## Friona + Star

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THURSDAY, JANUARY 16, 2014

TEN PAGES

\$1.00

### Burn ban in effect now

At their regular meeting Monday January 13 the county commissioners voted to impose a burn ban in the county for 90-days. No outdoor burning is allowed during the period. Parmer County continues to be extremely dry and windy. Violators of the burn ban are subject to citations and fines. County Judge Trey Ellis has the authority to lift the burn ban in the event the county receives ample moisture.

In other business, commissioners drew the names for the nine member salary grievance committee for 2014. The names are drawn from the grand jury pool. The jail received a surprise state inspection on January 7 and passed. The county has received a \$20,000 Homeland Security Grant for computer software from the Panhandle Regional Planning Commission to be used to scan fingerprints into a statewide database.

### Chamber banquet announced

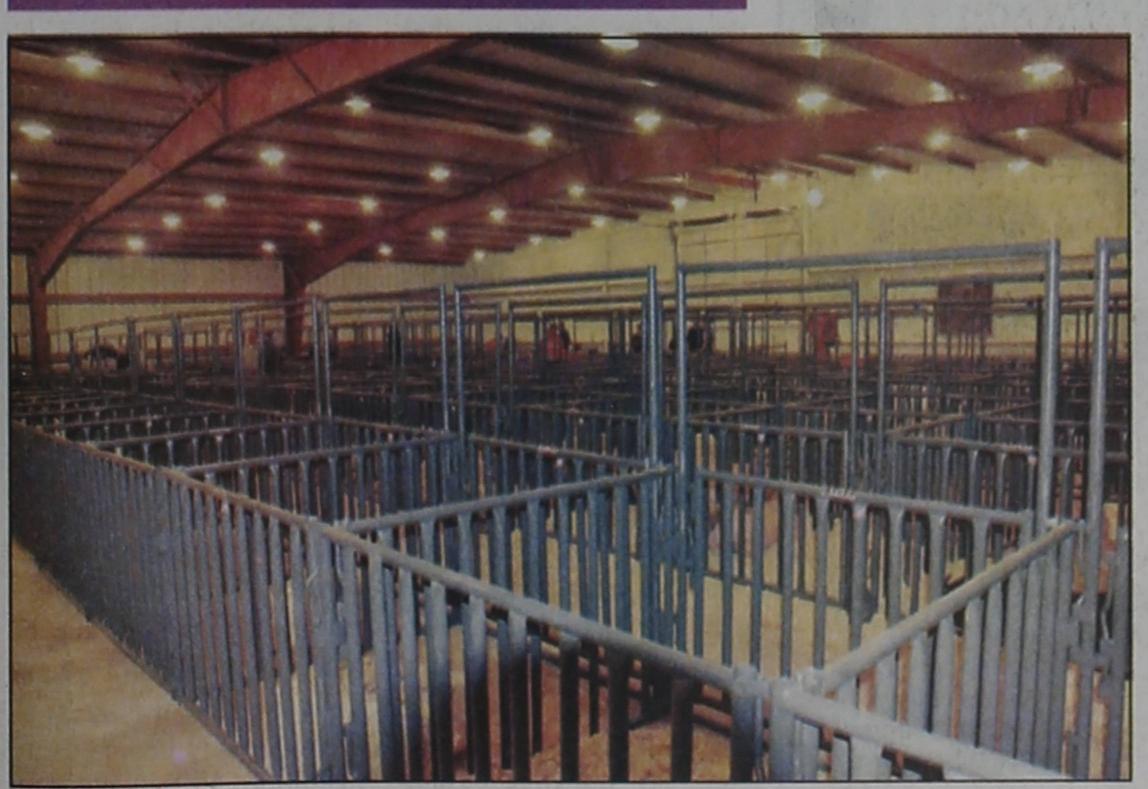
The Friona Chamber of Commerce & Agriculture announced this week that the 58th Annual Friona Chamber Banquet will be Tuesday, March 4 at the Friona Community Center.

The event will feature a delicious dinner, auction/raffle and Jyl Wyatt Marshall, daughter of artist Kenneth Wyatt. Marshall will be performing "A Phone Call from God".

The Chamber is seeking nominations for Citizen, Man, Woman, Teacher, Boy & Girl Student and Most Courteous Employee of the year. Deadline for banquet award nominations is 3 p.m. on February 14. Nomination forms are available at the chamber office or online at www.frionachamber.com

The Chamber Board will be calling local businesses and asking for donations to the auction/ raffle. Deadline for donating auction items is 5 p.m. on February 25.





ron carr photo

The exhibitors at the Parmer County Junior Livestock Show this week will be welcomed by all new pens plus foam insulation on the exterior walls. Cargill paid for the foam insulation which was provided by Hamilton Steel & Concrete. The pens were made possible by private and corporate donations. The Livestock Association replaced four outside doors. The stock show will have 440 entries this year. According to show superintendent Mack Heald this will be the 77th county livestock show.



ron carr photo

Esdras Rodriguez competed in the squat lift at the Bovina powerlift meet Saturday. Esdras and his teammates won first place at the meet. Seventeen teams competed in the meet. Friona will host a powerlift meet Saturday February 22 in the new activity center.



ron carr photo

City manager Patricia Phipps, left, swears in new city council member Nancy Davis at Monday's council meeting. From left are council members Alan Monroe and Martha Barker, Mayor Rick White, and councilman Greg Lewellen. Mrs. Davis was appointed to fill the term of Charlie Pope who resigned from the council late last year.

## Council: Water tank repair to begin

The Friona city council met in regular session Monday January 13, 2014

Bruce Fleming was out of of the city. town and not present.

New member Nancy Davis was sworn in for her first meeting since being appointed to fill the seat vacated by Charlie Pope who resigned late last year. Cris Ingram was appointed to represent the city on Farm Service Agency votes.

During discussion of accounts payable, city manager Patricia Phipps pointed out the city paid \$1400 to haul off 31,000 pounds of used tires collected by the city for recycle. The container for used tires is located at the city barn.

The council approved transferring of funds in the amount of \$329,672.00 for a February bond payment. Repair of the north water tank will begin soon. The tank located north on

in council chambers at water pressure for some 619 Main St. Councilman customers in the north part

A 13-foot variance at 1021 Pierce for a fence was approved. The location is at Gato's Truck Repair. Another variance of 16-feet for building a carport was approved at 1212 Washington at the residence of Gary and Mercedes Williams. A

was taken. Approval was given to Xcel Municipalities, joint group of cities combining to protest the rate increase by SPS/Xcel Energy. Phipps said the cost is \$200 and will save each city legal fees.

Frank Police Chief Mooney gave a department report. In December there were six arrests, County Road 19 will be one DWI, one marijuana, out of service for about six and four warrant arrests. weeks resulting in lower He also reported burglar-

ies with \$1,600 taken, 77 traffic stops, five thefts, and six suspicious vehicle reports. A new police vehicle should be delivered by January 20. It is a Ford Interceptor SUV assigned to Lt. Isidro Jimenez.

Chief Mooney said plans are for new tile throughout the police station. A firm from Amarillo has been request to install a mobile contracted for the job. Rehome at 1115 E. 6th was cruit Andrew Aguirre will discussed but no action begin the police academy at Amarillo College January 21. He will graduate in join the Association of August and join the Friona police department as an officer.

> The next meeting of the city council will be Monday, February 10, 2014 at 6:30 p.m. at 619 Main St. All council meetings are open to the public. If you have a specific item that requires action by the council it needs to be on the official meeting agenda. Information available at city hall.

# By Ron Carr

### still paving after all these years

The headline in the Sep- as many blocks on Main tember 3, 1937 Friona Star read: PAVING ASSURED FOR MAIN STREET. The accompanying article said:

"According to information received at the Star office a few days ago, the State Highway Commission has appropriated funds for the paving of a portion or all of Main Street in Friona, from Highway 33 south.

As the information reaches the Star, this information was contained in a letter from the honorable Harry Hines, chairman of the State Highway Commission to Walter Lander, County Judge of Parmer County.

According to reports the letter to Judge Lander stated that the sum of \$4,000.00 had been appropriated and set aside by the Highway Commission for the purpose of paving

St. here as that amount of funds would cover and it is expected the amount set aside will reach from the highway south, at least to the business section of the city and probably to the railroad.

It has been intimated by state engineers that three blocks at the south end of Main already have a sufficient base to support the traffic under a black top surface such as proposed by the state and if that be true this will materially cut the cost of paving that portion of the street and thus enable the funds appropriated to go farther than it would otherwise go.

It is also expected that the contract for the street paving will be let in connection with the contract for paving that part of Highway 33/60 that passes through Friona."

timely in light of the pending major repaving on Highway 60 beginning sometime this summer. A meeting was held last Friday of city officials, a TxDOT representative, and business owners along Highway 60. TxDOT plans to remove the asphalt paving and pour concrete ing and requires frequent on Highway 60 between maintenance. Washington and Summit

Streets. They will work the

south side of Hwy 60 first

then the north side. The

project is expected to take

eight months or longer de-

This 1937 article seems

pending on weather. During the first phase the intersection of Hwy 60 and Main will be closed on the south side. A turn lane from Main onto eastbound Hwy 60 will be construct- patience. ed across the vacant lot at the intersection. Local folks will have to drive

the businesses along that stretch of Hwy 60 and/or to cross Hwy 60.

Mayor Rick White explains more in his Mayor's Minutes below. The reason for the concrete paving is because the heavy truck traffic starting and stopping at the city's two stoplights damages the asphalt pav-

There are engineering drawings of the project on the wall in the city council chamber at 619 Main St. During the construction there will be two-way traffic on the Washington-Summit stretch of highway. Some of our routine driving routes will be disrupted for several months so plan ahead. And practice your

As Mayor White and city manager Phipps say, "When it is completed we circuitous routes to reach will really like the results."

### DID YOU KNOW?

Amendment XVI

The Congress shall have power to lay and collect taxes on incomes, from whatever source derived, without apportionment among the several states, and without regard to any census of enumeration.

This amendment modified Article I, section 9, of the Constitution. It was passed by Congress July 2, 1909 and ratified February 3, 1913

Mary Johnston

"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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## Mayor's Minutes

by Ricky White

Another year comes to a close and we open the door to a new year. We stopping at each stoplight. have great news to begin We also discussed the turnthis new year. I mentioned ing lane off Main Street in past Mayor's Minutes east onto Highway 60. the possibility of a turning onto Highway 60 off Main 2014 and will take ap- north side of the highway be patient during the con-Street.

