

Vol. 95 | No. 27

# Friona Since 1925

# **Independence Day Celebration involves Fire & Rain**

The Friona Volunteer Fire Department, local firework enthusiasts, and Mother Nature all provided sound & light shows for the Independence Day celebration last week. Reeve Lake was the

scene of multiple firework displays leading up to the "main event" presented by our local firefighters. All the fireworks shows were great.

However, not to be outdone, multiple



Shanna Daniels, 2021 Woman of the Year, caught lighting in a bottle with this photo taken Sunday night during the city fireworks show.



storms rolled through town after midnight bringing their own spectacular lightning and thunder shows and well as an inch and a half of rain. Last week, most areas around Friona received anywhere

from 5 to over 8 inches of rain. The first six months of this year has kept TV weather personalities very busy.

Record cold. Record heat. Record drought. Record rain. We call that Tuesday. Every-

thing is bigger in Texas, even the weather. In the Panhandle, we are familiar with both ends of the thermometer and all sides of the rain gauge. You cannot forecast our weather, you can only attempt

to explain it. We just live it, complain, and move on. If these were "million dollar rains", I'm expecting my check to arrive any day. The drought is gone and the burn ban is history. Drop anchor.



Congressman Jodey Arrington took a tour of Parmer Medical Center on Wednesday. Rep. Arrington also made stops in Bovina, Farwell, and Muleshoe. Photos and coverage in next week's Friona Star.



Holly Campbell took this photo last Friday morning of a stranded vehicle just before the bridge east of Bovina.

## Davila speaks at CivicPRIDE's **Virtual Inclusion Summit**

Friona City Manager Lee Davila was a guest speaker at CivicPRIDE's 1st Annual Virtual Inclusion Summit on Wednesday, June 30th. The four-hour, virtual event included a combination of education and storytelling over three dynamic sessions hosted by local government practitioners from around the United CivicPRIDE's States. mission is to advance inclusive local government by empowering LGBTQIA+ leadership.

Davila was individual-



ly selected and invited to speak at one of the summit's storytelling events to provide his unique perspective as a city manager of a small community in the south-

ern United States and because of his work as the Region 1 Texas City Manager Association's Allies Task Force. Davila said, "It was an honor to be part of this inaugural event. It was a pleasure to share my story with city managers from across the country."

Davila was accompanied by Austin City Manager Spencer Cronk; Arlington Deputy City Manager Jennifer Wichmann; Boulder, Colorado Assistant City Manager Pam Davis; and many others.



The "A Sisters" Annabelle & Abby Rushing are shown serving customer (Sharon White) at their Lemonade & Cookie stand on Saturday, July 3rd. Neither rain nor mud could keep the sisters from providing local customers with their tasty treats.



**Town Talk** Page 3

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**Obituaries** Page 8

**Parade and Fireworks** Page 12



Emergency Siren System: Alternating tone • Firefighters only | Weather Warning: 1 long tone • take cover — 3 short blasts • all clear | Tested 1st & 3rd Thurs. at 7 p.m.

Friona Weather July 8-14



SSW 5-10



93 | 66 SSW 10-20



82 | 63 NE 5-10 SSW 10-20





SSW 10-15



SSW 10-20



SSW 15-25

July 3.19 86 | 66 Year 11.50

Precipitation Burn Ban

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## **Community Calendar**

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

#### **July 5-17**

Summer Drama Workshop

- Senior Citizens meal at noon in the Senior Citizens Center
- Books & Bites program from 9:30 a.m.-10:15 a.m. at Friona Public Library

#### July 9

• Snack Pak 4 Kids bag pickup from 1:30 p.m. -2:00 p.m. at North entrance of First United Methodist Church

#### **July 12**

 Senior Citizens meal at noon in the Senior Citizens Center

#### **July 15**

- Senior Citizens meal at noon in the Senior Citizens Center
- Books & Bites program from 9:30 a.m.-10:15 a.m. at Friona Public Library

#### **July 17**

• 15th Annual Cheeseburger Festival & Cookoff from 11:30 am to 2:30 pm at Reeve Lake

#### **July 19**

- Senior Citizens meal at noon in the Senior Citizens Center
- Noon Lions Club meeting at The Farm Wife Kitchen at Noon



**Taylor Stallings & Dallin Woods** Stephen Albarado & Kendra Harman

Join our Bridal Registry Free of Charge! Inquire at Ivy Cottage - 1100 N Prospect Ave or call us at 250-8073

## Milk House Market

Wedding Registry

Stephen Albarado & Kendra Harman Will Herring & Amanda McCollum Taylor Stallings & Dallin Woods

Hours: Thursday 11-5 Friday 11-5 Saturday: 10-3

Call: 602-739-0813

Farmhouse to Your House

## **State Capital Highlights**

By Gary Borders



#### Gas prices at highest level since 2014

As Texans hit the roads this summer with pandemic restrictions eased and vaccinations widespread, the national average price of gas is expected to top \$3 per gallon, though the average in Texas for regular is \$2.799, according to AAA. Drivers should expect prices to keep rising as demand rises, according to the Consumer Energy Alliance.

