loved people, his legendary status, and Waylon Jennings, his greatest loves were Frances, his wonderful wife of 52 years and his two beautiful daughters, Lori and Stacy. But-

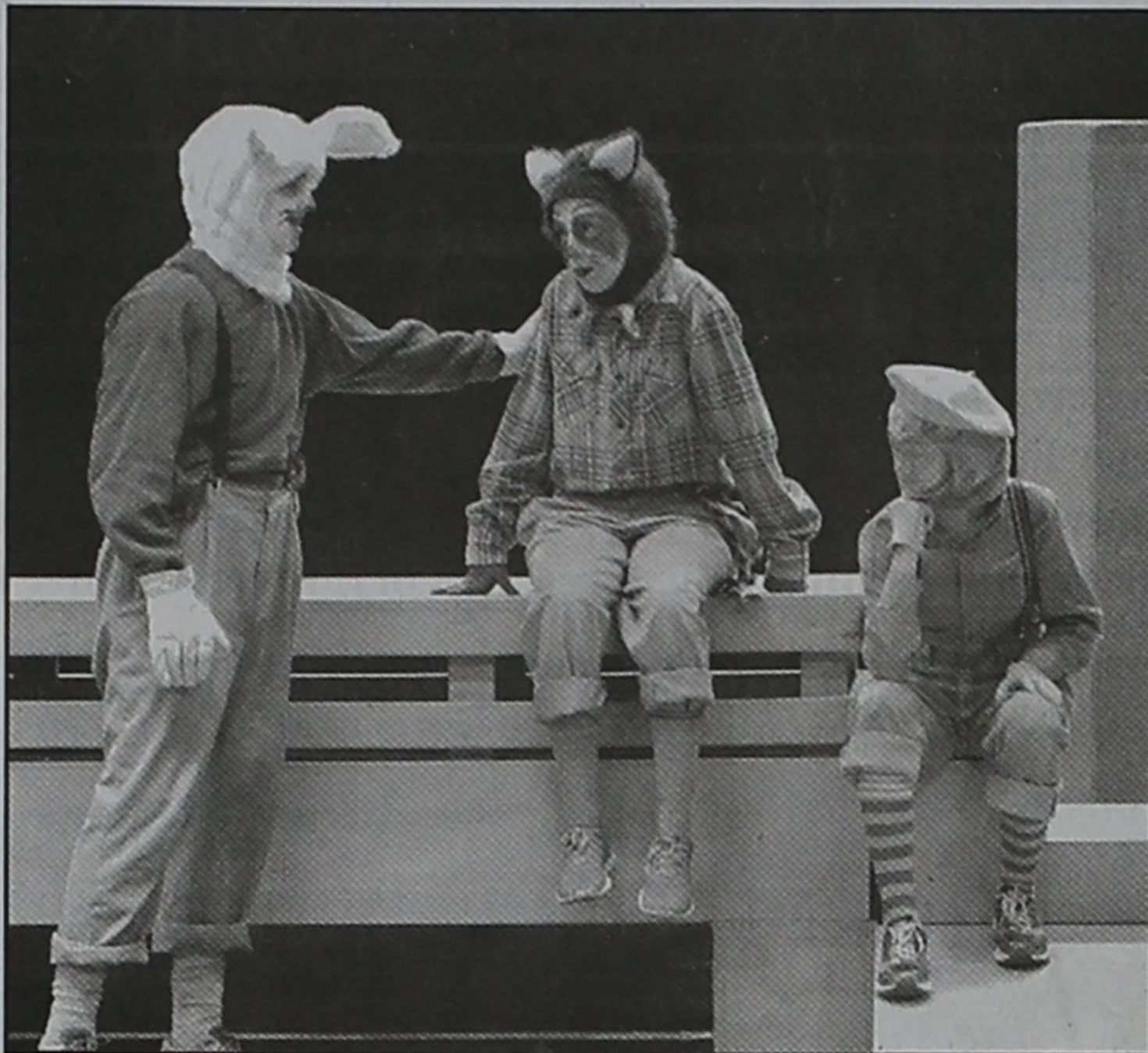
terball, their treasured dog was pretty high on his list too! He adored his grandsons, Ryan and Robert and gave them a grandfather unlike anyone else's to say the least!

Our lives and world were made more fun and full by his larger-than-life personality, his antics, his laughter and his love. He was a gift and one that will be sorely missed, but the legend and impact of Big Tex lives on in our hearts and memories.



ron carr photo

The elementary kids production of "C-rhymes & PUN-ishment" in the summer drama workshop performance. More photos from all three summer drama plays are available at frionaonline.com/photos.



ron carr photo

Brer Rabbitt Matthew Ratliff, Brer Coon Sunny Bowden, and Brer Tarrypin Hollee Ratliff in "Livin' de Life." More photos at frionaonline.com.

## Panhandle Parables

# Why do birds fly?

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

If you are a parent then you know there are an unlimited number of Why questions that come effortlessly from the mouths of babes. "Why do we only have 10 toes? Why are tomatoes red? Why are eggs oval? Why do roosters crow? Why did God make so many kinds of bugs? Why do you have that look on your face when I ask why?..." It is not that there are not answers to these questions it is that the questions just keep coming, and that is OK. Questions help us learn and as kids we have a lot to learn. Yet, as adults the questions keep on coming, but the answers sometimes are hard to accept.

We do pretty good with the benign questions like those above, but then come the personal ones. "Why do you have grey hair in your nose? Why is the hair on your head leaving? Why do you make noise when you sit down? Ok, ok, ok..." Questions are by design little probes for understanding. It is the answers that get harder.

There are however many why questions that can only be answered with Who. The Who is Jesus and when those tough questions come, it is to Jesus that we must look for the answers. Living in a corrupted world can leave us torn up and in despair, but it was part of Jesus ministry to show us that in all the chaos, peace is found in Him. People are hurting and pleading with God with many why questions, but until we can help them find the Who, no answer will satisfy. So when the why questions come, may we find our knees and give it to the One who will one day make sense of it all. We live by faith, not by sight, for in the end it will not be why, but Who that will answer all things.

## When Evil Prevails, pt 1

BRETT HOYLE, Pastor, First Baptist Church

When evil prevails in a nation, state, city, church or home there are sure to be many difficulties and disasters, as well as many trademarks of evil. In 1 Kings 16:21-34, King Omri and King Ahab are rulers who cultivated a nation where evil prevails. As we look at their reign, you see what a nation looks like when evil prevails.

First, when evil prevails there is national instability. You see, Omri and Ahab are the fourth dynasty in just 3 decades for the northern kingdom of Israel, which shows us that there was great instability at hand. This instability was caused by the sinful practices each king walked in, which led to extreme national instability.

Second, when evil prevails there is sharp division. This was definitely the case when Omri took over, because the Bible says that half of the people followed Tibni to make him king, but in the end, Omri, who was head commander of the army won the day. It should be no surprise in our day that there is such sharp division along so many cultural, moral, and social lines, because much evil prevails.

Thirdly, when evil prevails an evangelistic sin culture develops. The leaders are able to lead in sinning more than those before them, and this has an emboldening effect of those who seek to promote sin and normalize those things that God says are wrong.

When evil prevails in a nation, you can take shelter in God Most High. He is the rescuer from evil, and He can change your heart so that you delight in His ways, drink from His Word and rely on His Spirit to live daily in the victory Christ gives.

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**TEMPLO BAUTISTA**  
Pastor Antonio Rocha  
403 WOODLAND  
250-3472

**ST. TERESA'S CATHOLIC**  
16TH & CLEVELAND  
FATHER WILLIAM  
250-2871

**SIXTH ST. CHURCH OF CHRIST**  
502 WEST SIXTH  
JEFF PROCTER, MINISTER  
250-2769

**TENTH ST. CHURCH OF CHRIST**  
10TH & EUCLID  
RON SMILEY 250-3213  
GERALL WYLY 295-6774

**FRIONA UNITED METHODIST**  
8TH & PIERCE  
REV. KURT BORDEN  
250-3045  
EMAIL: frionaum@wtrt.net  
WEBSITE: frionaumc.com

**TEMPLO DE ADORACION**  
620 WASHINGTON  
250-5929  
PASTOR ROY DOMINGUEZ

**UNITED CHURCH OF CHRIST**  
UNION CONGREGATIONAL CHURCH  
1601 EUCLID  
REV. BUCK MALONE  
250-3635

## Bovina

**FIRST BAPTIST CHURCH**  
308 3RD STREET  
PASTOR BRIAN MULLINS  
251-1632

**CHURCH OF CHRIST**  
500 AVE. E  
MIKE PRATHER, MINISTER  
251-1334

**FIRST UNITED METHODIST CHURCH**  
205 4TH STREET  
PASTOR LARRY MITCHELL  
251-1124

**ST. ANN'S CATHOLIC CHURCH**  
401 3RD STREET  
251-1511

**LA IGLESIA DE DIOS DEL PRIMOGENITO**  
THE CHURCH OF GOD OF THE FIRSTBORN  
102 2ND STREET

**IGLESIA BAUTISTA HISPANA**  
103 1ST STREET  
PASTOR RAFAEL MARIN  
251-5232

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

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806-225-4400  
A Cargill Company  
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**Friona State Bank**  
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"Where People Come First"  
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www.frionastatebank.com