On Friday January Transportation representative David Harper, assistant area engineer. We discussed concrete on Highway 60 from Washington to Summit. The concrete surface

possibility of the highway being torn up by trucks

lane for trucks turning east jected to begin in July pleted in one phase. The inconvenience but please 10 we met at city hall tion date will depend on gested by George Frye a with the American Red with Texas Department of weather and the contractor couple of years ago. He Cross to be better prepared an inconvenience for busi- who took it to the Friona I have had conversation replacing the asphalt with nesses located between Economic Development with Steve Pair, American Washington and Summit but once the project is completed it will help the will help eliminate the drainage in the area and who has been working with in Friona at several differ-

onto Highway 60 by trucks turning east from Main Street.

This construction is pro- highway and will be com- alize this is going to be an proximately eight months will be completed in two struction phase. to complete. The comple- phases. This idea was sug- We have been working performing the work. We suggested the idea to pre- if we experience a catasrealize this is going to be vious mayor J.B. Douglas trophe such as a tornado. Corporation (FEDC). Spe- Red Cross regional director cial thanks also to Parmer and we have worked out a County Judge Trey Ellis plan to store 200 cots here

eliminate the wide turns TxDOT for two years on getting this section of the highway replaced.

The city has also been Construction will begin working with TxDOT to on the south side of the make this a reality. We re-

ent approved Red Cross facilities.

The cots were to be delivered to Friona January 15. One remaining detail is to designate and train Red Cross is planning a training day in March. We tifying some volunteers to months. attend this required traindesignated as a volunteer.

The million gallon water depending on the weather. the regular police force. During the construction water pressure at your residence and business will be lower. We ask you to minimize your water usage in the month of February.

Judge Deborah Campbell There were three juvenile cases filed and three community service filed. There was \$5,042.65 collected in fines and \$2,176.09 collected in court costs.

Emergency Medical Service (EMS) had a total of 22 runs, seven 911 calls, eleven transfers, and four no transfers. There was \$25,231.20 billed to citizens that used EMS and collected \$12,027.23.

The volunteer fire department had two fire calls in the month of December. There was a small grass fire west of Cattle Town

and a small electrical fire at a residence.

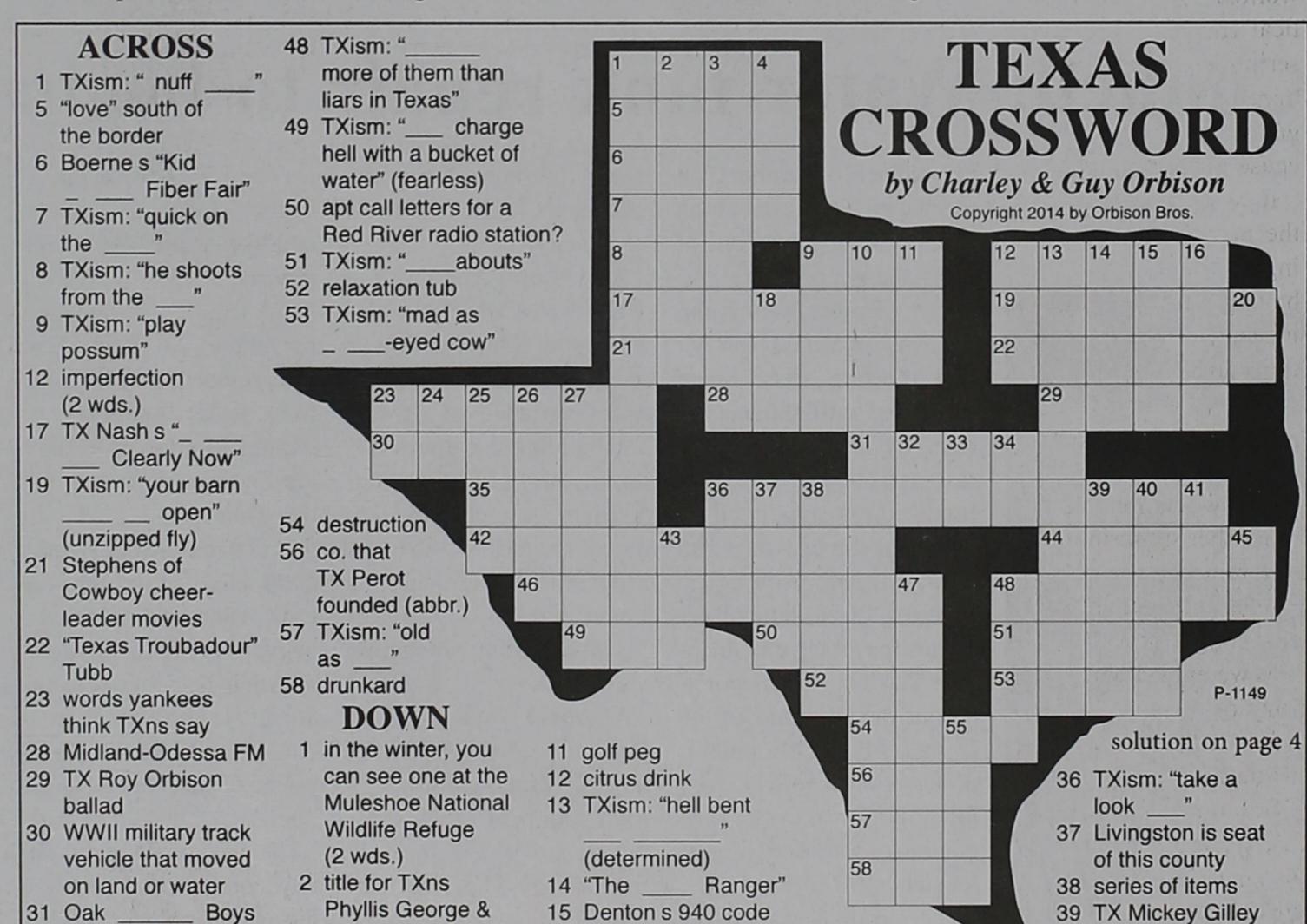
The city pumped 11,769,200 gallons of water in December and sold 8,428,000 gallons. The city volunteers that will be able billed \$48,468.78 for water to spring into action when usage. It is normal for the the need arises. American water usage to be down this time of year. People are less likely to water their are in the process of iden- yards during the colder

The Friona police departing. We would like to have ment received 192 calls for approximately 15 people service during December. There were six arrests made, 39 citations issued, tank northeast of Friona and 52 warnings handed will undergo major revi- out. The six arrests were sions beginning the first of one DWI, one possession February. The tank will be of a controlled substance, drained and the top will be and four arrest warrants. cut off. The inside of the Chief Mooney continues tank will be repaired and his efforts to search for two painted. Then a new roof officers. One officer will will be placed back on the fill the position of School tank. This project will take Resource Officer (SRO). approximately six weeks The other officer will join

Prairie Acres and Heritage Estates continue to do very well financially. There are 48 residents at Prairie Acres and 13 residents at Heritage Estates. Billy Ray Johnston and his staff tried 38 cases in December. continue to do great work with all of the residents and continue to provide great care.

> The Friona Public Library was very busy in December. There were 1,129 patrons that visited the library, an average of 63 patrons per day. It is great to see this many people using the library's services each month. The library serves our community very well. We applaud Darla Bracken and her staff for the great work they do serving our community.

> > Your Mayor



\_\_\_ Boys 35 TXism: " Shirley Cothran: "Miss enough to pucker 3 in Wichita Co.

a pig" 36 kid area at "Six Flags Fiesta Texas": " Springs"

42 TXism: "agressive salesman" Rivers, TX

46 TV ratings co.

on hwy. 370 4 this Cowboy Pearson caught the "Hail Mary" 9 many TXns fought in Southeast

10 major Dallas artery

ending with "way"

16 UT famed formation: "\_\_\_bone" 18 seize a crook

20 Dublin celebrates Patrick s Day 23 TXism: "how \_\_\_ doing?"

24 Gov. \_ \_ Roberts (1878-82)25 San Antonio

university (abbr.)

26 Switzerland tourist resort town 27 NASA event in

Space Shuttle era 32 TXism: "the rodeo \_\_ over" (finished) 33 TX singer Henley

(init.) 34 TX president: \_ \_ Bush (2001-09)

40 an Astro messed up 41 Aransas Pass festival: "Shrimpo\_\_\_\_" 43 "Billy the \_\_\_" 45 ex-Cowboy RB (init.) 47 silent film? (2 wds.) 48 TXism: "lower

sang "\_\_\_\_! I ve

Said It Again"

a snake s navel" 55 TXism: "ain t"

### Town Talk II

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

County ers have reinstated the burn ban effective for 90 days. No outdoor burning of any kind. Violators are subject to citation and fines. County Judge Trey Ellis is authorized to lift the ban in the event of any significant moisture.

Monday January 20 from 4:30 - 6:30 p.m. the Booster Club will have a big t-shirt sale in the football concession stand. All t-shirts will be \$5.00. They are selling old foot- Wade Schueler. If you see ball, and baseball shirts, town tell them thanks for and the Friona livestock emotions involved. plus some "Fear the their service to the com-Spear" and junior high munity and school disshirts. Long and short trict. A group photo is insleeves available. Stop by and help the Booster Club Star. reduce its inventory.

Martin Luther King Day. Banks and the post office will be closed. City hall will be open. Friona Star and most other local businesses will be open.

Recognition Month. It is . has a camper trailer at the time to thank our local- ski area that he maintains ly elected school board and uses during his inmembers who serve the structor days.

commission- community without pay. They spend long hours working with parents and educators to develop local school policy and standards for students. They deal with financial uncertainty while still providing excellent education experiences for all of the children.

> The Friona ISD Board of Trustees are Mitchell Smiley, Tracy Bunker, Ricky Barnett, Becky Riethmayer, Andy Montana, Antonio Rocha, and cluded elsewhere in this

In a chat with volleyball spent time during the hol-He has been a ski instruccame here from Roswell old bachelor on a Sunday January is School Board several years ago. He still afternoon.

determined to be a small no doubt. electric motor overheating. No fire was found but it is better to err on the side of caution. Thanks to our firemen for being on call to respnd.

