Friona + Star

VOL. 89, NO. 40

FRIONA, TEXAS

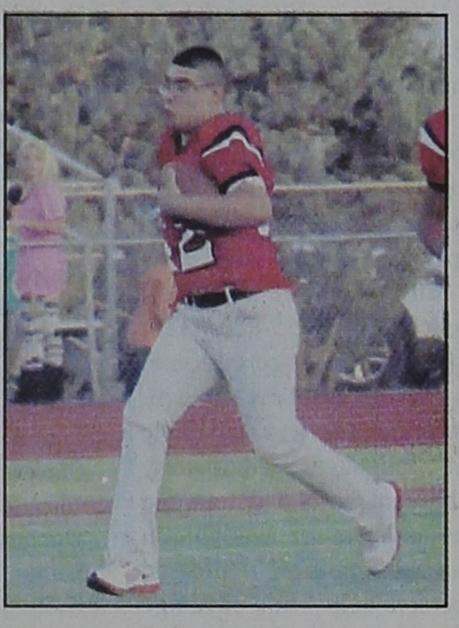
THURSDAY, SEPTEMBER 26, 2013

TEN PAGES



ron carr photo Chieftain captains for the homecoming game were Abel Palacios (72), Brad Stowers (15), Mason Loflin (3), and Jacob Osborn (51). Honorary captain was Sammy Silva (42). Sammy is an outstanding Special Olympics athlete and huge Chieftain fan. Friday night before the game, the Chiefs and Idalou Wildcats lined up at the 50-yard line. Quarterback Loflin handed off to Sammy who streaked through the Wildcat defense for a 50-yard touchdown. The play was featured as the Play of the Week on Channel

10's Friday night Wrap Up program.



United Way kicks off

this week to begin the 2013 campaign. Individuals and businesses can donate to the United Way through Friona Interbank.

Those organizations requesting United Way funds this year are invited to appear before the United Way board October 16 tions from local businesses and

The United Way board met at 7:00 a.m. at the Friona Interbank community room.

> For several years the main contributor to the local United Way program has been the Cargill employees payroll deduction program. Board president Rick White said that contribu-

individuals has been down from previous years. He encouraged all citizens to donate to the Friona United Way.

United Way officers are Rick White president, John Gurley vice-president, Marca Herring secretary, and Larry Knowles treasurer.

National Night Out Tuesday October 1

The second annual National Night Out will be held in Friona Tuesday October 1 from 7:00 -9:00 p.m. at the Friona Community Center. The event is sponsored by local law enforcement agencies and the Parmer County Crime Stoppers. There will be free hamburgers, chips, and water provided courtesy of Cargill and cooked by the Friona Volunteer Fire Department.

There will also be safety booths by the Panhandle Regional Planning Commission in Amarillo and the LifeStar helicopter will be on site. The Friona EMS and Friona Police Department will be on hand for tours of an ambulance and safety handouts to the children. Come out and enjoy meeting your local first responders and neighbors.



ron carr photo

The minimum age for blood donations is 16 with parent consent. Donors 17-yearsold and older do not need consent. Haden Smiley was a donor at the September 19 blood drive. Lending support were classmates Kailey Lucas and Coke Capshaw. The drive netted 62 donations for Coffee Memorial Blood Center, another good showing by the citizens of our small town.



ron carr photo

The 2013 FHS homecoming queen is Rebecca Bailey. She was crowned prior to the homecoming game Friday evening September 20. More homecoming photos available at frionaonline.com.

"Hey, Doc": When and How Do I Sign Up in the Marketplace?

From the Texas Medical Association

This week, TMA's "Hey, Doc" education campaign answers Texans' questions about when and how to sign up for coverage in the new health insurance marketplace.

We have physician experts standing by to answer your questions. In fact, every Wednesday, TMA will post a new video featuring TMA Board of Trustees Chair Carlos "Hey, Doc" Cardenas, MD, answering questions about the Affordable Care Act. Check out our first and second installments, videos, and a lot more information at HeyDoc. texmed.org.

When can I sign up?

Here are some important dates you should know relating to enrollment in the marketplace:

- Open enrollment is expected to begin Oct. 1. That's when you'll be able to compare plans in the marketplace and enroll for coverage.
- Dec. 15 is the last day to sign up for insurance in the marketplace for it to be effective as of Jan. 1, 2014.
- Jan. 1, 2014, is when the individual mandate kicks in requiring most people to get insurance or pay a penalty.
- The marketplace enrollment period will be open until March 31, 2014 - the last day to sign up for health insurance coverage for 2014. Certain circumstances may allow you to sign up after that date. Visit Healthcare.gov for more information.

How do I apply?

It is anticipated that starting Oct. 1, you will be able to shop for plans, file a marketplace application, and enroll in several ways: online at Healthcare.gov, by phone through the toll-free call center at (800) 318-2596, by

mail, or with the help of in-person assistance programs. (See "Where can I get help signing

There is a single application regardless of which health insurance plan you end up choosing. Once you file, you will automatically find out if you qualify for breaks on the insurance premium, reduced out-of-pocket costs, or state health insurance programs.

Enrollment at Healthcare.gov takes four

- Set up an account. You'll provide some basic information to get started, like your name, address, and email address.
- Fill out the online application. You'll provide information about you and your family, like household income, household size, current health coverage information, and more.
- Compare your options. You'll be able to see all the options you qualify for, including private insurance plans, Medicaid, and the Children's Health Insurance Program (CHIP), and any tax credits toward your monthly premiums or out-of-pocket costs on deductibles, copayments, or coinsurance. You'll also see details about the costs and benefits of each plan option before you choose.
- Enroll. After you choose a plan, you can enroll and decide how to pay your premiums to your insurance company. If you or a member of your family qualifies for Medicaid or CHIP, a representative will contact you to enroll.

You can find this information and more at MeAndMyDoctor.com and HeyDoc.texmed.org.

Friona city hall will be closed Monday, September 30



Ha! This should make it easier for you!

Significant choice and lower than expected premiums available in the new Health Insurance Marketplace

A new report released today by the Department of Health and Human Services (HHS) finds that in state after state, consumers will see increased competition in the Health Insurance Marketplace, leading to new and affordable choices for consumers. According to the report, consumers will be able to choose from an average of 53 health plans in the Marketplace, and the vast majority of consumers will have No one can be denied covera choice of at least two different health insurance companies - usually more. Premiums nationwide will also be around 16 percent lower than originally expected - with about 95 percent of eligible uninsured live in states with lower than expected premiums - before taking into account financial assistance.

"We are excited to see that rates in the Marketplace are even lower than originally projected," said Secretary Sebelius. "In the past, consumers were too often denied or priced-out of quality health insurance options, but thanks to the Affordable Care Act consumers will be able to choose from a number of new

thing or someone

49 asks many women

to marry?

coverage options at a price of choices to 57 on average. living in Dallas who makes that is affordable."

In less than a week, the new Marketplace will be open for business where millions of Americans can shop for and purchase health insurance coverage in one place. Consumers will be able to find out whether they qualify for premium assistance and compare plans side-by-side based on pricing, quality and benefits. condition. October 1 marks the beginning of a six-month long open enrollment period that runs through March 2014. Coverage begins as early as January 1, or in as little as 100 days from today.

Today's report finds that individuals in the 36 states where HHS will fully or partly run the Marketplace will have an average of 53 qualified health plan choices. Plans in the Marketplace will be categorized as either "gold," "silver," or "bronze," depending on the share of costs covered. Young adults will also have the option of purchasing a "catastrophic" plan, increasing their number

panies is offering health plans of healthy competition.

overview of pricing and the Office estimates. About 95 and Medicaid coverage. percent of uninsured people more than twice the number gov. highest premiums.

where information is available. For example, the report shows that a 27-year old

eligible for the Marketplace finding Marketplace coverage live in a state where their av- through a number of different erage premium is lower than resources. They can get more projections. And states with information through Healththe lowest premiums have Care.gov, or cuidadodesalud. Consumers can parof insurance companies offer- ticipate in online web chats ing plans than states with the or call 1-800-318-2596 toll free (TTY: 1-855-889-4325) Premium and plan options to speak with trained customer are broken down by state service representatives, with translation services available in 150 languages. Community health centers, Navigators and other assisters are available in local communities to provide in-person help with coverage choices. Local libraries will help consumers learn about their options and hundreds of Champions for Coverage, which are public and private organizations all across the country, are helping people learn about their options and enroll in affordable coverage.

health insurance rates, visit: http://aspe.hhs.gov/health/reports/2013/MarketplacePremiums/ib marketplace premiums.cfm.

To view the data on rates released today, visit: http://aspe. hhs.gov/health/reports/2013/ MarketplacePremiums/datasheet home.cfm.

for Coverage, visit: http:// marketplace.cms.gov/help-us/ champion.html.

