



## Cargill Donates to Snack Pak 4 Kids

During the 50th Anniversary Celebration of the Cargill Plant in Friona last Saturday in the Friona City Park, the Cargill Corporation presented a \$40,000 check to the Snack Pak 4 Kids organization.

Snack Pak 4 Kids (SP4K) is a weekend backpack program that began eight years ago. Dyron Howell and his wife, Kelly, started the program in their kitchen serving just 10 kids at Will Rogers Elementary School in Amarillo. They discovered that Amarillo was the largest city west of Dallas without a weekend backpack program, and yet, more than 3,200 children in the Amarillo Independent School District relied only on the meals served to them at school for their weekly food. That meant hundreds of children spent their nights and weekends hungry. On Friday, September 3, 2010, the first 10 SP4K recipients received a bag containing enough food to get them through the weekend.

Today, the program has grown to serve more than 10,000 kids in 51 school districts. Snack Paks always contain brand new, brand-name food and, thanks to generous partnerships and a steady stream of volunteers, 100% of all donations given to SP4K are used to purchase food for hungry children. The SP4K mission is: "To end weekend hunger for children by providing a backpack filled with kid-friendly snacks each Friday of the year." Their focus is always on the kids, and they believe that is a major part of our success.

The Friona Star will publish a special section in the October 11th edition of the newspaper that will highlight the 50th Anniversary of the Cargill facility in Friona. It will contain reprinted articles from 1968 and 1993, pictures from the anniversary celebration, and best wishes from the citizens and businesses of Friona. Happy 50th Anniversary Cargill!!!



Pictured (l-r): John Keating, President of Cargill Meat Solutions Corporation; Dyron Howell, founder of Snack Pak 4 Kids; Star Stater, Operations Coordinator for Cargill Animal Nutrition; and Scott Pohlman, General Manager of the Friona Cargill Plant.

## Keep Friona Clean

### Roll-off box to open up for waste items

The City will open up the roll-off box this Saturday, October 6th from 8am - 12:00pm (noon). Please come by to dump those items that don't belong in your dumpster and do your part to help Keep Friona Clean!

The roll-off box is located at East 8th and South Jackson Ave.



It is a free service provided to Friona residents. Examples of items not allowed in dumpsters includes: steel and metal, mat-

tresses and furniture, refrigerators/AC units, paint cans (with or without liquids), electronics and appliances, drums/barrels, brick, wood and concrete, railroad ties. Items not accepted in the roll-off box are tires, oil and tree limbs. To dispose of these items, please contact the City Office at 806-250-2761.

## Low fuel costs lead to refund for Xcel Energy customers

Xcel Energy customers in Texas will receive a one-time refund in January related to several months of lower costs for natural gas used to fuel area power plants, further extending the savings of a 9 percent bill reduction since 2017 that is also tied to less expensive fuel.

"Our customers are paying less for electricity than they did a year ago because of lower fuel costs, and that puts more dollars into their discretionary spending budgets, which is good for the regional economy," said David Hudson, president, Xcel Energy - Texas.

Xcel Energy filed the refund proposal today at the Public Utility Commission of Texas. If approved, residential customers using 1,000 kilowatt-hours a month would receive a one-time credit of \$11.76. The refund will be based on the amount of electricity a customer uses in December, and could be spread over two months depending upon a customer's billing cycle.

The expense of fuel used to generate electricity at area power plants is adjusted periodically through a fuel cost factor, and this expense accounts for about a third of a residential customer bill. Xcel Energy does not earn a profit on these pass-through charges. Hudson said the biggest variable has been the cost of natural gas, which makes up about 36 percent of the regional fuel mix. Residential prices have dropped by more

than 9 percent over the last year, mostly because of lower natural gas expense. And after the last regulatory rate review was concluded in July, Xcel Energy left rates unchanged.

Xcel Energy's business and industrial customers also will receive refunds. But this proposal does not impact customers of electric cooperatives and municipal utilities that purchase electricity on the wholesale market from Xcel Energy. Fuel costs for these customers are adjusted monthly and already account for the additional natural gas cost savings.

Hudson said the natural gas market has been notoriously volatile over the past decade, and fuel costs could rise again. Clean energy resources such as wind and solar have no associated fuel costs, a primary reason the company is working to add 1,230 additional megawatts of wind generation to the regional generating mix. Earlier in the year, Xcel Energy received regulatory approval in both Texas and New Mexico to build large wind farms near Plainview, Texas, and Portales, N.M., in 2019 and 2020.

"These wind farms will further lower fuel costs even as we raise base rates to pay for them," Hudson said. "But we expect overall billing increases to stay close to or under the rate of inflation over the next several years because of efficiencies we are building into the system."

## Movies in the Park



On Wednesday, September 26th, the Friona City Manager, Police Department, and Mayor Ricky White met with the entire 7th grade class to discuss community involvement. The students had some great ideas on how the City can engage its citizens and help bring everyone together. One of the suggestions was to show Halloween movies in the City Park throughout the month of October. So, beginning on Tues-

day, October 9th, the City of Friona and the 7th grade class of Friona Junior High School will launch "Movies in the Park" at dusk (sundown). "Hocus Pocus" will be the feature attraction on the first evening. The Tuesday evening movies will also be shown on October 16th, 23rd, and 30th. The City will post movie titles and dates on their Facebook page and website ([www.cityoffriona.com](http://www.cityoffriona.com)).

## Sales Tax Revenue Totaled \$2.7 Billion in September

Texas Comptroller Glenn Hegar today said state sales tax revenue totaled \$2.7 billion in September, 14.8 percent more than in September 2017.

"Vigorous growth in state sales tax revenue continued in September across all major

industry sectors," Hegar said. "While the fastest growth in tax collections was fueled by business spending, especially in oil- and gas-related sectors, robust consumer spending spurred significant increases from restaurants and retail trade as well."

Total sales tax revenue for the three months ending in September 2018 was up 12.4 percent compared to the same period a year ago. The sales tax is the largest source of state funding for the state budget, accounting for 57 percent of all tax collections.

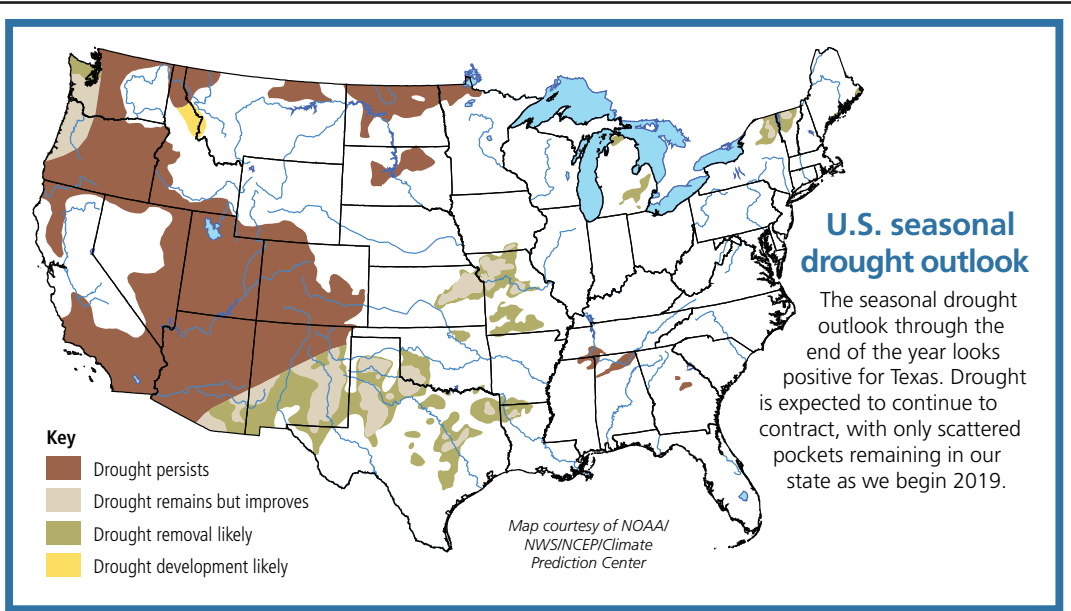
## Weather guru releases info

Local atmospheric enthusiast John Gurley released rainfall totals for the 3rd quarter of 2018. Friona received 8.8 inches of rain during July, August, and September. Last year we had 18.23 inches during the same period. In an average year we would expect around 4-5 inches.

For the year-to-date, Friona has received 12.22 inches of rain. We had 27.34 inches at this time last year and 14.69 inches in 2016. Last year we had 3.27 inches in the 4th quarter with all of it coming in the month of October. Forecasts call for a wetter fall/winter this year. Bring it on.

