## Friona $\xlongequal{\text { Star }}$

United Way recipients meeting
Local organizations requesting Way should Friona Uneting of the United Way meeting of the United Way boad $7: 00$ anday October 16 at 7.00 a.m. in Free pre-natal classes and baby items

The Healthy Baby Coalition of Parmer County is having sign-up for free pre-natal classes Saturday October 12 from 9:00
a.m. to 11:00 a.m. in the confera.m. to 11:00 a.m. in the conference room at Parmer Medical
Center. All expectant mothers Center. All expectant mothers
are encouraged to register for are encouraged
the free classes.
Mothers who participate in Mothers who participate in
the classes earn points to use for free baby items for their in both English and Spanish. The in both English and Spanish. The donations of new or gently used baby items at the same time. For more information about the coalition see a HBC board member or contact Heidi Eichenauer at 806-250-2754 or JoDonna Terry at 295-8291.


Ricky Cantu and Jerry Marquez, at the podium, appeared at Monday's city council meeting to request annexation of the Friona Golf Club into the city with plans to build modular homes on the property. City attorney Slater Elza, center, answered legal questions during the discussion. Several interested citizens attended the meeting. Around the table from the right are council members Alan Monroe and Martha Barker, city manager Patricia Phipps, Mayor Rick White, and council members Bruce Fleming, Greg Lewellen, and Charlie Pope. No action was taken on the annexation request.

## Council hears golf course annex request

The Friona city council met in regular session Monday October 7. Mayor Rick White presided and all council members were present, as were city manager Patricia Phipps and city attorney Slater Elza. About 15 citizens attended the meeting.
Council approved previous minutes and approved the Friona Star as the official newspaper for the city. Loraine Anthony and Mitchell Wiseman were appointed to represent the city on the Parmer County city on the Parmer County Appraisal District board. Police Chief Frank Mooney reported that a local recruit had been hired to attend the police academy for certification and will attend the academy and assist with dispatch and other duties in the department until being certified as an
officer by next August. He

They approved a carport limits. Mr. Elza asked if
said there is also an open-
ing for a dispatcher ing for a dispatcher. The resource approve officer has been Frion ISD The city and cost ISD will share the be assigned to work in the school campuses.
Chief Mooney suggested that a carport awning be built onto the west side of the police department to protect patrol units in event of hail storms. During the last hail storm, police vehicles sustained almost $\$ 30,000$ in damages and were out of service durwere out of service dur-
ing repairs. Police will be ing repairs. Police will be
stepping up patrol activity stepping up patrol activity on Halloween and will participate with schools during Red Ribb
tober 21-25.
The council approved accounts payable approved accial statements for finan-
variance at 510 W . 5th, and held off on a request from the Arellano family to annex their home on CR19 to the city for more information. A request to install a mobile home on East 3rd Street was delayed again until next meeting awaiting approval of neighbors in the area.
Jerry Marquez and Ricky Cantu appeared before the council to request that the city annex the 80 acres that is the Friona Golf Course into the city. Golf club into the city. Golf club
owner Dee King was also owner Dee King was also
present. Mr. Marquez and present. Mr. Marquez and
Mr. Cantu said they planned Mr. Cantu said they planned
to close the golf course and to close the golf course and
develop the property with develop the pro
modular homes modular homes
City attorney Slater Elza advised Mr. Marquez and Mr. Cantu that only a property owner can request annexation into the city
they planned to rent or sell the modular homes and they said they planned to sell lots/homes. The two gentlemen said they were already working with an architect on plans for the property and would like to
begin within the next $60-90$ begin within the next 60-90 Mr. King stated he was given the property by the golf club's board but had put a lot of money into the property and operation of the golf course over the past three years. It was not clear if sale of the property to Mr. Marquez and Mr. Cantu depended on wheth. advised the council that he
er the city agreed to the cil seat. The council said annexation. No action was taken on the request.
Cargill has hired Global Environmental and Technical Foundation from Arlington, Virginia to conduct a future water availability survey im Friona and the surrounding area. The council voted to pay $\$ 4,000$ toward the cost of the sur- Pope. vey. Mayor Rick White and Since the second Monday councilman Charlie Pope, of November is Veteran's both Cargill employees, Day holiday, the council abstained from voting on the issue.