I had a busy weekend starting with basketball show on Sunday. You can see the results of our efforts with all of the pho-

At the stock show Sunday I enjoyed watching Lori and Ben Osborn

There was a huge crowd at the Floyd Reeve auction and not bust his (or her) last week. One estimate was about 3,000 people attended. Danae Reeve purchased went to 12 photo of the class projstates and Mexico. It was ect. If you need some old Friday night, powerlift- quite a success with lots newspapers let us know. ball, basketball, volley- one of these folks around ing in Bovina Saturday, of family memories and

drummer last week, he said he brisket cooked by popu- regional tryouts. Congrat- pital in Amarillo. talented young lady.

ple of times to folks who weekly newspaper busi-

class instructor to sit on and his family. hiney. That should be interesting. We were glad to get rid of some old papers McLellan said equipment and hope we can grab a

cession stand for a tasty all state band. Kailey was in the local hospital to keep you updated. Monday January 20 is head coach Bryan Masse brisket plate with the qualified last week at the and Jerry was in the hos-

when moving and a cou- opportunity to learn the local news. Until then!

try to keep up with their wanted them to spread ness and we shared many Saturday about noon twin boys, Robbie and down when painting. This road trips to football and our volunteer firemen Jack. The little guys were week a lady came by and basketball games, the were called to Prairie pretty energetic to say the took a big carload of pa- highlight of which was Acres. Someone report- least. A photo is on page pers to be used for a high finding new interesting ed smelling an electrical 5. Cute kids and future school physics project. places to eat. I have good wire overheating. It was stock show participants The students have to build memories of those years a chair out of newspapers and wish all the comfort strong enough for the and peace possible to Bill

Get ready for major work on Highway 60 between Washington and Summit streets beginning in the summer. Tx-DOT will dig up the road and put in concrete. First phase will be on the south Mickey Harrelson had side of Hwy 60 and take back surgery this week. about four months. Then FHS senior and band Daughter Goldie says work will move to the (percussion- he is doing well. Gene north side for another four tos in today's Star. At the ist) Kailey Lucas will be Welch and Jerry London months. Access to busilivestock show I joined headed to San Antonio as had some health issues nesses from Hwy 60 will many others at the con- a member of the 1A/2A continue this week. Gene be closed too. We will try

We are ready to accept lar chef Charlie Pope. ulations Kailey. I have And I am sad to re- photos of your sweetidays as a ski instructor at For \$5 we got a brisket enjoyed watching Kailey port that former Friona hearts for our annual Val-Ski Apache in Ruidoso. sandwich, chips, a drink and her percussion band Star publisher Bill Ellis entine's paper. It will be and a couple of cookies. mates during perfor- was admitted to Prairie published February 13. tor for many years. Bryan A good meal deal for an mances of the Chieftain Acres on December 31, Cost is \$10 for 1-2 person Band the last couple of 2013, his 77th birthday. photo and \$20 for 3 or years. She is a nice and Bill is diagnosed with more in the photo. Bring Alzheimer's and could your photos by the office no longer be cared for at Mon-Wed from 10-5 and We have stacks of old home. I worked along- we will scan them and newspapers here and have side Bill (and Carol) for give them back to you. offered them to folks free. eight years before he re- Thanks for reading the We have given papers to tired and sold me the Star Friona Star and we look people to pack their boxes in 2003. He gave me the forward to a great year of

## dana jameson

### Got insurance?

Insurance is one of those things that when we are young we do not think we need.

I am not young anymore and things keep going haywire on me.

For many years, I did not have insurance and did a lot of praying that nothing would happen to me. Overall, praying worked.

However, I turned 50 a few years ago and things started not working like when I was younger.

I found that I could no longer run around being Superman anymore. Bending my knees became an adventure in groaning. My blood pressure decided it wanted to go from being excellent to achieving monumental heights. My cholesterol that was once below average and com- so I went with it again. plemented was now creeping into a higher, less com- took only a few minutes of told how she was purchasplementary range. Weight that had once been so easy to shed was now sticking like super glue.

I found out that having an anxiety and gall bladder attacks felt much like a heart attack. None of the attacks are any fun and require entirely too much prodding.

Insurance was there to help me with my aches and ills for the last few years. some rough times.

masses that have had to

go out and find insurance. Believe me, it was not easy and definitely not cheap.

I do not envy anyone that does not have insurance or Medicare. Healthcare and medications are expensive.

My adventure into finding insurance has been, at best, educational.

Every company that sells insurance has a price 'just for you'.

Blue Cross Blue Shield (BCBS) has at least 15 different plans to choose from and each one can be customized to your needs depending on what state you live in.

The other companies that were competing with BCBS only had five or six plans to be compared.

I had BCBS at my last job and it worked very well

The application process answering probing questions.

The thing that bothered me about the whole process was that if I do not have insurance and I file my taxes I would be fined.

It just feels like the government is more 'up in my business' than they should be. I have listened for months as this has been debated and I know this is nothing new. I just cannot In fact, it got me through see how people that have a hard time making ends I am now one of the meet will be able to foot one more bill.

Are we going to receive raises to pay for this mandatory insurance? On the other hand, will we have to give up more to pay for this expense?

I do not think we will be seeing raises and I know that we will have to give up even more.

A few years ago, I worked for a pharmaceutical company. I took prescription orders from patients. I eventually had to get out of this business because it was very painful.

It was painful in that the people that were calling in their orders were having difficulty choosing between their medications and food. Often they would unload their problems while they were ordering.

One woman called in to renew her subscription and ing her medications before she bought groceries. She was weeping as she related her story.

Honestly, I cried for a while after talking to her. I also made the decision I could not do that job and listen to all the suffering that was being funneled through a phone line.

I pray that I am never in that situation but I know that it can happen at any time to anyone.

There has to be a sane answer to staying healthy as we grow older.

### We hope 2014 is a Grrrreat year for you



### Do you make New Year's resolutions?

One resolution that we might all think about is starting a savings account or adding to our present one.

If we can be disciplined about saving a portion of our pay check, whether it's a couple of dollars or a percentage of our check, by this time next year we'll be ready for those emergencies, or have money saved for that special something, or just have a feeling of satisfaction that we did it!

We at Friona InterBank invite you to stop in and ask us about opening a savings account for those special needs.

> We are a member of FDIC and an Equal Housing Lender And our web address is interbankus.com

## FRIONA BInterBank

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### Happy Birthday

### January 19-25

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

Jan. 19-Gene Schueler, Iona Renner, Krista Renner Kemple, Kristi Neill, Susie Preston Perkins, Libbye Turner, Cotton Fleming, Heather Sandoval

Jan. 20-Brandon del Rosario, Dave Van Valkenburg, Darla Sue Procter, Arianna Pena, Fabian Flores, Devan Huddleston, Haden Walling, Irma Jo Englant, Sandra Ware, Peggy Alexander

Jan. 21-Karen Carter, Derrick Jamerson, Jim Roy Wells, Jacob Hoon, Elaine Carson, Bobby Tyler

Jan. 22-Hugh Moseley, Courtney & Cameron Baxter, Herbert Schueler, Jeff Procter, Natalee & Emalee Roberts, Ann Kelly, Candice Schueler, Brannon Harmon

Jan. 23-Lori S. Keyes, Marc Hamil, Stephine Serna, Emma Downs

Jan. 24-Mark Edelmon, Karen Wright, Greg Venhaus, Connie Dodson, Christina Escobedo, Marivel Castaneda, Tolby Royce Wilcox, Harley Merritt, Holly Johnston, Lori Stockstill, Roy Lee Stowers, Damon Parker

Jan. 25-Nancy Edelmon, David Murphree, Brayden Pope, Britny White Pope, Jarrett Procter, Dana Berend Campbell, Regan Anthony, Amy Venable, Tricia Rocha, Triston Stormes, Heather Rocha, Jinnee Parr, Kade Rector

### Local dairy earns expert rating

Current concern for biosecurity led Koen Ally to open the Optima Dairy to an independent animal health evaluation by the Dairy Quality Center (DQ Center).

The results of the on-site review were good news for the environment, the community and the 52,589 people that rely upon Optima Dairy for milk every day. The Optima Dairy has earned the prestigious "Expert in Animal Health" designation, which accompanies the Verified Premium Plus recognition or highest level of attainment for dairy businesses by the Dairy Quality Center.

Earning this distinction is based upon an on-site walkthrough by a licensed veterinarian. The Optima Dairy was reviewed by Christian Steenholdt, DVM, a professional consultant for the Dairy Quality Center located in Stratford, Iowa.

Vaccination schedules, bulk tank milk test, employee training, and milk quality scores were the foundation of the biosecurity evaluation. These science-based tests were blended with a subjective third party review of air quality, dust control, manure handling, animal health, and employee safety.

The Verified Premium Plus designation will be in effect for one year. The quality assurance program has been in place for the dairy industry since 1990. Over twenty thousand dairy operations have been independently reviewed for quality assurance, and only a select few have been designated as Verified Premium Plus dairy businesses.

The Optima Dairy is owned by Koen & Els Ally and located at 2131 Co. Rd. 23.

## Sheriff's Report

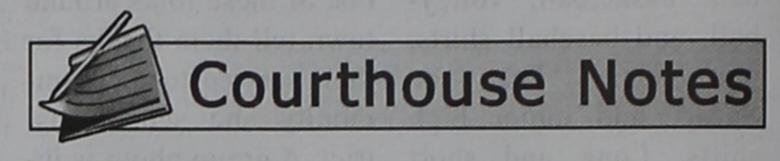
The Sheriff's Report is chronicled each week by the Parmer County Sheriff's Office.

January 7, 2014-Adolf Balderaz, Jr., 44, of Hereford, was arrested by the Friona Police Department for possession of a controlled substance under 4 grams, pending Grand Jury. Balderaz was also arrested for possession of marijuana under 2 ounces, pending County Court.

January 8, 2014-Inez Armando Castro, 53 of Hereford, was arrested by the Friona Police Department for possession of a controlled substance more than 1 gram and less than 4 grams, pending Grand Jury. Castro was also arrested for driving while license invalid with previous charges, pending County Court.

January 11, 2014, Stephen Spurrell, 37, of Sudan, TX, was arrested by the Texas Highway Patrol for a warrant out of California, pending transport.

January 11, 2014, Brandy Richardson, 36, of Little-field, was arrested by the Sheriff's Office for a motion to revoke for a theft by check, pending District Court.



Warranty deeds reported by the County Clerk's Office for the week of January 2-8, 2014:

Wilma Lynn Roberts Estate-Sheets and Sheets Properties, LLC, L20-33 B44 Farwell.

Martin Eugene Sheets and Gene Sheets-Sheets and Sheets Properties, LLC, L14-16 B59 Farwell.

Joe Bermea Estate-Larry Gonzalez and Janie Gonzalez, L7 B29 Friona.

Radford Venable and Kay Venable-Carolina Gutierrez, L16-17 B43 OT Bovina.

Tommy Tatum and Dianne Tatum-Homer Allan Haile, SW Corner of NW/4 S25 T1N R4E.

Kenneth Dale Widner Living Trust-Kenneth Dale Widner, 308 AC S21 T3S R3E.

Lynn Tate and Sondra Tate-Don Mimms and Joy Mimms, SW/4 S2 T11S R3E.

Alvaratta White Testamentary-David Lynn Tate and Cassondra A Tate, S2 BLK H KELLY.

## Feed grains marketing workshop in Amarillo

Agriculture producers preparing for tough markets in 2014 should plan to attend Texas A&M AgriLife Extension Service's "Developing This Year's Marketing Plan for Feed Grains" workshop Feb. 3-4 in Amarillo, according to an AgriLife Extension economist.

with adequate-to-surplus supplies of all crops in the U.S. and world markets, stagnant ethanol demand and the lowest cattle inventory in 60 years are just some of the factors that could make marketing the 2014 feed grains crop for a profit difficult, said Dr. Steve Amosson, AgriLife Extension economist in Amarillo.