"With oil's continued push higher, fueled by continued strong demand globally and production only slowly answering, gasoline prices have had no choice but following oil's rise last week setting a new 2021 high," said Patrick De Haan, head of petroleum analysis for GasBuddy. "...It appears the only way forward is for gas prices to continue to rise as Americans' insatiable demand for gasoline continues to act as a catalyst. And with hurricane season soon coming into its prime, we have plenty more catalysts for a rise in price, and few that could restrain the situation. Motorists should prepare to dig deeper for the second half of the summer, unfortunately."

#### TEA releases test results; widespread decrease in performance

State of Texas Assessments of Academic Readiness (STAAR) results for spring 2021 show that outcomes for in-person learners were appreciably higher than those who attended classes online during the height of the CO-VID-19 pandemic. The number of students not meeting grade level increased from 2019 across all subject areas and grade levels, with the exception of English, according to the Texas Education Agency.

"Thankfully, from early on, Texas prioritized the availability of in-person instruction during this tremendously difficult year," TEA Commissioner Mike Morath said. "When students come into Texas public schools, they are wellserved by Texas educators — a fact that these scores confirm. But it is also painfully clear that the pandemic had a very negative impact on learning. I shudder to consider the long-term impact on children in states that restricted in-person instruction."

**TEXAS** 

**CROSSWORD** 

by Charley & Guy Orbison

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15

School districts that had a higher percentage of students learning virtually had higher declines in STAAR results in all grades and subjects, TEA reported. For example, districts in which fewer than one-fourth of students were learning remotely saw a 9-percentage point drop in math performance from 2019 to 2021. In districts were more than threefourths of students were learning remotely, the decline was 32 percentage points.

#### Higher ed gets \$94.6 million in emergency relief

Federal pandemic funding continues to trickle down to Texas colleges and universities, with the latest round bringing nearly \$100 million in emergency relief. Last year the state allocated \$175 million in federal funds to the Texas Higher Education Coordinating Board to support higher education during the COVID-19 pandemic.

"Investing in our higher education system is the single best way to bolster the workforce that Texas has become known for and accelerate our state's economic recovery in the wake of COVID-19," said House Speaker Dade Phelan.

About half the funding will go to expand capacity for high-demand and high-value educational opportunities, including work-based learning and apprenticeships. Other programs to be funded include financial aid; establishing a one-stop advising resource to help students connect with higher education opportunities; and expanding outreach to adult learners to meet workforce demands of state employers.

## Vaccinations slowly increase in

The number of Texans who are fully vaccinated against COVID-19 reached 11.937 million this week, or about 41% of the state's total population, according to Texas Health and Human Services. Hospitalizations in the past week of lab-confirmed COVID-19 cases rose slightly to 1,502. New cases in Texas increased to 10,493 compared to the previous week, with 193 deaths recorded, according to the Coronavirus Resource Center

#### Putting manufacturing sector in perspective

A report from the state comptroller's office notes that Texas' manufacturing sector contributed \$241 billion to the state's gross domestic product in 2019, about 13% of its total economic output. That is larger than the manufacturing output in both Russia and Mexico. Before the pandemic, manufacturing employed about 909,000 Texans. As of February 2021, seasonally adjusted total manufacturing jobs were below pre-pandemic levels by 53,000, or nearly 6%.

Many of the job losses were in industries tied to the oil and gas sector — fabricated metal products and machinery manufacturing. Those two industries accounted for nearly two-thirds of the manufacturing job losses since the pandemic began in March 2020.

#### Most funding ever for transit operations

Texas Transportation The Commission approved \$89 million last week for transit operations across the state, the most ever allocated at one time. About 60% of the funding comes from federal pandemic funds, with the rest provided by the state. The funding includes more than \$10 million from the feds to help transit agencies manage the impact of COVID-19. Nearly 20 million transit rides were recorded statewide, even during the pan-

during the pandemic, these transit agencies continued serving thousands of Texans across the state," TxDOT Executive Director Marc Williams said. "In a time when they were needed most, these agencies helped people get to jobs, groceries or the medical care they needed. This additional funding will continue to improve

gborders@texaspress.com.