### 2018 Friona Rainfall (inches)

January	0	June	1.18
February	.12	July	4.30
March	.18	August	2.87
April	.70	Sept.	1.63
May	1.24	<b>Total</b>	<b>12.22</b>



Friona Weather	T	F	S	S	M	T	W	Precipitation	Burn Ban:
October 4-10	87   61 SW 10-20	87   54 SW 10-20	71   54 NE 10-20	74   53 S 20-30	69   48 SW 15-25	67   46 WSW 10-20	70   50 S 10-15	October 0.00 Year 12.22	<b>No</b>

# Jr. High News

## Community Calendar

Send Calendar information to:  
frionastar@wtrt.net  
call (806) 250-2211 or fax (806) 250-5127

- October 4**  
-Friona Noon Lions Club meeting at noon at Headquarters
- October 5**  
-Caregivers Coffee Break at First National Bank Community Room 9:30 a.m.
- October 8**  
-Columbus Day
- October 13**  
-PMC free pre-natal classes 9-10 a.m.
- October 16**  
-National Bosses Day
- October 18**  
-Friona Noon Lions Club meeting at noon at Headquarters
- October 24**  
-United Nations Day
- October 31**  
-Halloween
- November 1**  
-Friona Noon Lions Club meeting at noon at Headquarters
- November 2**  
-Caregivers Coffee Break at First National Bank Community Room 9:30 a.m.
- November 4**  
-Daylight Savings Time Ends
- November 6**  
-Election Day
- November 10**  
-PMC free pre-natal classes 9-10 a.m.
- November 11**  
-Veteran's Day
- November 15**  
-Friona Noon Lions Club meeting at noon at Headquarters
- November 22**  
-Thanksgiving Day
- December 6**  
-Friona Noon Lions Club meeting at noon at Headquarters
- December 7**  
-Pearl Harbor Remembrance Day



**Jesus Godoy**  
8th Grade Boy Student of The Month (September)



**Vanessa Perez**  
8th Grade Girl Student of The Month (September)



**Francisco Perez**  
7th Grade Boy Student of The Month (September)



**Ellie Galaviz**  
7th Grade Girl Student of The Month (September)



**Arturo Tafolla**  
6th Grade Boy Student of The Month (September)



**Odalis Faudoa**  
6th Grade Girl Student of The Month (September)

## Texas Weekly Fuel Update and Outlook

October 1- Gasoline prices in Texas have risen 3.0 cents per gallon in the past week, averaging \$2.63/g yesterday, according to GasBuddy's daily survey of 13,114 stations in Texas. This compares with the national average that has increased 1.5 cents per gallon versus last week to \$2.87/g, according to GasBuddy.

Including the change locally during the past week, prices yesterday were 22.3 cents per gallon higher than a year ago and are 3.7 cents per gallon higher than a month ago. The national average has increased 3.5 cents per gallon during the last month and stands 33.4 cents per gallon higher than a year ago.

"Overarching concern over tightening global oil supplies, in advance of U.S. trade sanctions on Iran, have helped

WTI rise \$2.47 a barrel in just the past week, while Brent crude oil picked up nearly \$4 in value to achieve thresholds not seen since November, 2014," said Patrick DeHaan, senior petroleum analyst for GasBuddy.com. "Looking ahead, the squeeze in global supplies will almost certainly put gasoline prices under pressure and provide a strong basis for further increases at the pumps at a time when drivers are accustomed to seeing prices soften. Short of producing countries suddenly finding a million spare barrels of oil over the month of October, drivers should brace for even higher prices over the next several weeks."

GasBuddy is available on all mobile platforms. For more information, visit [www.gasbuddy.com](http://www.gasbuddy.com).



**Prairie Acres will welcome their new administrator, Cy Jenkins & his wife Barbara, on Tuesday, October 16th in the Prairie Acres dining area from 2-3 p.m. Light snacks & beverages will be served. We would love to see you there!**

**ACROSS**

- 1 popular TX drinks
- 5 Plainview's county
- 6 U.S.-based sports TV channel
- 7 this Thorpe won a NBA title in Houston
- 8 agrees to change original contracts
- 17 TXism: "so dry the Baptists \_\_\_\_\_ sprinkling"
- 18 buried (3 wds.)
- 21 this Nate was an All-Pro guard for the Cowboys (init.)
- 22 TX-born Sharon who was murdered by the Manson family
- 23 small town 12 miles north of Beeville
- 24 performed the song again?
- 29 it was a home shopping TV station serving Houston (1987-2001)
- 30 event at Texas Motor Speedway
- 31 "good \_\_\_ boy"
- 32 dual passage ways on a 747? (2 wds.)
- 34 Texas \_\_\_\_\_ University
- 35 "The eyes of Texas \_\_\_\_\_ upon you . . ."
- 36 TXism: "he couldn't find an \_\_\_\_\_ a sitting hen" (dumb)
- 37 highest point in TX: Guadalupe \_\_\_\_\_
- 38 TX "Tiger" Teague
- 39 "\_\_\_\_\_ he can give"

**DOWN**

- 1 book by former Rice prof Max Apple: "\_\_\_\_\_ America"
- 2 Louisiana is along TX's \_\_\_\_\_ border
- 3 seat of Brewster County
- 4 TXism: "he ain't got a lick of \_\_\_\_\_"
- 9 stainer \_\_\_\_\_
- 10 LBJ took the \_\_\_\_\_ of office aboard Air Force One in 1963
- 11 bolo \_\_\_\_\_
- 12 TX DL, e.g. \_\_\_\_\_ on Pearl Harbor (12/07/1941)
- 14 football score: \_\_\_\_\_ down
- 15 Perry Mason's \_\_\_\_\_ Stanley Gardner
- 16 TXism: "take a look \_\_\_\_\_"
- 19 TX Katherine Anne Porter wrote short \_\_\_\_\_
- 20 aptitude or skill
- 22 "what about \_\_\_\_\_ of us?"

## TEXAS CROSSWORD

by Charley & Guy Orbison  
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P-1394

solution on page 4

- 33 Reagan's "Star Wars" (abbr.)
- 34 TX Don Henley co-wrote "I Can't \_\_\_\_\_ You Why"
- 35 in Parker County on FM 1187
- 37 seat of Concho County
- 38 Cowboys are \_\_\_\_\_ by Jerry
- 40 hangin' loop
- 41 Marquis de \_\_\_\_\_
- 44 in Grayson County on U.S. 75
- 47 feel bitter about
- 49 TX singer, English

### ON YOUR PAYROLL

**U.S. Government**

**President:** Donald J. Trump, The White House, 1600 Pennsylvania Avenue NW, Washington, D.C. 20500. 202-456-1111, fax 202-456-2461, email [comments@whitehouse.gov](mailto: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:** Jodey Arrington, 2019 Longworth, House Office Building, 202-225-4005. Lubbock District Office, 1312 Texas Ave. #219, Lubbock, TX 79401. Abilene District Office, 500 Chestnut St. #819, Abilene, TX 79602

**State**

**Governor:** Greg Abbott, 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 CAPIW.10, Capitol P.O. Box 2910, Austin, Tx 78768. 512-463-0702. fax 512-476-7016. Amarillo office; 320 So. Polk, 1st Floor, Lobby box 28, Amarillo 79101. 806-372-3327, fax 806-342-0327.

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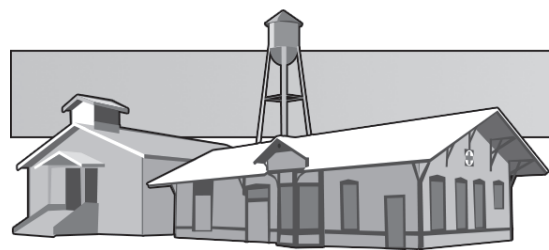
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# TOWN TALK

Phone: 806-250-2211 • Fax: 806-250-5127  
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Happy first birthday to Rynlee Wilson!

★★★

Happy Anniversary to Dale & Laura Hart on their 64th Wedding Anniversary on October 8.

★★★

Friona's Pink Out game will be Friday, October 12th versus Childress.

★★★

United Way will be starting their donation charity.

★★★

No school on Friday the 5th and Monday 8th of October.

★★★

Congratulations to Stephen Campbell and Debra Cooper for their engagement.

★★★

Congratulations to the Varsity Volleyball team for their victory against Dimmit 3-0 and River Road 3-1.

★★★

Congratulations to all honorable students. Keep making Friona proud!

★★★

October 5th is National Do Something Nice Day. Do some-

thing nice to or for an individual and watch their positive respond. Keep the spirit of the day, perhaps we could encourage several people.

★★★

October 8 is the celebration of Christopher Columbus and his arrival in the Americas.

★★★

Tickets will be available beginning Monday for the 2018 Friona Band Boosters Brisket Dinner. The event will be held on Sunday, October 21st at the Junior High Cafeteria from 11:30 a.m.

until 1:30 p.m. and the ticket price is \$10.00 per plate. Tickets will be available from band boosters and band members. Proceeds benefit the FHS Marching Band.