**WEST TEXAS RURAL TELEPHONE COOPERATIVE**  
Phone 806-364-3331  
Hereford, Texas 79045

**DHS HEREFORD REGIONAL MEDICAL CENTER Home Care**  
DEAF SMITH COUNTY HOSPITAL DISTRICT  
Stephanie Alvarado, RN  
Phone: (806) 364-2344

**Paco Feed Yard, Ltd.**

P.O. Box 956  
Friona, Texas 79035  
(806) 265-3433  
(806) 265-3281

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

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

250-3913  
1205 Hwy. 60 West  
Friona Texas

Mobile: 806-357-9132  
Office: 806-357-2231  
**CATTLE TOWN** PO Drawer 1938  
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We are here to serve you with Old Values and New Visions. Come by and see us and let us help you with your banking needs

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



**Parmer County Treasurer's Report**

REPORT OF Altha K. Herington, County Treasurer of  
PARMER County, Texas of Receipts and Expenditures from  
April 01, to June 30, 2013 Inclusive:

<b>JURY FUND</b>	
Balance Last Report, Filed March 31, 2013	\$132,198.18
Amount Received Since Last Report	1,216.06
Amount Paid Out since Last Report	338.10
6/30/13 Balance	\$133,076.14

<b>GENERAL FUND</b>	
Balance Last Report, Filed March 31, 2013	\$2,861,814.90
Amount Received Since Last Report	298,231.79
Amount Paid Out since Last Report	745,012.85
6/30/13 Balance	\$2,415,033.84

<b>FARM TO MARKET FUND</b>	
Balance Last Report, Filed March 31, 2013	\$1,042,672.04
Amount Received Since Last Report	340,532.82
Amount Paid Out since Last Report	352,541.08
6/30/13 Balance	\$1,030,663.78

<b>RIGHT OF WAY FUND</b>	
Balance Last Report, Filed March 31, 2013	\$410,281.60
Amount Received Since Last Report	13,677.98
Amount Paid Out since Last Report	-
6/30/13 Balance	\$423,959.58

<b>PARMER COUNTY FORFEITURE FUND</b>	
Balance Last Report, Filed March 31, 2013	\$53,549.65
Amount Received Since Last Report	133.62
Amount Paid Out since Last Report	-
6/30/13 Balance	\$53,683.27

<b>PERMANENT IMPROVEMENT FUND</b>	
Balance Last Report, Filed March 31, 2013	\$89,856.01
Amount Received Since Last Report	1,110.83
Amount Paid Out since Last Report	-
6/30/13 Balance	\$90,966.84

<b>REVENUE FUND</b>	
Balance Last Report, Filed March 31, 2013	\$82,579.99
Amount Received Since Last Report	38,719.65
Amount Paid Out since Last Report	28,021.16
6/30/13 Balance	\$93,278.48

<b>JUVENILE PROBATION FUND</b>	
Balance Last Report, Filed March 31, 2013	\$3,194.57
Amount Received Since Last Report	265.73
Amount Paid Out since Last Report	-
6/30/13 Balance	\$3,460.30

<b>COUNTY ATTORNEY- CHECK COLLECTION FUND</b>	
Balance Last Report, Filed March 31, 2013	\$27,671.16
Amount Received Since Last Report	415.98
Amount Paid Out since Last Report	575.00
6/30/13 Balance	\$27,512.14

<b>DISTRICT CHECK COLLECTION - 287TH FUND</b>	
Balance Last Report, Filed March 31, 2013	\$4,761.76
Amount Received Since Last Report	112.04
Amount Paid Out since Last Report	-
6/30/13 Balance	\$4,873.80

<b>DISTRICT ATTORNEY FORFEITURE FUND</b>	
Balance Last Report, Filed March 31, 2013	\$91,232.53
Amount Received Since Last Report	1,649.14
Amount Paid Out since Last Report	3,229.50
6/30/13 Balance	\$89,652.17

<b>COUNTY ATTORNEY FORFEITURE FUND</b>	
Balance Last Report, Filed March 31, 2013	\$7,138.90
Amount Received Since Last Report	17.82
Amount Paid Out since Last Report	-
6/30/13 Balance	\$7,156.72

<b>INTEREST &amp; SINKING FUND</b>	
Balance Last Report, Filed March 31, 2013	\$119,311.99
Amount Received Since Last Report	7,432.16
Amount Paid Out since Last Report	-
6/30/13 Balance	\$126,744.15

<b>LATERAL FUND</b>	
Balance Last Report, Filed March 31, 2013	\$-
Amount Received Since Last Report	-
Amount Paid Out since Last Report	-
6/30/13 Balance	\$-

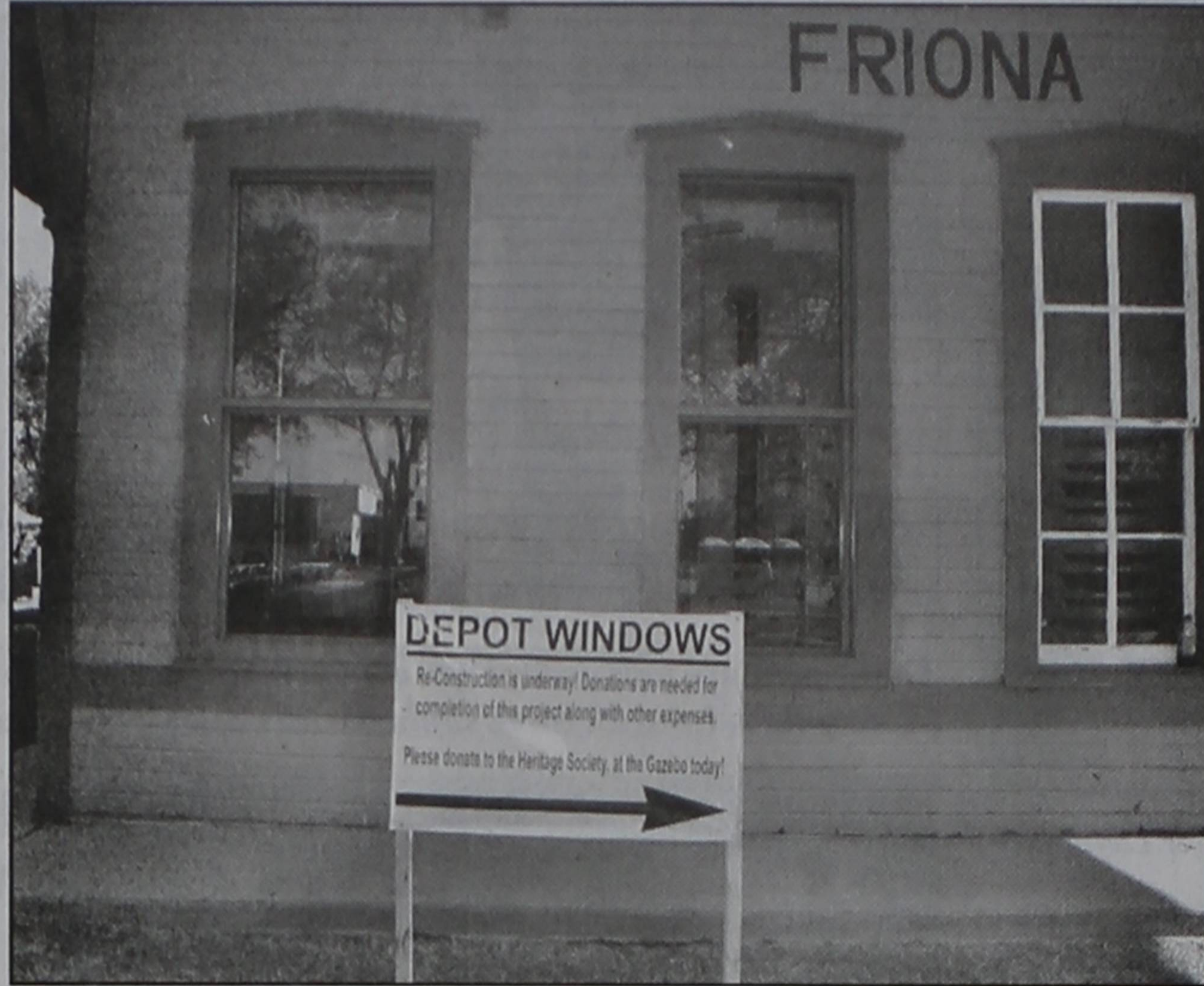
<b>PARMER COUNTY ATTORNEY PRETRIAL DIVERSION FUND</b>	
Balance Last Report, Filed March 31, 2013	\$1,978.63
Amount Received Since Last Report	2,936.78
Amount Paid Out since Last Report	2,416.52
6/30/13 Balance	\$2,498.89