"Feed grains producers are

going to have to have a sharp pencil to get the most production for the least amount of cost and then do a good job of marketing their crop in order to have a successful year," he said.

The feed grains workshop, co-sponsored by the U.S. Department of Agriculture's Risk Management Agency, will be from 9 a.m. to 4 p.m. each day at the Texas A&M AgriLife Research and Extension Center, 6500 W. Amarillo Blvd. The registration fee is \$125, which covers the cost associated with instruction, breaks, meals and materials, Amosson said.

To register and pay for this course, go to: http://agril-iferegister.tamu.edu. While this is the preferred method

of registration and payment, Amosson said payments will be accepted at the door. However, all registrations must be completed by Jan. 31, either online or by contacting Leon Guerrero at 806-677-5626 or lguerrero@ag.tamu.edu.

"In this workshop, we will dissect the feed grains market and analyze each of its components, including cost of production, break-evens, crop insurance decisions, seasonal price patterns, anticipated weather, in addition to covering the supply, demand and technical factors that will be influencing the feed grains market for the upcoming year," Amosson said.

"Our objective is simple – to arm participants with the knowledge to make informed

marketing decisions," he said. "The ultimate goal of this workshop is for the producer to be able to develop a successful marketing plan for the 2014 crop."

Amosson and Dr. Mark Welch, AgriLife Extension grain marketing specialist in College Station, will be the primary instructors for the course.

Guest speakers for the feed grains workshop will include a panel of area lenders, brokers and grain merchandisers who will address key issues facing local producers in the upcoming marketing year. In addition, the National Weather Service in Amarillo will provide the weather forecast for the upcoming growing season.

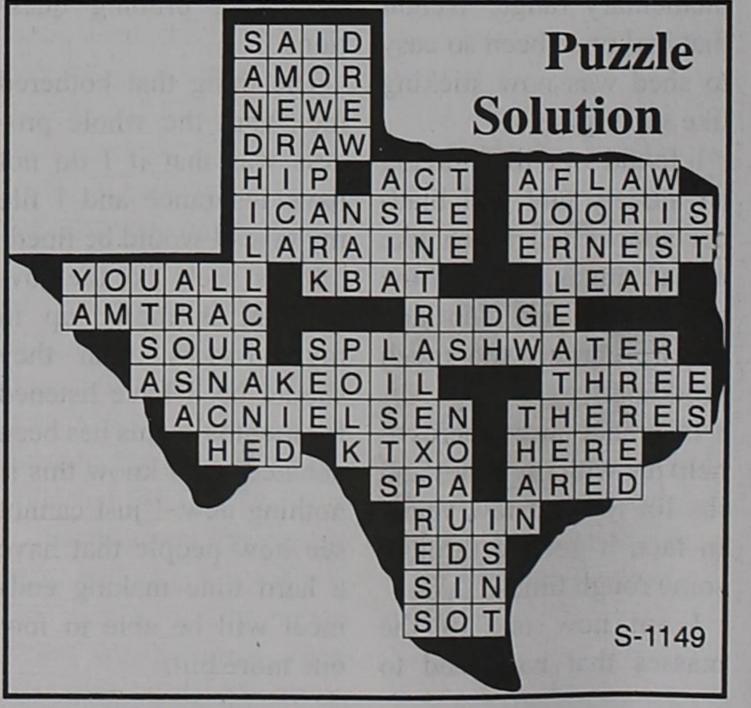
## Crime of the Week

On January 9, 2014, in the early morning hours, unknown individual(s) committed burglary of a vehicle and an unauthorized use of a vehicle in the 800 block of 2nd St. in Farwell.

The person(s) entered seven vehicles without the consent of the owner and removed property from the vehicles. The person(s) also stole a red 2007 Chevy Silverado pickup bearing license plate 62D BV8.

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





First National Bank-Friona Banking Center Salutes
The Friona ISD board of trustees during
School Board Recognition Month.

Thank you for your service to our schools and our community.





We will be closed Monday January 20 in observance of Martin Luther King Day. MEMBER FDIC
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Banking Hours:
Monday-Friday
8:30 am to 4:00 pm
Drive-thru open Friday until
6:00 pm

### Panhandle Parables

### Resolution #1 Resolve to Gain Wait! JEFF PROCTER, Minister, 6th St. Church of Christ

If you own a television, then there is no escaping the marketing blitz from mid-December to February on exercise equipment and fitness guru's DVD's to help you lose all those unwanted pounds.

There are even a few products out there that require you to do nothing but strap them on and the pounds will melt away. I have a little fear myself of strapping anything on that may melt any part of me, but I digress. Yet the push is on to lose weight and there are as many ways to do that as there are those to propose them.

My proposal is to resolve to gain wait.

Spiritual waiting is two-fold in my opinion. There is the part where we learn some patience.

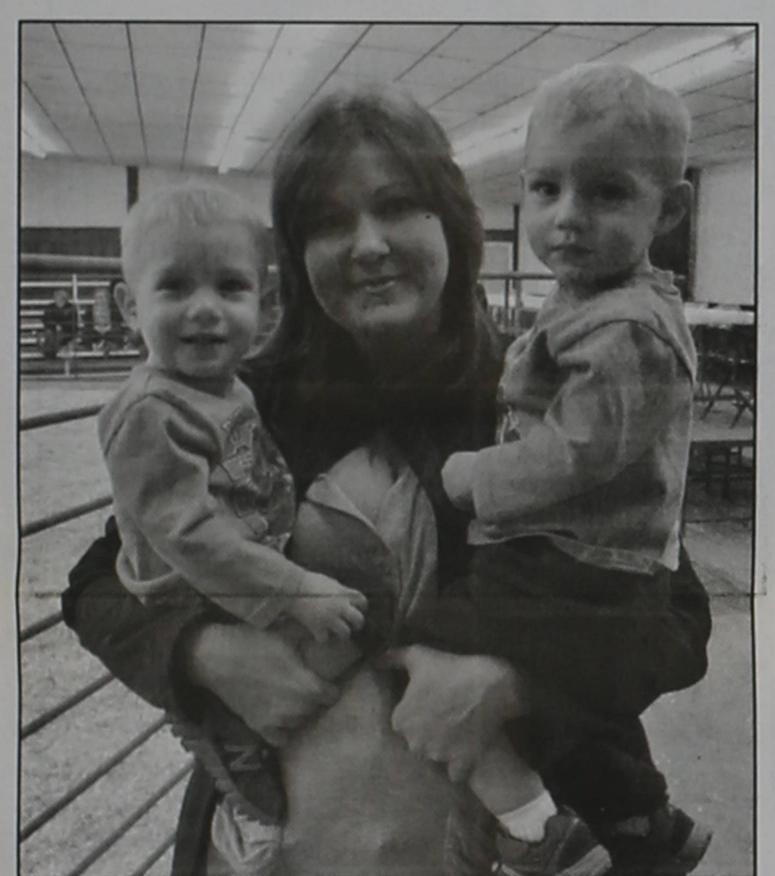
I know I said it. We do not like to wait, but wait we must learn.

Patience gives us great insight into the nature of God, who patiently waits for us to get it together on any given day.

When on some level I can appreciate what God puts up with in me, it gives me an idea of what He expects from me towards others who like me are still figuring it out too!

Second, gaining wait requires waiting, as in serving. Like the kind person who takes your order, keeps your glass of tea just right and in a friendly manner takes care of your needs during a meal. It is an action. It requires of me effort and the reward is that Jesus is the one sitting at the table I serve. So while I am learning to wait on God for answers, I wait on Him with service.

If I can learn how to be patient and learn how to serve, it is almost guaranteed I will gain wait. But as you know from last week's sermon, (I mean article) that remains your choice.



ron carr photo

Future livestock show participants. Twin boys Robbie, left, and Jack Osborn were stirring up some sawdust at Sunday's Friona livestock show. They are sons of Ben and Lori Osborn and no doubt will carry on the Osborn livestock show tradition.

## FHS Honor Roll

Friona High School Assistant Principal Erika Montana recently released the 3rd Six Weeks Honor Roll.

#### All A's

Freshman: Kendall Barnett, Mason Fleming, Johathan Lucatero Hernandez, Maria Nava Lopez, Taylor Stallings, Marilena Viernes

Sophomores: Salma Estrada, Josue Ojeda, Jacob Rejino, Elizabeth Rocha, Jasmine Rodriguez

Juniors: David Martinez, Haden Smiley

Seniors: Perla Bautista, Jesus Lopez Huicoza, Esdras Rodriguez

### All A's One B

Freshman: Alejandro Cigarroa, Daniela Flores Lopez, Alexa Garcia

Sophomores: Joshua Barnett, Martha Barraza Terrazas, Yodeli Castillo, Kyra Davis, Keila Gabel, Kaegan Kerby, Evelyn Lozoya, Erika Maldonado, Mason Mireles, Makayla Pierce, Lorena Soto

Juniors: Jacob Dickson, Karina Hernandez, Tyler Hough, Mason Loflin, Christian Merino, Denise Padilla, Jose Rocha, Julio Rocha, Justin Rocha, Clara Salinas, Lino Tarango, Aubrey Williams

Seniors: Daumenique Carranza, Jacob Osborn, Samuel Silva, Ricardo Soto

## Learning About God, pt 2

**BRETT HOYLE, Pastor, First Baptist Church** 

2 Kings 5 is the true, biblical account of God miraculously healing a Syrian army commander of severe leprosy through the prophet Elisha and a muddy river. God's grace changed Naaman's life forever, and God still loves touching lives. Sadly, though, the story ends with a greedy servant sinning and being judged by God.

After his healing, Naaman naturally wanted to pay Elisha as a thank you for what happened. Elisha refuses the gift, and sends Naaman on his way, but this does not escape the notice of Elisha's servant Gehazi. Gehazi saw his opportunity to cash in on this situation by following Naaman and 'charging' for the healing. This is so shocking because Gehazi, a godly servant, succumbs to temptation and gets greedy and is able to get around 150 lbs of silver and two changes of new clothes from the Syrians, and a sense that he has gotten away with his deed. In reality, you can pull the wool over people's eyes, but you can't hide from God, and by the end of the story Gehazi and his descendants had been cursed with the leprosy of Naaman and he leaves an ashamed man. This final twist is a firm reminder that it is better to have God's favor and blessing than riches, wealth or material goods. God's favor and blessing comes though a relationship with Jesus Christ, who is the only one who can heal our hearts.