#### **ACROSS**

- 1 TXism: "scared the living daylights
- 5 Vikings hall of fame
- QB, Tarkenton 6 flowerless plant
- 7 precedes "copter"
- or "pad" or "port" Texas will not allow
- its citizens
- 17 Texas historian, Tinkle
- 18 Alex Harvey song:
- Texas" (1986)
- "KISS" in Dallas (KHKS, 106.1)
- 22 a deep cut 23 Joe Tex's "One
- Monkey Don't Show" (1965)
- bomber 29 actress Meredith of

"Enola Gay" was

- "Rio Grande Ranger" 30 TXism: "hit me like
- of bricks"
- \_\_ Pepper 32 clairvoyance, e.g.
- 34 this Maurice was drafted by the
- Mavericks in 2006 "P" of MPH
- 36 Roman underground cemetery Apple portable
- media player
- 38 ripped up
- 39 TXism: "
- with two tails"
- 41 fish baits
- 42 TX Meredith Mac\_

- 43 turf taken by a golf club 44 strange or eccentric
- 45 TX Roy Orbison and the Wilburys sang "\_
- 46 So. Padre Island acquisition
- film "Vietnam, Texas"
- 48 furtiveness
- Clemens
- 51 had lunch 52 "surf the 53 TXism: every trick in

#### **DOWN** 1 TXism: "don't go

- (calm down) 2 what Americans
- celebrate on July 4 3 in Falls County on
- highways 6 & 7 4 in Ellis County on Interstate 45
- 9 TXism: "he couldn't drive \_ \_ into a snowbank" (inept)
- Perot 10 TX 11 car speed abbr.
- 12 Astros and Rangers league (abbr.)
- 13 "Elissa" is a threebarque in Galveston Bay

- of the Line" (1989)
- 47 this Robert directed 1990
- 50 pen name of Samuel
- - 21 23 32 33 34 35 the book" P-1540
    - Odessa is the seat of this county 15 TXism: "never sign
    - anything in the glow of a \_\_\_\_ light" 16 late TX corporate
    - raider, Pickens (init.) 19 TXism: "got a burr \_ saddle'
    - (irritated) 20 this Arturo is a Dallas-based artist
    - 22 seizes something (2 wds.) 24 "news wrangler"
    - (abbr.) 25 tic-\_\_\_-toe

26 by mouth

- 28 TXism: "fits like sardines 29 old TX bumper sticker: '

27 fully grown

52

53

- too, Eddie!" 30 eagerly await 33 TX "Crying" singer, Orbison
- flower (2 wds.) 35 Looney Tunes' Pig" 37 TX Mandrell sang \_ to be right" 38 TXism: "fought and nail"

34 where to plant a

solution on page 7

- 40 pirate for "stop!" 41 TXism: "that dog hunt" 44 pottery oven
- 47 cheerfulness 49 TXism: "he's a " (mean) fire \_

at Johns Hopkins University.

demic. "When most services shut down

access for Texans."

Gary Borders is a veteran award-winning Texas journalist. He published a number of community newspapers in Texas during a 30-year span, including in Longview, Fort Stockton, Nacogdoches and Cedar Park. Email:

## ON YOUR PAYROLL

## **U.S. Government**

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

Senator: John Cornyn, 517 Hart Senate Office Bldg., Washington, D.C. 20510 202-224-2934, fax 202-228-2856 Senator: Ted Cruz B40B Dirksen Senate Office Bldg., Wash-

ington, D.C. 20510 202-224-5922. Representative: Jodey Arrington, 2019 Longworth, House Office Building, 202-225-4005. Lubbock District Office, 1312 Texsas Ave. #219, Lubbock, TX 79401. Abilene District Office,

#### 500 Chestnut St. #819, Abilene, TX 79602 State

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

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

Representative: John T. Smithee, Room CAP1W.10, Capitol P.O. Box 2910, Austin, Tx 78768. 512-463-0702. fax 512-476-7016. Amarillo office; 320 So. Polk, 1st Floor, Lobby box 28, Amarillo 79101. 806-372-3327, fax 806-342-0327.

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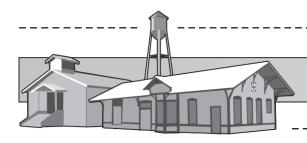
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## TOWN TALK

Phone: 806-250-2211 • Fax: 806-250-5127 Email: frionastar@wtrt.net

The Prairie Acres Resident of the Month of July is Angelina McWilliams. The Employee of the Month is Brandon Pope. Brandon works in the dietary department and has been at Prairie Acres since January 2014. Congratulations to both Angelina and Brandon!

\*\*\*

Prairie Acres Administrator Jeff Procter says that they have been able to purchase new mattresses, beds, and other needed furniture. Activities have been growing and more visitations have been allowed. Appointments are still required for visitations so call ahead. Jeff is also working on getting the churches in the area involved with worship for the residents.