<b>RECAPITULATION</b>	
Jury Fund	\$133,076.14
General Fund	2,415,033.84
Farm to Market Fund	1,030,663.78
Right of Way Fund	423,959.58
Parmer County Forfeiture Fund	53,683.27
Permanent Improvement Fund	90,966.84
Revenue Fund	93,278.48
Juvenile Probation Fund	3,460.30
County Attorney - Check Collection Fund	27,512.14
District Check Collection - 287th Fund	4,873.80
District Attorney Forfeiture Fund	89,652.17
County Attorney Forfeiture Fund	7,156.72
Interest & Sinking Fund	126,744.15
Lateral Fund	-
Parmer County Attorney Pretrial Diversion	2,498.89
<b>TOTAL</b>	<b>\$4,502,560.10</b>

<b>LIST OF BONDS AND OTHER SECURITIES ON HAND</b>	
Certificate of Deposit	
General Fund	
Jury	
Permanent Improvement	
Investments	
<b>TOTAL</b>	

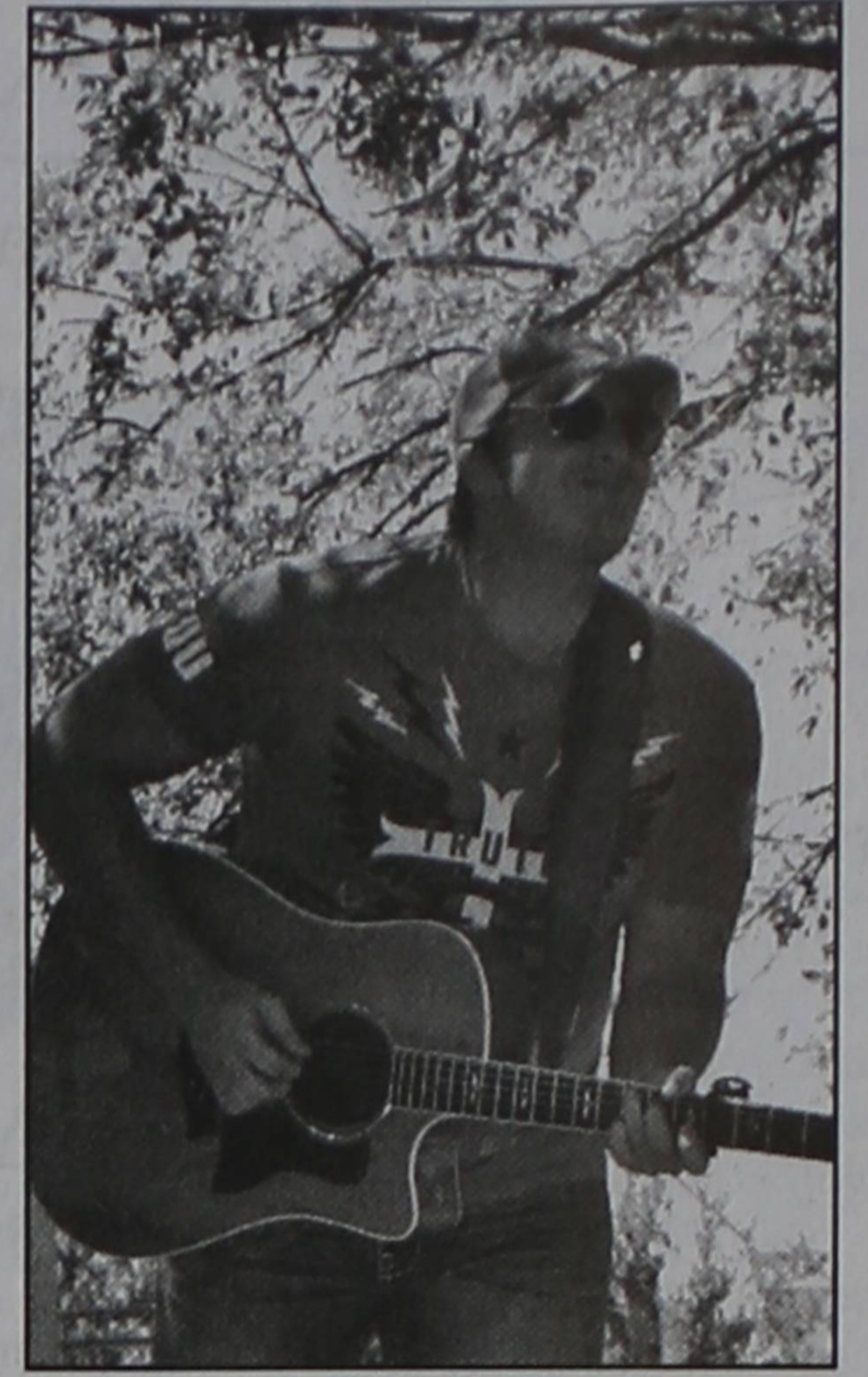
**TREASURER'S REPORT  
PARMER COUNTY, TEXAS  
(THE STATE OF TEXAS)**

Before me, the undersigned authority, on this day personally  
appeared Altha K. Herington, County Treasurer of Parmer  
County, who by me duly sworn, upon oath, says that the within  
and foregoing report is true and correct.  
Altha K. Herington  
County Treasurer  
Sworn to and subscribed before me, this 22nd Day of July,  
2013.  
Bonnie J. Clayton-Heald  
County Judge - Parmer County, Texas



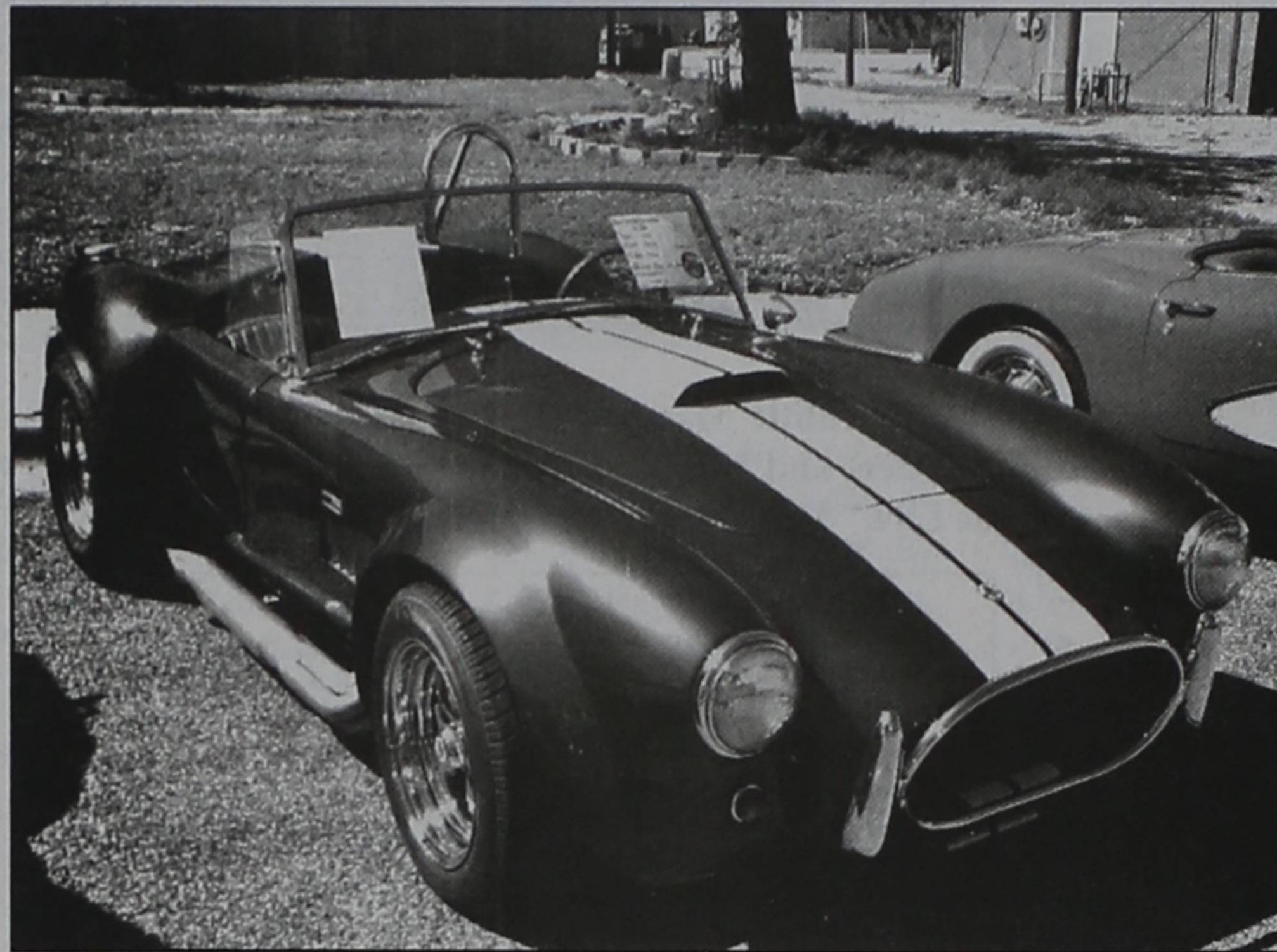
ron carr photo

Two new Depot windows were installed and on display during the Cheeseburger Festival. Donations are still needed to complete replacing all of the windows in the historic building. Donations are accepted at Friona Interbank or contact Bill White, president of the Community Heritage Society.