★★★

Congratulations to Angel Hernandez and Rodrigo Munoz for being the players of the week.

★★★

The Harvest Market will be on October 9 at the Vet Industries Feed and Supplies on 1011 grand at 10:00 am. Jeff Walker from Dawn will have squash, zucchini, okra, green beans, black eyed peas, and will be roasting green chilies.

★★★

The sheriffs night out was a success, a thanks to everyone who participated.

★★★

Congratulation Lupe Taylor for winning the best salsa contest at the Sheriffs Night Out.

★★★

Jason Fry, knife maker extraordinaire, will be at Silver Spur Gun & Blade Show at the Lubbock Civic Center Saturday and Sunday, October 13th and 14th. The Gun & Blade show hours are Saturday 9:00 am - 5:00 pm and Sunday 10:00 am - 5:00 pm. Admission is only \$7 for adults and kids under 12 are free. 2 day pass only \$12. Get 2 for the price of 1 the first hour each day and get \$1 off for active military and NRA members with ID.

*Slow down  
Won't you stay here a minute more  
I know you want to walk through the door  
But it's all too fast  
Let's make it last a little while  
I pointed to the sky and now you wanna fly  
I am your biggest fan  
I hope you know I am  
But do you think you can somehow  
Slow down  
By Nicole Nordeman*



Rynlee Ann D'Aun, won't you stay a minute more.... just yesterday, you arrived to capture all our hearts!

Now, in a blink of an eye, you are one year old....and are trying to keep up with your big brother, Roston! You eat anything & everything, give the sweetest kisses & hugs and you have the brightest & biggest smile. You still keep your mommy & daddy, Mike and Miranda Wilson, up all night...just as if a year hasn't passed, at all, and you are still that lil 7lbs 2oz, 18 3/4 inches baby girl that changed our world on October 5, 2017 at 7:30am in Snyder, Texas.

Sweet Rynlee Ann, Kpa and Netty, Kirk and Annette Frye, and Great- Grandpa

and Naunnie, George and Aundrea Frye, love you so much and we are thankful to our Lord for the precious gift of you, today on your 1st birthday, and all the tomorrows to come. xoxoxo



## FRIONA FLASHBACKS

From the Friona Star Archives

★★★

October 12, 2017

After all the recent rains, County Road 15 east of Cargill Meat solutions looked more like a river than a road. According to John Gurley, Friona received 3.05 inches of rain in September but areas outside the city limits received much more.

★★★

October 9, 2008

Members of the Parmer County Historical Commission are working diligently toward a third Parmer County history book. They want to collect as many family histories and photos to include as possible. A workshop on how to get started writing a family history will be held Monday, October 13 at 7p.m. at the EMS building on 3rd Street in Bovina. The workshop is a free service to help and encourage folks to contribute their histories. Even if your history is recent, if you have lived here only 10-20 years, your life, family, history, or business history will be a part of the county history 50 years from now. Start now preserving your family history for future generations.

★★★

October 5, 1996

Friona state bank is sponsoring a fall foliage tour to Canadian Tx on Saturday October 19. The bus tour will depart Friona at 7:30 a.m. and return at 9 p.m. the same day. The group will enjoy arts and crafts, a quilt show, a tour of homes, a tour of Lake Marvin, and of course, the beautiful colors of fall foliage in the area. The cost is only \$71.50 per person, which includes two meals, bus transportation, and entry to all the above-mentioned events. You are invited to see fall colors of Canadian while traveling with your friends and neighbors.

★★★

October 6, 1985

A late-season thunderstorm with hail caused considerable crop damage in the area Saturday night. The storm served as a reminder that it's never too late for a hailstorm in this part of the country. Most of the hail appeared to be north of town, where milo shattered and cotton had its leaves stripped. Some sugar beet fields also were battered, although that crop is ready for digging. Luckily for farmers, the hail damage appeared to be spotted, because where it hailed, the damage was quite severe. Meryle Massie said he found ice piled in the middle of his milo field Sunday morning. After the late-season storm, the area

was invaded by a mass of arctic air, which caused temperatures to plunge from a high of 85 degrees on Friday to a low of 34 Sunday morning. Sunday's high was only 39 degrees. By Thursday of this week, the temperature had finally reached a more seasonal norm, reaching back to the 80's the corn harvest had resumed in some fields. The remaining corn is lodging, and harvest will take much longer, as farmers attempt to save much as possible. One elevator spokesman said that he estimated that 60 to 70 percent of the corn had been harvested if the weather stayed dry. Although maize harvest has begun in some fields, most of the maize won't be ready until it frosts. Although the temperature fell to a low of 31 the morning of October 31, the area has not received a killing freeze. The cold weather stopped the growth of cotton, and started the maturing process, according to D.L. Carmichael. "What we need is about two months of dry weather," Carmichael said. The Friona ginner said that most of the cotton escaped bad hail damage. "I've only heard about one 40-acre field that was damaged. I think we came out luckier than the maize farmers," he said. The latest rainfall will again boost the wheat crop and the underground moisture, although some of the wheat may have to be re-planted due to the hail and hard rain.

★★★

October 1, 1970

There's a dog in Friona who wasn't ready to trade pickups when his master was. Johnny Tannahill traded pickups at Friona Motors about a week or so ago. The Tannahill lived only five blocks away from Friona Motors on Grand street. It seems that "Bear" Tannahill German Shepherd, had a hard time adjusting to the trade. He would go down to the Ford Agency and get in the bed of the old pickup, until retrieved. Apparently Bear didn't consider he went with the trade, because he has adjusted to the new pickup now, Tannahill says. Perhaps he was just irked because he wasn't consulted ahead of time.

★★★

September 30, 1965

The enrollment in Friona Public Schools is up almost nine percent over last year, it was revealed this week by Superintendent Alton Farr. Current enrollment was listed the past week at 1367, which was an increased of 111 students over the 1256 total at the end of the 1964-65 school year.

### LEGAL PUBLICATIONS

#### Parmer County Notice of Public Hearing – Texas Enterprise Zone Program Nomination

NOTICE is hereby given that on Monday, October 22, 2018 at 9:30 a.m., the Commissioners Court for Parmer County, Texas, shall hold a public hearing in the County Courtroom of the Parmer County Courthouse located at 401 3rd Street, Farewell, Texas, to consider a Resolution and Order nominating Cargill Meat Solutions Corporation for the Texas Enterprise Zone Program for a project located at 1530 US Hwy 60, Friona, Texas. Tax relief and/or other incentives that could be offered by the County may also be discussed at this hearing.

At the hearing, interested persons shall be entitled to speak and present evidence for or against the nomination. A copy of this notice shall be published in a newspaper having general circulation in the County not less than seven (7) days prior to the date of the hearing.

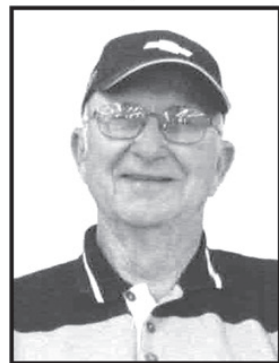
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### Players of the Week



Offense Angel Hernandez



Defense Rodrigo Muñoz



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## Friona Chiefs Bye Week



# Psalm 99—The Lord Reigns

**Brett Hoyle, Pastor, First Baptist Church**

The Lord reigns! He reigns over the nations, our state and even Friona, but did you know that God is so amazing that He even reigns over your failures and sinful mistakes? Psalm 99 begins by exalting the Lord's reign over the entire world, and I'm so thankful He reigns! The rattlings of war, disputes among the nations or even the misunderstandings we have regarding His sovereignty don't knock Him off his throne, but they point to the great need we all have to submit to His kingdom. Submitting to God's leadership involves saving faith in God through Jesus Christ, followed by loving obedience.

In the midpoint of the Psalm three great men of the faith are mentioned who followed God's leadership and reign, Moses, Aaron, and Samuel. These giants in the faith were godly men, but Psalm 99 throws a curveball by reminding us that they too had some major failures. Moses and Aaron's sins cost them entrance into the promise land, and Samuel's sinful sons led the nation down a path of idolatry and abuse. The egregious sins of these godly men, though, were not greater than the Lord's reign. In fact, in Psalm 99:8 God is described as "a forgiving God." We know God reigns, but I praise Him that He is also forgiving and our redeemer! God's reign is over the nations, but it is also big enough to cover your sin and lead you through a path of redemption, when you seek Him with your whole heart in trust and obedience.

## The Destruction of a Good Man

**By Teena Hughs**

I have watched Fox News more in the last 10 days than I have in such a long time because of Brett Kavanaugh's hearings to become the next Supreme Court justice. While watching, I have gone through such a range of emotions, and I cannot remember how long it's been since I have gotten so angry.