## Before adjournment

 councilman Charlie Pope planned to resign his that he cations from anyone interested in filling Mr. Pope's council seat. The council can appoint a replacement o serve until the May 201 election. The seat will then be up for election in May 014 to fill the one-year nexpired term of Mr. voted to hold the Novem ber meeting on Monday November 4 at 6:30 p.m. November 4 at $6: 30$ p.m Cantu depended on wheth- planned to resign his coun- ings are open to the public.on carr photo
The Friona United Way received a $\$ 12,000$ donation from Cargill. The United Way campaign is underway and donations can be made at Friona Interbank. Cargil employees contribute through payroll deduction. From left are Sherry Alger, Marca Herring, John Gurley, Cargill's new general manager Matt Leu, Peggy Monroe, and Sarah McFarland. Local organizations requesting funds from the United Way are asked to attend a meeting Wednesday October 16 at 7 a.m. in the United Way are asked to attend a meeting Wednesday October 16 Interbank community room to make your presentations.
Friona


The Mighty Chieftain Band turned pink for the Dalhart game Pink Out Nigh Friday. Fans, players, band members, cheerleaders, and flag corps girls wore pink to support the Parmer County Cancer Coalition.

president stompy foot and the spite house
"Raising our debt ceiling does hot add to debt."
So says President Barack So says President Barack
Obama, or President Stompy Foot as many bloggers and tweeters are calling him. Like a kid throwing a tantrum and stomping his foot, the president is having a hissy fit
because he cannot get everything he wants. Those evil Republicans and Tea Party demons.
By the way, Ted Cruz did not shut down the government. If he did, as many liberal news persons say, that should make him he most powerful politician in What an.
What an amazing mess. The intentionally try and hurt the Republicans. What other reason could there be for "closing" the World War II Memorial and leaving a bunch of old patriots sitting in their wheelchairs. The WWII Memorial is always open. There are no ticket booths or entry gates oo get in yet the Obamas drag out some barricades (or barrycades as some are calling them) to shut down the monu
should stoop so low. hould stoop so low Republican congressmen were present to remove the barricades
for the veterans. Democratic congressmen were present and available for an illegal immigrant demonstration on the National Mall. They were arrested which of course they will brag about in he name of civil rights for the
next decade. Don't remember the chelle's home the "Spite House." Dems out helping the veterans. And to capitall off, five AmeriIn South Dakota they tried to keep tourists from seeing Mt. Rushmore by putting cones in the parking areas. Hard to hide Mt. Rushmore but they tried. There attempts to close national parks, fishing grounds, and more, all in the name of the government shutdown in order to spite the Republicans. Tweeters and blogger are now calling Barack and Mi- How about deducting it from
 American people how much he would need.
Sadly President Obama has not demonstrated fiscal responsibility and certainly cannot be trusted with a clean debt limit increase. Senator John Cornyn

## ON YOUR PAYROLL

U.S. Government

President: Barack Obama, The White House, 1600 Pennsylvania Avenue NW, Washington, D.C. 20500. 202-456-1111, fax 202-456-2461, email comments@ whitehouse.gov.

Senator: John Cornyn, 517 Hart Senate Office Bldg., Washington, D.C. 20510 202-224-2934, fax 202-2282856.

Senator: Ted Cruz B40B Dirksen Senate Office Bldg. Washington, D.C. 20510 202-224-5922.

Representative: Randy Neugebauer, 1424 Longworth HOB, Washington, D.C. 20515. 202-225-4005, fax 202-225-9615. Lubbock office: 611 University Avenu \#220, Lubbock 79401 806-763-1611, fax 806-7679168.

Governor: Rick Perry, Office of the Governor, P.O. Box 12428, Austin, Tx 78711-2428, 512-463-2000.

Senator: Kel Seliger, P.O. Box 12068, Capitol Station, Austin, Tx 78711. 512-463-0131. Amarillo office; P.O Box 9155, Amarillo, 79105. 806-374-8994.

Representative: John T. Smithee, Room CAP1W.10, Capitol P.O. Box 2910, Austin, Tx 78768. 512-4630702. fax 512-476-7016. Amarillo office; 320 So. Polk $1^{\text {st }}$ Floor, Lobby box 28, Amarillo 79101. 806-3723327, fax 806-342-0327.


At the Lions Club Pink Out Night hamburger and fries tailgate party Friday night, Lions, l-r, Clint Mears, Fred Cook, John Gurley, and Dale Houlette help Joy Morton build her burger. Thanks to everyone who stopped by and supported the Noon Lions Club.


Linvell Rose and Jaime Benavides worked the grill cooking burgers for the Noon Lions Friday night tailgate party at Chieftain Field.


## Town Talk II

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


#### Abstract

$\begin{array}{cccccc}\text { 60th reunion Saturday Sep- } \\ \text { tember } 21 \text { at the First Baptist } & \text { From the Class of } 1952 \text { were } & \text { and Patricia Schwab's young- men } & \text { est son Mark, now a senior, was } & \text { ming } \\ \text { ning }\end{array}$ Church. They were joined by len, Rex and Chuck Blackburn, Game announcer Ricky Barnett special guests and the Class of Billy and Ann Nazworth, and 1952. There were 24 attending, Dale and Laura Hart. 10 from the Class of 1953, 6 Mary Joyce Barnett said "We from the Class of 1952, and 8 apologize to the ones attending spouses. They met for ited around the tabh and visabout old times andes, talked on the news from caught up on the news fro couldn't come. Attending from the Class 1953 were Jimmy Class of ley (Coconougher) Gore, Sue ley (Coconougher) Gore, Sue (Gibson) Barrett, Eugene and Patsy (Reed) Bandy, Willis Dufur, Calvin Ivie, Neal and Imogene (Sherley) Cearley, George and Gay (Cass) Price, Roy and Mary Lou Haney, Mary Joyce