Area Church Directory

## OBITUARIES

### Iona Fay Cook

Iona Fay Cook, 89, of Friona died Thursday December 19, 2013. Chapel Services were held Sunday, December 22, 2013 at the Friona Cemetery Chapel in Friona with Rev. Brett Hoyle, pastor of the First Baptist Church in Friona, officiating. Burial followed in the Friona Cemetery by Blackwell-Mullins Funeral Home of Friona.

Mrs. Cook was born September 1, 1924 in Lamesa, Texas to Dolphus Edward and Lavenia Ardella Prentice Richards. She graduated from Hardin-Simmons with a B.A. degree in 1946. She married Raymond Cook in Lamesa on July 4, 1948. Mrs. Cook was a longtime school teacher, member of Delta Kappa Gamma, Modern Study Club, and very active in the First Baptist Church of Friona where she taught Sunday School, Training Union and was a member of the choir.

She is preceded in death by her parents, husband, two sisters and two brothers.

Survivors include one



Iona Fay Cook

son-Carroll Ray "Fred" Cook and wife Amy of Friona, one daughter- Kathy Wooley Cruz and husband Charles of San Antonio, one brother-Elbert Richards of Denver, CO., four grandchildren and six greatgrandchildren.

Memorials may be made to Prairie Acres Nursing Home, 201 East 15th St., Friona, Texas 79035

You may sign the online register book at www.blackwellmullins.com



### **Barbara Armstrong**

Barbara Armstrong, born January 30, 1928 and formally of Friona, passed away January 10, 2014 in Tripp, South Dakota.

She was preceded in death by husbands Army Armstrong and Tom O'Brian.

One daughter Susan Pat-

terson and husband, Darrell, of Duncan, Oklahoma and one son Alan Armstrong and wife, Barbra, of Tripp, South Dakota, survive Armstrong.

Four grandchildren and six great grandchildren also survive her.

Send your church news to the Friona Star frionastar@wtrt.net

### Friona

#### VICTORY FAMILY **WORSHIP CENTER** 9th & Washington 806-250-2207 Pastor Robert Kerby Website-www.thevictory.tv

FIRST BAPTIST CHURCH 6th & Summitt 806-250-3933 Pastor Brett Hoyle Email-firstbc@wtrt.net Website-www.fbcfriona.com

QUALITY OF LIFE BIBLE STUDY CHURCH 301 Grand Ave. 806-240-0826 Pastors Mark & Mary Goff

CALVARY BAPTIST CHURCH 15th & Cleveland

806-250-3000 Pastor Bobby Broughton CHILDREN'S CHURCH 3 yrs-6th grade

GRACE BAPTIST CHURCH North end of Congregational Church 1601 Euclid 575-693-6381 Pastor Gary Johnson

TEMPLO BAUTISTA 403 Woodland 575-693-6381 Pastor Antonio Rocha ST. TERESA'S CATHOLIC CHURCH

16th & Cleveland 806-250-2871 Father William

SIXTH ST. CHURCH OF CHRIST 502 W. 6th 806-250-2769 Jeff Proctor, Minister

TENTH ST. CHURCH OF CHRIST 10th & Euclid Ron Smiley 806-250-3213

Gerall Wyly

806-250-5236

FRIONA UNITED METHODIST CHURCH 8th & Pierce

806-250-3045 Rev. Kurt Borden Email-frionoaum@wtrt.net Website-www.frionaumc.com

TEMPLO DE ADORACION 620 Washington 806-250-5929 Pastor Roy Dominguez

UNITED CHURCH OF CHRIST Union Congregational Church 1601 Euclid 806-250-3635

### Bovina

FIRST BAPTIST CHURCH 308 3rd Street 806-251-1632 Pastor Brian Mullins

**CHURCH OF** CHRIST 500 Ave. E 806-251-1334 Mike Prather,

Minister

FIRST UNITED **METHODIST** CHURCH 205 4th Street 806-251-1124 Pastor Larry Mitchell ST. ANN'S

CATHOLIC CHURCH 401 3rd Street 806-251-1511

LA IGLESIA DE DIOS DEL **PRIMOGENITO** The Church of God of the Firstborn 102 2nd Street

**IGLESIA** BAUTISTA **HISPANA** 103 1st Street 806-251-5232 Pastor Rafael Marin

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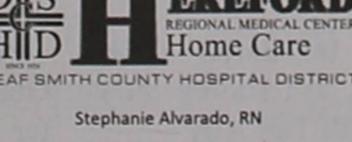
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FDIC





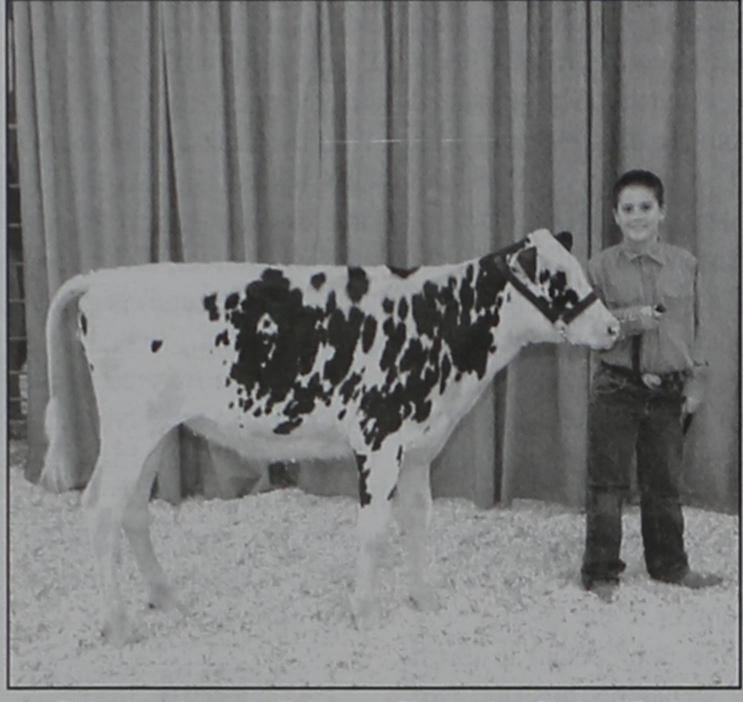
**Anthony Abarca - Grand Champion Dairy Heifer** 



Seth Murphree - Grand Champion Goat



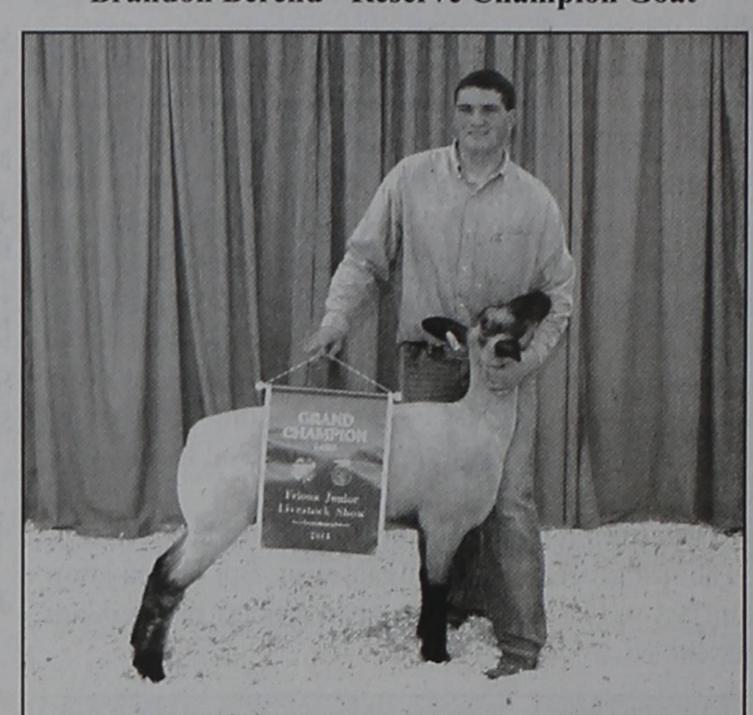
Brandon Berend - Reserve Champion Goat



Gabriel Abarca - Reserve Champion Dairy Heifer

## Friona Stock Show Winners

Photos by Donna Schueler



Brandon Berend - Grand Champion Lamb



Dan O'Brian- Grand Champion Pig



Jacob Osborn - Reserve Champion Pig



Kendall Kimbrough - Reserve Champion Lamb

## Friona Stock Show results

The 2014 Friona Stock Show held Sunday, January 12 at the Friona Community Center is now in the history books.

The following exhibitors placed: Dairy Heifers: 1st- Anthony Abarca,

2nd- Gabriel Abarca Beef Heifers: 1st & 2nd Tyler Hough Goats: Class 1-1st Stef Ally, 2nd Tim Ally.

Class 2-1st Seth Murphree, 2nd Tyler Hough, 3rd Kambree Kimbrough

Class 3-1st Seth Murphree, 2nd Brandon Berend, 3rd Anthony Abarca,

4th Gabriel Abarca.

phree, Reserve Champion Goat-Brandon Berend, Grand Champion Showmanship Goat-Seth Murphree, and Reserve Champion Showmanship Goat-Tyler Hough.

Lambs: Class 4 Southdowns-1st & Breed Champion Carter Gilley, 2nd & Reserve Breed Champion Tim Ally, 3rd Stef Ally.

Class 5 Finewool-1st & Breed Champion Amy Osborn

Class 6 Finewool Cross-1st & Breed

Champion Karlee Osborn, 2nd & Re-Grand Champion Goat-Seth Mur- serve Breed Champion Amy Osborn

Class 7 Medium Wool-1st Jory Barrera, 2nd Karlee Osborn, 3rd Kambree Kimbrough, 4th Edgar Guerrero

Class 8 Medium Wool-1st Kendall Kimbrough, 2nd Erica Barrera, 3rd Tristan Schueler, 4th Anthony Abarca

Class 9 Medium Wool-1st Amy Osborn, 2nd Blake Stowers, 3rd Amy Osborn, 4th Tristan Schueler, 5th Jacob Osborn

Class 10 Medium Wool-1st & Reserve Breed Champion Kendall Kimbrough, 2nd Carter Gilley, 3rd Karlee Osborn, 4th Tristan Schueler

Class 11 Medium Wool-1st Jacob Adaline White Osborn, 2nd Karlee Osborn, 3rd Blake

Class 12 Medium Wool-1st & Breed Champion Brandon Berend, 2nd Abel Palacios, 3rd Antonio Adame

Grand Champion Lamb Brandon Keegan Hurst, 5th Trent Hickman Berend, Reserve Champion Lamb Kendall Kimbrough, Grand Champion Showmanship Lamb Brandon Berend, and Reserve Champion Showmanship Lamb Blake Stowers.