What I have witnessed is an orchestrated plan unfold to try to ruin a man and his family. It is not about how he has done his job as an appellate court judge; it isn't about what kind of civic servant he is; it isn't about how good a Christian man he is; it is about what can be done to keep him off the court. And, it doesn't matter what has to be done or said, a group of people have decided he should not become a Supreme Court justice, and so an all-out assault has been unleashed to see that that happens.

What I have been amazed at is the lengths people are going to to see that he is not confirmed. Who or what gives another person the right to try to purposefully ruin another person, his wife, and the lives of his children? I simply could not do to another person what people in the media and the Senate have done to Kavanaugh, especially with no regard to truth or fairness.

Sadly, whether Kavanaugh is confirmed or not, his reputation has been harmed, and that is what I cannot stand. He has worked most of his life to build an unquestionable reputation of character and integrity. Did he do some stupid things as a teen-ager? Yes, but so did I, and I want to meet the first teen-ager who didn't do something stupid during those years.

After I settled down and started trying to think about what I should do, besides praying for the Kavanaugh family, I knew I needed to start praying for all the people doing these horrible things to them. I know I cannot say anything in a letter or e-mail to change their minds, but I know God can change their hearts and minds, and that is what I am praying for. God knows exactly what needs to be said and done, and He will take care of it, now on Earth, or on their judgment day (Matthew 12:36).

I just know we need God and prayer more than ever; we need to return to a day where truth, fairness, civility, and respect for one another, regardless of our differences, are the norm again; we need to look to Jesus as the example for living our lives. Jesus would never treat anyone, not even the worst sinner in the world, the way Kavanaugh and his family are being treated. I feel sure Jesus is weeping over what He is witnessing now, and for that, I am so sorry.

# ~OBITUARIES~

## Joe Angel Vazquez

Joe Angel Vazquez, infant son of Jose Angel Vazquez and Sabrina Vargas passed away October 1, 2018 in Hereford. Graveside Service and Burial will be held 10:00 A.M. Thursday, October 4, 2018 at the Friona Cemetery in Friona with Rev. Brett Hoyle, pastor of the First Baptist Church in Friona, officiating. Personally assisting this family is Hansard Family Funeral Home of Friona.

He will forever be in the hearts of his parents of Friona, 1 brother-Cameron Ray Var-

gas, 1 sister-Kaymbree Rose Vazquez, grandparents-Ida Vazquez, Refugio Vazquez, Geneva Torres, all of Friona and Ascension Vargas of Dimmitt.

You may send condolences to the family and sign the online register book at [www.hansardfamily.com](http://www.hansardfamily.com)



## Sylvia Gibson

Funeral Services for Sylvia Gibson, 70, a life-long Friona resident will be at 2:00 p.m. Thursday, October 4, 2018 at Calvary Baptist Church in Friona with the Reverend Brett Hoyle, pastor of First Baptist Church of Friona, officiating. Interment will follow in the Friona Cemetery under the personal supervision of Parkside Chapel Funeral Home. Mrs. Gibson earned her angel wings on Monday, October 1, 2018, in Friona.

Sylvia Stokes was born in Friona to Arthur Lee and Lena Frances Reed Stokes. She attended Friona Schools, graduating in 1966. She met and fell in love with Lee Gibson, they married December 11, 1966 in Friona. She, along with her husband owned and operated the Tasty Cream Drive in Friona from 1974 until 1980. She and three of her friends started an office cleaning service at Cargill Industries. She enjoyed making and sharing Christmas Candy and became known as the "Candy Lady". Sylvia and Lee were very active members of Calvary Baptist Church.

Those left to cherish her memory are one son Mitchell Gibson and wife Carmen of

Amarillo, two daughters, Trisha WhiteEagle and husband Chaun of Beaver, Oklahoma and Tracey Gibson of Borger, two sisters, Shirley Harris of Fort Worth, Ruthie Hardin of Amarillo, four brothers, Jerry Zachary, of Woodward, Oklahoma, Gene Zachary of Friona, Gordon Stokes, of Arlington, Texas and Johnny Stokes of Clovis, seven grandchildren and four great-grandchildren.

Sylvia was preceded in death by her parents, her husband Lee and one brother Charles Allen Zachary.

The family suggests memorials in Mrs. Gibson's name be made to Samaritans Purse, P.O. Box 3000, Boone, N C 28607



## Michel Wayne Jimenez

Michel Wayne Jimenez, 40 of Lazbuddie passed away September 28, 2018. Celebration of Life Memorial Services will be held 2:00 P.M. Saturday, October 6, 2018 at the First Baptist Church of Muleshoe with Stacy Conner, Pastor, officiating. Personally assisting this family with cremation and arrangements is Hansard Family Funeral Home of Friona.

Michel was born September 24, 1978 in Ft. Worth to Peter C. and Karen Kersten Jimenez. He later married Kylie Diane Kinnibrugh on April 6, 2001 in Ft. Worth.

He was a professional dog and horse trainer and a truck driver. Michel and Kylie moved to West Texas in August of 2009 and to Lazbuddie in 2011. He loved competition bicycling, camping and sailing with family.

Those remaining to carry on his legacy include: his wife Kylie, 2 sons-Michel Jimenez Jr. and Samuel Jimenez, 2 daughters-Jessica Jimenez and Rylie Jimenez, all of Lazbuddie, 2 sisters-Mariesa Jimenez of Rio Vista and Allyssa Jimenez of Ft. Worth, mother- Karen Jimenez of Cynthia, Kentucky, father-



Peter Jimenez of Rio Vista, brother-in-laws -Tye Kinnibrugh and wife Niki of Springtown, and Justin Burrus of Lazbuddie, sister-in-laws Whitney Ferrell and husband Chad of Point, Angie Gilbreath and husband Kyle of Tyler, Shannon Sanders and husband Chad of Rio Vista, and numerous other family members.

You may send condolences to the family and sign the online register book at [www.hansardfamily.com](http://www.hansardfamily.com)



## Panhandle Parables

### Autumn

**By Jeff Procter, Minister, 6th Street Church of Christ**

There are few things that are as refreshing as the first real cool front in the fall. It follows the dog days of summer and ever so gently reminds you of change. The changing of the seasons is something God set into motion creating a paradox of constant change. Autumn is one of my favorite times of year. It is the season of completion. The time for the harvest and the wrapping up of a year's worth of labor. The colors are beautiful with each tree responding differently to the notice received in the more frequent north winds. Most of us are not big fans of change. We like things to stay the way they have always been.

The reality is things do change and in God's infinite wisdom in creating our existence, created seasons that change, with each season a different set of changes move us to respond differently. I don't wear the parka in July, but in January it feels pretty good. Our lives have even been compared to the seasons; we even use a baby to represent the New Year and an old man to close out the year.

Enjoy the season you are in for what it is. There is no need to wish things hadn't changed. Choose to see what God is doing in this season and join Him. Choose to be thankful as God works through creation, time, and geography, His Word, and His Son to bring glory and honor to His kingdom and join Him.

I love the fall season. I love the crispness of the air, the brilliant blue sky as it contrasts the multiplicity of colors in the trees; I love the instinct of the animals to move to another place. I love the harvest. It is fall that reminds me, that God always sees the harvest. Yes, seasons change, times change, and even people change, it is in all these changes that we cling to the one thing that does not, God himself.

**Send your church news to the**  
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# SPORTS PAGE



Freshman



Freshman



Freshman

### Varsity Football

The Friona Chieftains traveled to Dalhart last Friday night for their final non-district game of the year. The Chiefs could not get the offense untracked and lost by the final score of 40-0. Marco Monreal had 232 passing yards but the Chiefs only rushed for 93 yards and could not put any points on the board. Leading receivers were Jonathan Hernandez, Angel Hernandez, and Marin Santiago with 86, 72, and 73 yards, respectively. On defense, the leading tacklers for Friona were Eduardo Chavez and Zach Ramos. The Chieftains are open this week and the game next week is the district opener against Childress on October 12th starting at 7:00 p.m. at Chieftain Field.

### JV Football

The Junior Varsity Football Team hosted Dalhart last Thursday. The final score was a tie 22-22. Josiah Rejino scored a touchdown on a 5-yard run but the conversion failed. Next, Luis Garcia scored a touchdown on a 5-yard run and also scored on the 2-point conversion. The final touchdown was made by Angel Carranza on a 61-yard run. Izaiah Martinez scored the 2-point conversion. The team does not have a game this week.

### Freshman Football

The Freshman Football team defeated Dalhart last Thursday evening by the score of 27-13. Bryan Chavira scored three touchdowns on runs of 7, 9, and 65 yards. Jacob Bautista had a 16-yard touchdown run and Tim Ally kicked 3 extra point conversions. On defense, Jake Padilla had two quarterback sacks and Jacob Bautista had an interception. The Freshmen Team will play Denver City at 5:00 p.m. on Thursday, October 4th.