courtesy photo
The classes of 1953 and 1952 had a reunion during Maize Days. Back row, l-r, Doyce Barnett, Frankie Allen, Neil Cearley, Jimmy Gore, Willis Dufur, Calvin Ivie, George Price; front row, l-r, Mary (Renner) Barnett, Imogene (Sherley) Cearley, Shirley (Coconougher) Gore, Sue (Gibson) Barrett, Patsy (Reed) Bandy, Gaye (Cass) Price.

## Notice of Public Meeting

To Discuss Friona School District's
"Above Standard Achievement" State Financial Accountability Rating

October 14, 2013, 7:00 p.m.
Friona ISD Board Meeting Room 909 E. $11^{\text {th }}$
Friona, Texas 79035
The purpose of this meeting is to discuss
Friona School District's
rating on the Texas financial accountability system



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> MEMBER FDIC

## Happy Birthday

## October 13-October 19

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

Oct. 13-Russ Shelton, Rhonda Murphree, Joe Boeckman, Steven Smith, Junior Clark, Lucretia Field Morgan, James Clark, Jason Sheena, Shirley White, Tyson Kerby, Paige Tyler Oct. 14-Roger Coffey, Melissa Hardgrove, Lance Looper, Joe Reeve, Lon Outland, Donnie Lewellen, Greg Burleson, Sara Cooper McCloy, Zachary Schilling, Denver Riddle, Melissa Vancleave, Evie LeRoy, Margie Herring, Dahlia Bautista, Dan Schilling
Oct. 15-Mende Petree Moore, Valerie Beth Hardgrove, Tessa Baker, Ron Brookfield, Ron Carr, Marcy Gomez, Holly Snead, Donna Mears, Carmen Porras, Lou Behrendsen, Sue Piercy, Midori Vaughn, Melanie Sarpalius, Nicolas Martinez, Jason Blouch, Carolyn Widner, Alfonso Espinoza, Melanie Scott, Valerie Lopez, Rebecca Ann Schlenker, Retta Hand, Ethan Mowery
Oct. 16-Stephen R. Jones, Jordan Cochran, Gary Renner, Aline Turner, Tracy Rowland, Kregg Wilson
Oct. 17-Brittany Montoya, Teresa Nichols, Joe Malouf, Valoris Osborn, Mitzi Campbell, Sandra Berend, Kevin Coffey, John Randall, Ronda Drake, Dorothy Prudhomme, Sarah Duke, Cortney Groves
Oct. 18-Rhea Foster, Rondee Clark, Rachel Burkart, Ralee Stockstill, Aryah Steelman
Oct. 19-Trip Horton, Danny Kendrick, Sarah Osborn, Mark Madrid, Sherri Shelton, Edward White, Myrtle Melton, John O'Brian, Sarah Floyd, Cynthia Smith, Kenny Sifford, Dylan Mikhela Gayle


Chieftain Justin Rocha (10) leaves a Dalhart Wolf on the ground as he picks up yards Friday night. Dalthe ground as
hart won 42-14.

## LL Lions Club News

The Friona Noon Lions met Thursday October 3 with 11 members and four guests present. Athletic Director and Head Coach Mike Prokop and Head Basketball Coach David Woods gave the program. Jaime Benavides was guest of Lion Linvell Rose and Ma Groetken was guest of Lion Robert Jones. Club sweetheart Hony Johnston was also present.
Planning discussion was held for the Friday night tailgate burgers and fries cookout at the Dalhart game. Lion Clint Mears reports that the club sold about 350 burgers and 350 pounds of world famou French fries. If you came by and bought a burger or fries we thank Therpprll
thanks to volunteer helpers Jaime Benavides, Mat Grive. Specia hanks Bill Neely for their help too. We appreciate you.
at Headquarters Restaurant. at Headquarters Restaurant.

on carr photo
Guests at the Noon Lions meeting Thursday October 3 were Athletic Director and Head Coach Mike Prokop, left, club sweetheart Holly Johnston, and Head Basketball Coach David Woods.