Swine: Class 13 Berk-1st & Breed Champion Carter Gilley, 2nd & Reserve Champion Hadley White

Class 14 Duroc-1st & Breed Champion Adaline White, 2nd & Reserve Breed Champion Tim Ally, 3rd Dan O'Brian

Class 15 Hamps-1st Carter Gilley, 2nd Adaline White, 3rd Hailey Stew-

Class 16 Hamps-1st & Breed Champion Brayden Pope, 2nd & Reserve Gilley, Knox Hilton, and Jarrett White.

Breed Champion Paulina Mena, 3rd Tim Ally, 4th Emma Schueler

Class 17 York-1st & Breed Champion Juan Samarron, 2nd Preston Stewart, 3rd Dan O'Brian

Class 18 York-1st & Reserve Breed Champion Hadley White, 2nd Hailey Stewart

Class 19 Spot-1st Emma Schueler, 2nd Preston Stewart

Class 20 Spot-1st & Breed Champion Juan Samarron, 2nd & Reserve Breed Champion Stef Ally

Class 21 Poland-1st & Breed Champion Dan O'Brian, 2nd & Reserve Breed Champion Hailey Stewart, 3rd

Class 22 Cross-1st Preston Stewart, 2nd Dan O'Brian, 3rd Hadley White, 4th Tim Ally

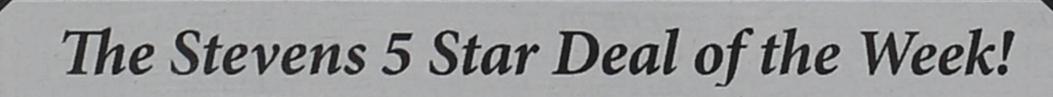
Class 23 Cross-1st Paulina Mena, 2nd Carter Gilley, 3rd Stef Ally, 4th

Class 24 Cross-1st & Breed Champion Dan O'Brian, 2nd Derreck Hernandez, 3rd Kenzie Hurst, 4th Omar Ramos, 5th Tim Ally

Class 25 Cross-1st & Reserve Breed Champion Jacob Osborn, 2nd Carter Gilley, 3rd Jose Hernandez

Grand Champion Swine Dan O'Brian, Reserve Champion Jacob Osborn, Grand Champion Showmanship Swine Paulina Mena, Reserve Champion Showmanship Swine Hadley White

Pee Wee Showman: Lambs and Goats-Lily Abarca, Deiter Ally, Foster Gilley, Porter Gilley, and Quay Schueler. Swine-Foster Gilley, Porter



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ard, 4th Stef Ally, 5th Tim Ally www.stevens5star.com

## Parmer County receives sales tax revenue

Texas Comptroller Susan Combs recently stated that state sales tax revenue in December was \$2.25 billion, which is up 3.9 percent compared to December 2012.

"Consumer spending in retail trade contributed to the latest gain in state sales tax collections," Combs said. "Other sectors such as telecommunications also contributed to the monthly growth, and state sales tax revenue has now increased for 45 consecutive months."

Combs will send cities, counties, transit systems and special purpose

sales tax allocations totaling \$573.5 million, up 8.1 percent compared to January 2013.

vember sales reported by monthly tax filers.

Parmer County will receive \$47, 063, which is up 15.14 percent from \$40,871 in 2013.

Bovina will receive \$9,181, which is an increase of 46.56 percent from \$6,264 last year during the same pe-

Farwell had a decrease of 9.58

taxing districts their January local percent receiving \$7,657. In 2013, Farwell received \$8,470 during the same period.

Friona will receive \$30,225, which The sales tax figures represent No- is an increase of 15.63 percent. Friona received \$26,138 in 2013.

> For more information and details of January sales tax allocations to individual cities, counties, transit systems and special purpose districts, locate the Monthly Sales Tax Allocation Comparison Summary Report on the Comptroller's website at www.window.state.tx.us/taxinfo/ allocsum/compsum.html.

## Lions Club News



The Friona Evening Lions met Thursday, January 9 with Lion's District Governor Ryan Hodge in attendance to update the club on upcoming district activities. District Governor Hodge was invited by Katherine Wood-

Hodge informed the club that the State Convention would be held on a Carnival Cruise in Galveston on May 15, 2014.

Hodge stated that national membership is up for the first time in ten years and Texas was included in the states that gained members.

A Lion coin was presented to each Lion in attendance. The coin is to be carried as a reminder to invite a new person to join. The coins will then be presented when

## ard and welcomed by Kristina Anthony.

membership is made.

## O'Brian's celebrate 50th anniversary

Roy & Paula O'Brian, of Friona, celebrated their 50th Wedding Anniversary on December 28, 2013. The Rev. Russell McAnnally married them on December 28, 1963 at The First United Methodist Church Parsonage.

They are the parents of Celia Mason of Post, TX, Sheila Higgins of Dimmitt, and the late Edward O'Brian. They are also the proud grandparents of nine grandchildren & one great-granddaughter.

Daughters Celia & Sheila along with their families hosted a special evening for Roy & Paula with lots of laughter at Cagle's Steakhouse in Lubbock, TX on attended.

December 28.

Family members in attendance were Ray & Celia Mason, Daniel & Sheila Higgins, Wes & Desta Mason, Ben Mason, Casey Merritt, Brandy Merritt, Drew Higgins & fiancée' Keisha Smith. Dalton Dodson, of Amarillo, also



### Chieftain basketball update

### Chiefs 45 Dimmitt 49

Scoring: Haile 15, C. Stowers 14, B. Stowers 8, Zamudio 7, Loflin 2, Woods 2.

### Chiefs 42 Littlefield 53

Scoring: Woods 14, C. Stowers 14, B. Stowers 6, Haile 4, Zamudio 4.

### Chiefs 76 Tulia 61

Scoring: C. Stowers 30, B. Stowers 12, Woods 11, Haile 9, Loflin 5, Espino 3.

The Chiefs have a 2-2 district record as they hosted Abernathy Tuesday January 14. The Squaws were 0-6 in district play looking for their first win. Both teams travel to Muleshoe Friday to continue their district quest.

## January is School Board Recognition Month We salute the Friona Independent School District Board of Directors



The Friona Independent School District Board of Trustees, back, I-r, Mitchell Smiley, Antonio Rocha, Ricky Barnett, Wade Schueler; front, I-r, Andy Montana, Becky Riethmayer, Tracy Bunker.

The Friona Independent School District teachers, staff, and students salute the district's Board of Trustees for their loyal service to the district and the community.





## STAR CLASSIFIEDS

250-2211 Deadline: Tuesday @ 5 p.m.



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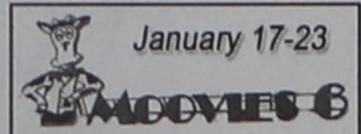
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3<sub>mg</sub>



ness Office: 364-0101 - Movie Hotline: 364-8000

Paranormal Activity

12:10 • 2:25 • 4:35 • 7:00 • 9:20 Devil's Due

12:30 · 2:40 · 5:00 · 7:10 · 9:20

Frozen

1:30 • 4:30 • 7:15 • 9:45

PG13

47 Ronin

1:15 • 4:15 • 7:00 • 9:35 The Nut Job

12:40 • (3:00) • (5:05) • (7:10) • 9:15

Jack Ryan: Shadow Recruit PG13

1:00 • 4:00 • 7:05 • 9:25

Fri 17th: 7's and 9's only Sat 18th & Sun 19th: All Showings Mon 20th: All but 9's Tues 21st - Thurs 23rd: 7's only Moovie Hotline: 364-8000 - Option 2

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tfnc3.7.13

### HELP WANTED

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### FOOD SERVICE MANAGER NO SUNDAYS OR HOLIDAYS

V V S Canteen is seeking an individual to direct cafeteria operations at the Cargill Plant at Friona, Texas. A minimum of 3 years General Management experience in the food service industry is required. Bilingual in English and Spanish is helpful but not required. Competitive salary and benefit package. Apply on line at: vvscanteen.com click on careers and follow instructions, or e-mail your resume to rod.vanpelt@vvscanteen.com.

2tc:1.16-1.23



Cattle Department Cargill Cattle Feeders, LLC Bovina, Tx

Cattle department responsibilities include processing cattle, doctoring, shipping, riding pens, and other duties as assigned. Applicants must be willing to perform all of these responsibilities. Work schedule will include 1 & ½ days off on most weeks and hours will average 50-60 straight wage no overtime. Position offers full benefits package including 401K and Health Insurance.

Interested applicants should apply in person at Cargill Cattle Feeders 600 US HWY 60. (806)225-4400

2tc: 1.16-1.23



Vet / Processor Cargill Cattle Feeders, Bovina, Texas

Position available in the Cattle Dept for Doctoring Processing. Responsibilities include processing cattle, doctoring, assisting with shipping, and other duties as assigned. Applicants must be willing to perform all of these responsibilities. Work schedule will include 1 & 1/2 day off on most weeks and hours will average 50-60 straight wage no overtime. Position offers full benefits package including 401K and Health Insurance.

Interested applicants should apply in person at Cargill Cattle Feeders 600 US HWY 60. (806)225-4400

2tc: 1.16-1.23



Mill Maintenance Position Cargill Cattle Feeders,

Bovina, Tx

Responsibilities will include maintenance and repair of mill equipment and machinery, housekeeping loader/truck operation, and other duties as assigned. Mechanical/Welding skills preferred. Applicants must be willing to perform or learn all of the duties mentioned, possess a strong work ethic and work well in a team environment. Work schedule will include 1 & 1/2 days off and hours will average from 55-60 hours per week, straight wage no overtime. Position offers full benefits package including 401K and health insurance.

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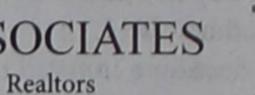
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4/3/2 Brick w/central heat & air, fireplace, new corner Jacuzzi tub in master bath, built-in shop, new roof, oversized garage, Western Addition..

3/2/2 Brick w/central heat & air, two living areas, new roof, fenced backyard, close to High School..

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REDUCED: 3/3 Stucco 2-Story Country Home on 3 acres, lots of remodels, barn with horse pens, storage bldg. new metal roof..

REDUCED: 4/3/2 Two-Story Brick w/central heat & air downstairs, fireplace, fenced backyard with storage bldg. close to hospital..

3/2/2 Brick w/central heat & air, fireplace, new roof, sunfroom/office, lots of closets and storage, 2 storage buildings in fenced backyard..