### Junior High Football

The 7th and 8th Grade football teams played at New Deal last Thursday afternoon. The 7th Grade Braves lost 28-0. The 8th Grade team lost 36-24. Alexis Rivas had an 85-yard kickoff return for a touchdown and also had a 35-yard pass reception for a touchdown. Jorge Chavez had a 1-yard run for a touchdown and rushed for 3 2-point conversions. On defense, Mario Bautista was the leading tackler with 8 tackles. Both teams will play Littlefield this Thursday at Chieftain Field. 7th Grade will start at 5:00 p.m. and the 8th Grade was start around 6:30 p.m.

### Varsity Volleyball

The Friona Squaws defeated Dimmitt last Saturday 3-0 (25-7, 25-11, and 25-13) and defeated River Road on Tuesday night 3-1. The two victories improved their district record to 3-1 at the halfway point of the district schedule. The Squaws are in second place alone and one game behind Bushland. Bushland is ranked 7th and Friona is ranked 15th in the State of Texas.



JV



JV

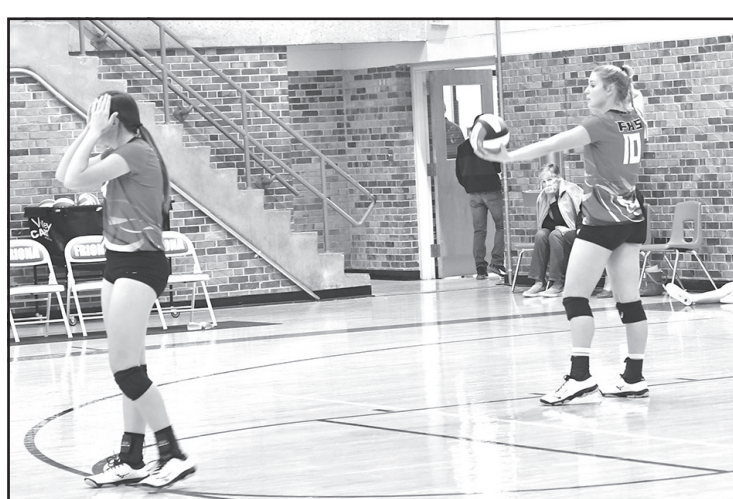


### Division II - District 3-3A Football

Team	District	Overall
Childress	0-0	4-0
Canadian	0-0	4-1
Friona	0-0	4-1
Spearman	0-0	4-1
Tulia	0-0	3-2
Dimmitt	0-0	1-4

### District 1-3A Volleyball

Team	District	Overall
Bushland	4-0	22-7
Friona	3-1	27-5
Tulia	2-2	11-12
Amarillo River Road	1-3	11-6
Dimmitt	0-4	0-14





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**The Predator**  
R  
12:30 • 3:45 • 7:05 • 9:40

**Searching**  
PG13  
12:40 • 4:15 • 7:15 • 9:45

**House with a clock in its walls**  
PG  
11:45 • 2:15 • 4:45 • 7:15 • 9:45

**A Simple Favor**  
R  
12:15 • 3:30 • 7:00 • 9:40

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**VVS Canteen**  
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VVS Canteen is searching for a qualified, highly skilled individual to join their Evening Shift Team in their cafeteria inside of the Cargill plant in Friona, TX. Possibilities include food prep, cooking, serving, cashiering, stocking, and cleaning. Benefits include: Medical, Dental, and Life Insurance as well as a retirement and paid holidays and vacations.  
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**Pen Rider**  
Bovina Cattle Company, A Division of Friona Industries, LP. has a position available for a Pen Rider in the Cattle Department. Responsibilities include processing cattle, doctoring, shipping, receiving, riding pens, Housekeeping, and other duties as assigned. Applicants must be willing to perform all of these responsibilities.  
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### Texas Crop and Weather Report: Texas Panhandle

Temperatures were near-normal with some moisture in areas. Rain events also brought fall like temperatures. More moisture was still needed throughout the district. Armstrong County was still very dry but was expecting to receive moisture. Sorghum started coloring, and some wheat was planted. Pasture conditions were still dry, but no fires were reported in the past couple of weeks. Carson County received some rain, but conditions were still very dry. Hall County received county-wide rain, which eased drought pressure and helped pasture and cattle conditions. Cotton looked good and continued to develop, but produc-

ers were concerned about fiber maturity due to cooler night-time temperatures. Lint yield potential remained very high. Cotton harvest aid applications were expected to start soon. Peanuts were being harvested. Ochiltree County received some general rainfall, which halted early corn harvest and wheat planting activities. Wheat already planted was off to an excellent start. Grain sorghum continued to develop with record-breaking yields expected. Harvest of early planted fields should begin soon. Soybean harvest was halted due to rainfall, but yields so far were very good. Summary compiled by AgriLife Extension district reporters.

### Enjoy the Majesty of Fall: Join the Arbor Day Foundation in October And Receive 10 Colorful Trees and Bushes

The Arbor Day Foundation will brighten up your fall by offering 10 colorful trees and bushes when you join the organization in October.

The free trees are part of the nonprofit Arbor Day Foundation's Trees for America campaign, a program dedicated to environmental stewardship through the planting of trees.

Everyone who joins the Arbor Day Foundation in October will receive 10 colorful trees and bushes selected for your area.

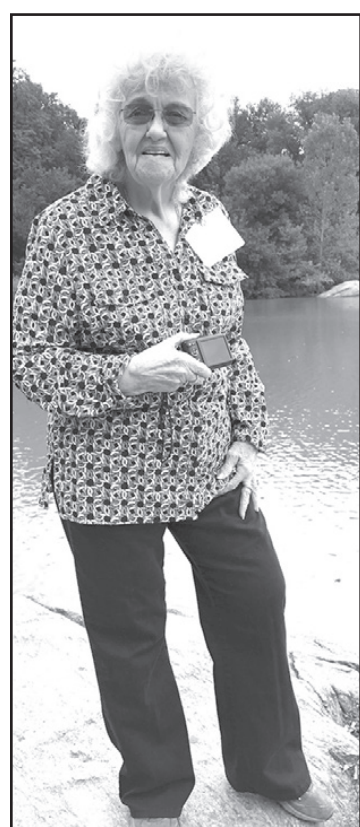
"Members will especially enjoy these trees during the autumn months because they'll add abundant, vibrant color to any

yard or landscape for years to come," said Matt Harris, chief executive of the Arbor Day Foundation.

The trees will be shipped postpaid at the right time for planting, between Nov. 1 and Dec. 10. The 6- to 12-inch trees are guaranteed to grow or they will be replaced free of charge. Planting instructions will be enclosed with each shipment of trees.

To receive your free trees, send a \$10 membership contribution with your tree selection to Arbor Day Foundation, 100 Arbor Ave., Nebraska City, NE 68410, by October 31, 2018, or join online at [arborday.org/october](http://arborday.org/october).

# Friona Interbank takes trip to New York City



Twenty Five customers and friends of Friona's Interbank returned Monday, Sept 24th, from a 5 day trip to New York City. We were fortunate to have great weather, good food, (Among our food experiences, we enjoyed eating our New York hotdogs and pizzas from the vendors along the streets.) and had a wonderful time getting to know each other better. Upon arriving at the Big Apple, we each went our separate way: some went up the Empire State Building, some went to the "Top of the Rock", some went to Central Park, some visited Times Square (and saw some sights there (!)) and some just wanted to rest. A very few of us went to see Lion King!

The second day in NYC we went on a city tour and "saw the sights": the Wall Street



district, Little Italy, Chinatown, walked through Central Park, drove by The Empire State Building, Rockefeller Center and Greenwich Village. We visited St Paul's Chapel where George Washington once worshipped and where recovery workers were cared for after 9/11, and we also had our pictures taken on the steps of St. Patrick's. We spent hours at the 9/11 Memorial and Museum, a very touching and somber experience. We saw four of the seven new buildings of the World Trade Center, replacing those that fell. The rest are not completed yet. The buildings 1, 3, 4, and 7 are now open for business. The One World Trade Center is the fourth tallest building in the world. Later that evening we attended our first Broadway show. It was Phantom of the Opera and it was wonderful!

On day 3 we boarded a ferry and toured around the Statue of Liberty and then on to Ellis Island. We learned about the process our immigrant families went through to get to stay in the United States. They went through much of the same process as today, with background checks, mental checks, and physical examinations. In fact there were many similarities all through their vetting process that we hear today. Ellis Island was very interesting and we rec-



ommend it to everyone. Later that evening, we took a walking tour of Greenwich Village. We loved the slow, quiet pace there and had an excellent dinner. This was a good day.

Day four had us "on our own" for a while. We took advantage of the free time to see things that we had missed before. We walked by Saks Fifth Avenue and Tiffany's, went inside Bergdorf's, and Trump Tower which was heavily guarded as the president was in town. We saw Radio City Music Hall, and all 4 of the TV stations, NBC, CBS, ABC and Fox News. I don't think any of us managed to be seen on the early morning shows. That afternoon, we attended our second Broadway show. Some went to see Chicago, some to see Kinky Boots and some to see Waitress. We were all happy and had a good time. We had our final dinner at a French restaurant where the food was amazing and the dinner was topped off with a birthday cake celebrating Collette's 100th anniversary.