Ingrams • 250-3291
Matthew Gammon 8 Bethnony Joern
IVy Cottage • 250-8073


> Come by Thuresday, October 17 From $11: 00$ asmo to $1: 30$ pamo

Por our minual Sausage Wrap Cookour

Donations will be accepted Benefitting the Parmer County Cancer Coalition


The Frost
JEFF PROCTER, Minister, 6th St. Church of Christ
Imagine if you will a beautiful fall afternoon. The leaves are still green, the birds still sing and life is pretty much normal other than on, you may look forward to the frost if this the fence you may be the best in your allergies.
On the other hand, if you have cotton and need just another week you probably could do without a frost for a while. The one thing for certain when it comes life changes. I am not talking about a cool evening at 32 degrees. I am talking about a hard freeze. The one that everything looks as though it has been sucker punched in the stomach The leaves begin to drop from the trees, the last bits of the garden are gone, and the grass turns yellow as if dead. What does the frost do for nature? It prepares it for winter
There are times we have events come about in our lives that are like a killing frost. Life is changed. We feel sucker punched in the stomach. Wilted and losing our leaves as if we were dying. Now whatever the event may be, you cannot just simply block it out. You must face it. Think of a tree as it is hit with a frost. On the outside the leaves fall off, branches become bare and even the birds don't particularly care to roost in it unprotected. What is happening on the inside? The tree is focused on growing deeper roots. This happens so that when spring comes again it has a better foundation to support its new grown.
Here is the poin
focus on your root: system. Deeply root your faith if sound do not worry, focus on your root system. Deeply root your faith in sound doctrine,
so that when spring comes you will have a better foundation to support your new growth. Every year there is a frost every year someone's life encounters a life-changing event, the outcome depends upo what you do on the inside.


The Chieftain Band wore pink and performed at halftime of the Dalhart game.

## Friona

VICTORY FAMILY WORSHIP CENTER
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$250-2207$ 250-2207
EMAIL: www.thevictory.tv

## FIRST BAPTIST

 SIXTH \&250-3933 PASTOR BRETT HOYLE WWW.FBCFRIONA.COM EMAIL: firstbc@wtrt.net QUALITY OF L
STUDY CHURCH 301 Grand Ave. Friona
Pastor Mark \& Mary Goff

## OBITUARIES

## Bennie Shelby

Mr. Bennie Shelby, 83, went
from labor to reward on Friday, from labor to reward on Friday, Abilene, Tx surrounded by his loving family.
Celebration of life will be held at 11:00 am, Friday October 11, 2013 at the New Light Baptist Church, 518 North 6th St. in Abilene and the wake will the church. Pastor Eddie Jordan will preside over the service and will preside over the service and
interment will be at the Garden of Memories in Abilene. Fuof Memories in Abilene. Fu-
neral arrangements by Gregory W. Spencer Funeral Directors in Ft. Worth, Tx.
Survivors include his loving wife, Beulah Shelby, wonderful children, Billy Ray Shelby and wife Brenda, Elbert Lee Shelby and wife Lupe, Gerald Dewayne Shelby and wife Teresa, Rodney Belinda Montgomery and hus-

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omplete job descriptions and application available on
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## Godly Leadership

BRET HOYLE, Pastor, First Baptist Church

The Bible is filled with leaders, many great and many horrible The greatest leader, of course, is Jesus Christ, whom you are called to follow. Another good leader is Elijah, and in 2 Kings 2 Goc
calls him home and reminds you that godly leadership trains up successors and trusts God's timing. Although Elijah is one of the most prolific and forget to pour wi the Bible, he was not so prideful and foolish to forget to pour wis his place. Many chapters earlier, God directed Elijah to appoin Elisha as his successor, which Elijah did willingly. The church today needs godly, bold, loving, convictional leaders, but for the church to reap a harvest of leaders to guide through the compro mises of our day the church must pour into those gifted and quali-
fied for Christian leadership. fied for Christian leadership.
Secondly, you see that godly leadership trusts God's timing. A few different times in 2 Kings 2, various prophets proclaim Elijah's
departure, which happens shortly thereafter. Elijah and Elisha did departure, which happens shortly thereafter. Elijah and Elisha dic
not begrudge God's timing and plan, but walked with God through not begrudge God's timing and plan, but walked with God throug
it, even when it may have seemed more practical for Elijah to re main. This is such a reminder that God's ways, thoughts and plans are far above our own, and godly leaders trust His timing.


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Area Church Directory
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JEFF PROCTER, MINISTER
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TENTH ST. CHURCH OF CHRIST
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1-1124

CATHOLIC CHURCH $4013^{\text {RD }}$ STREE

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Administrator

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| Mobile: 806-357-913 $\qquad$ Office: 806-357-2231 Summerfield O Drawer 1938 Hereford TX 79045 |  |

Friona Star 2013 Football Contest Overall Grand Prize: \$100

| Week 6 |  | CONTEST RULES <br> Tie Breaker: Pick the total score of both tie breaker games. The second tie-breaker game will |  |
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| Cargill <br> Meat Solutions |  | $\begin{aligned} & \text { Deaf Smith } \\ & \text { Electric Cooperative } \end{aligned}$ | Parmer County Farm Bureau |
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| Cargill Cattle Feeders Bovina Texas | Campbell Electric <br> Danny Campbell • Robin Baize <br> 904 West 11th 250-2873 | 罾Cem | A-1 Sefurie Cerigr$\qquad$$\qquad$ |
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The Chieftain Band tuba players recommend Friona Star Classifieds