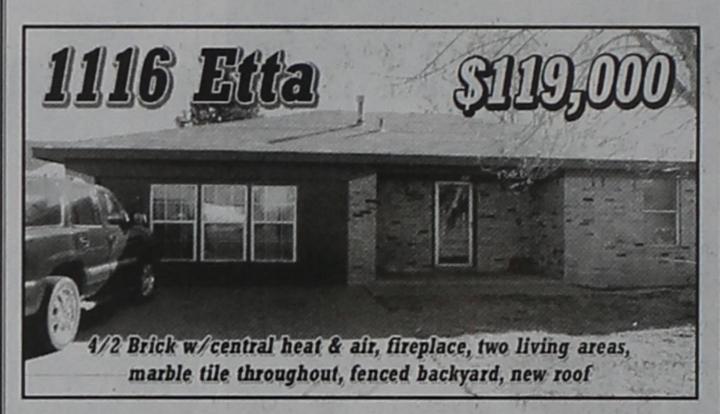
2/2/2 Brick w/central heat & air, fireplace, two living areas, all rooms very large,

3/2/2 Brick w/central heat & air, fireplace, new roof, detached carport, new interior paint in kitchen and bedrooms, fenced backyard w/storage......\$105,000

new roof, metal siding on eaves, fenced backyard....

Reduced: 3/2/2 Brick w/central heat & air, fireplace, new roof, new paint inside

and outside, new ceiling fans in bedrooms, fenced backyard...



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### FOR SALE BY OWNER

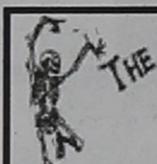
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tfnc:8.15.13



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10<sub>mg</sub>

## Negative Calories?

By Melanie Gallman Braun

Math is the key to weight loss. Yeah, that's what I think, too-double whammy.

Having to deal with math is as bad as having to diet. But this is an easy equation. Burn/use more than you eat.

There are 3,500 calories in a pound of fat. Eat 500 calories less a day or burn 500 more a day for a week, and you've lost a pound. A combo of these two methods is very effective as tion process, and there is well, and as I'm kinda big no potential for your body wholesome foods to your on exercise this seems like to store it as fat. Scientific diet, replacing fat-laden, the best choice.

Make mistake no though; you cannot outexercise a bad diet. It all starts in the kitchen.

foods that are labeled as "negative calorie" foods?

First, there is controversy surrounding this label. A negative calorie food is claimed to require more energy for the body to digest it than the energy it actually provides.

So the idea is that by consuming negative-calorie foods, you will lose weight because all calories are burned in the digesresearch does not back this sugar-laden, claim.

about 10 calories as it the actual magic of negabreaks down 100 calories. tive calorie foods!

So what's the deal with Asparagus, apples, beets, berries, broccoli, cabbage, carrots, cauliflower, celery, chilies, cucumbers, garlic, lettuce, grapefruit, lemons, mangos, onions, oranges, papayas, pineapples, spinach, turnips, zucchinis are examples of food that have received the negative calorie stamp and aid in weight loss. What do you notice about this list? Hmmm... no chocolate, no fries, no Dr. Pepper.

Anytime you add these processed foods, I can guarantee you The human body uses will lose weight. There's

## WTRT/WT Services scholarship available

WT Services, Inc. is joining with its par- office. ent company, West Texas Rural Telephone Cooperative in offering academic scholarships to be awarded in May. The application period for scholarships from both companies is now underway.

WT Services is accepting applications for scholarships that will be awarded to students in Hereford, Friona, Bovina, and Bushland.

Scholarships from WTRT are open only to students whose parents or guardians are WTRT members, or, to students who are WTRT members themselves.

Similary, WT Services scholarships are available only to graduating seniors and and two required letters of recommendaothers whose parents or guardians are WT tion, and must be received at the offices Services customers, or who are WT Services customers themselves.

Applicants for scholarships from both WTRT and WT Services, Inc. must also be either high school seniors who are candidates for graduation this spring, have completed high school, or have received their GED.

Scholarship monies will be disbursed in increments per semester.

An official application form, accompanied by two letters of recommendation, and a wallet-size photo must be submitted for either entity. One of the letters of recommendation must be from a teacher, principal, or counselor from the high school that the applicant is currently attending, or attended, or from a college/trade school instructor if you are currently enrolled.

In Hereford, applications for the WT Services scholarship may be picked up at the WT Services office at 119 East 4th, or at the Hereford High School counselor's rescinded.

WTRT scholarship applications may be picked up at the WTRT office, 3425 South U.S. Highway 385 during office hours daily, and will be mailed to high school counselor's offices in the WTRT service area.

Applications and rules for WT Services scholarships may be picked up at the WT Services office in Friona at 1010 Columbia, and will be provided to the high school counselor's offices at Friona, Bovina, and Bushland high schools.

To be considered, applications must be fully completed, legibly typed or written, have no attachments other than the photo of WT Services, Inc. P.O. Box 1776, Hereford, Texas 79045, no later than April 8, 2014.

Applicants may be asked to attend an interview at the discretion of the WTRT or WT Services board.

Mechanics of the scholarships include the following:

\* WTRT and WT SERVICES scholarships may be used at any state or churchsponsored college or university, or at any accredited vocational or technical school.

\* Recipients must maintain a minimum of twelve credited hours throughout each semester, or have full-time student status at vocational or trade schools.

\* Upon enrollment or pre-enrollment for the fall semester, recipients must send WTRT or WT SERVICES a confirmation from the registrar's office. Should a recipient drop out of school for any reason, the unused portion of the scholarship will be



### LIBRARY CORNER

by Darla Bracken

fridarla19@yahoo.com

### Friends Begin 2014 and Library's 51st year...

ficers include President this fund raising event. Tracy Ellis, Vice-President/President-Elect Terry these.

The Book, value \$575, which Abbey Basket along with area wide collection. our perennial, fantastic favorites. The Basket

Friends of the Friona Please contact us at the from the public library. Public Library Executive library if your business or Committee met this week organization is interested to prepare for the year's in sponsoring a basket. activities and projects. Of- Terry Hunt is in charge of

New on the bookshelf: Watch for updates at www. Hunt, Secretary Candace frionalibrary.org and on Geske and Treasurer Darla Facebook. Standup Guy Bracken along with Pub- by Stuart Woods; Fear licity Chairman Lucy Her- Nothing by Lisa Gardner; nandez. We appreciate the Hazardous Duty by WEB dedication and support Griffin; Death Trade by of our library through the Jack Higgins; Hunted by 1968 and volunteers like by Dean Koontz (listed as one of 2013 Best Books Literary Basket by Booklist) Command Raffle will begin with the Authority by the late Tom Friends Basket: IPad Air Clancy; Take Down Twenplus IPad for Dummies ty by Janet Evanovich and Dust by Patricia Cornwell. will lead the annual fund New EBooks can also be raising effort this year. found on our website by Plans also include a Duck clicking on eBooks: 3M Dynasty/Duck Command- and Overdrive-new ones er Basket and a Downton added monthly...this is an

On display: Several other favorite authors can Raffle will culminate in a be found in Cozy up to drawing at the Friends An- a Good Book display in nual meeting tentatively the west wing by Lucy & set for April 27 at 2 p.m. Ruby. When it is cold outat the Redeemer Center— side, stay warm and treat so mark your calendars! yourself to a good read

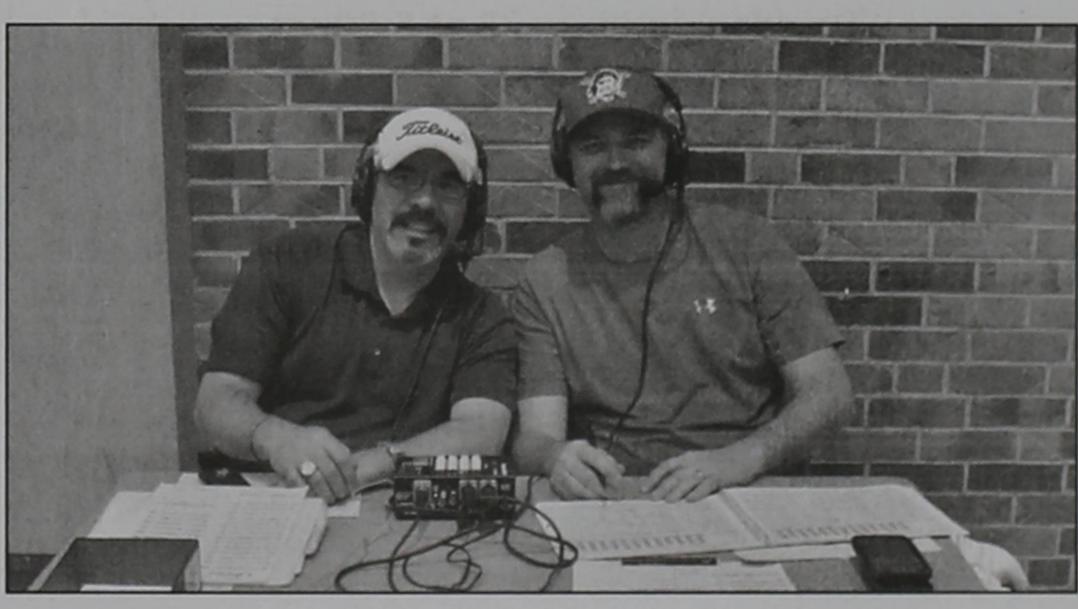
Donations: Many friends honored their friends with Christmas honorariums to the Friends of the Library contributing \$1200 to the Centennial Endowment Fund, which is now approaching \$200,000 thanks to your generous and dedicated support. A Christmas memorial honorarium to Pearl McLean, given by daughter Suellen Wittenbach, greatly en-Friends Organization since Karen Robards; Innocence hanced our children's holiday collection. Thanks to

> Volunteers: Gayle Murdock's FHS classes came for Story Time, to the delight of our preschool group, to read, "Mr. Brown can moo, can you?" by Dr. Seuss and brought cheese sticks for snacks. We very much enjoyed our visit to their community partners appreciation brunch held in the high school library in December and our guided tour of the new activity center.