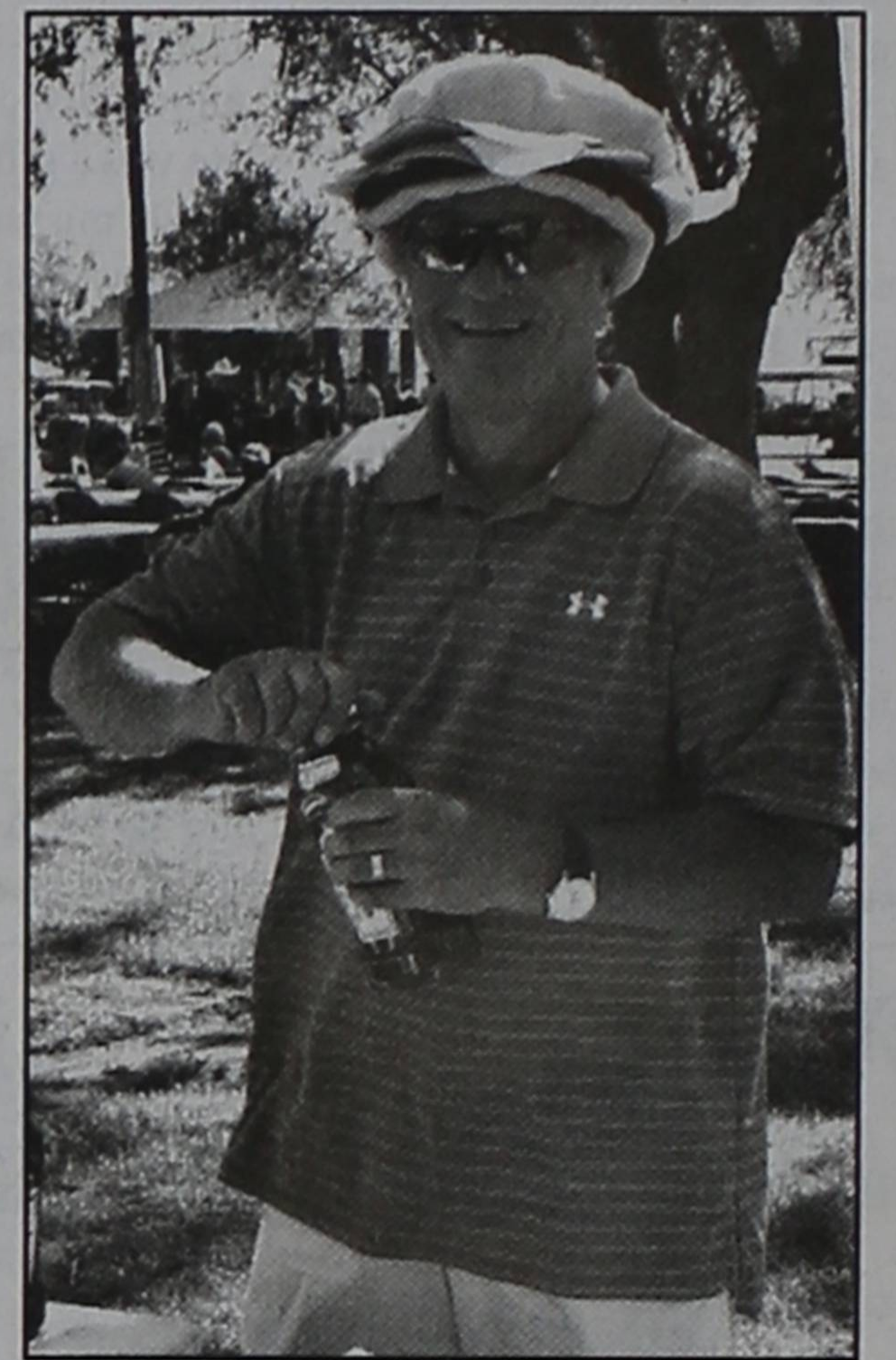
ron carr photo

Friona native and FHS graduate Kris Gordon and his band entertained at the Cheeseburger Cook-Off.



ron carr photo

Rickey Rector's 1966 Shelby Cobra won first place in the Classic Car Show held Saturday during the Cheeseburger Cook-Off.



ron carr photo

Friona Mayor Rick White was in the spirit Saturday wearing his cheeseburger hat and eating Lions Club French fries.

**Friona Star**  
**E-MAIL ADDRESS IS frionastar@wtrt.net**

**July events**

July 20 & 22-27  
Malouf's Fabrics Shop  
Hop 2013  
10 Panhandle stores participate  
Also, scissor sharpening at Malouf's  
July 25 10 a.m. to 5 p.m.  
See store for more details

**July 29-31**  
Volleyball camp 3<sup>rd</sup>-8<sup>th</sup> grade girls  
Daily 9:00-11:45 a.m.  
\$40  
Darrell Ray 575-749-2880

**July 31-Aug 2**  
Basketball camp 3<sup>rd</sup>-8<sup>th</sup> grade girls  
1:15-4:00 p.m. \$40  
Darrell Ray 575-749-2880

**July 29-Aug 1**  
Cheerleader camps  
Jr high & 6<sup>th</sup> grade 4-6 p.m.  
4 years to 5<sup>th</sup> grade 7-8 p.m.  
Camps at high school gym  
Cost \$25 inc. t-shirt  
Registration Jul 29 @ 3:30 & 6:15 p.m.

**ADVERTISEMENT FOR BIDS**

Sealed Bids for RE-ROOFING AT FRIONA CITY LIBRARY for the City of Friona, Texas, will be received until 2:00 p.m. local time on August 6, 2013, then publicly opened and read aloud. Sealed bids shall be addressed to Patricia Phipps, City Manager, 623 Main Street, Friona, TX, 79035.

Requests for detailed Plans and Specifications shall be addressed to the office of Shiver-Megert & Associates, LLP, A.I.A. Architect and Engineers, at 102 East Ninth Avenue, Suite 200, Amarillo, Texas 79101. Phone - (806) 372-5662 Fax - (806) 372-5664

Three sets of plans and specifications will be issued to qualified CONTRACTORS on deposit of \$25.00 per set. All checks for plans and specifications shall be made payable to Shiver-Megert and Associates, LLP. All plans and specifications shall be returned to the Architect. All deposits shall be refunded in full if plans and specifications are returned in good condition to the Architect within ten (10) days after the bid opening.

Complete sets of Drawings and Specifications may be purchased (non-refundable) for \$25.00 plus shipping charges. Remit approved check to office of Architect/Engineer.

Each proposal must be accompanied by a Bid Bond, Certified and/or Cashier's Check (on a solvent bank in the State of Texas, drawn to the order of the Owner) in the sum of not less than five percent (5%) of the total amount of the proposal. No other form of security will be accepted.

The Owner reserves the right to reject any and all bids, and does not bind himself to accept the lowest bid or any proposal for this work or any part thereof, and shall have the right to ask for new bids for the whole or parts, should he desire to do so.

By submitting a proposal, the proposer agrees to waive any claim against the City of Friona, Texas, the Architect/Engineer and their respective employees, arising out of or made in connection with the administration, evaluation or recommendation of any proposal.

All proposals shall remain in effect for a period of thirty (30) days from the date of receipt unless sooner returned.

**Refrigeration Mechanics**

Our Hereford, Texas Plant has openings for trainees and experienced refrigeration mechanics. These "Career" positions are "Key" to our operations as we build a quality team of refrigeration professionals. This team will be responsible for keeping our "State of the Art" facility running smoothly, 24/7.

A partial list of the job duties include:

- Operating, troubleshooting, rebuilding, and repair of ammonia based refrigeration systems, HVAC units, and hot water systems.
- Preventative maintenance and emergency repairs.
- Compliance with ISO 14001.
- Compliance with all PSM and OSHA Standards.
- Recordkeeping and completion of work orders.
- Daily rounds and inspections of control systems.

Caviness has a great work culture, competitive benefits, and competitive pay. We are proud to be a "Career Opportunity" West Texas employer.

We require knowledge of operating, testing, troubleshooting and repairing ammonia based refrigeration systems, HVAC rack systems, and boilers. We require the ability to work with limited Supervision and perform the physical demands and lifting requirements of up to 50 lbs. We need a problem solver who can recognize potential problems and take corrective actions. Two or more years of related experience or recent graduates of technical trade schools in refrigeration are welcome to apply. Must be able to pass a drug test and medical exam.

Come join our team! Email your resume to: [hr@cavinessbeef.com](mailto:hr@cavinessbeef.com) or apply in person Monday - Friday at the Plant located 5 miles west of Hereford, Texas on Hwy 60. Our mailing address is: PO Box 790, Hereford, TX 79045.

We are an Affirmative Action / Equal Opportunity Employer. M/F/D/V

**Caviness Beef Packers**  
3255 U.S. Highway 60,  
Hereford, Texas





# STAR CLASSIFIEDS

250-2211

Deadline: Tuesday @ 5 p.m.