Gayland Ward Seed - Hereford, Tx FT Shipping/Receiving/Processing: Must have computer knowledge, strong math skills, good people skills, ability to multi-task and detail oriented. HS diploma
required; some college a plus. Specific responsibilities include, required; some college a plus. Specific responsibilities include,
but are not limited to: receiving, loading, storage, and processbut are not limited to: receiving, loading, Atorage, and process-
ing of seed; scale operation; data entry. Applicant will be cross trained to perform a variety of tasks.
Please email resume to berna@gaylandward

## HELP WANTED-DISPATCHER

Parmer County Sheriff's Office has an opening for a dispatcher at the Detention Center in Farwell. Come by and pick up an application. For information call 806-4813303.

## Help Wanted

J.D. Heiskell \& Company in Friona is looking for a person to work in production. The successful candidate will work in the elevator, flaking and grinding operations, load trucks and unload railcars. Must be willing to work nights and weekends, speak fluent English and be able to pass a background check. Please contact David Musick at 806-250-3839 to schedule an appointment.
tfnc: 9.26.13

## EMT-Paramedic

Castro County Healthcare located in Dimmitt, Texas is currently seeking a state certified Full-time EMT-Paramedic. Qualified applicants must be at least 22 years of age, have a good driving record, hold current ACLS and BLS certification, PALS certification or equivalent is preferred and be in good standing with TDSHS. National Registry certification is also desirable. Applicants must also be able to pass a background check, pre-employment drug screen, and work-steps program. Benefits include competitive salary plus differentials, paid time off after $\mathbf{9 0}$ day probationary period and em ployee health and life insurance provided. Also seeking PRN EMT-Paramedic at $\$ 18.00$ an hour plus shift differentials with no benefits. For more information contact Debbie Underwood in the Hu man Resources Department (806) 647-2191 or visit www.plainsmemorial.com to apply online.

2tc: 10.3-10.10

## CargIII

Cargill Cattle Feeders
Bovina, Texas is hiring for the cattle department Cargill Cattle Feeders, Bovina, Texas - Position available in the Cattle Dept for Doctoring / Processing. Responsibilities include processing cattle, doctoring, assisting with shipping, include processies as assigned. Applicants must be willing
and other dutil
to perform all of these responsibilities. Work schedule will to perform all of these responsibilities. Work schedule will
include $1 \& 1 / 2$ day off on most weeks and hours will average include $1 \& \frac{1}{2}$ day off on most weeks and hours will average
$50-60$ straight wage no overtime. Position offers full benefits $50-60$ straight wage no overtime. Position offer
package including 401 K and Health Insurance.
Interested applicants should apply in person at Cargill Cattle Feeders 600 US HWY 60. (806)225-4400

## CargIII

 Cargill Cattle Feeders, Bovina Texas - Has amill maintenance position mill maintenance position available. Responsibilities will include mainte-
nance 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 $1-1 / 2$ well in a team environment. Work schedule will include $1-1 / 2$
days off and hours will average from $55-60$ hours per week, days off and hours will average from $55-60$ hours per week,
straight wage no overtime. Position includes full benefits straight wage no overtime. Position includes full benents

package including 401 K and health insurance. Interested applicants should apply in person at Cargill Cattle Feeders 600 | plicants should apply in person at Cargill Catle Feeders 600 |
| :--- |
| US HWY 60. (806) 225-4400 |

## Cargill

Cargill Cattle Feeder Bovina, Texas is hiring for the cattle department

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 $1 \& 1 / 2$ days off on most weeks and hours will average $50-60$ straight wage no overtime. Position offers full benefits package including 401 K and Health Insurance.
Interested applicants should apply in person at Cargill Cattle Feeders 600 US HWY 60. (806)225-4400


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floor, paint, new kitchen cabinets, close to High School...
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KNNK $100.5-\mathrm{FM}$ is your
new home for Friona High School Sports.
Tune-in to the live broadcast of this Friday's

Chiefs vs Muleshoe
football game at 7:30 PM. You can also listen on WT Services community
channel 6 and on the web at www.KNNK.net