\*\*\*

Heritage Estates Housing Manager Cindy Hooley says that the building will be remodeled this month. The flooring in the building will be replaced, there will be minor framing improvements, and 12 showers will be removed and replaced. Since there will be contractors in the building, visitation may be affected, but the main goal is to keep visitation hours as normal as possible. If you want to see a resident, you should call ahead so that arrangements can be made.

\*\*\*

Congratulations to Milk House Market for their 7th year anniversary!

\*\*\*

The Friona Public Library and Texas AgriLife Extension have collaborated for the Books & Bites program to teach children entering 2nd-5th about food and nutrition through reading.

The program will occur every Thursday in July from 9:30 am to 10:15 am at the Friona Library. For questions or more information, contact Wendy at 806-251-5120.

\*\*\*

Gone but never forgotten- the demolition at the Primary School is almost finished. The building that held so many memories over the years will be gone but the memory will live on.

\*\*\*

Two-a-Days is set to start on Monday, August 2nd. Volleyball practice will be from 8:00 am to 12:00 pm.

\*\*\*

The Cheeseburger Festival is right around the corner. Head out to Reeve Lake on July 17 to enjoy the food, vendors, music, and more. Admission is free but a wristband will cost \$10 and is good for a burger (whole or 4 quarter pieces), chips, and a frisbee. Burgers will be served from 11:30 am to 2:30 pm.

Follow the

color key to

find out what is happening:

G = Green

Y = Yellow

A special thanks to the Friona Chamber of Commerce and the Friona Fire Department for sponsoring the fireworks display at Reeve Lake on July 4th. Thank you to all the people who donated fireworks for the show, it was one to remember!

#### **National Days**

July 8: Freezer Pop Day
July 9: Sugar Cookie Day
July 10: Kitten Day
July 11: 7-Eleven Day
July 12: Different Colored Eyes Day
July 13: Cow Appreciation Day
July 14: Tape Measure Day



### FRIONA FLASHBACKS

From the Friona Star Archives



YA'LL COME....That's what everyone at Friona Ford Sales, Inc. is saying about their Grand Opening to be held July 15, 16, and 17. Pictured above is the new showroom portion of the remodeling project. (Friona Star, Sunday, July 12, 1981)

# 0

## Sheriff's Report

Reported by the Parmer County Sheriff's Office: Randy Geries, Sheriff

(6/29/21) Heliodoro Reyes III, 26, of Amarillo TX, was arrested by the Sheriff's Office for Travis County Warrants, Pending Transport.

(6/30/21) Robert Parker, 43, of Odessa TX was arrested by the Sheriff's Office for Violation of a controlled substance (Poss CS PG1 < 1g.) Pending District Court.

(7/3/21) Blas Carimero, 24, of Farwell TX, was arrested by the Farwell Police Department for assault, Pending County Court.

(7/3/21) Jose Gutierrez, 29, of Friona TX, was arrested by the Friona Police Department for Assault, Pending County Court.



## Courthouse Notes

Susie Spring, County Clerk

Warranty Deeds recorded at the Parmer County Clerk's Office from June 24, 2021 to July 1, 2021

(6/29/21) Mora Maximo - Mora Delia C, Costilla Delia C - All that certain L tract or parcel of land lying and being situated in Parmer County and lot 10 Blk 8 McMillan and Fergus Addition to the town of Friona in Parmer County.

(6/29/21) Osborn Ben, Osborn Lori - Hurst Robert C III - A 10.65 AC tract of land out of SW corner of SEC 34 Charles E Harding's Subdiv. in Parmer County.

(7/1/21) White John Fred - Vega Roberto, Vega Aracely E - All of L 1, 2 and 3 of Blk 11 of the original town of Friona in Parmer County.

(7/1/21) First Baptist Church of Bovina - Cantu Vanessa - All of lot 9 and all of southeasterly 15 feet of lot 10 of block 1 of the Ridgelea Subdiv. to the city of Bovina in Parmer County

(7/1/21) Christian Charles Curtis, Christian Charles Curtis Trust, Christian Doris Lee, Christian Dot - Christian Charles Curtis, Christian Sheryl Stovall - The NE/4 of SEC 16 township 15 S R 2 E of Capitol Syndicate Subdiv. in Parmer County and the E/2 of SEC 16 township 105 R 2 E Parmer County 318.96AC of Land.