Those making the trip were: Pat Holland, Elizabeth McLellan, Enrique Rodriquez, Becky and Terry Stanberry, Breanna and Michael Villanueva, and Marca Herring from Friona. Guadalupe Villarreal and Irene Mullins from Hereford, Mary Lou and Greg Venhaus, and Gary Rider from Amarillo, Elizabeth Schulte-Harder from New Braunfels, Joan and Todd Farrell and Bettie and Phillip George from Clovis, Elaine Cain from Pleasant Hill. Pam and Clifford McLellan from Lubbock, Joyce Read, Martha Schilling, Mary Evelyn Steelman from Bovina and Victoria Ybarra from Albuquerque.



### Hereford Regional Medical Center is pleased to welcome Dr. Sean Wengroff, MD, MPH



Please join us in welcoming our new physician Dr. Sean Wengroff to Hereford Health Clinic and Hereford Regional Medical Center. Dr. Wengroff is a Board-Certified Obstetrician and Gynecologist and has been practicing for 17 years. He completed his residency at Tulane University School of Medicine. In addition, Dr. Wengroff completed a Master of Public Health from the Tulane University of Public Health and Tropical Medicine.

Dr. Wengroff specializes in the care of women throughout the life cycle, including pregnancy care, childbirth and gynecologic disorders. His passion is hormonal health and wellness, and looks forward to offering a multitude of options for hormone replacement to his patients, including pellet therapy. Please call for an appointment at the Hereford Health Clinic at (806) 364-7512.



### INVITATION TO BID

Parmer County Hospital District is accepting competitive bids from qualified contractors for a Roof Replacement Project for Prairie Acres Nursing Home at 201 E. 15th Street, Friona, Texas. Sealed bids will be accepted by Kathy Anthony, Business Office Manager, until 10:00 am, October 8, 2018. Bids received after 10:00am, October 8, 2018, WILL NOT be opened or accepted. All accepted bids will be opened and read aloud on October 8, 2018 at noon, in the conference room of Prairie Acres Nursing Home. Bid proposals will be considered at the meeting of the Board of Directors held on October 8, 2018. Criteria for selection/acceptance of bids will include the following: experience, cost, reliability, project timeline and references. For specifications on the scope of work, please contact Kathy Anthony, Business Office Manager, Prairie Acres Nursing Home, during regular business hours at 806-250-3922 or email: [katharyn.anthony@prairieacresnursing.com](mailto:katharyn.anthony@prairieacresnursing.com). Specifications for required work will be available beginning September 20, 2018. The scope of work will include removal of existing roofing material, inspection and replacement of insulation and decking as needed, and installation of new roofing material.

Bids may be delivered as follows:  
Hand delivered, Mailed, Express Delivery  
ACCEPTED until 10:00 AM – October 8, 2018.

Prairie Acres Nursing Facility  
201 E. 15th Street  
Friona, Texas 79035  
Attention: Kathy Anthony

Parmer County Hospital District/Prairie Acres reserves the right to waive any formalities or to reject any or all bids. No bid proposals may be withdrawn until the expiration of 30 days from the date bid proposals are opened and read.



# Friona Star

## 2018 Football Contest

1st Place: \$30  
 2nd Place: \$20  
 3rd Place \$10  
 Grand Prize: \$100

### CONTEST RULES

Tie Breaker: Pick the total score of both tie breaker games. The second tie-breaker game will be used in case two or more players are tied after the first tie-breaker game. Entries are due by 4 p.m. each Friday.

#### Three Ways to Enter:

Fax to: 806-250-5127  
 -or-  
 Mail to: Football Contest  
 P.O. Box 789  
 Friona, TX 79035  
 -or-  
 Bring Entry to:  
 Friona Star Office  
 208 E. 11th  
 Friona TX

Mailed entries should be postmarked by 4 p.m. Friday.

Each correct game picked counts as one point. Player with the most total points at the end of the contest will win a Grand Prize of \$100.

Only one entry form per individual. Must be 10-years or over to enter. Newspaper employees and their immediate families are not eligible to enter.

Entry forms are available on our website at frionaonline.com. For questions or more information call: 806-250-2211.

**All entries must be on the official entry form.**

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 www.andymontana-ins.com

**FRIONA BODY SHOP**  
 250-3372

**TEXAS FARM BUREAU**  
**Parmer County**  
 301 West 11th  
 250-3963

250-3913  
 1205 Hwy 60 West  
 Friona TX

**PARMER COUNTY IMPLEMENT COMPANY, INC.**  
 West Hwy 60  
 250-2721

**Blue Sky FARMS**  
 The DeWit Family

**Friona Wheat Growers**  
 Greg O'Brian: Manager  
 Darrin Gilley: Assistant Manager  
 103 E. 5th • 250-3211

**PROPERTY ASSOCIATES REALTORS**  
 Holly Campbell  
 Broker • Owner • 250-2745

**INTHE DEN**  
 806.250.5200  
 Clint Mears

**Friona Star**  
 frionastar@wtrt.net  
 frionaonline.com  
 208 E. 11th  
 250-2211

**Campbell Electric**  
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 Stephen Campbell  
 904 West 11th • 250-2873

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 P.O. Box 42  
 Friona TX, 79035

**A-1 Service Center**  
 Mike & Reta Martin  
 1799 U.S. Highway 60  
 806-250-2731

**KENDRICK OIL COMPANY**  
 Wholesale Fuels  
 P.O. Box 788  
 Friona, TX 79035

**Milk House Market**

**DEL RIO Dairy**  
 The Gingg Family

**Optima Dairy**  
 The Ally Family

**Cargill**  
 Meat Solutions  
 P.O. Box 579  
 W. Hwy 60  
 Friona, Texas 79035

**HI-PRO FEEDS**  
 www.hiprofeeds.com  
 806-250-2791

**BI-WIZE PHARMACY**  
 Phone 250-3010 or 250-2270  
 902 Main Street  
 Friona

## Week 6

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY, STATE & ZIP \_\_\_\_\_

PHONE: \_\_\_\_\_

**DEADLINE 4:00 P.M. FRIDAY, OCTOBER 5, 2018**

FILL IN CIRCLE NEXT YOUR SELECTION

Dalhart at <input type="radio"/>	<input type="radio"/> Pampa
Canyon at <input type="radio"/>	<input type="radio"/> Big Spring
Dumas at <input type="radio"/>	<input type="radio"/> Borger
Stratford at <input type="radio"/>	<input type="radio"/> Perryton
Texas at <input type="radio"/>	<input type="radio"/> Oklahoma
LSU at <input type="radio"/>	<input type="radio"/> Florida
Kansas State at <input type="radio"/>	<input type="radio"/> Baylor
Washington State at <input type="radio"/>	<input type="radio"/> Oregon State
Dallas at <input type="radio"/>	<input type="radio"/> Houston
Green Bay at <input type="radio"/>	<input type="radio"/> Detroit
Oakland at <input type="radio"/>	<input type="radio"/> L.A. Chargers
Minnesota at <input type="radio"/>	<input type="radio"/> Philadelphia

TIE BREAKERS- PREDICT THE FINAL SCORE:

Jacksonville \_\_\_\_\_ at Kansas City \_\_\_\_\_

UT Permian Basin \_\_\_\_\_ at WTAMU \_\_\_\_\_

# The Squeeze

The birthrate in America has been on the decline. In 2016, with slightly less than 60 births per 1000 women, a historic low was realized. This marks universi-



Walter V. Wendler

ties. Those most affected by decreasing birthrates will be regional campuses like West Texas A&M University. Institutions not among the elite private or the flagship public institutions will struggle for new students according to the National Student Clearinghouse Research Center.

Added to the sheer decrease in the number of students is a downward trend in college preparedness according to the National Assessment Governing Board and confirmed by the National ACT. Declines in readiness are apparent in English and math, while reading and science have seen slight increases. Variation occurs based on race, ethnicity, socioeconomic status and geography. Too frequently, finger pointing follows these findings. Some suggest our education standards have collapsed and blame families and high schools. There is a measure of truth in these lament, but universities must recognize a changing "feedstock."

Nathan D. Grawe, of Carleton College in Minnesota, confirms these impacts on enrollment in regional universities. A limited number of states will see growth in college attendance. California and South Carolina will grow; some states will remain relatively unchanged—Texas and Florida, for example. Grawe predicts an impending decline nationally of 15% of college age, college ready students.