## Friona FFA happenings

From FFA instructor Tracy Blount
The Friona FFA has started 5th place Cross barrow; Carter gram has two areas of certificathe 2013-2014 school year off Gilley, 3rd place Hamp barrow tion. The machinery certificaas busy as before. Friona FFA and 4th place Cross barrow; tion aspect will conclude in late was represented by several FFA Amy Osborn, 2nd place rabbit. October when students will per and Jr. FFA members exhibit- Five Friona Ag Sciences stu- form welding and cutting skills, ing sheep, barrows, and rabbits dents attended the Machinery undergo an interview, and are at the Tri State Fair in Amarillo Certification training at the tested in areas of operation of and the South Plains Fair in Warren Caterpillar Implement front end loaders and skid steer Lubbock. Results were: $\quad$ House in Amarillo last week. Tri State Fair: Dan O'Brian, Texas Cattle Feeders Associa-
1st place Duroc barrow, 7th 1st place Duroc barrow, 7th tion in conjunction with Texas
place Cross Barrow, and 8th Agriculture Extension Service place Cross barrow; Cater Gil and West Texas A \& M are offer- spring. Students can become ley, 5ht place Hamp barrow and ing this training for students to certified in both areas or in one 6th place Cross barrow; sheep become trained and certified in specific area exhibitors were Sterling Osborn machinery operation and weldand Carlee Osborm. ing skills for the Feedlot CertiSouth Plains Fair: Dan fication Program offered by the will be held at the Friona Ag O'Brian, 2nd place Cross bar- TCFA. Shop on October 22 from 1-7 row, 4th place Duroc barrow, The Feedlot Certification Pro- p.m.


Friona FFA students that will receive their machinery certification are pictured with Warren CAT representatives that conducted the training. From left ar Tracy Blount-Friona FFA instructor, Tony Rhodes- Caterpillar sales rep, Jos Hernandez, Brian Garcia, Isaac Gallardo, Armando Flores, Todd Padilla, and Richard Hale-certified CAT instructor.
$4-\mathrm{H}$ is a community of young people who are learning leadership, citizenship and life skills. 4-H is about having fun, learning, exploring and discovering. In $4-\mathrm{H}$, young people make new friends, develop new skills, become leaders and help shape their communities


Deaf Smith Electric K Cooperative

A Touchstone Energy Cooperative Hereford 364-1166

## Chieftains of the week vs Dalhart



Cesar Huerta - Defense

## What is Tabata?

## by Melanie Gallman Braun

## A) a type of relaxing massage; B) an ancient Round 1

martial art; C) an energy drink; or D) a type of High Knees for 20 secs/Rest for 10 secs high intensity interval training? Jump Squats for 20 secs/Rest for 10 secs val training. After a Tabata workout you will fee ike you got "karate-ed" and will want to top really. It is an intense, sweaty worke reall. It is an intense, sweaty workout, but the A great workout to do when you are pressed for ime.
Dr. Izumi Tabata developed the training method, and his research showed that short bursts of high intensity training had superior aerobic and anaerobic training effects compared to longer moderate intensity training. So with Tabata training, you can get the same amount of work one in 20 minutes as compared to 60 minutes
of moderate intensity training. But, fair warning,
Tabata "feels" harder because you are going al ut during each exercise interval. Here's how it works. You perform a particuar exercise(s) at high intensity for 20 second 8 times for a total training time of 4 minutes. You can perform the same exercise for each of the eight 20 -second intervals or you can do series of different exercises to create a 4 -minutecircuit type of workout. That 4-minute circuit equals one "Tabata" or Round." Typically, four Rounds" are recommended with one minute of rest time in between each set for a total of a 2-minute workout.
Uh? I don't get it, Melanie... Ok, it's easier to
explain with an example. This is an example of a
circuit type Tabata workout:

## NOTICE OF PUBLIC MEETING

FOR THE PROPOSED TRES AMIGAS TRANSMISSION 345 KV TRANSMISSION LINE PROIECT

Tres Amigas plans to construct approximately 68 miles of new transmission lines to connect the new Tres Amigas Superstation in New Mexico to the Tolk Substation located in Lamb County Texas. The preliminary proposed routes cross the following counties: Bailey, Lamb, and Parmer

Tres Amigas invites you to attend its open house meeting to learn more about the proposed transmission line project. Comments received from the public are importan and Tres Amigas is interested in learning more about people's interests and priorities as they relate to this transmission line project. Tres Amigas is committed to working with landowners, elected officials, cities, counties, state and federal agencies, and othe interested parties to find the optimal route for the line. Company representatives will be on-hand at the open house meetings to provide information and answer questions.

Open House Location and Information
Wednesday, October 16, 2013
4:00-7:00PM
ailey County Electric Cooperative
610 E. American Blvd.
Muleshoe, Texas 7934
For additional information, you may also visit our website at www.tresamigasllc.com.