About 95 percent of consum- \$25,000 per year will pay ers will have a choice of two \$74 per month for the lowest or more health insurance issu- cost bronze plan and \$139 ers, often many more. About per month for the lowest cost 1 in 4 of these insurance com- silver plan, taking into account tax credits. And he or she will in the individual market for be able to choose from among the first time in 2014, a sign 43 qualified health plans. For a family of four in Dallas with The report also gives an an income of \$50,000 per year, the lowest bronze plan would number of coverage options cost only \$26 per month, takacross the nation. It finds that ing into account tax credits. age because of a preexisting the average premium nation- The majority (around 6 out of ally for the second lowest 10) of the people uninsured tocost silver plan will be \$328 day will be able to find coverbefore tax credits, or 16 per- age for \$100 or less per month cent below projections based in the Marketplace, taking into off of Congressional Budget account premium tax credits

Consumers can get help

To read the report on

To become a Champion

CRUZ MISSILE TARGETS OBAMACARE ... 03 ... 00PS

52 "fender bender" result **ACROSS** TEXAS 53 Culberson Co. 1 "Austin ____ Fest" mountain: "__ Capitan" ended in 1998 **CROSSWORD** 54 this John performed in 5 TX George W. TX Willie s "Farm Aid IV" 6 Houston crawfish 55 TXism: "ran like by Charley & Guy Orbison boil: "Bayou of a burning stump" Copyright 2013 by Orbison Bros. 7 Quanah h.s. class anything 58 TXism: "_ 8 sun bronzed 12 13 14 I ever saw" 9 fronts of buildings 59 snow or water sliders 16 TXism: "he s tighter 16 18 19 20 60 ____-gallon hat bark on a tree" 18 ex-Ranger Hamilton 21 had to do this after 30 33 26 27 29 31 32 25 incidents in 09 & 10 TX Horton Foote 36 37 38 wrote screenplay for Kill a Mockingbird" 43 39 40 41 42 22 TXism: "got as much as a hiber-46 nating bear" 50 51 48 23 TXism: "worn ___ 61 dir. from frazzle" 52 Andrews to 24 close-up camera Odessa lenses 56 57 55 P-1134 DOWN 30 Tex-Mex entree 34 ex-Cowboy RB 1 TX AG Greg solution on page 4 13 oil field term for an great, Emmitt (init.) 2 seat of Hardeman amateur geologist: 35 preliminary version 33 TXism: " 59 County bug" of writing (2 wds.) a lick of sense" 3 Cruz and Cornyn 14 _ _ Marshall was in 60 36 lovers quarrel are members of 38 this Sophia was in "Superman II" with 37 ex-Cowboy DT, Bob this body "Houseboat" with 61 TX Valerie Perrine 39 Mavs & Spurs play in TX Bob Wills line: TX Martha Hyer ____, take it away 15 TXism: "___ a spell" this NBA off-season 40 tenant s payment 17 TXism: "hog wash" period (2 wds.) Leon" 41 TXism: "let a 19 pro golfer "Fuzzy" 27 TXism for "boss" 43 bomber: "_ 9 "do, re, mi, __... sleeping dog ____ who attended UH 28 TX Gene Autry s 44 theater where we 10 natural ability to 42 TX jazz/blues watched from cars 20 TXism: "_ first hit: "That do something singer Anderson shooting ducks on Silver-Haired 45 _ Pepper 48 house foundation 11 TX Joe Don Baker a pond" Daddy ___ __" 46 TX ZZ Top album: '67 film: "____ 50 shine or luster 24 first female gov. of 29 this Spielberg is Hombres" Hand Luke" 51 Killeen univer. TX: "__" Ferguson married to TX-born 47 harmony with some-12 this Alan starred before UCT

25 placed in the Azle

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Four Seasons"

Kate Capshaw

32 ugly old witch

31 TXism: "tax wrangler"

56 bird homes

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57 TXism: "___

Letter to the Editor

Observations of the day...

Today I attended the funeral of my wife's uncle, Roddy Yaksich, and saw some things that made me very proud and others that made me sad.

Roddy was 88 years old and saw a lot I'll never see, nor my children will ever see. His dad died when he was 12, and he being the eldest of 5 boys, dropped out of school and started supporting the family in the coal mines of northern New Mexico. In 1943, he served our country during WW11 for 3 years. He came home and picked up where he left off, supporting the family. Later he married, had children, raised them too and sent them to college where they graduated.

At the graveside service, there were 2 tributes you won't see at most funerals these days. A color guard of Navy, Air Force, and Army gave tribute to Roddy's service to our country, rifles were fired into the air and taps was played. The second was the United Mine Workers Association where several comrades paid their respects to a fellow worker. The Color Guard gave Roddy's wife a flag and the mine workers gave her a bible. Paying their last respects...Pride in America...and freedom...

Leaving the funeral and going to the burial, just 2 vehicles pulled over for the funeral procession, which probably covered 3-4 miles from the funeral home to the grave site. Just 2. Several others pulled into and out of the procession, busily on their way. Too busy, I suppose, to pay any respect...

Later, at the church where there was lunch prepared, two gentlemen ate wearing their cowboy hats...Arriving back home after dark, I saw an American Flag, still flying, in the dark without light...

So, tonight, I think of Character, Integrity, Patriotism, Honor, Respect...and I ask, if we don't lead the way, what will happen to these qualities of humanity? If I don't teach my children to look into the eyes of a stranger, firmly shake hands, and speak where they can be heard, who will? If I don't teach them to pull over for a funeral procession and take off their hat, who will? If I don't teach them to hold open the door, allow others to go in front of them in line, say yes ma'am and yes sir and thank you, who will? If I don't teach them how an American Flag is to be flown, will they just know???

Jason Floyd

Dear blood council members,

I would like to take this opportunity to express my thanks for the community blood drive held in Friona September 19. Altogether we had 73 people come in and we ended with a total of 62 lifesaving donations. Fifty six were whole blood and we had three that were able to do the trima. Thank you! It was an awesome day for us.

Sincerely,

Janne Lawrence

Donor Recruiter

Coffee Memorial Blood Center

(Editor's note: the Friona blood council is a group of local volunteers headed by Bessie Holt that coordinates the promotion and operation of the Friona blood drives.)

Ron,

I am so very proud of our coaching staff that supported Sammy Silva. He was a very, very happy boy at school and work today. I think it says a lot for our staff and school. He was given an opportunity that he will never get to experience again. He will never, ever forget it.

Leslie Wright FISD Teacher

George Washington was initially reluctant to attend the Constitutional Convention. Although he saw the need for a stronger national government, he was busy managing his estate at Mount Vernon, suffering from rheumatism and worried that the convention wouldn't be successful in achieving its goals.

www.history.com/topics/constitution

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

President Barack Obama July 24, 2013 Galesburg, Illinois



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Town Talk II

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

We fell into fall on Sunday. Cooler temps early but 80s later on. Took a jacket to the homecoming game Friday night but didn't need it. Guess it won't be long until we will need coats. No rain in the immediate forecast.

Anniversary time: Linda and Melvin Smith celebrated 34 years. Likewise former resident Gary and Suzi Mingus observed 34 years. If you or someone you know has an anniversary let us know. We do get some of our anniversary info from Facebook

too.

Socorro Gonzalez fell and broke a wrist over the weekend. Her daughter Sandra Valdez posted on Facebook they are searching for an orthopedic will be handicapped for a while.

Charlie Teague of Bovina, Chuck Teague's dad, won the fire department's 4-wheeler and trailer raffle drawing. Glen London won the TV raffle sponsored by the band boosters.

Chamber golf results: Winners in the Chamber of Commerce golf tournament on Saturday were Blackburn Hardware 64, Dee King Trucking 65, Xcel Energy 66. Woman longest drive, Johnna Blackburn; man longest drive Curtis Baldwin; closest to the pin Jerry Walker.

Friona Police Chief Frank Mooney and the Friona Police Department along with county first responders and law enforcement agencies are sponsoring the second annual National Night Out on Tuesday October 1 at the community center. Free hamburgers, chips, and water donated by Cargill and cooked by

and school. He was given and

the Friona Fire Department. The LifeStar helicopter will be on hand too. Target will be present handing out goodies for the kids. There will be a bouncy house. Come out and bring the kids.

Way to go Friona blood donors. The blood drive last Thursday collected 62 donations. Thank you all. Thanks to the 4-H kids and their sponsors for helping out at the blood drive. Just a word to donors: I was there after 5 p.m. and a lot of folks were waiting. Bessie Holt said there were very few donors between about 2 p.m. and 5 p.m. I know folks wait until school is out or they get off work but next time if you can get away between 2 p.m. and 4 p.m. to donate it will perhaps be a lot faster and cut down surgeon in Amarillo. Guess So- on waiting time. The next blood An old abandoned barn caught corro's beauty salon customers drive is November 21. We will fire near where the Burnett home remind you.

A posting from the Ute Lake Chamber of Commerce said Ute Lake is up 7'4" since June 14. Good news for you weekend lak-

A bonfire for the Chieftains will be held Thursday October 10 at Reeve Lake. This is the night before district begins at Muleshoe. The Boosters are asking if you have any limbs, pallets, or old wood to add to the pile take it to the Reeve Lake area behind the Blackburn Hardware/Sonic building and donate to the bonfire.

Claire Blanco has moved to California. Claire was a Friona resident for 23 years. Age and health concerns prompted the move to be near her daughters and family. Claire was one of the first folks I met when I moved to Friona in 1995. At the time she was a caregiver for Anne Spring.

tibu. Ha was a very very limpy boy at school and work to

I knew Claire to be a crusty little lady who did not mind telling me how she thought things should be. She has been a good friend and a Friona Star supporter over the years. We wish Claire all the best out there in the hills of San Bernardino. She wanted me to say farewell and thanks to all of her Friona friends.

Jim Dixon stopped by. Jim and Jane have coordinated the Dixon Six Mile Run and Two Mile Walk during Maize Days for 28 years and have decided to give it up. This was their last year for the event.

Friona firemen were dispatched to a fire about 7:00 p.m. Sunday evening on the Leroy Burnett farm southeast of town. burned several years ago. The barn was empty and the family told firemen to let it burn. They stayed on scene while the structure burned. It was thought to have started by electrical wiring.

The Chieftains travel to Lubbock Roosevelt this week to take on the Eagles. The game will be on KNNK radio, 100.5 FM and radio broadcast on WT Services channel 6. Game time is 7:30

It is United Way time again. The board met this week. There will be a meeting at 7:00 a.m. October 16 at Friona Interbank for the organizations requesting funds from the United Way to present their proposals. Officers are Rick White, president, John Gurley, vice-president, Marca Herring, secretary, and Larry Knowles, treasurer. You can donate to the United Way at Friona Interbank. The United Way funds help many local organizations.

Your donation is appreciated.

Friona Methodist Church reported that Noel White was in the hospital in Amarillo. Noel had a heart attack Sunday afternoon, went to PMC, was transferred to BSA by ambulance and has since had a stent put in. As of Tuesday his dad John said Noel was improving and should be out of ICU and in a room by now. Best wishes for a full recovery.