(7/1/21) Quinones Jose Renato, Loya Angelica Lopez - Rojas Hilario, Rojas Graciela - A 4.00 AC tract being a portion of the E/2 of SEC 18 township 4 S R 4 E of a Cipitol SYndicate Subdiv. in Parmer County Vol. 3 PG 558

# Look up past issues of the *Friona*\*Star on our website!

1.) Go to frionaonline.com
2.) Click on the
"newspaper archives" link
3.) Search





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R W Q N R T Y P G H U C G S I I D A C A S D O



### **Sugar Cookies**

July 9 is National Sugar Cookie Day. I know most people already have their favorite recipe, but here are a couple in case you want to try something new. The second recipe is for those of us who don't want to cut out the cookies.

#### **Sugar Cookies**

By Alton Brown www.foodnetwork.com

#### **Ingredients**

3 cups all-purpose flour 3/4 teaspoon baking powder

1/4 teaspoon salt

1 cup unsalted butter, softened

1 cup sugar

1 egg, beaten

1 tablespoon milk

Powdered sugar, for rolling out dough

#### **Directions**

Sift together flour, baking powder, and salt. Set aside. Place butter and sugar in large bowl of electric stand mixer and beat until light in color. Add egg and milk and beat to combine. Put mixer on low speed, gradually add flour, and beat until mixture pulls away from the side of the bowl. Divide the dough in half, wrap in waxed paper, and refrigerate

for 2 hours. Preheat oven to 375oF. Sprinkle surface where you will roll out dough with powdered sugar. Remove 1 wrapped pack of dough from refrigerator at a time, sprinkle rolling pin with powdered sugar, and roll out dough to 1/4-inch thick. Move the dough around and check underneath frequently to make sure it is not sticking. If dough has warmed during rolling, place cold cookie sheet on top for 10 minutes to chill. Cut into desired shape, place at least 1-inch apart on greased baking sheet, parchment, or silicone baking mat, and bake for 7 to 9 minutes or until cookies are just beginning to turn brown around the edges, rotating cookie sheet halfway through baking time. Let sit on baking sheet for 2 minutes after removal from oven and then move to complete cooling on wire rack. Serve as is or ice as desired. Store in airtight container for up to 1 week.

#### **Soft And Chewy Drop Sugar Cookies**

www.melskitchencafe.com

#### **Ingredients**

1 cup (2 sticks, 16 tablespoons) butter, softened to cool room temperature

1 1/3 cups (10 ounces) granulated sugar

1 large egg

2 teaspoons pure vanilla extract

2 1/2 cups (12 1/2 ounces) all-purpose flour

1/2 teaspoon baking powder

1/2 teaspoon baking soda

1/2 teaspoon salt

Additional granulated sugar or sprinkles, for rolling

### Instructions

Preheat the oven to 350oF (see note). Line two large, rimmed baking sheets with parchment paper and lightly grease with cooking spray. In the bowl of an electric stand mixer fitted with the paddle attachment or in a large bowl with a handheld electric mixer, cream together the butter and granulated sugar until lightly and fluffy, 3-4 minutes. Scrape down the

sides of the bowl as needed. Add the egg and vanilla and mix again for 1-2 minutes until the batter lightens in color. Scrape the sides of the bowl as needed. In another bowl, whisk together the flour, baking powder, baking soda and salt. Add the dry ingredients to the wet ingredients and mix until combined. Scoop the cookie dough into rounded balls (about 2 tablespoons in size; I use my #40 cookie scoop), roll in granulated sugar or sprinkles and place on the prepared baking sheets a couple inches apart (about 12 cookies per baking sheet). Bake for 11-13 minutes until slightly crackly on top (but not much color around the edges or bottom to keep them soft and chewy). Let the cookies cool for a few minutes on the baking sheet before removing to a cooling rack to cool completely.

NOTES: Cookies Spreading: if the cookies spread and flatten too much while baking, try increasing the baking temperature to 375 degrees F or use convection bake.

## Keep Friona Clean

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

The City will open up the roll-off box this Saturday, July 10, from 10:00 a.m. – 3:00 p.m. Please come by to dump those items that don't belong in your dumpster and do your part to help Keep Friona Clean!

The roll-off box is located at East 8th and South Jackson Ave. It is a free service provided to Friona residents. Examples of items not al-



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

# Happy Birthday

July 8
Nathan Terry
Greg Steen
Tyler Talley
Matthew Maberry
Teresa McCoy
Carrie (Cox) Zinck
Yvonne Lucero
Jack Dennis

### July 9

Christeene Mann Timothy Clark Megan Stone Kyle Mars Abraham Soto

#### July 10

Melody Drake M'Kell (Jarecki) Jeter Elizabeth McLellan Phillip White Lavon Reeve Rex Hefner

#### July 11

Aubrey Schueler
Abigail Rushing
Tristan Gayle
Jamie (Stokes) Faber
Jeremy Campbell
Rojelio Palacios
Frances Jennings