PMC/FHS student shadowing program
Parmer Medical Center and acquaint them with positions in been exposed to dozens of job Friona High School are pleased specific departments. The stu- opportunities within the medical to announce a new student dents will shadow staff in the field. Opportunities may include shadowing program to promote various departments, moving certifications programs, technihealthcare careers to high school from one department to another cal school programs, and formal seniors. High school sen enroll in the program which will introduce the students to the
various departments within the various deparments within the hospital.
The stu
The students will be assigned


Eddie Garcia - Offense

courtesy photo
Some of the students currently participating in the PMC shadowing program are, I-r, Marcella Mendoza, Devin Carpenter-PMC Director of Nursing, Rosa Calvillo, Bailee Braillif, Cesar Huerta, Brandi Ramos, Liliana Amezcua, Jakelin Sanchez, Patsy Allen-FHS instructor, Karina Tafoya, and Teri Reed.


Clovis Civic Center 801 Schepps Blvd. Clovis, NM 88101

For more Information please call CIDC at 1-866-963-6600 or email us at info@clovisedc.com

## Tie-breaker decides Week 5 contest

The Week 5 contest was Friona resident Tim Elmore halfway point of the 12 -week the race for the grand prize not so difficult. The most of Kemp, Texas came out the contest. Still time to win Here are the current standcommon misses were Penn winner. His tie-breaker guess some weekly cash and stay in ings. Thanks for playing. State's loss to Indiana and was 78. Others at 13 correct he Patriots loss to the Bengals. Five contestants managed Fennell 56, Kartin 59, Lester o score 13 of 15 correct so 49 and William Gromowsky we went to the Broncos- 40
Cowboys 51-48 tie-breaker The contest in this week' otal of 99 points. Former Friona Star will mark th

| NEED MORE | $\mathbf{6}_{\mathrm{mg}} \quad 15 \mathrm{mg}$ |
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## Football Contest Standings Week 5

Point totals after five weeks. Only contestants that enter all weeks are listed.
54 - Mark Galan
53 - Rick Castaneda, William Gromowski, Brent Loflin, Dorothy Stowers, Michael Villa
52 - Sandra Berend, Kaegan Kerby
51 - Brandon Berend, Bailee Braillif, Jack Glover, Mal Manchee, Procoro Rodriguez
Christen Stowers
50 - Claire Brown, Eric Geske, Rusty McFarland, Tyson Neill
49 - Jeremy Dearing, Jess Dearing, Tim Elmore, Aprile Hudson, Benito Ortiz, Tyrone Shelby
48 - Scott Brown, Lester Fennell, Frank Gonzalez, Birdie Owens, Aubrey Parson, Enrique Rodriguez, Destiny Sandoval, Teresa Shelby
47 - Raul Braillif, Myrtle Melton, Jesse Morales
46 - Pam Fennell, Robert Kerby, Izzy Marrufo, Harley Merritt, Miguel Porchas, Pedro Ramos, Linvell Rose, Mitch Smiley, Jimmy Walker
45 - Martin Brito, Lance Field, Mack McFarland, William Martin, Christi Villa
44 - Frank Dominguez, John Haile, Mason Loflin, Andy Montana, Martha Rodriguez, Rodney Shelby, Ron Smiley Haden Smiley
43 - Darlene Case, Charlotte Marrufo, Tenna Montana Quentin Shelby, Sue Walker
41 - Raymond Diaz, Sally Gonzales, Logan Loflin, Isabel Rios, Chris Shufelberger, Clayton Smiley
40 - Ronald Diaz, Ivan Duran, Amy Montana, Drew Montana, Sylvia Ortiz
39 - Isaac Duran, Jonathan Espinoza, Brian Simons, Tonya Lookingbill
38 - Jon Field, Erika Montana
36 - Greg Lewellen
35 - Rosa Mendez

## School menu

Primary/elementary school breakfast//lunch menu for October 14-18.

Monday: Cereal, pig in a blanket, fruit, juice, milk
Beef spaghetti, lettuce \& tomato salad, mix veggie Italian, strawberries, milk

Tuesday: Cereal, waffles, fruit, juice, milk Breaded chicken, crackers, carrots, mashed potatoes, apples, pineapple d'lite, milk

Wednesday: Cereal, French toast stick, fruit juice, milk
Beef Ravioli, corn, cole slaw, grapes, milk

Thursday: Cereal, breakfast pizza, fruit, juice, milk
Baked potatoes, crackers, cheese tomatoes, broccoli \& cheese, watermelon, milk

Friday: Cereal, breakfast biscuit, fruit, juice, milk Cheese enchiladas, lettuce \& tomato salad, pinto beans, fruit salad, milk

## Scoiz 4 WhNTITO SYTHa

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dNATIONAL 4.HWEEK

Join the 4-H Alumni Community today at 4-h.org/alumni.

4- H is the youth development program of our nation's Cooperative Extension System


Edgar Guerrere (66), Abel Palacios (72), Dallin Woods (7), and Trent Hickman (81) chase down a Golden Wolves runner during Friday night action. The Chiefs lost to Dalhart 42-14. They open district play Friday night in Muleshoe. More photos from the game at frionaonline.com.