The Chamber of Commerce says Christmas in the Park is coming December 2. They need volunteers to Light Up The Park. Call them if you can help. 250-3491.

The Friona Star is on the White House press release email list. We were invited to join a conference call Wednesday (Sep 25) at 2:30 p.m. where senior administration officials would discuss the Affordable Care Act and efforts to educate the Hispanic community on the new health care law. We didn't participate but are curious about all the efforts to sell the Obamacare program to us average Americans. Must be complicated.

A reminder that the Friona city hall will be closed Monday, September 30. It is the end of the city fiscal year and city staff will be working on end of year reports and other end of year business.

If you want to know more about the approaching Obamacare program in Texas and you are on Facebook, search and like Texas Tribune. They published some figures and other info about the Texas insurance exchange marketplace.

That's it for this week. Would like to wish James Cunningham a happy 93rd birthday on Sunday. This week James and Vernell put out 150 lbs of fertilizer and Wednesday afternoon Vernell was doing some ironing. James drove his tractor in the Maize Days parade again this year. God Bless America! Until then!



ron carr photo

Jackie Martin was one of the 62 blood donations at Friona's September 19 blood drive. She is assisted by Coffee Memorial Blood Center technician Virginia Kibler. Once again Friona citizens were generous with their contribution to the blood bank. Congratulations and thanks.

courtesy photo

The Blackburn Hardware team won 1st place in the Chamber of Commerce Maize Days golf tournament. From left are Shane Blackburn, Mike and Johnna Blackburn, and David George.



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Happy Birthday

September 29 - October 5

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

Sept. 29-Judy Head, Tammi Potts Burney, Lois Norwood, James Widner, James Cunningham, Brock Baker, Jeannie Belcher, Shana Fleming, Barbara Cockerham, Suzan Hughes, Anthony Jucha, Alizah Dominguez, Morgan Peace, Sandra Padilla

Sept. 30-Clair Osborn, Jill Bishop, Tessa Schueler, Bridget Soltero, Travis Zinck

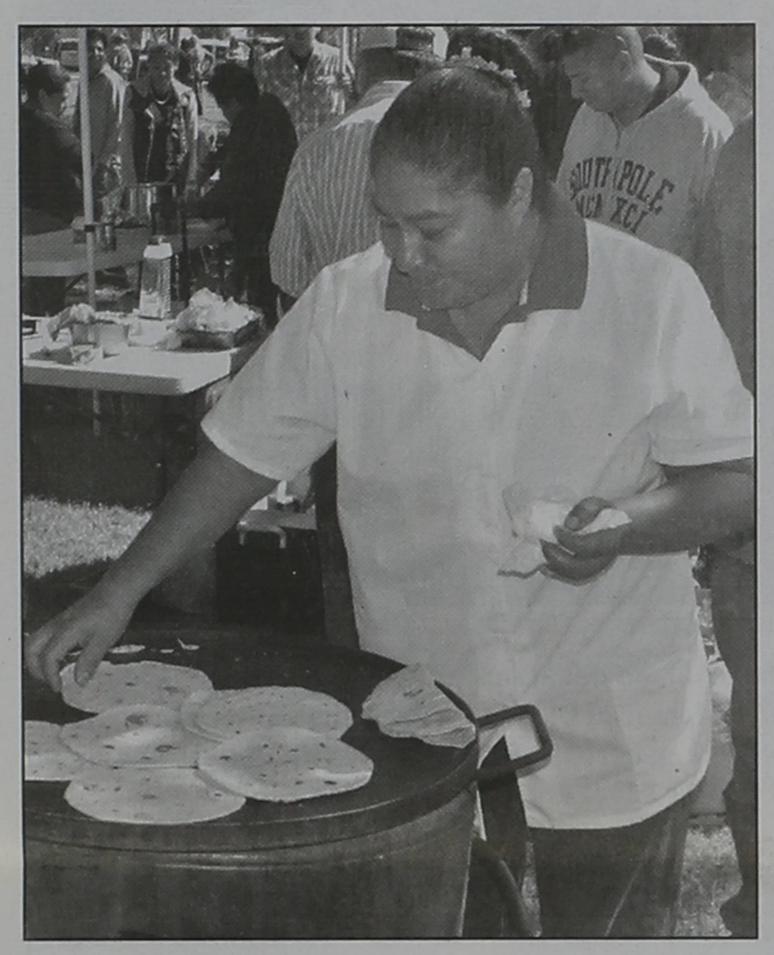
Oct. 1-Debbie Wedel, Frances Gonzales, Beth Fleming Collier, Karson Charles Nance, Sheila Clark, Marilyn Garrett, Polly Whatley, Cayce Wade Epperson, Brenda Kirkpatrick, Denise Anderson, Ian Parker McDaniel, Mason Stanberry, Elaine Cain, Beth Davila

Oct. 2-J'Mai Cash Gayle, Lacye Osborn, Linda Rando, Scott Cummings, Chris Daigle, Madeline Scott, Tiffany Smith, Don Teague, Judy Ramon, Lazaro Munoz, Patrick Michael Scott, Rylan Kendrick, Brynlee Reyes

Oct. 3-Sarah Schueler, Joe Mann, Sally Osborn Whatley, Marlene Mueller, Danny Guerra, Lanis Graham, Jackie Martin, Jane Huddle, Janis Polson, Steven Moore, Gertie Murphree, Hannah Raymond, Carolyn Rains, Brennen TeBeest

Oct. 4-John Robert Schueler, Amelia Rankin, Leslee Floyd, Darrel Auburg, Joseph Ryan, Travis Graves, Coy Jameson, Eloy Caballero, Allan Haile, Debbie Lewellen, Scooter Russell, J.B. Barrett, Elsa Galvan

Oct. 5-Gay Tannahill, Ruth Harguess, Clayton Dean Smiley, Megan Hoon, Kim Parr, Janie Morales, Parker Hardgrove



Heating up a batch of tortillas at the city park for Maize Days

Lions Club News

The Friona Noon Lions met Thursday September 19 with 12 members present. Matt Groetken was a guest of Lion Robert Jones. Club sweetheart Holly Johnston was present and guest Bryan Masse, Squaws head volleyball coach, was present and gave the program. Coach Masse said the Squaws should be competitive in the district and could win the district championship.

The Noon Lions will cook hamburgers and world famous French fries prior to and during the October 4 Chieftain football game vs. Dalhart. Cooking will begin early and burgers should be available by 6:30 p.m., prior to the 7:30 p.m. kickoff. We hope fans will come out and support the Lions fundraiser. We will need all Lions members out to help.

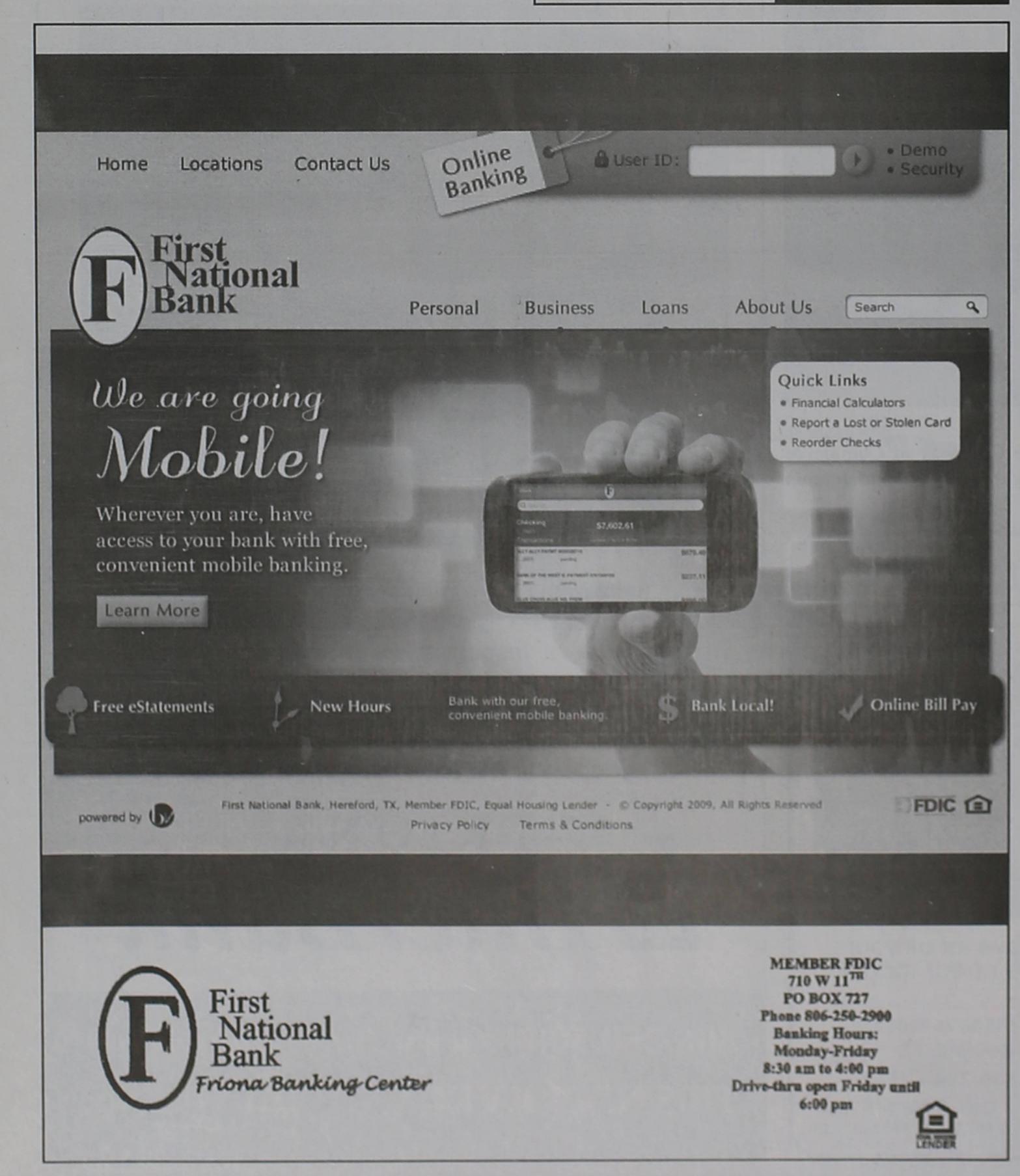
The next meeting of the Noon Lions will be Thursday October 3 at Headquarters Restaurant.



ron carr photo

Noon Lions Club sweetheart Holly Johnston greeted Squaws head volleyball coach Bryan Masse at the September 19 meeting. The coach gave the program, discussing this year's Squaws volleyball team.