For most universities, a complicating factor to this challenging news is the dramatically increasing cost of

college attendance and the debt that follows crippling personal and community economic and cultural prosperity. The causes of the cost/debt debacle are debated to death inconclusively. The problem is especially pervasive in the U.S. The Atlantic catalogs a number of issues. Only Luxembourg spends more per college student than America. The seemingly risk-free student loans, increased spending on intercollegiate athletics, four-star dormitories, free flowing cappuccino and a fountain of frills in college life are blamed; however, careful assessment shows that the higher costs are usually associated with personnel and core services. U.S. institutions spend twice what Finland, Sweden and Germany spend on essential academic services.

Indebtedness and the legitimate fear of it drives students to find other avenues to approach career and life aspirations. An increasing number of prestigious corporations do not require a college education. Google, Penguin, Random House, Hilton, Apple and IBM, among others, find ways to separate the grain from the chaff absent a traditional BA or a BS.

Texas has become a bat-

tleground for neighboring states to recruit college students. Tuition discounts, scholarships, comparative in-state tuition pricing structures and a host of other attractions make responsiveness to in-state populations vitally important. Elite private and state flagship universities are immunized for their attractiveness to qualified students and family's ability to pay the going rates for such educational experiences. The workhorses of American higher education that serve over half of the enrolled students, regional campuses such as West Texas A&M University, are in the jaws of the vice.

There are positive courses of action. First among them is for regional universities to reject envy of "big brother - big sister" campuses. Regional institutions should focus on distinctiveness, paying careful attention to efficiencies and the ultimate value in the relationship between what students pay and what pragmatic utility follows their walk across the stage. Institutions that over promise and under deliver on educational value will suffer.

Campus responses to declining enrollments and increasing costs are not uniform across the nation. For example, in Ohio the graduating high school population in the next 15 years is predicted to drop by 12%. College enrollment declines are expected to follow that trend. This will affect the 13 public colleges and universities in Ohio. In addition, international student enrollment is decreasing. Combined, these declines have less effect on flagships like Ohio State University, but a significantly greater impact on institutions like the University of Cincinnati, according to Caroline Miller, the vice provost at Cincinnati.

Similar circumstances are fermenting in Virginia's public institutions. The challenges are manifest in different ways for on-campus and online enrollment. Surprisingly, Liberty University, the private behemoth, has maintained steady on-campus enrollment of about 15,000 students, but has seen a significant drop of 5,000 students in online registrants bringing Liberty's total enrollment to 75,000—down from 80,000 students.

In addition, some highly regarded, historically effective public flagships are challenged. The University of Mississippi, known for deep traditions in university life on its Oxford campus and exceptional academic programs, last year lost almost 2% of its enrollment.

These forces suggest that regional institutions, and even a few major public and private universities, must attend to their mission and make the college experience responsive to the needs of their students and distinctive to the region in which the campus resides.

Absent these actions, the squeeze may become a choke, and drain the life out of some institutions if the facts of the current college data are disregarded or ignored.

Walter V. Wendler is President of West Texas A&M University. His reflections are available at [www.walterwendler.com](http://www.walterwendler.com).

## Small Town Cookin' By Jeri Lynn White

### Apples

Remember the old saying, "An apple a day keeps the doctor away." Well, an apple alone may not be enough to keep you from a visit or two to a doctor but adding apples to your diet can't hurt. Apples contain much needed vitamins and fiber.

According to [www.care2.com](http://www.care2.com), apples are the "first power food." Here are the top ten reasons noted on the website to eat apples:

1. Apples are filled with soluble fiber. (5 grams)
- This fiber has been shown to reduce intestinal disorders, including diverticulitis, hemorrhoids and possibly some types of cancer.
2. Apple pectin helps reduce cholesterol levels by lowering insulin secretion.
3. In two studies researchers found that eating five apples a week lowered the risk for respiratory diseases like asthma.
4. According to Chinese Medicine: Apples strengthen the heart, quench thirst, lubricate the lungs, decrease mucous and increase body fluids.
5. Apple cider vinegar can help prevent the formation of kidney stones.
6. Studies indicate that eating apples daily can reduce skin diseases.
7. According to a Brazilian study, eating an apple before a meal helped women lose 33 percent more weight than those who didn't.
8. An apple has only 50-80 calories and has no fat or sodium.
9. Apples are packed with vitamins C, A, and flavonoids and with smaller amounts of phosphorus, iron, and calcium.
10. Apples provide a source of potassium which may promote heart health.

One of my favorite ways to eat apples is with cheese. When I was younger, I would slice up a green apple and cheese and retreat to my room to read my book. The cheese was to balance the tartness of the Granny Smith apples my mom loved. Growing up I remember only two choices of apples: Granny Smith and Red Delicious. I really wasn't a big fan of either. The green apple was too tart for my liking and the red apple didn't have much flavor at all. However, over the past several years, it seems that apple choices have exploded. This may be due to being able to import apples even during the off season or because growers realized tastier varieties sell better. But whatever the reason, it is a good thing to have all these apple choices.

*The Better Homes and Gardens website (bhg.com), has a list of some of the most popular varieties of apples and the best way to use them:*

#### All-purpose apples

- Crispin
- Criterion
- Fuji
- Golden Delicious
- Granny Smith
- Jonagold
- Jonathan
- Winesap

#### Snacking and salads

- Cortland
- Empire
- Fuji
- Gala
- McIntosh
- Newtown Pippin
- Northern Spy
- Red Delicious
- Stayman
- Honey Crisp

#### Baking and pies

- Rome Beauty
- Braeburn
- York Imperial

*This first recipe is a recent recipe that I found worked out fine. I also have never added the sugar or used apple juice. I just add water and cinnamon. It makes the best apple crisp. I even used pears once, and they all*

### Pressure Cooker Apple Sauce

[www.barbarabakes.com/pressure-cooker-applesauce/](http://www.barbarabakes.com/pressure-cooker-applesauce/)

#### Ingredients

- 10 large Jonagold apples, peeled, cored, and quartered or slice
- ¼ cup apple juice or water
- ¼ cup sugar
- 1 teaspoon ground cinnamon

#### Directions

Place the apple pieces, apple juice, sugar and cinnamon in the pressure cooker and stir to combine. Select High Pressure and set cook time for 4 minutes. (IT took about 10 minutes to come up to pressure.) After timer beeps use the quick release method to release the pressure. (You could also use a natural pressure release, but I'm impatient.) Stir apples, breaking up large chunks, until you've achieved your desired consistency. Or you can take the easy way like I did and blend the apples with an immersion blender in the pot.

*I found these next two recipes by searching for savory apple dishes. They both came from the Taste of Home website (tasteofhome.com). I have not tested either of these, but they sound delicious and are a unique way of using this fall fruit.*

### Apple Chicken Quesadillas

#### Ingredients

- 2 medium tart apples, sliced
- 1 cup diced cooked chicken breast
- 1/2 cup shredded cheddar cheese
- 1/2 cup shredded part-skim mozzarella cheese
- 1/2 cup fresh or frozen corn, thawed
- 1/2 cup chopped fresh tomatoes
- 1/2 cup chopped onion
- 1/4 teaspoon salt
- 6 flour tortillas (8 inches), warmed
- Optional toppings: shredded lettuce, salsa and sour cream

#### Directions

Preheat oven to 400°. Toss together first eight ingredients. Place 3/4 cup mixture on one half of each tortilla. Fold tortillas to close; secure with toothpicks. Place on a baking sheet coated with cooking spray. Bake until golden brown, 13-18 minutes, turning halfway through. Discard toothpicks. Serve with toppings as desired.

### Grilled Apple Tossed Salad

#### Ingredients

- 6 tablespoons olive oil
- 1/4 cup minced fresh cilantro
- 1/4 cup orange juice
- 1/4 cup white or regular balsamic vinegar
- 2 tablespoons honey
- 1 garlic clove, minced
- 1/2 teaspoon salt
- 1/2 teaspoon Sriracha Asian hot chili sauce
- 2 large apples, cut into 1/2-inch wedges
- 1 package (5 ounces) spring mix salad greens
- 1 cup walnut halves, toasted
- 1/2 cup crumbled blue cheese

#### Directions

For dressing, whisk together first eight ingredients. In a bowl, toss apples with 1/4 cup dressing. Place apple slices on a grill rack over medium heat; reserve dressing left in bowl. Grill apples, covered, until tender and lightly browned, 3-4 minutes per side, brushing with reserved marinade. To serve, toss greens with remaining dressing. Top with grilled apples, walnuts and cheese. To toast nuts, bake in a shallow pan in a 350° oven for 5-10 minutes or cook in a skillet over low heat until lightly browned, stirring occasionally.