# July 12 Jett Jerden Jimmy Maynard Eddie Allen Robert Lynn Alexander Hollye Pederson

#### July 13

Kyndness Garza

Laura Hart
Ricky White
Kevin Wiseman
Terry Stanberry
Lynn Copley
Logan Tongate
Collin Thompson
Jan Whaley

#### July 14

Julie (Wiseman) Duenes
Bobby Thompson
Darla Bracken
William Herring
Sierra Edelmon
Janna Reeve Preston
Claudia Alexander
Juan Reyes
Nathan Moroney, Jr.
Kenny Ford
Darrell Brewster



# Gas prices continue to rise By GasBuddy

Texas gas prices have risen 1.2 cents in the past week, averaging \$2.81 per gallon, according to GasBuddy's daily survey of 13,114 stations in Texas. Gas prices in Texas are 9.5 cents per gallon higher than a month ago and stand 93.1 cents per gallon higher than a year ago.

According to GasBuddy price reports, the cheapest station in Texas is priced at \$2.19 while the most expensive is \$3.49 per gallon. The national average price of gasoline is unchanged in the last week, averaging \$3.12 per gallon. The national average is up 7.9 cents per gallon from a month ago and stands 94.3 cents per gallon higher than a year ago.

"Gasoline demand over the holiday weekend certainly did not disappoint as millions of Americans flooded the roads for the long weekend, guzzling down gasoline at a clip not seen in years, and in the process, we could have set new all-time records for consumption," said Patrick De Haan, head of petroleum analysis for Gas-Buddy.

De Haan continued, "As OPEC+ met over the weekend and saw a heated disagreement about raising oil production, WTI crude oil surged in Monday evening electronic trading to nearly \$77 per barrel on higher demand and a lack of additional supply from OPEC amidst a mountain of disagreement on how to respond to the market. For now, with imbalances in supply and demand continuing, motorists will continue digging deeper to pay for gasoline as prices are likely headed no where but up until global supply starts to catch up with the continued surge in demand."

GasBuddy is the authoritative voice for gas prices and the only source for station-level data spanning nearly two decades. GasBuddy's survey updates 288 times every day from the most diverse list of sources covering nearly 150,000 stations nationwide, the most comprehensive and up-to-date in the country. GasBuddy data is accessible at http://FuelInsights.GasBuddy.com.

## The Stevens 5 Star Deal of the Week!

2017 Chevrolet Malibu







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\*qualified buyer, see store for details

# SDW gets underway

The 51st season of the Summer Drama Workshop began rehearsals this week. The event is sponsored by the Friona Fine Arts Council and allows kids to develop and enhance their acting skills. Performance times for the three shows were also announced. All shows will take place in the Friona Junior High Auditorium.

The Elementary Show will start at 6:00 p.m. on Saturday, July 17th. The cast of twenty-four under the direction of Allison Johnston will perform "A Pirate's Life for Me" so get your peg leg tappin' for this swashbuckling comedy with waves of laughter. It's the most comical musical pirate adventure to hit the high seas!

The Junior High Show will start at 7:00 p.m. on Friday, July 16th. Joy Morton will direct a cast of twelve in "Pegora the Witch" which is a play that is sheer frou-frou, intentionally frivolous, and deliciously original. Pegora, an apprentice witch, has a flaw in her nature—she cannot help doing good. Can she keep her broom or will it spell curtains for her future?

Friona High School drama teacher



Joy Osborn

Shawn Oakley Farrar will direct eleven cast members in "30 Reasons Not to Be in a Play" which will start following a short intermission after the Junior High Show. Stage kisses, pinkeye, inciting World War 3 - are only a few of the many things that can go wrong during the production of a play. In a series of hilarious examples, this play proves that drama can be a very dangerous thing and it must be avoided at all costs.



Shawn Oakley Farrar

# Allison Johnston

Send your church news to the Friona \*Star

frionastar@wtrt.net

## **Book Blessings**

By Brett Hoyle, Pastor, First Baptist Church

According to the Anxiety and Depression Association of America 18% of U.S. adults had an anxiety disorder in the past year (adaa.org), and women and younger adults are a more anxious demographic, but the trend of mental health problems is steadily rising, even before the onset of covid. In light of this struggle that many people face regularly, Josh Weidmann's book The End of Anxiety: The Biblical Prescription for Overcoming Fear, Worry, and Panic tackles anxiety head on in a practical, biblical and effective way. In 186 pages he points the reader out

of the darkness of anxiety, fear and panic and into the light of walking through such trials and temptations with the Lord. Seeking the Lord first, and seeing your life through His truth, living according to His promises and your identity in him are key to navigate the rapids of anxiety. Jesus spoke clearly about anxiety in Matthew 6 and finished by declaring "Seek first His Kingdom and His righteousness, and all these things will be added to you," in verse 33.