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

**THAI & CHINESE CUISINE**  
 806-250-2300  
 1502 W. Hwy 60  
**FREE ICE CREAM**

**Risinger Plumbing**  
 Serving Friona  
 272-6772  
 Cell: 523-2222  
 Master License #16066

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

**EMPLOYMENT WANTED**  
 I do handyman work of all kinds. Residential or farm. Allen Humberg 806-346-1578 or 806-295-6737. Leave message. References furnished. tfnc3.7.13

July 26-30  
**MOOVIES 6**  
 Superland Mall 400 N. 25 Mile Ave - Hereford, Texas  
 Business Office: 364-0101 - Movie Hotline: 364-8000

**The Conjuring**  
 R 12:50 • 3:05 • 5:15 • 7:25 • 9:35  
**Dispicable Me 2**  
 PG 1:00 • 3:10 • 5:10 • 7:10 • 9:10

**Red 2**  
 PG13 1:20 • 4:25 • 7:10 • 9:30

**Turbo**  
 PG 1:10 • 3:00 • 5:00 • 7:15 • 9:15

**The Wolverine**  
 PG13 1:30 • 4:15 • 6:50 • 9:15

**Grown Ups 2**  
 PG13 1:15 • 3:15 • 5:20 • 7:20 • 9:20

Fri 26th - Tues 30th  
 All Showings  
 www.pccmovies.com for Showtimes  
 Moovie Hotline: 364-8000 - Option 2

**Century 21**  
 Gold Star Real Estate  
 803 West 1st Hereford, TX 79045  
 Business: (806) 364-4561  
 Each Office is Independently Owned and Operated  
**FOR RENT**  
 1503 Columbia, \$850.  
 3 BR, 2 Bath,  
 2 Car Garage  
 No Pets  
 Call Denise-341-5937  
 tfnc

**SEED**  
 WHEAT SEED  
 TAM 111, TAM 105  
 Book it Today  
 Gayland Ward Seed  
 Call 806-258-7394

**We SHIP via UPS**  
 Now you can SHIP where you SHOP!  
 Blackburn Hardware  
 904 West 11th  
 250-2828  
 Hours: 8:00-5:30  
 Saturday 8:00-12:00

**Garage Sale**  
 Lots of kids' clothes, toys and much more!  
 1207 W. 9th Pl.  
 Friday and Saturday  
 8am - 12pm  
 1tc-7.25

**MOVING/ESTATE SALE**  
 301 W. 15th St. Friona  
 Friday July 26, 10 am - 6pm  
 Saturday July 27 8 am - ?????  
 Household items, furniture, file cabinets, toys, antiques, desks, ladies/teen girls clothes, Christmas décor, tools, childrens books, linens, etc.

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

**Samarron Tree Trimming and Commercial Mowing Service**  
 Large Lots  
 Stump Grinding  
 Bucket Truck  

 Richard Samarron  
 Cell: (806) 236-4722  
 Local and Experienced!  
 Free Estimates

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

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**Now Hiring**  
 Full Time • Benefits • Will Train  
 No Experience Necessary/Required  
 1508 N. Prince Street Phone: (575) 742-2737  
 Clovis, NM 88101 Fax: (575) 763-9376  
 5tc:6.27-7.25

**Assistant for busy Real Estate office**  
 Must be able to multi-task and be detail oriented, have good communication skills-written & verbal, computer skills including: Word, Excel, scanning & emailing. Responsibilities include, but not limited to: accepting & posting rent & payments, inputting invoices & statements, and following up on contracts. Interested applicants should email resume to: holly@frionarealestate.com

**COOKS**  
 The VVS Cafeteria at the Cargill Plant in Friona, Texas has immediate openings for experienced cooks. Various shifts available. NO SUNDAYS OR HOLIDAYS. Competitive starting pay, will pay more for experience. Apply on-line at vvscafeteen.com. Click on careers and follow instructions. 2tc-7.25-8.1

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

**Attention school personnel.**  
 Purchase one concealed handgun class, get 2<sup>nd</sup> at half price.  
 Contact Toby Turpen at 806-364-6362

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**LIMITED OPENINGS!**  
 Based in Clovis, NM  
**HOME DAILY**  
 Great Pay  
 Free Medical  
 Benefits Avail.  
 CDL-A w/ 1yr. T/T exp.  
 Must have tank endorsement  
 800-879-7826  
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 www.CallAbram.com  
 806-622-4000

**FARMS/RANCHES FOR SALE**  
 Check our websites for other properties.  
 CASTRO CO., TX. - 895 N HWY 385-Nice brick home, 3 Bdrm, 2 Bath, 2 car garage, basement, central heat/air, metal frame shop/barn, bunk house, pipe-rail cattle pens, chute, concrete bunk, automatic waters, various other out-buildings, one irrigation well. All situated on 159 acres +/- . On pavement.  
 DEAF SMITH 800/NATIVE GRASS & CRP - 320 ac. +/- native grass, 480 ac. +/- CRP on pvmt.  
 CASTRO CO., TX. - West of Dimmitt - 251.21 ac. +/-, CRP & native grass, CR frontage, PLEASE CALL FOR DETAILS!  
 CURRY CO., NM. - 480 ac. +/- south of Pleasant Hill with ½ mile of Hwy. 77 frontage, excellent soils with 3 pivots.  
 DEAF SMITH CO., TX. - Choice ½ section, sprinkler irr., nice set of preconditioning pens (steel) w/concrete bunks on pvmt. just out of Hereford.  
 CASTRO CO., TX. - Choice ½ section, sprinkler irr., nice preconditioning pens (steel) w/concrete bunks, nice home, on pvmt.  
 www.scotlandcompany.com  
 www.texacrp.com  
 Ben G. Scott - Broker  
 Krystal M. Nelson - NM Qualifying Broker  
 800-933-9698 day/ eve

**PROPERTY ASSOCIATES**  
 Realtors  
 102 E. 11th Friona  
 806-250-2745  
 806-265-5028 cell  
 www.frionarealestate.com  
 Sales Associates:  
 Mike Chaney 806-265-7605  
 George Rushing 806-265-7037

**1206 W. 6th \$115,000**  
  
 3/2/2 Brick w/cent. h&a, wood, wood burning stove, newly remodeled w/carpet, floor, paint, new kitchen cabinets, close to High School

**Residential**  
 4/4/3 Brick w/central heat & air, fireplace, safe room, security system, fenced backyard with storage building, dog run, Western Addition.....\$209,750  
 3/2/2 Brick w/central heat & air, fireplace, basement, large fenced backyard with covered patio, hot tub, storage bldg, Western Addition.....\$179,900  
 4/3/2 Brick w/central h&a, (2) living areas, basement, newly painted interior w/ crown molding, ceramic tile, lots of storage, fenced backyard.....\$179,900  
 REDUCED: 3/2/2 Brick Country Home on 4.73 acres, central heat & air, fireplace, cellar, barn, new septic system, lots of storage.....\$175,000  
 4/3/2 Two-Story Brick w/central heat & air downstairs, fireplace, fenced backyard with storage building, close to Hospital.....\$145,000  
 3/2/2 Brick w/carport, central heat & air, close to H.S.....\$110,000  
 4/3/2 w/central heat & air, fireplace, sprinkler, front & side, corner lot, close to Hospital, fenced backyard with storage building.....Cont Pend  
 REDUCED: 4/4/2 Siding w/central heat & air, remodeled kitchen, open floor plan, corner lot, covered deck in backyard, storage building.....Cont Pend  
 3/1 Brick w/carport, cent. h&a, fireplace, corner lot, new roof.....SOLD  
 3/3 Brick w/cent. h&a, fp, 2 living areas, fenced yard with storage.....SOLD  
 3/2/2 Brick Country Home, fp, cent. h&a, basement, sprinkler.....SOLD

**Bovina**  
 9 Unit Apartment in Bovina.....Call for information.....\$170,000  
**Let us sell your property!**

**Hey Friona and Bovina!**  
 Tie all of your television, Internet, and telephone services in one tidy bundle and save a bundle with a great new budget-friendly offer from WT Services.  
**Call or visit us today!**  
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 Your local communications provider.

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 866-364-1919  
 550 N. 25 Mile Avenue  
 Hereford, Texas 79045  
 www.whitefaceford.org  
  
 • Whiteface Ford has easy financing available  
 • No hassle  
 • best of all: Friendly staff  
 • 8am to 7pm - M-F  
 • 8am to 3pm - Saturday



# Sneak It In

By Melanie Gallman Braun

"I just don't have time." One of the biggest reasons we don't add fitness to our daily routines is busy lives. The ultimate goal is not to be a Shape or an Iron Man magazine model; the goal should be physical fitness. Being physically fit means to be in a state of health and well-being and is defined as the body's ability to function efficiently and effectively in work and leisure activities, to resist disease and to react to emergency situations. Blood pressure, heart rate, weight, girth measurements, body composition and oxygen consumption should be within healthy ranges.