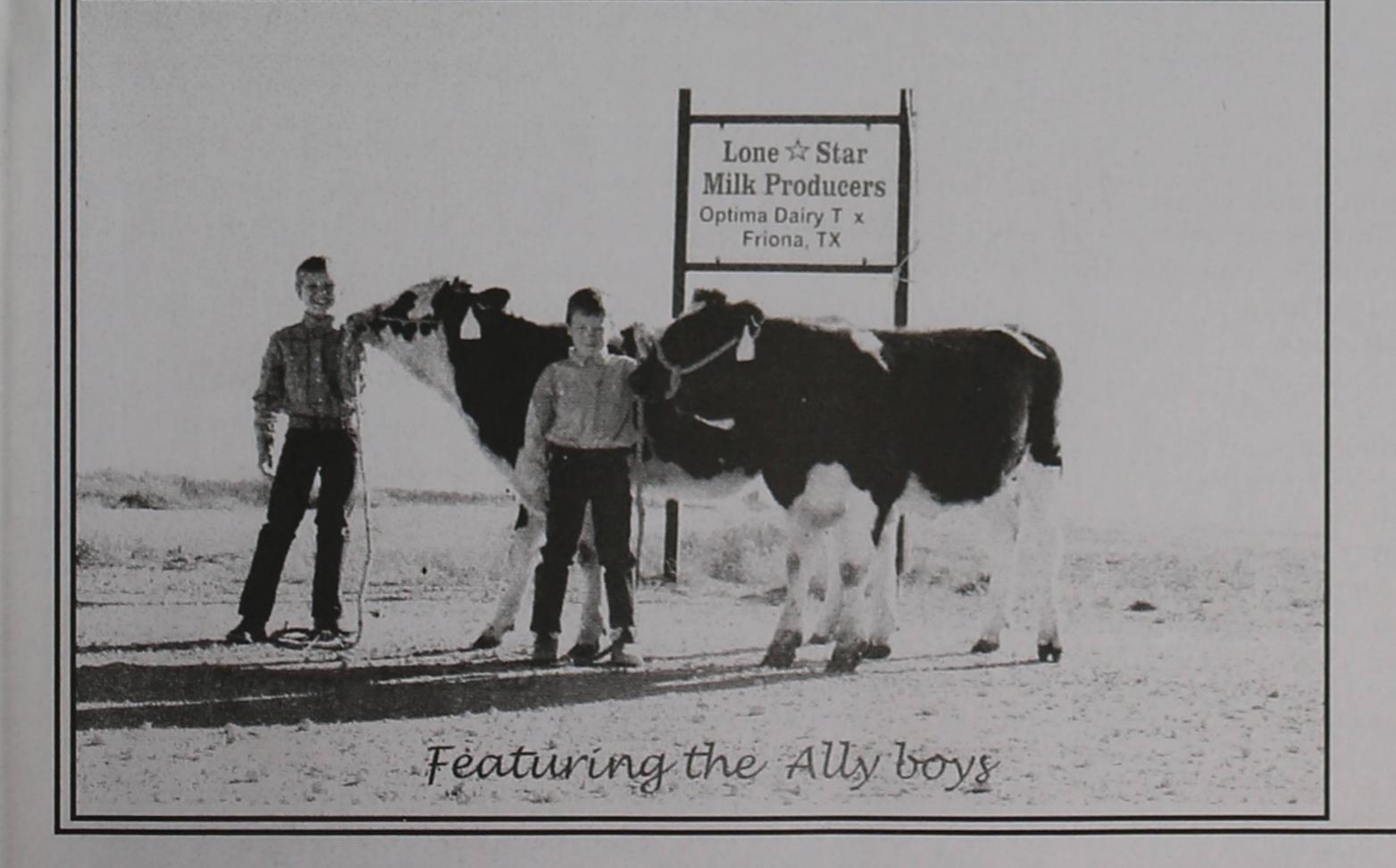
> Don't forget that the Parmer County Pioneer Heritage Museum, 218 W 6th is open Mon & Fri 10 to 5.

### KNNK Friona Basketball Broadcast Schedule 2013-2014

Dec-17	Tue	Muleshoe	Friona	06:30 PM	G
Dec-31	Tue	Olton	Olton	06:30 PM	G/B
Jan-03	Eri.	Dimmitt	Friona	06:30 PM	G/B
Jan-07	Tue	Littlefield	Littlefield	06:30 PM	G/B
Jan-10	Fri	Tulia	Friona	06:30 PM	.G/B
Jan-14	Tue	Abernathy	Friona	06:30 PM	G/B
Jan-17	Fri	Muleshoe	Muleshoe	06:30 PM	G/B
Jan-24	Fri	Olton	Friona	06:30 PM	G/B
Jan-28	Tue	Dimmitt	Dimmitt	06:30 PM	G/B
Jan-31	Fri	Littlefield	Friona	06:30 PM	G/B
Feb-04	Tue	Tulia	Tulia	06:30 PM	G/B
Feb-07	Fri	Abernathy	Abernathy	07:30 PM	В
Feb-11	Tue	Muleshoe	Friona	07:30 PM	В



### The Parmer County Livestock Show



Great Job! Tim & Stef Ally and all others participating in the stock show

Optima Dairy

2131 Co. Rd. 23 Friona, TX 79035

Phone: 806-346-8145

### Chiefs win Bovina powerlift meet

powerlift team won first Salinas won 1st in the 242 place at the Bovina meet pound class and Justin Ro-Saturday with 32 points. cha won 1st place in the Dalhart and Kermit tied for 2nd place with 19 points each.

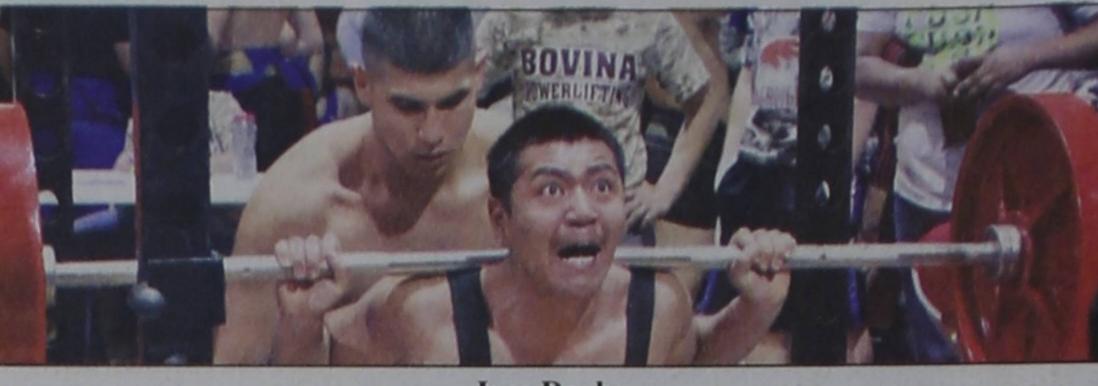
114 pound class.

Adan Ramirez was 2nd in the 148 pound class, Edgar Guerrero won 1st Esdras Rodriguez was 3rd place in the super heavy- in the 132 pound class,

The Friona Chieftains weight class. Abayomi Juan Macias was 4th in the 123 pound class, Michael Garcia was 5th in the 165 pound class.

The Squaws with only 5 lifters, placed 12th out of 17 schools. Bianca Arellano was 1st in the 123 pound class, Chelsi Gomez was 4th in the 114 pound class, and Promise Tapia was 4th in the 165 pound class.

A powerlift meet is scheduled in Friona February 22. It will be a last chance qualifying meet prior to regionals. The Friona meet will be held in the new activity center. Powerlift coaches Daniel Hutchins and David Towner are seeking sponsor donations from local businesses to help with team travel and other expenses. If you are interested in assisting the powerlift program contact Coach Hutchins at the high school, 250-3951.



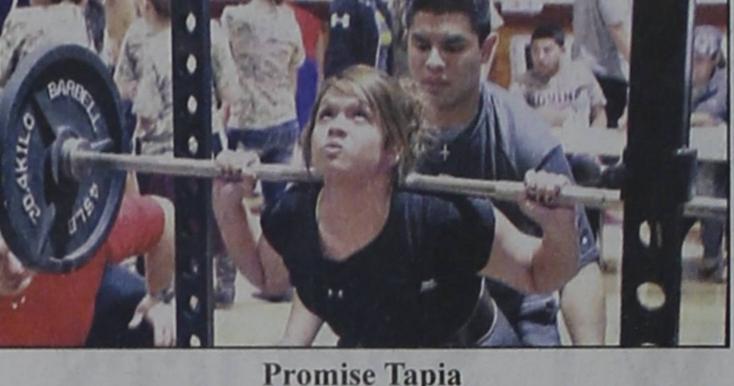
Jose Rocha

ron carr photos These and more powerlift photos available at frionaonline.com



ron carr photo Chieftain super heavyweight powerlifter Edgar Guerrero completes a 630 pound squat lift at the Bovina powerlift meet last Saturday. Edgar placed first in the super heavyweight class. At right shouting encouragement is Coach Daniel Hutchins.





**Promise Tapia** 



Joel Cigarroa



courtesy photo

The Chieftains/Squaws powerlift team and coaches gathered for a group photo after Saturday's meet in Bovina. The boys won 1st place in team competition with 32 points. Dalhart and Kermit were 2nd place with 19 points. Coaches are Daniel Hutchins and David Towner. Friona will host a powerlift meet in the new activity center on Saturday February 22.



Bianca Arellano



Chelsie Gomez



Julissa Jaramillo

### Presents:

An educational discussion on long-term care funding and estate planning

Tuesday, January 28 at 6:00pm

CITY HALL

(enter via West side glass doors) 200 E. Jones Street Dimmitt, TX

COME AND LEARN THE TRUTH ABOUT THESE COMMON MYTHS... "Nothing can be done to prevent the Medicaid Estate Recovery Program from taking a home to recover costs."

The truth is, in Texas your home does not have to be forfeited to the recovery process from Medicaid. With the use of an Enhanced Life Estate Deed, otherwise known as a "Lady Bird Deed", a person can protect their home from the recovery process without incurring any transfer of resources penalties. This deed also allows a person to pass their homestead to their heirs, but at the same time has no negative impact on Medicaid eligibility.

> "A resident with a home that sits on 200 acres of land does not qualify."

> People often think of their "homestead" in terms of how the tax office looks at it. (ie. Home and 10 acres etc)

For Medicaid purposes, the homestead is an excluded asset and it includes the home and all adjoining acreage. This means the person with a large homestead could potentially qualify. There are also strategies to protect that same homestead from Medicaid Estate Recovery so it can be passed to who the resident wishes.

> "Once I am in a nursing home it is too late to start Medicaid Planning."

There are families literally going BROKE when this is not necessary. While it is true that nursing home staff cannot give legal advice, they can refer families to a competent professional that can assist with protecting much if not all of their remaining assets. Worried about losing that private pay? Most families will continue to pay private pay rates during the mandatory "penalty period."

AND MORE...

## Friona Chamber of Commerce Business of the Month

## Prairie Acres/Heritage Estates



In 1977, Prairie Acres was established as a nursing and long-term care facility located at 201 E. 15th. Heritage Estates was opened in 2004 to offer an assisted living facility to the community and surrounding area.

Billy Ray Johnston is the administrator of both healthcare businesses. He has had his administration license since 1979 and managed facilities throughout the Texas Panhandle. He has been with Prairie Acres and Heritage Estates for two years.

Prairie Acres/Heritage Estates combined employ 58 healthcare workers.

"We are continuing the good name of Prairie Acres and Heritage" Estates," stated Johnston. "Our goal is to be the best of the best!"

Johnston explained that they are constantly updating to provide the best care for their residents. "We stay busy staying on top"

Contact Johnston for all your nursing, long-term care and assisted living needs at Prairie Acres and Heritage Estates.

Prairie Acres/Heritage Estates 201 E. 15th St., Friona 806-250-3922