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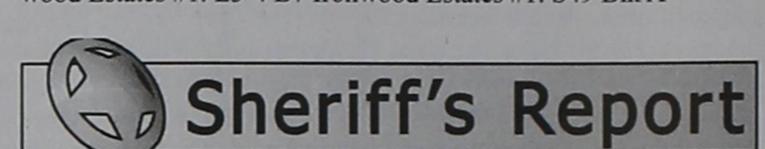
Courthouse Notes

Warranty deeds filed at the County Clerk's Office for the week of September 12-17, 2013.

Ricky Jamerson, D'Lynn Jamerson - Newtex Feedyard Inc W/2 S5 T5S R4E

Homer A Haile, Patricia Haile - Chuck Mills, Esmeralda Mills L7-8 B63 Friona

El Dorado Dairy Inc - Calvin Willis, Denise Willis L1-2 B8 Ironwood Estates #1. L3-4 B7 Ironwood Estates #1. S49 Blk A



Reported by the Parmer County Sheriff's Office.

September 21, 2013 Joshua Guerra, 27, of Friona was arrested by the Friona Police on motion to revoke, possession of marijuana less than 2 oz and failure to ID. Pending county court.

Immunization schedule

The Department of State Health Services immunization clinic schedule for October:

Friona; October 7 and October 21 at the Migrant Center, 618 Main St. Hours: 9:30 - 11:30 a.m. and 1:00 - 3:30 p.m. They will see the first ten clients each session.

Bovina: October 14 at the EMS Building. Hours are 1:30 - 3:30 p.m. Will see first 10 clients.

Friona Star

IS ONLINE AT frionaonline.com

School menu

The breakfast and lunch school menu for September 30 - October 4, 2013. Monday: Cereal variety, pig in a blanket, fruit salad, V-8 juice, milk Tacos, Mexican rice, corn, peaches, milk

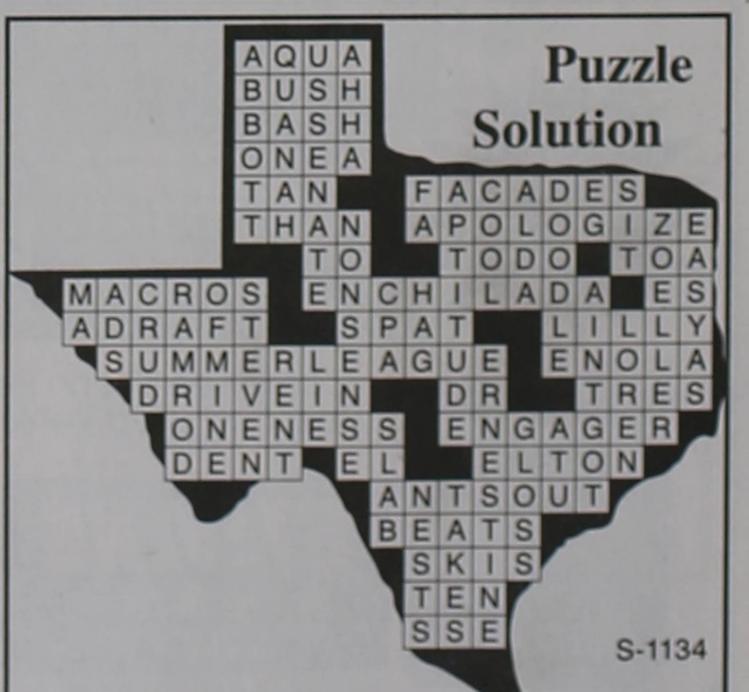
Tuesday: Cereal variety, pancake sausage on a stick, oranges, V-8 juice, milk Breaded chicken, crackers, corn, cole slaw, strawberries & bananas, milk

Wednesday: Cereal variety, cinnamon rolls, apples, fruit punch, milk Steak fingers, crackers, carrots, mashed potatoes, fruit cocktail, milk

Thursday: Cereal variety, breakfast pizza, pears, orange pineapple juice, milk Salisbury steak, rice, cheesy tomatoes, broccoli & cheese, pears, milk

Friday: Cereal variety, burrito deluxe, fruit salad, apple juice, milk Cheese enchiladas, tacos, Mexican rice, pinto beans, fruity gelatin, watermelon, milk



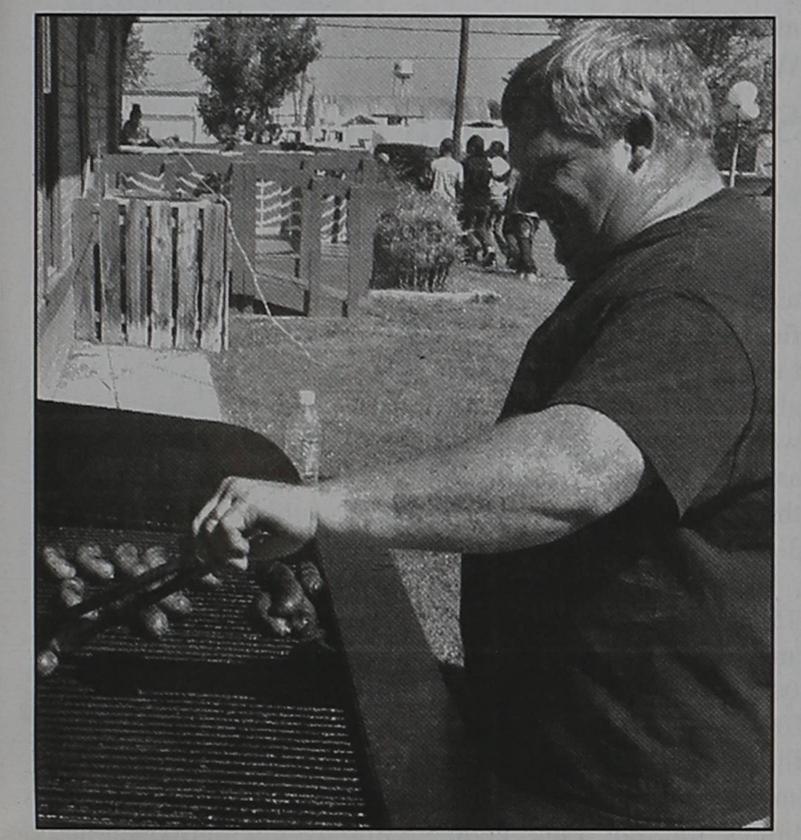


An Epitaph Written By God

BRETT HOYLE, Pastor, First Baptist Church

When you die your family will probably put an obituary in the paper telling of your birth, life, death and funeral services. After the obituary you will likely have an epitaph written on your tombstone to depict your life and legacy. Some famous epitaphs are; "Gone but not forgotten," "That's all folks," "Go away—I'm asleep," "The best is yet to come," "Free at last. Free at last. Thank God Almighty I'm Free at last," and "Here lies Lester Moore. Four slugs from a 44, no Les, no more."

What will your epitaph say? More importantly, what would God say if He wrote the epitaph on your grave? I suggest it would be 11 words, similar to what he said about two kings in 1 Kings 22. Regarding King Jehoshaphat, God said that 'he did what was right in the sight of the Lord,' but regarding King Ahaziah, God said that 'he did what was evil in the sight of the Lord.' The two epitaphs echo throughout the historical books of the Old Testament as God's final say on someone's life. So, if He wrote your epitaph, it would most likely be one or the other, based on His accurate assessment of your life and heart. Those who follow His ways in faith and love are labeled as those who 'did what was right in the sight of the Lord,' and those who live attempting to appease God through religious ritual, or ignore Him completely are labeled as those who 'did what was evil in the sight of the Lord." The bottom line is this, God sees your life and your heart, He loves you and hates your sin, but He has provided Jesus Christ to be the go between allowing your sin to be forgiven and a right relationship restored with your Maker so you can follow Him in faith and love.



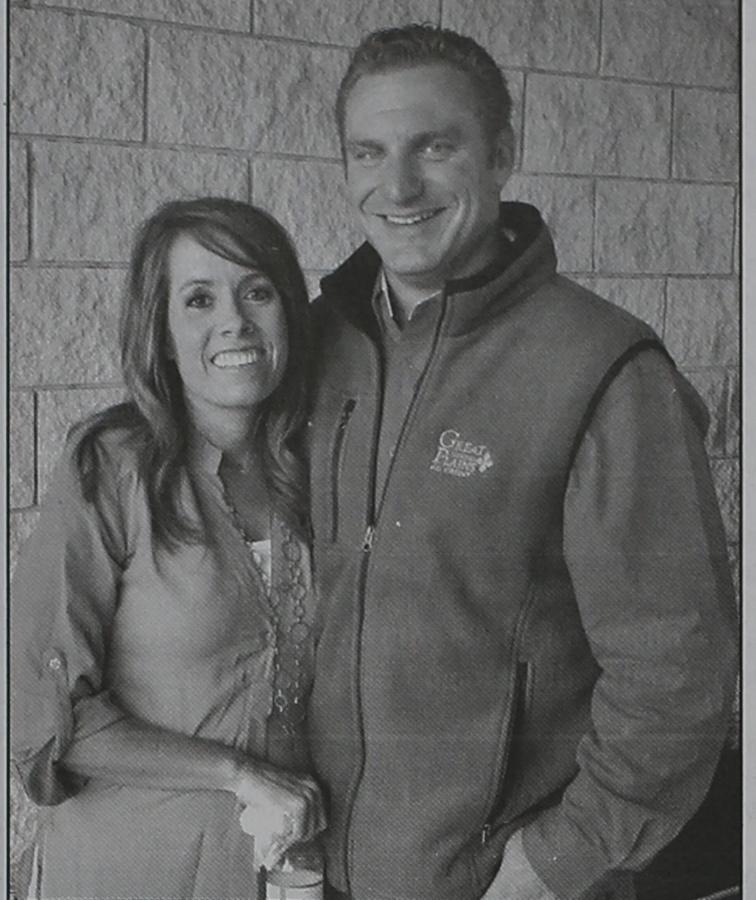
ron carr photo

Friona fireman Matt Osborn cooking sausage on the grill at Maize Days in the city park.