One important point about this book is that the title is a bit misleading. The "end of anxiety"

is not a place where you arrive and never have any anxious inclinations, but the focus of the book is that even in the midst of anxiety your goal is to glorify God and trust Him through it. Sometimes Jesus calms our storms, other times Jesus calms us, even when the storm continues to rage. The final words of the book put it this way, "Remember, the chief end of anxiety is to glorify God and enjoy Him forever. Your anxiety is not the end. It is only the beginning of His glory through you. Press on with your eyes fixed on Christ: the end of your anxiety."

## **Share Your Feelings with God**

By Teena Hughs

To be perfectly honest, I have been frustrated this afternoon! Somehow we lost our e-mail account this morning, and I can't get it back. Of course, it doesn't help that I am totally illiterate when it comes to computers!!!

Since I am frustrated about some other things, I decided to see what Scripture has to say about being frustrated. The first thing I read was that I need to pray and tell God what I am frustrated about. He already knows everything, but I need to TELL Him exactly what I am feeling! It was good advice! There is just something about being honest and expressing your feelings in an open and honest way to

Do you remember when you were a child and you got angry, and when your mom asked you why you were so mad, you couldn't tell her because you didn't know? The same can be true when we are angry, frustrated, down in the dumps, etc. We know things aren't in sync with life, but we don't know why, and we don't stop and take the time to figure out why so we can change things. Many of us just let our frustrations build and build until we get to the point of

wanting to explode. Sadly, that is when we do and say things we later regret.

When I looked up Scriptures about frustration, I wasn't to the point of wanting to explode, but I was getting closer and closer. Once I admitted my frustrations to God, I had a peace come over me. The things frustrating me are things that can all be fixed, most of them by me with God's help! So, while being frustrated takes up a lot of time and energy, it doesn't lead to anything good, so I am thankful for God who will take my frustrations from me when I confess them and then replace them with peace!

I still don't have my e-mail account back, but someone will help me get it back, and things will all be good again in my computer world. And, all those other things that were frustrating me, well I am taking a break from working on those things to write this column. Those things will also get done. Even though there are many things to be done, at least I am facing them without being frustrated!!! God is so good, and I thank Him for helping me and teaching me, all the time! Take care and have a great week; and, don't be afraid to share your feelings with God!!!

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## State Sales Tax Revenue Totaled \$3.2 Billion in June

Comptroller Texas Glenn Hegar said state sales tax revenue totaled \$3.16 billion in June, 18.1 percent more than in June 2020. Yearover-year increases for most tax revenues this month were affected by base effects: Year-ago revenue collections to which this year's collections are compared were severely suppressed by the pandemic. Compared to June 2019, sales tax collections were up 10.4 percent.

The majority of June sales tax revenue is based on sales made in May and remitted to the agency in June.

"Monthly state sales tax collections remained exceptionally strong, with receipts from all major sectors other than those related to oil and gas surpassing pre-pandemic levels," Hegar said. "Elevated spending at clothing stores, electronics and

back feet.

The frog has

appliance stores, sporting goods stores, building materials and home furnishing stores, some general merchandisers and online retailers continued, though growth in online sales and at big box merchandisers slowed as consumers returned to other physical retail alternatives. Remittances from food and beverage stores were constrained by declining sales of alcoholic beverages for off-premise consumption, as consumers returned to restaurants and bars.

"Collections from electric utilities were up strongly, reflecting air-conditioning usage at shopping centers and office buildings that were subject to closure a year ago. Receipts from the manufacturing and wholesale trade sectors also were up substantially, reflecting continued strong demand for computer products

and building materials. Receipts from the information sector remained below last year's levels, due to the federal preemption of state taxation of internet access services.

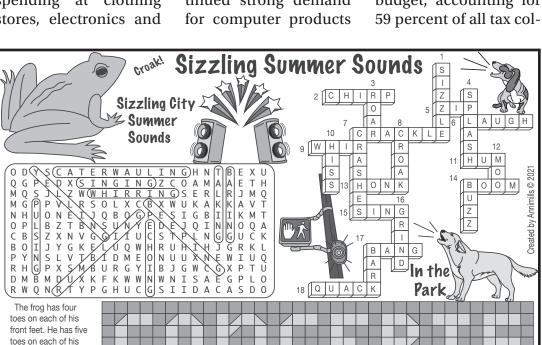
"Receipts from restaurants again substantially surpassed prepandemic levels, with brisk business continuing at take-out-oriented establishments and modest recovery at some dine-in outlets. However, some dine-in restaurant chains continue to operate at lower levels due to permanent closures at some locations."