"Melanie, you aren't listening to me... I don't have time!" I hear ya, but I'm gonna keep pressing you to find some time during your day for mini workouts. Why? Because I've learned first-hand how much better you will feel, how much more energy you will have, and how much stress you can burn off with exercise. I want you to have these things! So here are some suggestions to sneaking in exercise in your day:

- Ten minute walk before work or right after breakfast, ten minute walk at lunch and another ten minute walk after dinner.
- Maximize those walks--carry hand weights and while you walk do biceps curls, triceps extensions, lateral/front raises, shoulder

presses, lunges and squats.

- Commercials are golden! Pick three or four exercises (cardio, upper body, lower body, and an ab move). They could be pushups, lunges, squats, crunches, planks, Burpees, jump rope, any kind of strength training exercises, stability ball exercises, resistance band exercises, etc. During commercials, hop up outta that easy chair and do 8-12 reps of each one. In an hour, you will have gotten in at least 20 minutes of exercise. Add that to your ten minute walks-and boom!--you've basically got an hour of exercise in for the day.
- At work, park as far away as possible from your door. Keep some hand weights at your desk, take one minute every hour and do some arm exercises. (You may feel goofy at first, but once your coworkers see your guns start to pop out, it won't feel so goofy!)
- In your chair, you can march in place, do leg extensions, and ankle circles all while working at that keyboard.

Creativity is key when sneaking in fitness moments. Take some time to evaluate your day, and remember that small changes add up to big results.



ron carr photo

The Atmos Energy team placed second at the Cheeseburger Cook-Off. The Atmos crew won first place at the cook-off the past two years but settled for second place this year. The team gets the second place trophy and a \$300 check.



ron carr photo

A sign company from Amarillo installed new signage Monday that notes the name change from Friona State Bank to Friona Interbank. They put a sign at the drive-thru entry on Cleveland St. and new glass in the signboard the bank maintains on Hwy 60 near the ATM.



courtesy photo

Four contestants entered a cheeseburger eating contest during Saturday's Cheeseburger Festival. From left, Rebecca Soto of Hereford, a Millard employee, won by eating "three cheeseburgers and a bite of the fourth," Collin Mast and Cory Mast of UCCS in Colorado Springs, and Fred Traylor of Dimmitt, also a Millard employee. Cargill supplied the cheeseburgers, about 1/2 pound each. The Chamber says thanks to Cargill and the contestants for entering the challenge.

**The Gym would like to invite you to our Grand Opening on Saturday, August 3, 2013 • 10:00am- 2:00pm**  
**Come celebrate with raffles, give aways, and entertainment.**

Spray tans by Torri's Travel Tans

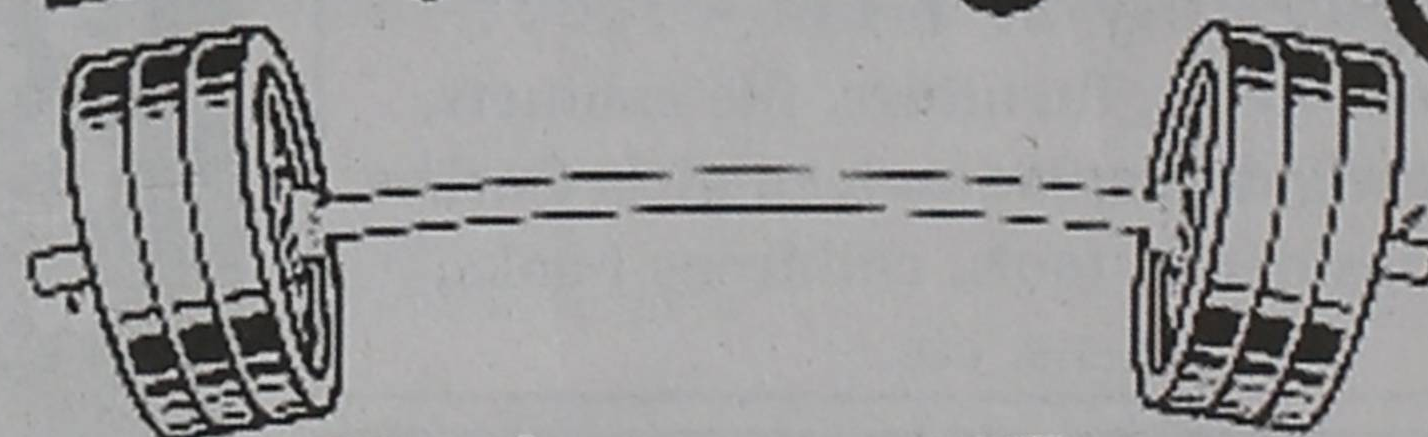
Boxing training with Roman Garcia

Training sessions with Trista Stallings

massages by Elsa Galaviz

Raffles and give aways

**The Gym**

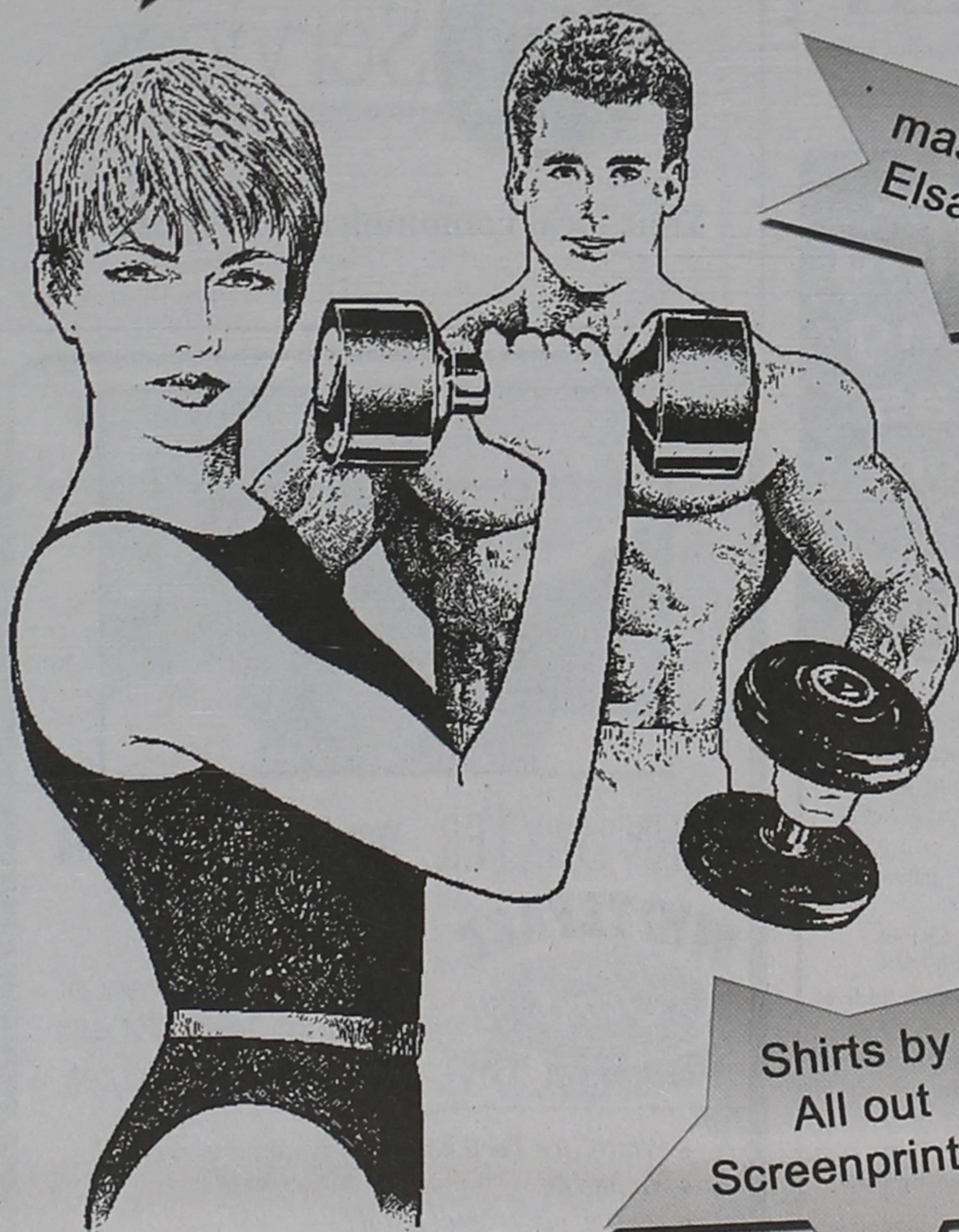


Friona, Tx  
 1017 Main St.  
 806-247-0901

Shirts by All out Screenprinting

Advocare from Keith and Cassie Hutcherson

Body wraps by That Crazy Wrap Thing!





# USDA gives CRP sign-up results

Agriculture Secretary Tom Vilsack announced that the U.S. Department of Agriculture (USDA) will accept 1.7 million acres offered under the 45th Conservation Reserve Program (CRP) general sign-up. The Department received nearly 28,000 offers on more than 1.9 million acres of land, demonstrating CRP's continuing appeal as one of our nation's most successful voluntary programs for soil, water, and wildlife conservation. Under Vilsack's leadership, USDA has enrolled nearly 12 million acres in new CRP contracts since 2009. Currently, there are more than 26.9 million acres enrolled on 700,000 contracts.