Send your church news to the

Friona Star

frionastar@wtrt.net



ron carr photo

The newest member of the Great Plains Ag Credit staff is Matt Groetken, here with his wife Kami. The Groetkens live near Springlake-Earth and are planning to make the move to Friona. Kami is a teacher. We welcome the Groetkens to Friona.

Panhandle Parables September, Valentine's Day Sale??

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

It is hard to keep up with marketing these days. So I thought I would give all you guys a heads up, Valentine's Day is rapidly approaching and I don't want you caught unaware. If you go into any major retail shop today, you will notice Halloween stuff is already on sale so they can make room for Christmas. WOW, and to think I thought it was still September.

Pretty soon, we will be saying, "Happy New Year, better start getting ready for Christmas!" I have a friend who commented on the topic and wondered why so many wish their lives away, never enjoying the moment and always looking way too far down the road? Good question, one that our society does not have time to ask or answer.

In my experience it has never paid off to borrow tomorrow's trouble today. Jesus reminded his apostles in Matthew 6 of just that... "Therefore do not be anxious about tomorrow, for tomorrow will be anxious for itself. Sufficient for the day is its own trouble" (v. 34 ESV).

We are constantly bombarded to want the next thing, never noticing the thing we have, and look at where it has taken us as a society. If you don't shop for school clothes in March, Halloween candy by June, and Christmas by October, and don't get me started on the IPhone craze, then you are "sooo yesterday", nobody wants to be that, right? Yet at what price are we paying for all this nonsense? Too much! So we stay in a state of panic and worry. Constantly wishing for a better day, better job, better toy, better....

So guys don't worry Valentine's Day is still in November, I mean well... when is Valentine's Day, ok now I'm worried. All kidding aside, remember, God set the days and the seasons, enjoy them for what they are when they happen and let tomorrow worry about it-



holly campbell photo

This trio of ball boys prowl the Chieftain sidelines keeping the referees supplied with footballs. They are, l-r, Logan Loflin, Alex Ruckman, and Samuel Frye.



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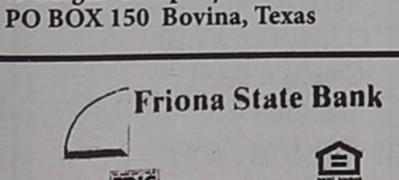
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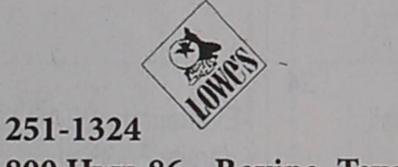
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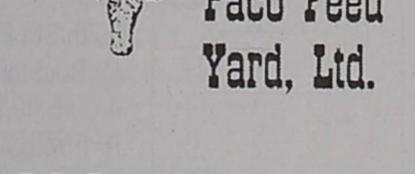
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ron carr photo

home match but rebounded to

capture a 25-16 win. The sec-

ond game was a little closer but

The varsity started game one

alright and had momentum but

struggled from the service line

missing several serves which

allowed Elida to take back the

momentum and win game one

Game two had almost the

same result as the Squaws

struggled with inconsistent

play and Elida took advantage

winning 25-18. IN the last part

of game three the Squaws start-

ed to play ball and had several

chances to win the game and

Again though as in games

one and two the Squaws were

their own worst enemy, com-

mitting unforced errors to help

Elida win the game and match.

On the bright side the JV team

finished a team when they had

them down and all of the junior

high teams playing in Little-

field won, 7th A,B,C and 8th

extend the match.

still the JV prevailed 25-20.

The 2013-2014 drum majors for the Mighty Chieftain Band are Liliana Amezcua, left, and Airam Chavez. The ladies had new white wrist covers and will have new capes in the next few weeks.

Squaw volleyball update

25-17.

From Coach Bryan Masse

The Squaws opened their home season Saturday September 14 with the Plainview Christian Lady Eagles. The JV and "C" teams were at a tournament in Denver City.

The Squaws opened with a quick run with good serving and finished with good passing and offense to cruise to a 25-25 win. Game two they did not get out to a good start but still finished strong for a 25-16 win. As in the first game the Squaws continued to serve and pass well which kept the pressure on Plainview.

Game three was closer but the Squaws hung tough with some good hustle and plays and put an end to the Lady Eagles hopes of extending the match.

On Monday night, September 16 the Squaws JV and varsity hosted the Elida Tigers. When the matches were over the Tigers left wotn with a split.

In the JV match the girls got field wo off to a slow start in their first A,B,C.

Chiefs shut out by Idalou

The Chieftain homecoming drew a standing room crowd to Chieftain Field amid good weather, free hamburgers, and homecoming activities, crowning Rebecca Bailey as Homecoming Queen, and a pre-game touchdown run by Sammy Silva.

Unfortunately the Chiefs lost to Idalou 21-0. The always tough Wildcats racked up 203 passing yards and 154 rushing for a 357 offensive total. The Chiefs, without leading rusher Eddie Garcia, managed 264 yards of total offense, 167 rushing and 97 passing.

Running backs Omar Ramos (11 carries, 57 yards) and Michael Garcia (11 carries, 50 yards) took rushing honors. Cris Alvarez pitched in with 2 carries for 53 yards.

Mason Loflin completed 5 of 15 passes for 97 yards: receivers were Justin Rocha 1 for 15 yards, Brad Stowers 2 for 48, Jose Zamudio 1 for 13, and Antonio Adame 1 for 21.

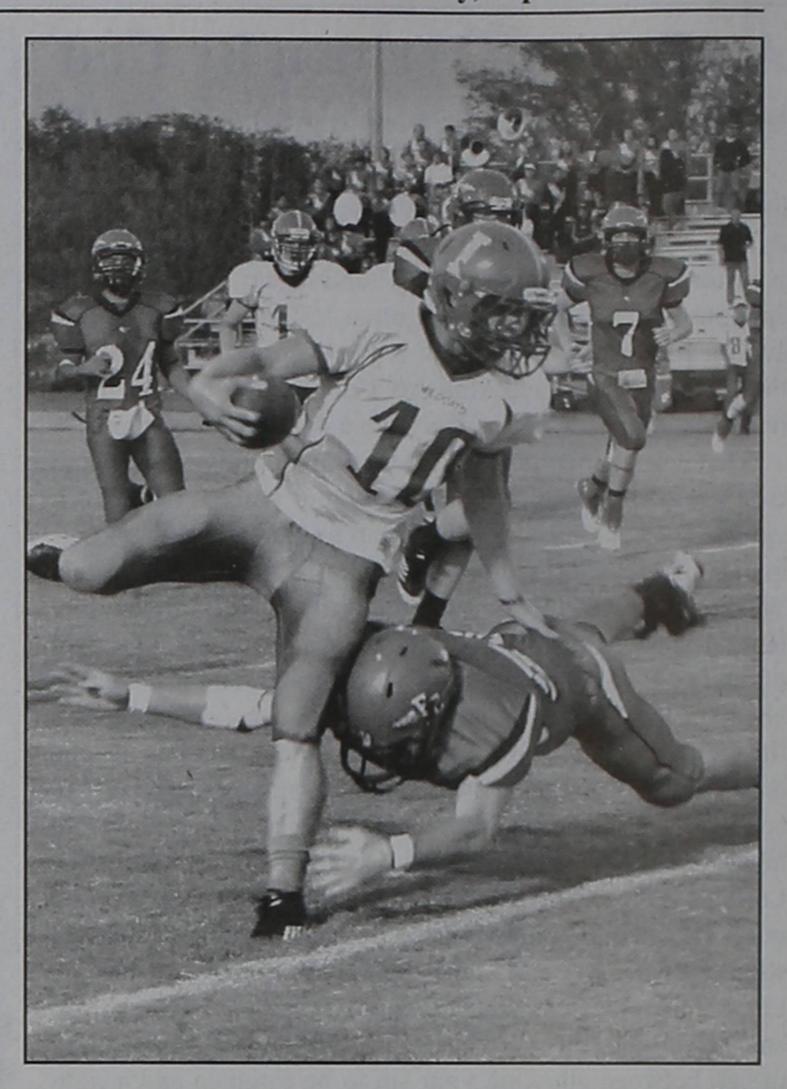
The Chiefs had several opportunities to score as they moved inside Idalou's 20-yard line but the Wildcats defense stopped the drives.

The Chiefs (0-3) will be looking for their first win Friday night as they travel to Lubbock Roosevelt to take on the Eagles. The game will be on the radio with KNNK 100.5 FM and on WT Services channel 6.



ron carr photo

Chieftain defense. Brad Stowers (15) and Justin Rocha (10) combine to bring down an Idalou Wildcat runner during first half action in Friday night's homecoming game at Chieftain Field.



ron carr photo

Chieftain John David Haile brings down the Idalou quarterback and prevents a long gain in the Friday night homecoming game. The Chiefs lost 21-0 to the Wildcats.