## Football Contest Standings

### Week 5

- 49** Scott Brown
- 47** Andy Montana
- 46** Jeremy Dearing
- Jon Field
- 45** Mike Field
- 44** Sandra Berend
- Wm. Gromowsky
- Enrique Rodriguez
- 43** Brett Field
- Mack McFarland
- Tyron Shelby
- 42** John Curtis
- Yvette Garcia
- Drew Montana
- Birdie Owens
- 41** BaiLee Brailif
- 40** Lester Fennell
- Laura Field
- Logan Loflin
- Mal Manchee
- Zachery McKensie
- Rosendo Tena
- 39** Ronald Diaz
- Frank Dominguez Jr.
- Linvell Rose
- David Smalts
- 38** Rusty McFarland
- Amy Montana
- Joy Morton
- Quentin Shelby
- Dorothy Stowers
- 37** Claire Brown
- Phillip Johnson
- Brent Loflin
- Harley Mettitt
- 36** Edward Castillo
- Erika Montana

- 35** Robert Rios
- 34** Eddie Guana
- Sawyer Osborn
- Rodney Shelby
- 33** Raymond Diaz
- Tim Elmore
- Tenna Montana
- 32** Teresa Shelby
- 29** Jimmy Anima
- 28** Liz Field
- Ambrosio Rios Jr.
- 27** Butch Casey
- Branden Paschal
- 24** Greg Lewellen
- 23** Delia Rios
- Martha Rodriguez
- 20** Rosa Mendez
- 14** Roy Herrera

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### Lazbuddie ISD - 1st 6 Weeks Honor Roll 2018/2019

#### Elementary "A" Honor Roll

Abigail Dyck Fehr, Jared Oseguera, Monroe Abell, Lorraine Bishop, Elizabeth Burch, Audrey Damron, Carlee Roush, Paisley Branscum, Sebastian Ibarra, Brooke Cleavinger, Hagen London, Bruno Ibarra, Brynlie Cleavinger, Jacqueline Nunez

#### Elementary "AB" Honor Roll

Berkley Cleavinger, Chance Dyck, Roberto Garza, Melline Hill, Adan Ontiveros, Maria Peters, Nash St Clair, Rhett Weaver, Reagan Kirby, Yaslin Silva, Dylan Tyler, Jaydeen Gomez, Bentli Magby, Jacob Martens, Brock St Clair, Johanna Garcia, Drayven Harrell, Justina Krahn, Bethani Magby, Angel Ontiveros, Aaron Solano

#### Junior High "A" Honor Roll

Kobi Kirby, Madison Tyler, Noemi Garcia, Daniella Sanchez

#### Junior High "AB" Honor Roll

Blaykin Branscum, Ila Combs, Emmaly Ibarra, Ruemer Smyer, Hunt Castle, Eva Froese, Ryelan Mason, Mia Nickels, Elias Buie, Jonah Buie, Iliana Lopez, Erin Martinez, Hailey Stewart

#### High School "A" Honor Roll

TJ Chavez, Catalina Sanchez, Halley Wales, Maribel Gomez, Miranda Salazar, Natalie Sanchez, Michael Wales, Marisol Gomez, Alexiah Oseguera, Devon Pacheco, Andres Solano

#### High School "AB" Honor Roll

Bethany Bradley, Macy Davis, Jacob Froese, Julia Ibarra, Gatlin Copley, Jaegan Nickels, John Henry Schacher, Jr Vallejo, Coby Glover, Jazlyn Oseguera, MacAyla Spears, Preston Stewart, Avery Timms, Mallory McDaniel, Ashlyn Timms

### 2018 FHS Marching Band Drum Majors and Flag Corps



Standing (l-r): Drum Major Damian Rodriguez, Katy Rojas, Marianna Pina, Marixa Rocha, Elide Alarcon Aviles, Drum Major Nancy Rocha, Kneeling (l-r): Adrianna Ortiz Carrillo, Flag Corp Captain Kessly Salinas. The band marches on October 20 at 4:30 p.m. at Dick Bivins Stadium in Amarillo.

### At the museum



Mary Alvarado lives a few blocks from the museum. Mary and Sharon White were scout leaders in the 1980s.



The Parmer County Pioneer Heritage Museum is open from 11:00 a.m. until 4 p.m. on Monday and Friday every week. It is full of awesome exhibits, has air conditioning, and makes a great field trip. It is located at 218 W. 6th in Friona.

### Water Weekly

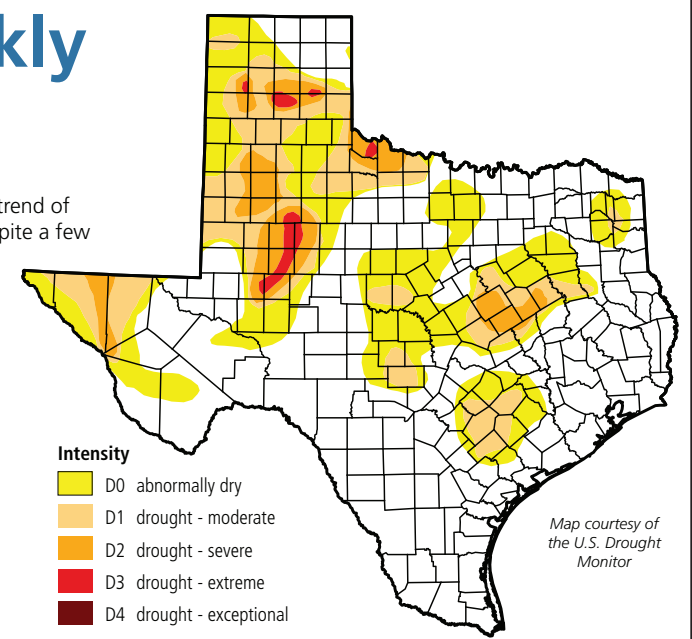
For the week of 10/01/18

#### Water conditions

The latest drought map shows a general trend of improved conditions across the state, despite a few areas in the northern Panhandle and West and Central Texas where drought intensified. The area of the state impacted by drought shrank to its lowest value since November 2017.

#### Drought conditions

- ◆ 20% now
- ◆ 29% a week ago
- ◆ 48% three months ago
- ◆ 4% a year ago



Map courtesy of the U.S. Drought Monitor



## EVALUATE

Your Medicare Options

# CAREFULLY

Before You Decide

The annual enrollment period for Medicare Advantage Plans is October 15 through December 7.

Medicare Advantage Plans are offered by private companies that contract with Medicare. **If you enroll in a Medicare Advantage Plan, you will no longer be enrolled in traditional Medicare, and your hospital, doctor and other providers may not be in-network for this plan.**

The Texas Department of Insurance cautions consumers to consider carefully before making any changes to their Medicare coverage. While these plans may be a good deal for some people, they are not right for everyone.

To obtain a copy of "Consumer Tips for the Medicare Enrollment Period" from the Texas Department of Insurance and "10 Questions to Ask About Medicare Advantage Plans," please call or stop by Parmer Medical Center or Friona Rural Health Clinic.

**Parmer Medical Center & Friona Rural Health Clinic** are committed to meeting the needs of community members covered by Medicare. We encourage you to carefully evaluate any Medicare Advantage Plan before you decide to give up traditional Medicare, and to check with the hospital business office at **806.250.2754** to see if the plan includes your local hospital and providers.



**PARMER**  
MEDICAL  
CENTER

**Parmer Medical Center**  
1307 Cleveland Ave., Friona, TX  
(806) 250-2754

**Friona Rural Health Clinic**  
1307 Cleveland Ave., Friona, TX  
(806) 250-2781

[www.ParmerMedicalCenter.com](http://www.ParmerMedicalCenter.com)

### PARMER MEDICAL CENTER FRIONA RURAL HEALTH CLINIC

#### Meet the Providers



#### Jack C. Smith III, MD

Parmer Medical Center is proud to have Jack Smith III, MD as one of our healthcare providers. Dr. Smith joined our team of physicians on a full time basis in September of 2017. He completed medical school, residency and internship at Texas Tech University Health Science Center School of Medicine. Dr. Smith is board certified in Cardiovascular Disease and Internal Medicine through the American Board of Internal Medicine. Dr. Smith is fluent in Spanish which enhances his communication with our Spanish speaking patients.

Dr. Smith and his wife, Natasha, have a blended family of 7 children ranging in ages from 6 to 18. His proudest moment was "seeing the birth of my first daughter, Madison". Dr. Smith and Natasha like the small town atmosphere in Friona. He feels being in a smaller hospital and clinic allows him to spend more time with his patients.

Dr. Smith enjoys electronics, playing golf and working out. His interest and enjoyment of exercise is reflected in his medical practice. As a physician, he likes to remind his patients to "eat healthy, exercise and take care of themselves. If you don't take care of yourself, you won't be able to take care of anyone else".

You can make an appointment with Dr. Smith at the Friona Rural Health Clinic Monday through Friday by calling 806-250-2781. He would love the opportunity to assist you with your healthcare needs.

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1307 Cleveland Ave. • (806) 250-2781

Walk-ins welcome.

Same day appointments available for acutely ill patients.

Clinic hours: M-F 8:30am-5pm



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[www.ParmerMedicalCenter.com](http://www.ParmerMedicalCenter.com)