"For 27 years, lands in CRP have helped to conserve our nation's resources and played a part in mitigating climate change," said Vilsack. "American farmers and ranchers continue to recognize the importance of protecting our nation's most environmentally sensitive land by enrolling in CRP. As the commodities produced by our farmers and ranchers continue to perform strongly in the marketplace - supporting one out of every twelve jobs here in the United States - it is no surprise that American producers continue to recognize the importance

of protecting our nation's most environmentally sensitive land by enrolling in CRP."

In addition to today's announcement, over the last four years, USDA has set aside significant acreage under CRP's Continuous enrollment programs to target habitat conservation on especially important lands. For example, in March, 2012, President Obama dedicated 1 million acres of CRP to Continuous Enrollment Programs to conserve wetlands, grasslands and wildlife.

This year, farmers and ranchers have already offered more than 370,000 acres under Continuous CRP sign-up, a figure that is impressive given that the lack of a Farm Bill extension last fall meant that CRP enrollment only reopened this spring in May. Lack of a comprehensive Farm Bill this year has resulted in uncertainty for achieving further enrollment objectives under continuous CRP.

CRP is a voluntary program that allows eligible landowners to receive annual rental payments and cost-share assistance to establish long-term, resource-conserving covers on eligible farmland throughout the duration of their 10 to 15 year contracts.

Under CRP, farmers and ranchers plant grasses and trees

in fields and along streams or rivers. The plantings prevent soil and nutrients from washing into waterways, reduce soil erosion that may otherwise contribute to poor air and water quality, and provide valuable habitat for wildlife. In 2012, CRP helped to reduce nitrogen and phosphorous losses from farm fields by 605 million pounds and 121 million pounds respectively. CRP has restored more than two million acres of wetlands and associated buffers and reduces soil erosion by more than 300 million tons per year. CRP also provides \$2.0 billion annually to landowners-dollars that make their way into local economies, supporting small businesses and creating jobs.

In addition, CRP sequesters more carbon dioxide than any other conservation program in the country, and also reduces both fuel and fertilizer use. Yearly, CRP results in carbon sequestration equal to taking almost 10 million cars off the road.

USDA selected offers for enrollment based on an Environmental Benefits Index (EBI) comprised of five environmental factors plus cost. The five environmental factors are: (1) wildlife enhancement, (2) water quality, (3) soil erosion, (4) enduring benefits, and (5) air quality.



courtesy photo

The Gruhlkey brothers, Brittan, 24, Braden 25, and Cameron 20, enrolled 100 acres in the OAI which helps producers farming land above the Ogallala Aquifer to adopt better equipment and techniques to manage their water use.

## Ogallala Aquifer Initiative Widely Used by Farmers to Improve Water Application

LUBBOCK, TEXAS, July 18, 2013 -No one has a greater stake in conserving water than those who depend on it for their livelihood, and Texas farmers and ranchers on the Panhandle and South Plains regions are no exception.

Four years ago, in response to declining water levels of the Ogallala Aquifer, the Natural Resources Conservation Service (NRCS) in Texas launched the Ogallala Aquifer Initiative (OAI) program in an effort to assist producers in addressing water quantity and quality concerns. The initiative has helped landowners improve irrigation systems and enhance the economic viability of cropland located above the aquifer. It also can offer opportunities to convert to non-irrigated production.

"The Ogallala Aquifer Initiative provides farmers and ranchers with technical assistance and financial assistance

to support water and energy savings through proven conservation programs," said Mark Hall, NRCS Farm Bill program specialist in Lubbock. "More producers in Texas are applying advanced irrigation water management technologies to monitor crop demand and prevent over-watering."

Currently, over 151,000 acres are enrolled in the initiative for more than \$23 million.

OAI is administered through the Environmental Quality Incentives Program (EQIP). The Gruhlkey brothers, a young farming trio from Deaf Smith County, have built their operation to almost 2,000 acres. They recently obtained funding from the OAI to convert 100 acres from row water irrigation to a micro subsurface drip system.

"The program provided the resources to help us install the best system for water use and efficiency. Our reward came at

harvest with 240 bushel corn in one of driest years on record. In a normal year with 18 inches of rain, I might be able to save 20 percent on water use with this system," said Braden Gruhlkey.

Through the combination of using low energy precision spray application on center pivot sprinklers and no-till and strip till methods, the Gruhlkeys' have reduced evaporation, conserved soil moisture, maintained ground cover, prevented soil erosion and improved air quality.

The Gruhlkey brothers produce corn, cotton, wheat, sorghum seed and sorghum silage. Braden said they plan to install more drip irrigation systems because drip irrigation offers them a tool to grow crops with less water and input costs.

With Texas currently experiencing one of the worst droughts in history, producers like the Gruhlkeys are accelerating water savings of the Ogallala Aquifer.

## Cancer prevention study enrolling in Amarillo

Residents of Amarillo and the surrounding areas have an opportunity to participate in a landmark study that has the potential to change the face of cancer for future generations. Men and women between the ages of 30 and 65 who have never been diagnosed with cancer are needed to participate in the American Cancer Society's

Cancer Prevention Study-3 (CPS-3). CPS-3 will enroll a diverse population of 300,000 people across the United States and Puerto Rico and will follow participants for more than 20 years.

The opportunity for local residents to enroll in CPS-3 is being made possible in partnership with Texas Tech Univer-

sity Health Sciences Center, St. Laurence Catholic Church, J.O. Wyatt Clinic and Harrington Cancer Center. For information on eligibility, dates, times, locations and to schedule an appointment visit CancerStudyTX.org or call 888-604-5888. For more information about the American Cancer Society's longitudinal study go to cancer.org/cps3.

# Cargill Meat Solutions

FRIONA, TEXAS

Cargill Meat Solutions in Friona, TX is currently looking candidates for a Technical Services Clerk position.

**General Description:**

- 7am-4pm (must be willing to work flexible hours if needed)
- Majority of position will work with Tech Services Team to file and update paperwork, complete data reports on product quality and food safety.
- Miscellaneous duties may include written translation and other activities.

**Requirements:**

- Display strong computer data entry skills and simple math skills.
- Ability to meet deadlines
- Ability to self-motivate with limited direction.

Cargill Meat Solutions offers paid vacations and holidays as well as an outstanding family Medical, Dental and Prescription Drug Program. Come join the team at Cargill Meat Solutions.

Please email resume to [margaret\\_renteria@cargill.com](mailto:margaret_renteria@cargill.com) or fax to (806) 295-8257. Resume's accepted through 7/30/13.

Cargill Meat Solutions is an ADA/EEO Employer and Drug Free Workplace.

### NOTICE

Notice is hereby given that PARMER COUNTY SSA intends to destroy records of students who received special education services ending during the 2005-2006, 06-07, and 07-08 school years. These records include only those located in the Parmer County SSA office located at 909 East 11<sup>th</sup> Street, Friona, Texas. Records herein described include students receiving special education services in the following school districts: Bovina ISD, Farwell ISD, Friona ISD and Lazbuddie ISD. Legal parent/guardian or adult student with disabilities may request copies of these records by contacting Sue Wells, Director of Special Education, at the PARMER COUNTY SSA office at 909 East 11<sup>th</sup> Street, Friona, Texas 79035, phone number (806) 250-3315 by July 29<sup>th</sup>, 2013. REMEMBER THAT THESE RECORDS MAY BE NEEDED FOR SOCIAL SECURITY PURPOSES.

### AVISO

Se está avisando que PARMER COUNTY SSA tiene intención de destruir documentos de estudiantes que recibieron servicios de Educación Especial antes y durante los Años 2005-06, 06-07 y 07-08. Los únicos documentos que van a ser destruidos son los que están en la oficina de PARMER COUNTY SSA localizada en el número 909, de la calle 11, en Friona, Texas. Documentos en esta oficina son de estudiantes que recibieron servicio en los siguientes distritos: Bovina ISD, Farwell ISD, Friona ISD and Lazbuddie ISD. Padres/guardianes legales o estudiantes adultos con incapacidades físicas/mentales pueden pedir copias de sus documentos. Pueden llamar o escribir a Sue Wells Directora de Educación Especial, en la oficina de PARMER COUNTY SSA, 909 E. 11<sup>th</sup> Street, Friona Texas 79035, Número de teléfono es (806) 250-3315, antes del 29 de Julio del 2013. RECUERDEN QUE ESTOS DOCUMENTOS PUEDEN SER NECESARIOS PARA EL SEGURO SOCIAL.