Squaw volleyball at Brownfield

From Coach Bryan Masse

teams traveled to Brown-field Tuesday to take on the Lady Cubs and came back almost perfect. The Squaws won seven of eight games as the "C" team won 2-1, the JV 2-0, and the varsity 3-0.

The varsity opened with a 25-18 victory in game one and fought off a comeback from the Cubs in game two to win 25-23. In game two the girls led a lead slip with some unforced errors and things did not look good as momentum started to

The Squaws volleyball shift byt the Squaws played teams traveled to Brown-smart error free ball to close field Tuesday to take on the out game two.

In game three we got off to a good lead and things looked great. The Squaws cruised to a 24-16 lead and had things in hand but slipped some and had to regain their composure, finishing out the match 25-20.

The Squaws varsity and "C" teams open district play Saturday September 28 at Olton. The JV girls will be in action Friday and Saturday at a tournament in Portales.

Friona School Calendar for October 2013

Sun	Mon	Tue		Wed	Thu	Fri	Sat
		-C/JV/V Volleyball vs. Littlefield 5:00/6:00/7:00 -High School Fall Picture Day Grades 9-11	1	-Jr. High Fall Picture Day	-B/7th/8th Football vs. Highland Park 5:00/6:30 -JV Football @ Dalhart 5:00	-END OF 1ST SIX WEEKS -Varsity Football vs. Dalhart 7:30 -Lion's Club Selling hamburgers/fries @ the football game	-C/JV Volleyball @ Grady 11:00/12:00 -Chieftain Band Pre-Contest -Jr. High/High School Cross Country @ Levelland South Plains
6	-BEGIN 2ND SIX WEEKS -7th/8th Volleyball vs. Tulia 5:00/6:00 -Chieftain Band Marching Rehearsal 7:30 - 9:30 p.m.	-C/JV/V Volleyball @ Dimmitt 5:00/6:00/7:00 -High School Senior Portraits	8	9	-B/7th/8th Football @ Muleshoe 4:00/5:00/6:30 -Elementary Fall Picture Day -JV Football vs. Muleshoe 5:00	-3rd Grade Fall Parent/Teacher Conferences -Primary Fall Picture Day -Varsity Football @ Muleshoe 7:30	-Jr. High/High School Cross Country @ Canyon WTAMU -7th/8th Volleyball Tournament @ Olton -C/JV/V Volleyball vs. Tulia 11:00/12:00/1:30 -Chieftain Band Region I UIL Marching Contest
13	-2nd Grade Fall Parent/Teacher Conferences -7th/8th Volleyball vs. Olton 5:00/6:00 -8th Volleyball vs. Faith Triumphant 6:00 -Chieftain Band Marching Rehearsal 7:30 -9:30 p.m.	-4th Grade Fall Parent/Teacher Conferences -C/JV/V Volleyball vs. Olton 5:00/6:00/7:00	15	-5th Grade Fall Parent/Teacher Conferences	-3rd Grade Safety Day -4th Grade Music Program 2:30 & 6:30 -B/7th/8th Football vs. Childress 4:00/5:00/6:30 -JV Football @ Childress 5:00	-Varsity Football vs. Childress 7:30	-7th/8th Volleyball Tournament @ Tulia -C/JV/V Volleyball @ Littlefield 11:00/12:00/1:00
20	-7th/8th Volleyball vs. Littlefield 5:00/6:00 -Chieftain Band Marching Rehearsal 7:30 -9:30 p.mJr. High/High School District Cross Country @ Lubbock		22	23	-B/7th/8th Football @ Bushland 4:00/5:00/6:30 -JV Football vs. Bushland 5:00	-Elementary DEAR Day -Varsity Football @ Bushland 7:30	-C/JV/V Volleyball vs. Dimmitt 11:00/12:00/1:30 -Chieftain Band UIL Area A Marching Contest @ Amarillo
27	-7th Volleyball @ Portales Faith Triumphant 6:00	-C/JV/V Volleyball @ Tulia 5:00/6:00/7:00	29	30	-B/7th/8th Football vs. Littlefield 4:00/5:00/6:30 -JV Football @ Littlefield 5:00		



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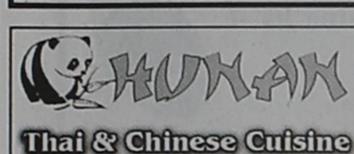
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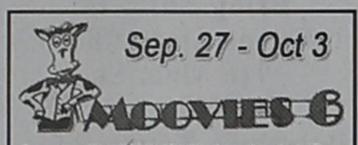
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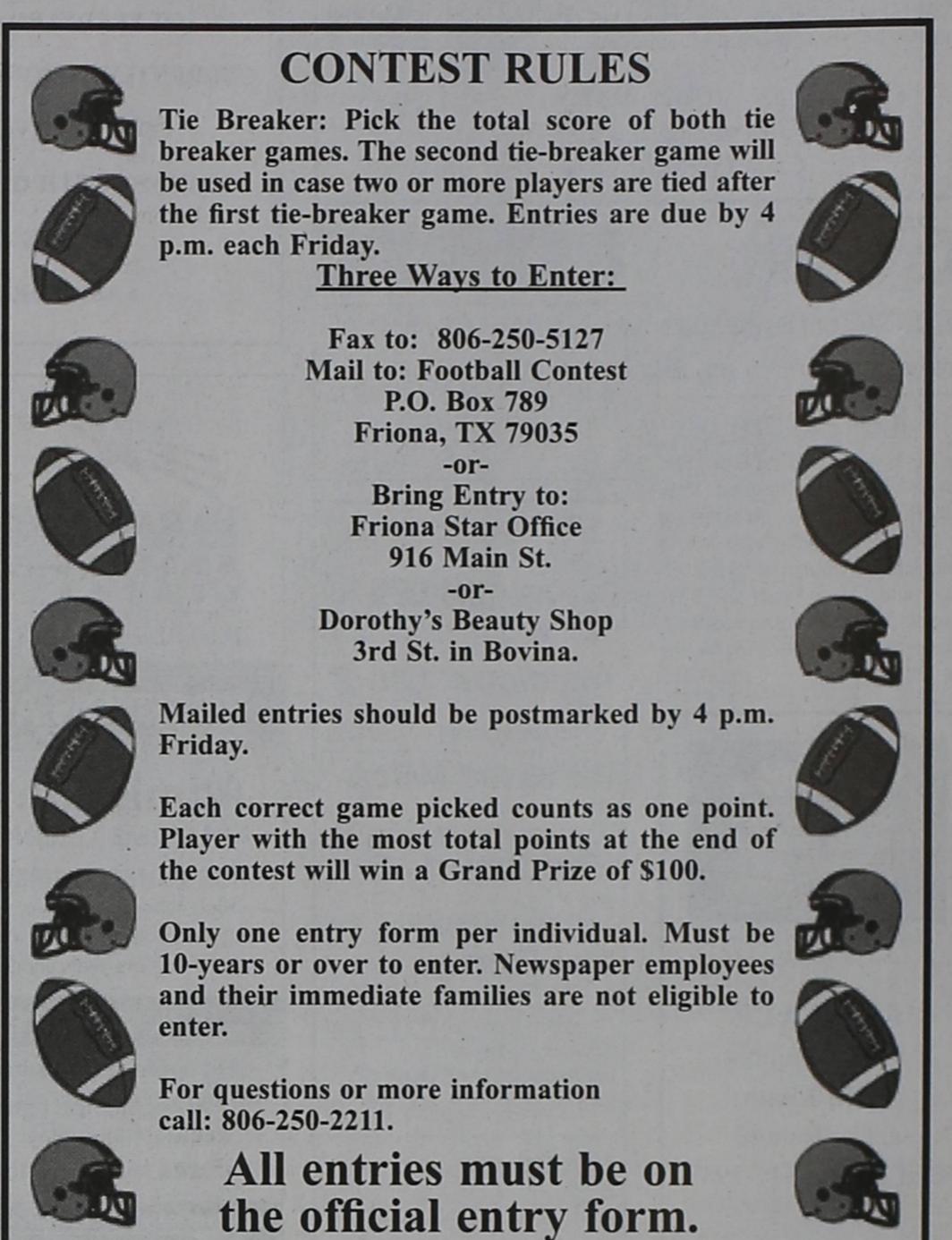
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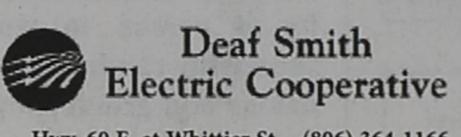




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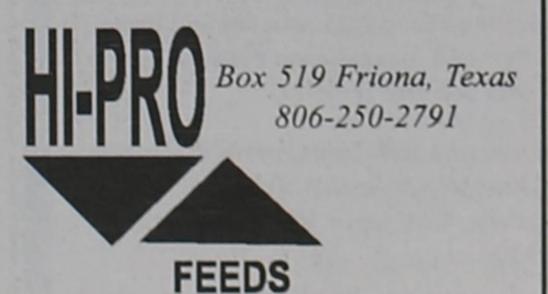
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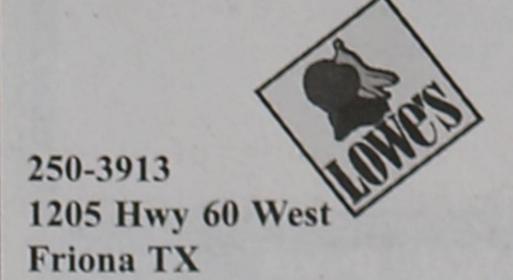
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Dixon Six is now history

After 28 years of running, walking, and bicycle riding, the Dixon Six is now in the history books. Jim Dixon and wife Jane hosted the friendly competition in conjunction with Maize Days since 1985. That was the year their son Milon graduated from Texas A&M, Jim said.

The run and walk event was held along Highway 214 north of Highway 60. It included a six mile run, a two mile run, and a two mile walk, plus a six mile bicycle run. Jim started out as

a runner then later switched to the bike ride for the past several years but not this year. "It is just time to give it up," he said. "I've gotten too old to participate any longer."