## Squaw volleyball update

From Coach Bryan Masse

Last Friday the Squaws JV to play Hobbs JV. They fought
team traveled to Portales for hard and had a lead in the third team traveled to Portales for hard and had a lead in the third
a tournament. The JV Squaws and deciding game but could a tournament. The JV Squaws and deciding game but could
played pool play in the morn- not pull out the victory. ing against many larger schools and hung tough for Also on Saturday the "C" most of pool but only man- team traveled to Olton to open
aged to win one against Ro- district play The "C" team aged to win one against Ro- district play. The "C" team
swell "C".
beat Olton "C" in three games $\begin{array}{ll}\text { In the first round of bracket } & \text { beat Olton "Cl" in three games } \\ \text { and then played Olton's JV }\end{array}$ play the JV Squaws defeated but lost in three games. The
the Portales "C" the Portales "C" team in three "C" team did a good job playexciting close games. On Sat- ing back to back and almost
urday the JV Squaws returned urday the JV Squaws returned pulled off a sweep.


Chieftain Eddie Garcia (18) charges through the line in the Dalhart game Friday night at Chieftain Field. Garcia carried 21 times for 138 yards and two touchdowns but Dalhart won 42-14.

The varsity girls wasted little time in getting started
with a victory in a three game with a victory in a three game
sweep of Olton. The team sweep of Olton. The team
started off the district season right and just need to keep playing their game. The Squaws hosted the Lit-
tlefield Lady Cats in a district contest Tuesday night. The "C" team started the night off right with a two game sweep.
Tough serving from Tough serving from the "C" Squaws helped seal the victory $25-17,25-23$.
Next up the JV Squaws had to go three games with a scrappy Lady Cat team but
pulled out a three game win pulled out a three game win
$25-20,23-25,25-21$. The varsity came out hot but slowly started to break down
with passing and serving which led to a four game win for Littlefield. The blocking and scrappiness of the Lady
Cats gave the Squaws fits and they were out of sync most of the night. It was several small breakdowns that caused us to
be too inconsistent. We will be too inconsistent. We will
need to be more consistent if we want to beat good teams.


4-H gives youth a chance to pursue their own interests - from photography to shooting sports, from promoting healthy life skills to raising sheep. They go places - to camp, to state and national conferences. They learn to


Bi-Wize Pharmacy 902 Main Friona $250-3010$

Chieftains lose to Dalhart 42-14
The Dalhart Golden Wolves, Chiefs scored two touchdowns a strong 3A team, came to late in the fourth quarter, both made the score $35-7$ but on the Friona Friday night and put on runs by Eddie Garcia. He ensuing kickoff the Wolves ran on a strong offensive show to led Chieftain rushing with 138 back a 95 yard touchdown. After
beat the Chieftains 42 -14. The yards on 21 carries.
 Drew Montana has his pink $t$-shirt and his gloves on ready to run the field with the Chieftain flag at Friday night's Dalhart game. recovering a Dalhart fumble late in the fourth quarter, the Chiefs
scored again on a Garcia run scored again on a Garcia run.
Sophomore kicker Juan MarSophomore kicker Juan Mar-
tinez wos tinez was good on both extra point attempts.
Quarterback Mason Loflin
carried 7 times carried 7 times for 23 yards and
completed 6 of 16 passes for 24 completed 6 of 16 passes for 24
yards. The Chiefs had 205 yards yards. The Chiefs had 205 yards
of offense, 181 rushing and 24 passing while Dalhart rolled up 391 yards, 371 rushing and 20 passing.
Senior receiver and defensive back Brad Stowers sat out the game with a leg injury. Omar Ramos (knee) and Michael Garcia (ankle) suffered injuries during the game and are questionable as the Chieftains travel to Muleshoe for the district opener Friday October 11. It is Pink Out
night at Muleshoe and night at Muleshoe and kickoff is

holly campbell photo
Quarterback Mason Loflin heaves a pass downfield while Eddie Garcia (18) looks for a block. Garcia scored the two Friona touchdowns but the Chieftains lost 4214 to Dalhart.

## (2) we salute area 4-H members



Cattle Feeders


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Thursday, October 24 th • 6:30 p.m. Clovis Civic Center - 801 Schepps BIvd. © Clovis, NM Cooking School doors open at $5: 30$
Vendor Showcase 2:00-5:00 \& 5:30-6:30 Visit with representatives from Salad Master, Pampered Chef, Watkins, Thirty-one Gifts, Tupperware, Mary Kay and Velata

## Tigkets an salg NOUI \$10 (\$12 at the Door)

Clovis News Journal Porrales News-Tribune Quay County Sun 9025. FirstSt.
 The cheerleaders and their pink pom-poms at Friday night's game

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## ARNID OPPNIT

Saturday October 12, 8 a.m. - 5 p.m.
and $1: 00=4: 00$ p.