### INVITATION FOR BIDS

Sealed Proposals addressed to the Honorable Mayor and City Council of the City of Friona, Texas for the rehabilitation of a 1,000,000 gallon ground storage tank and associated appurtenances, entitled:

GROUND STORAGE TANK REHABILITATION  
NORTH GROUND STORAGE TANK

will be received at the office of the City Manager at City Hall, 623 Main Street, Friona, Texas until:

2:00 P.M.  
August 8, 2013

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

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

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

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

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

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

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

CITY OF FRIONA, TEXAS  
RICKY WHITE, MAYOR



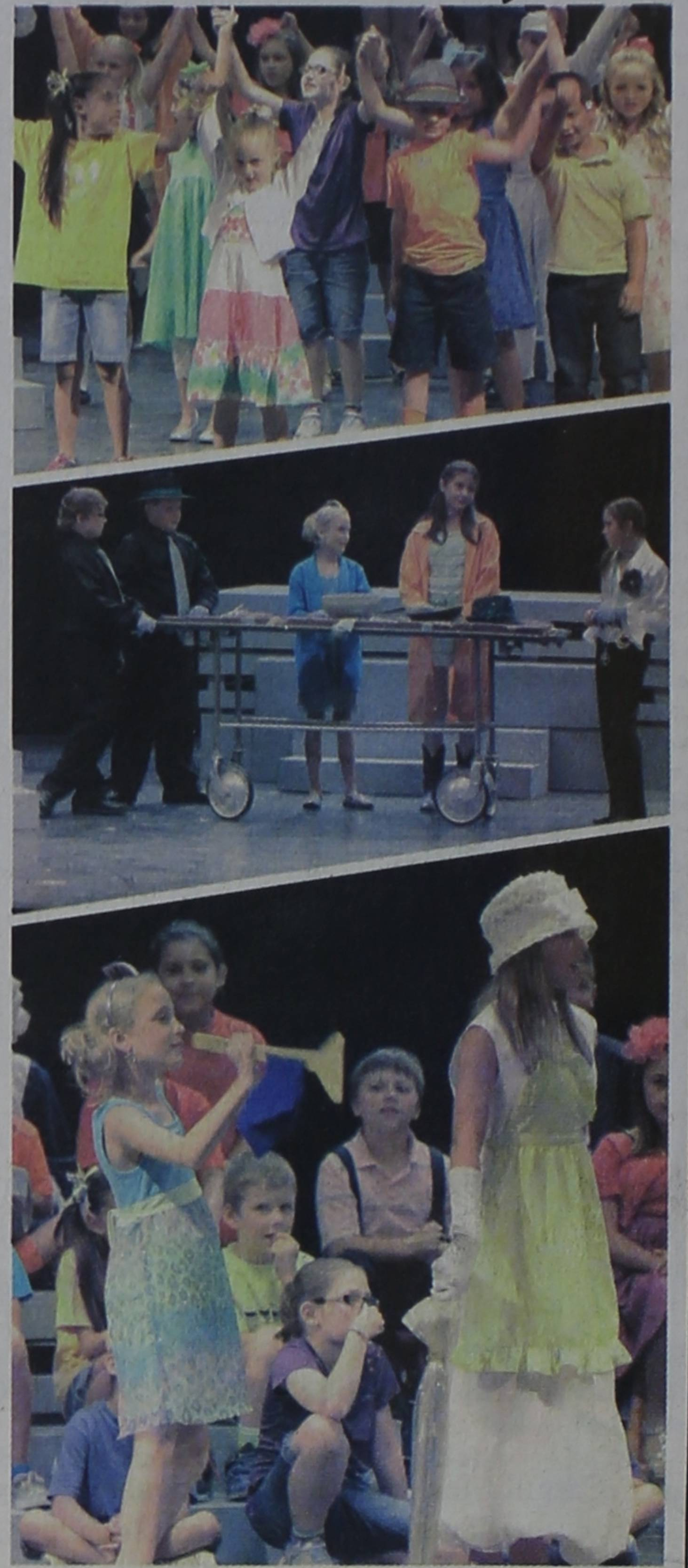
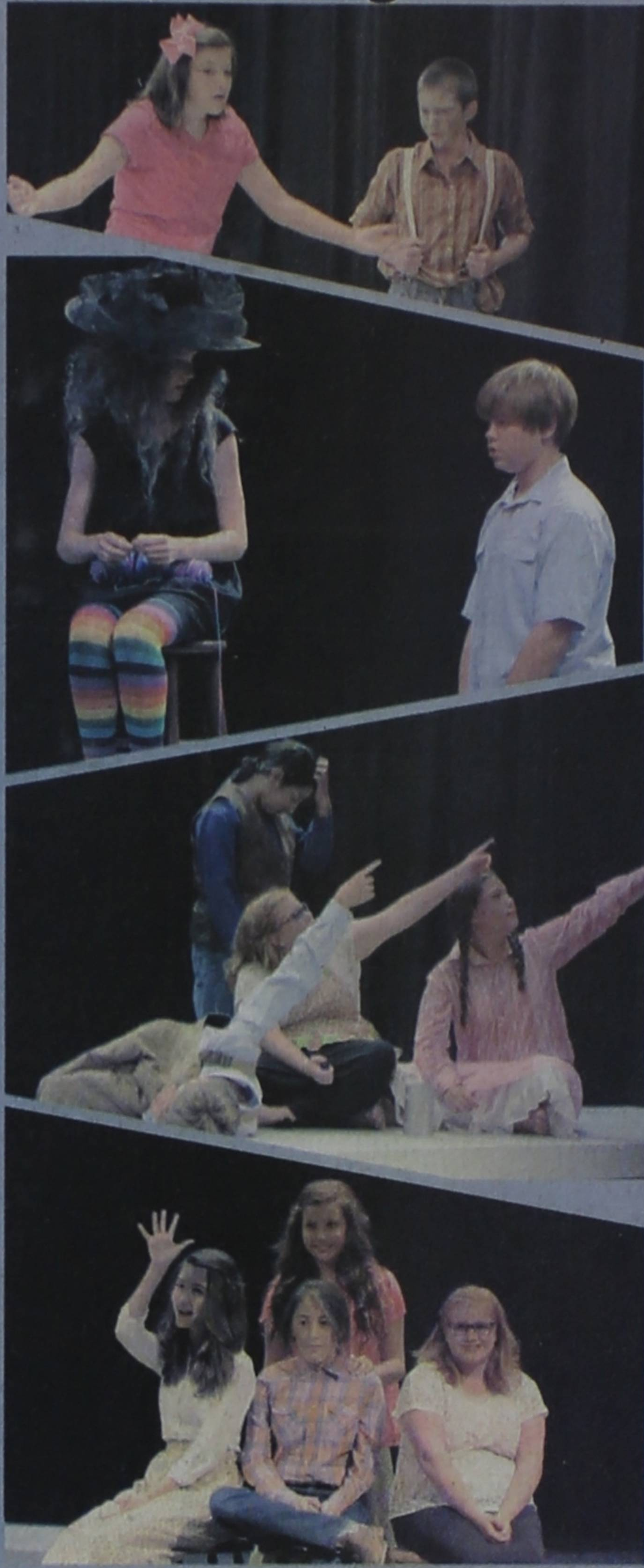
# Summer Drama Workshop

more photos available at frionaonline.com

## High School

## Jr. High

## Elementary



THE POWER OF

# ONE



## ONE Mammogram

**Yearly Peace of Mind** – If you're over 35 and have been putting off your annual mammogram . . . call today for an appointment that could save your life.

Bringing digital mammography service to a location near you.

**APPOINTMENTS AVAILABLE FOR THIS MOBILE LOCATION**

**Parmer Medical Center** Friday, August 9  
**1307 Cleveland Ave., Friona** 8:30 am - 5:30 pm

**CALL NOW 1-800-377-4673**

Call 1-800-377-4673 to schedule your mammogram the next time our mammography coach comes to your city or for an appointment at the Harrington Breast Center in Amarillo.

Businesses, clinics and hospitals throughout the region are encouraged to invite the Mobile Mammography Coach to come to their location to offer breast screening services.

**HARRINGTON**  
 Breast Center  
 www.harringtoncc.org  
 Appointments: 806-356-1905 or 800-377-4673



courtesy photo

Above is the second place burger submitted by the Atmos Energy team. Atmos has won the cook-off twice before.

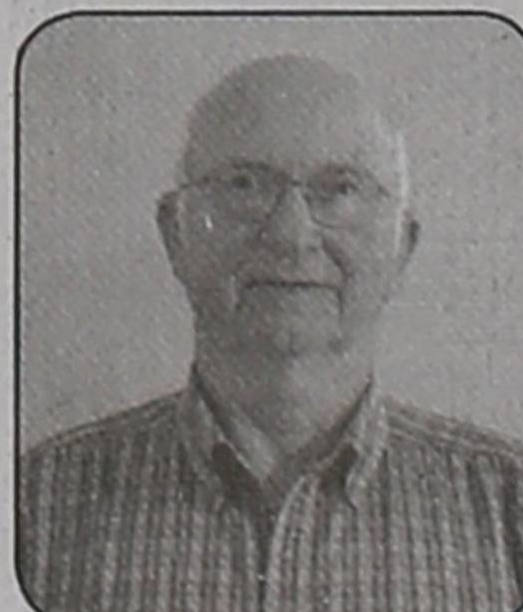
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