The Dixon Six has always been popular with students and cross country runners and many others that just enjoyed the morning walk. This year there were 33 participants in the events. The Dixon family has always presented trophies to the top three finishers in each event.

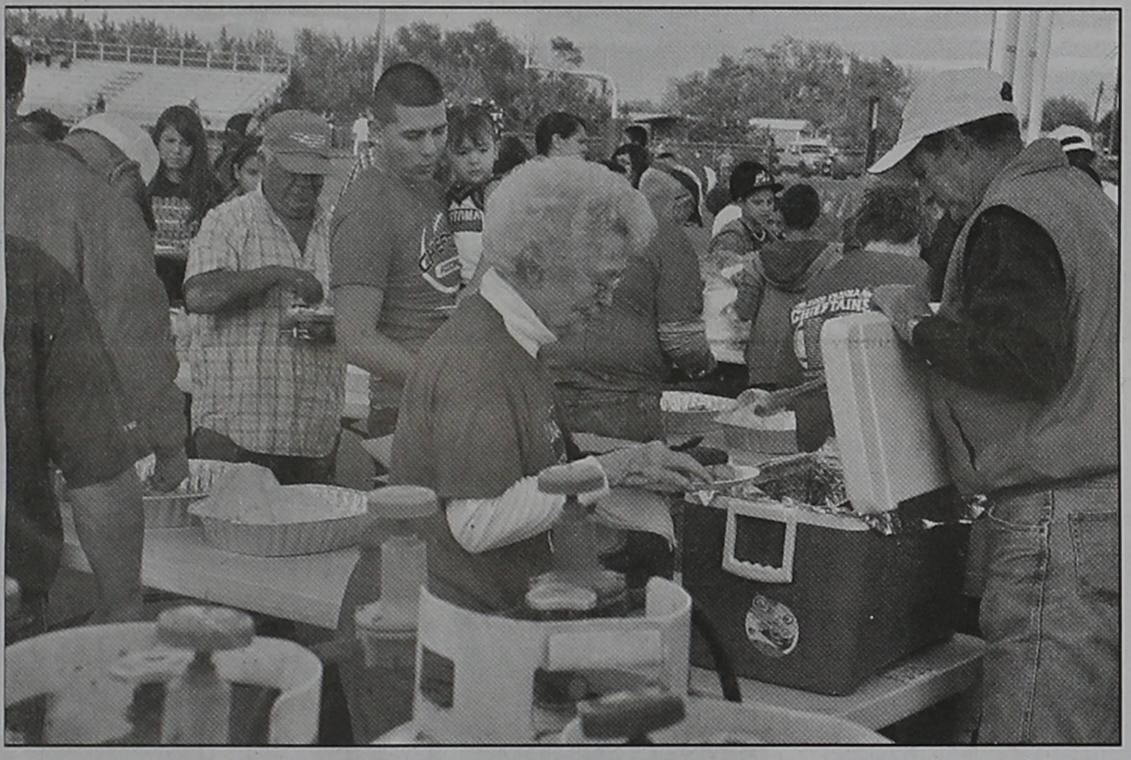
The winners this year were: 2-mile walk, Eugenia Godoy & Catalina Flores tied for 1st and Marca Herring was 2nd; 2-mile run, Josh Barnett 1st, Alexis Alvarado 2nd, Chelsie Gomez 3rd; 6-mile run, Armando Flores 1st, Edwin Garcia 2nd, Jacob Rejino 3rd. The only participant in the 6-mile bike ride was Josiah Rejino.

The Dixons expressed their thanks to everyone that participated in the Dixon Six over the years.



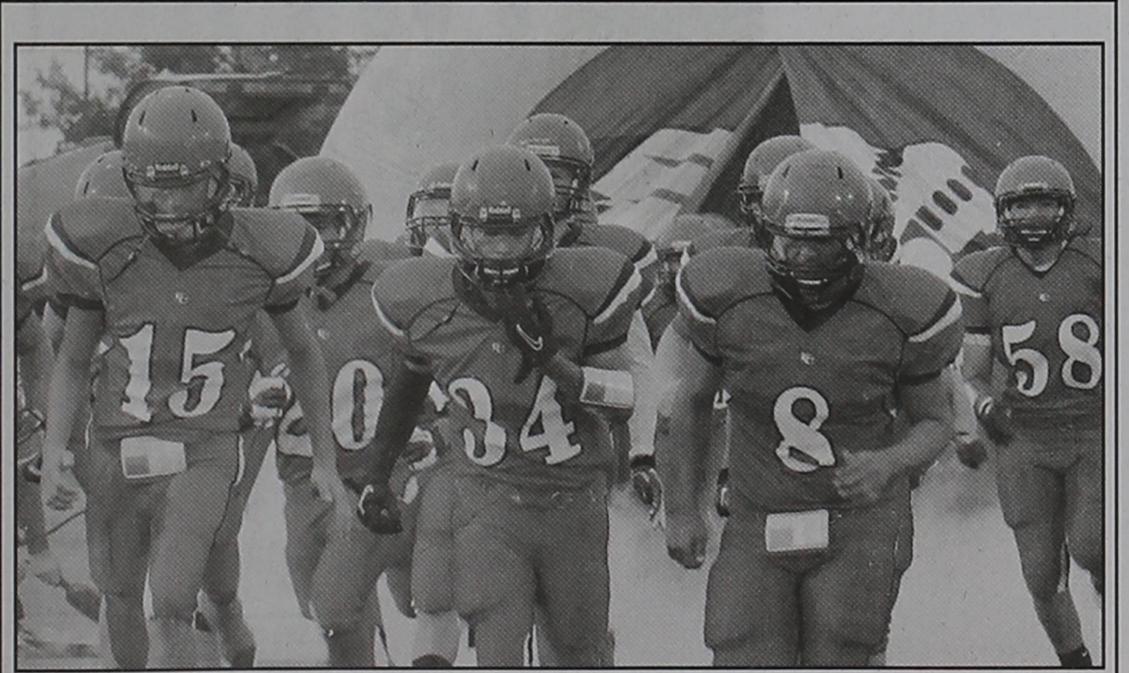
courtesy photo

Jim Dixon is shown with a group of youngsters that participated in the 2013 Dixon Six event at Maize Days. Jim and Jane Dixon have decided this was their last year to hold the Dixon Six. They started the event in 1985 and it has been held the Saturday morning of the Maize Days parade each year for 28 years.



ron carr photo

Mary Joyce Barnett, FHS Class of 1953, enjoyed her class reunion and the free hamburgers served by Cargill to the fans at the Chieftain vs. Idalou homecoming game Friday September 20. Cargill employee and FHS graduate Mark Neill, right, helps out on the serving line. It is a Cargill tradition to serve free burgers at the first home game.



KNNK 100.5-FM is your new home for Friona High School Sports. Tune-in to the live broadcast of this Friday's Chiefs vs Lubbock Roosevelt football game at 7:30 PM. You can also listen on WT Services community channel 6 and on the web at www.KNNK.net







courtesy photo

A Facebook page, Panhandle Tidbits, posts historical photos from around the Panhandle. We happened to see this photo of the Black, Texas Santa Fe train depot with an unidentified man and the depot in the background. They said the photo was from 1943. The Black depot was built in 1912 and retired 60 years later in 1972. It was moved to Amarillo then moved again to north of Hereford where it still serves as a guest house today. The Panhandle Tidbits Facebook page is written by a lady author in Tulia.

FCCLA: I Can Help

"I Can Help" is a service project of Friona FC-CLA and Human Services classes. They are selling cakes, jumbo cupcakes, cupcakes, sugar cookies, chocolate chip cookies and ribbon shaped suckers that will be delivered during the week of the pink out. They will also be selling goodies at the volleyball and football games the week of September 30th through October 4th and after school on Thursday October 3rd. You can look for cans labeled "I Can Help" in businesses around town. All profits will go to the Parmer County Cancer Coalition. For more information on "I Can Help" or to place an order for goodies call 265-5101.

The Parmer County Cancer Coalition began in 2010 in an effort to raise local awareness about cancer, and to assist those in the community that are suffering from cancer. The Coalition is dedicated to diminishing suffering from cancer in Parmer County through education, service, outreach and the prevention of cancer.

The Coalition is a registered 401(c) 3 charity, through which we give back to the community through a grant program for county cancer patients. Since 2010, we have helped 46 families with grants that go toward medical bills, transportation costs or living expenses. The grants are given to county residents that show a diagnosis of cancer, there are no financial requirements that need to be met to quality for the grant. Past recipients may apply again on a yearly basis for further funding.

A portion of the Coalition's budget is dedicated

to supporting the larger cause of cancer treatment research. Since 2010, we have contributed approximately \$10,000 to the American Cancer Society. This funding is recognition that although we seek to operate locally, the fight against cancer requires collaboration from us all.

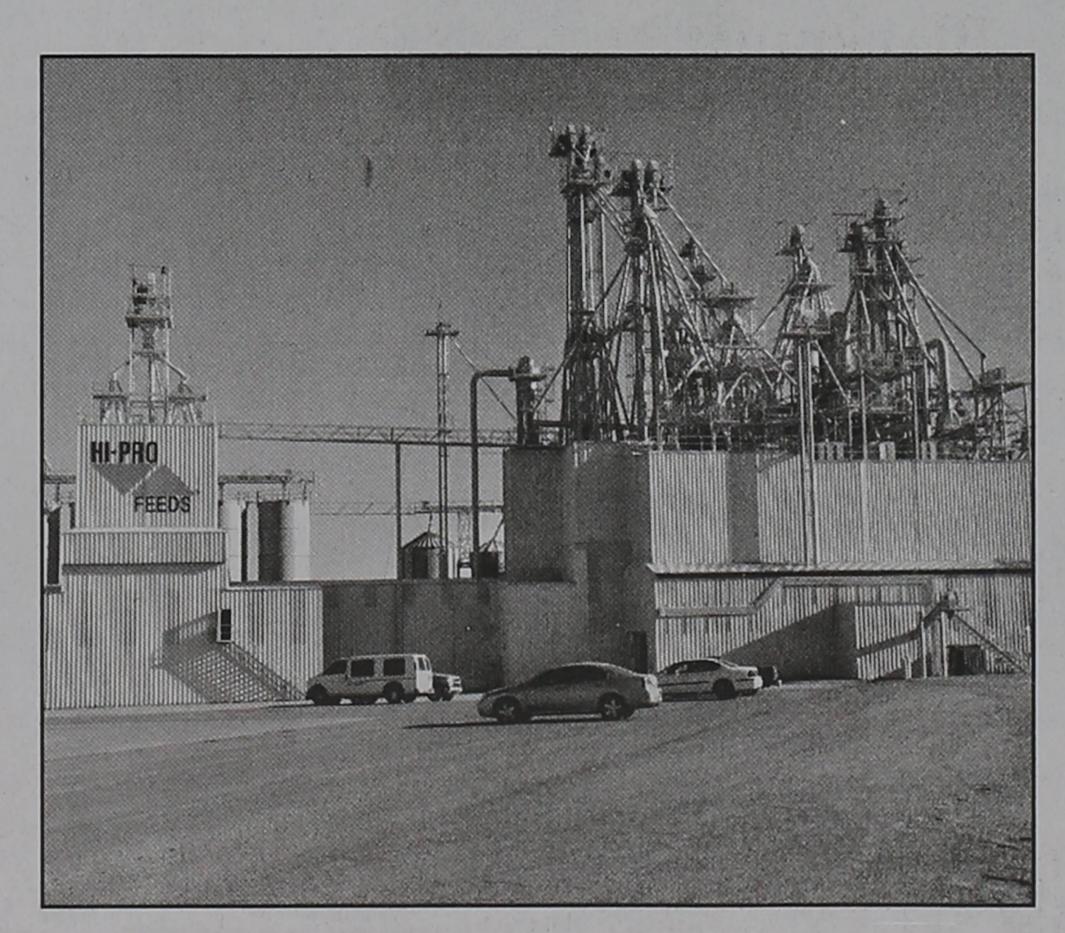
The charity is operated by a board of twelve local directors, who oversee the operation and finances of the charity. The coalition seeks to build county-wide involvement, and the board strives to keep representation from each county community.

The Coalition sponsors several projects throughout the year to raise cancer awareness and to raise funds. There is a yearly Survivor Dinner, where we honor our county cancer survivors and seek input on needed projects. We also sponsor county-wide "Pink Out" sporting events during the month of October, to raise awareness for breast cancer, and the need to get regular mammograms. The Coalition also works with the Amarillo Area Breast Cancer Coalition and the WISE Woman Program. The WISE Woman Program works to bring screenings to rural and underserviced communities.

A Cancer Support Group is also available to the residents of Parmer County, to assist with questions, or for those that need simply to talk to someone. For more information regarding the Coalition, the programs we sponsor, our grant initiative, or to contact a member of the group, please call (806) 250 – 3545, or email greg.jamie@hotmail.com.

Chamber of Commerce Business of the Month

Hi-Pro Feeds



The Hi-Pro story in the United States began in 1968 when the Friona, Texas mill was built to service the growing cattle feeding industry in the Texas Panhandle. Since 1972 Friona has operated as Hi-Pro Feeds and this brand has been synonymous with the South Central US cattle feeding business.

Friona was the first of twelve mills to be named Hi-Pro Feeds and it has a deep history of dedication and a sense of ownership that continues strongly to this day.

Hi-Pro Feeds objective is to earn business by enriching the lives of the animals fed and the customers and employees with whom we partner.

We are proud to be the Friona Chamber of Commerce Business of the Month for September.



courtesy photo

The Friona High School Class of 1973 held a 40-year reunion during Maize Days. They had a float in the parade. Front row, 1-r, Susan Martin Harkey, Donna Lewellen Schueler, Carolyn Murphree Wiseman, Nancy Martinez Lees; middle row, l-r, Jayson Grimsley, Dickey Garner, Vandra Nichiols Milloy, Carol Reeve Perry, Cindy Barnett Hawkins, Patricia Phipps, Randy Terry; back row, I-r, Carl Evans, Johne Rule, Matt Garth, Mike Martin, Kim Parr, Kevin Wiseman, Joe Mejia, James Bartlett, Colleen Royal Hailey, Cindy Hutson Weatherly, Sharon Smith Rector.



ron carr photo

Kendall Barnett's corsage is almost as big as she is. Kendall and classmates enjoyed the homecoming festivities Friday night. Good weather, free burgers, and

Meet the Omegas

By Melanie Gallman Braun

You've heard of them, right? Omega-6 and omega-3. Omega-3 usually gets a bigger billing; however both "omegas" are essential fatty acids and must be consumed for the body's survival and optimal functioning. When a nutrient is designated as "essential," it means that nutrient must be consumed in our diet because our bodies cannot manufacture it. Essential fatty acids are needed to make eicosanoids. (No, I don't know how to pronounce that word either.) But, member, saturated fats are eicosanoids are pretty darn solid at room temperature; important. They regulate key functions such as blood clotting, the expanding and contracting of blood vessels to regulate blood pressure, the permeability of blood vessels to fluids and large molecules and the regulation of inflammation, just to name a few.

Omega-6 is linoleic acid. It is found in vegetable and nut oils, such as sunflower, corn, soy and peanut oils. Linoleic acid is important because it is transformed into other compounds that regulate blood clotting and blood pressure. If you are eating lots of vegetables and using vegetable oils, you are probably getting adequate amounts of omega-6 in your diet.

Omega-3 is alpha-linoleic acid. Two of these essential fatty acids are eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA). (Ok, those two words are even hard to type.) EPA and DHA are found in especially high amounts in cold-water fish, such as wild salmon, sardines, and tuna. EPA and DHA help keep the fish cell membranes flexible in extremely cold temperatures because of their degree of unsaturation. (Reunsaturated fats are liquid at room temperature. Unsaturated fats are more healthy types of fats.) The roles of EPA and DHA in humans are to improve the function of blood vessels as well as to reduce inflammation, blood clotting, blood pressure, irregularities in the heartbeat, and triglyceride levels in the blood. If I were starving, I would eat fish, but otherwise, no thank you. My solution is to take omega-3 in capsule form. And, alpha-linoleic acid is also found in leafy green veggies, flaxseeds and flaxseed oil, soy oil and foods, and canola oil. So, here's to the omegas and to protecting your heart! Salud!



ron carr photo

Great Plains Ag Credit employee Tommy St. Clair braved the cool damp weather to grill sausages. Great Plains held their annual customer appreciation sausage wrap lunch last Friday at their offices on west Highway 60.

Bailee Braillif wins Week 3 contest

One contestant picked 14 of 15 correct in the Week 3 Football Contest. Seven contestants picked 13 of 15 correct but no tie-breaker was necessary as Bailee Braillif was the one and only winner of the \$25 weekly prize.

These folks had 13 correct, a good showing that helps in the total points race: Jo Field, Eric Geske, Jack Glover, Mal Manchee, Birdie Owens, Dorothy Stowers, and Michael Villa.

Coming in with 12 correct in Week 3 were: Sandra Berend, Rick Castaneda, Tyson Neill, Greg O'Brian, Aubrey Parson, Martha Rodriguez, and Christen Stowers.

There are 9 more weeks to play and win the \$25 weekly prize or vie for the \$100 grand prize. More than likely the grand prize will be won by a contestant that enters all 12 weeks but there is \$25 up for grabs every week so enter and join the competition.

The standings after Week 3 are elsewhere in this Star issue. Good luck and good pickin'.

Football Contest Standings – Week 3

Point totals after three weeks. Only contestants that enter all weeks are listed.

- 35 Bailee Braillif
- 34 Eric Geske, Brent Loflin, Mal Manchee, Michael Villa
- 33 Rick Castaneda, Ronald Diaz, Mark Galan, Dorothy Stowers
- 32 Sandra Berend, Gaines Butman, Birdie Owens, Ron Smiley Christen Stowers
- 31 Brandon Berend, Raul Brallif, William Gromowski, Myrtle Melton, Greg O'Brian, Procoro Rodriguez, Destiny Sandoval
- 30 Jeremy Dearing, Jack Glover, Aprile Hudson, Kaegan Kerby, Robert Kerby, Benito Ortiz, Aubrey Parson
- 29 Claire Brown, Rusty McFarland, Izzy Marrufo, Tyson Neill, Tyrone Shelby
- 28 Jess Dearing, Tim Elmore, Jon Field, Frank Gonzalez, Enrique Rodriguez, Chris Shufelberger
- 27 Raymond Diaz, Lance Field, Lester Fennell, Darrin Gilley, Mason Loflin, Mack McFarland, Charlotte Marrufo, Miguel Porchas, Linvell Rose, Teresa Shelby, Jimmy Walker
- 26 Martin Brito, Scott Brown, Frank Dominguez, Jonathan Espinoza, Pam Fennell, John Haile, Greg Lewellen, Rosa Mendez, Harley Merritt, Andy Montana, Tenna Montana, Jesse Morales, Martha Rodriguez, Alonzo Rojas, Haden Smiley, Mitch Smiley
- 25 Isaac Duran, Erika Montana, Amy Montana, Pedro Ramos, Christi Villa, Sue Walker
- 24 Ivan Duran, William Martin, Blayke Mills, Isabel Rios, Quentin Shelby, Brian Simons
- 23 Darlene Case, Sally Gonzales, Drew Montana, Sylvia Ortiz, Clayton Smiley, Kenney Stone
- 22 Logan Loflin, Rodney Shelby



ron carr photo

Homecoming is corsage time as demonstrated by varsity cheerleader Aubrey Williams. A large crowd attended the homecoming game. The Chiefs lost to Idalou 21-0.