Total sales tax revenue for the three months ending in June 2021 was up 26.4 percent compared to the same period a year ago and 14.1 percent compared to 2019. Sales tax is the largest source of state funding for the state budget, accounting for 59 percent of all tax col-

lections.

Texas collected the following revenue from other major taxes, all of which were up sharply from a year ago due to base effects: (1) motor vehicle sales and rental taxes — \$591 million, a record monthly amount; up 50 percent from June 2020, and up 39 percent from June 2019; (2) motor fuel taxes — \$315 million, up 26 percent from June 2020, and down 4 percent from June 2019; (3) oil production tax — \$363 million, up 339 percent from June 2020, and down 0.1 percent from June 2019; (4) natural gas production tax — \$159 million, up 689 percent from June 2020, and up 28 percent from June 2019; (5) hotel occupancy tax — \$54 million, up 137 percent from June 2020, and down 7 percent from June 2019; and (6) alcoholic beverage taxes — \$138 million, a record monthly amount; up 112 percent from June 2020, and up 12 percent from June 2019.

Fiscal 2021 franchise tax collections, the reporting deadline for which was deferred to June from the usual May 15 due date, totaled \$4.24 billion year-to-date through June. Last year, the due date was deferred to July. Compared to collections through July 2020, year-to-date franchise tax collections were up 1.7 percent.





By Sue Jane Sullivan



Bucket lists are a thing. You know, what to do before "kicking the bucket", aka, dying.

Mine might include a front porch jam session with Jack Black, James Taylor, and Mary Chapin Carpenter. A train trip across the country with Jack Black acting out scenes from Nacho Libre. Also on the list would be a month-long road trip in an '86 rebuilt El Camino with Tenacious D's favorite rock playlist on a Bose sound system.

These would be cool. Very cool. But not realistic, except maybe the last one if I I get a bestseller written or dig up some rare dinosaur bones or Spanish doubloons on the small piece of land on which I will soon reside.

I prefer to think of an eternal bucket list, one that is totally feasible. From what I have been told, and surely this is not propaganda to just try and make me be a good person, going to Heaven has many perks. I am not sure why streets of gold are that big a deal. Not certain either that I want to stand around all day singing with other angels. Of course, I will occasionally participate in the famed Angelic Soul Sistahs Chorus as a second alto—but there should be enough members to spot me so that I can enjoy the following <u>After-Life</u> **Bucket List for Infinity and Beyond:** 

--dance, dance, dance.... not the way I danced on Earth, which was humiliatingly embarrassing, but with the moves of King David, Ginger Rogers, flamenco dancer Carmen Amaya, or any of those kids in the Broadway musical In the Heights. I want the Holy Spirit to travel from my soul to my chub dub legs.

--fly, fly, fly.... my wings will not be just a status symbol. Even now while alive, I often have dreams where I fly on my own. It is the most amazing sensation, and I fully intend to re-create this in as many galaxies as possible.

--spa day once a week.... this will include mani, pedi, hot rocks massage, exfoliation, hair washed and coiffed but not colored, as natural is the only way to go in heaven. I care not about waxing, as that is rather hell-ish.

--have face-to-face visit with Ernie Pyle, one of my journalism and wartime heroes

--organize the WBL (Whiffle Ball League) for all the children who, while on Earth, could not run and play

--have a summer home in Naboo (*Star Wars* reference, and yes, I do believe that some fantasy fiction could turn out to be the real deal in Heaven where all things are possible)

Carry on with your personal bucket lists in this lifetime. Don't wait too late to start enjoying life. While you're at it, consider your everlasting wish list, too.

Word of caution: Hell's bucket list is prepared for you without any input. The last thing I want is to have to wear pantyhose every day, floss, drink prune juice, and watch an eternal loop of six seasons of CHiPs. Or wax.

## Wrote it in a letter

By John Grimaldi and David Bruce Smith



Even though America declared its independence from Great Britain on July 4, 1776, the Continental Congress had—in the previous year—approved the Olive Branch Petition—a direct appeal to King George Ill to forego his resentments towards the colonies. It was a tactical maneuver to discharge the King from his responsibilities, to "enjoy [a] long and prosperous reign…that your descendants may govern your Dominions with honour to themselves and happiness to their subjects."

The letter suggested to the mercurial monarch that he was not responsible for the commotion in the colonies; all of that—they appeased—had been whipped up by his ministers. The missive concluded: "your faithful Colonists" were simply arming themselves "in our own defence."

George, however, dispensed with the document in a fury, fired up his "faithful" subjects, and fomented a revolution.

The Grateful American Book Prize recommends **1776** by David McCullough.

Source: History Matters, a feature of The Grateful American Book Prize: Showing our children that their past is prelude to their future.









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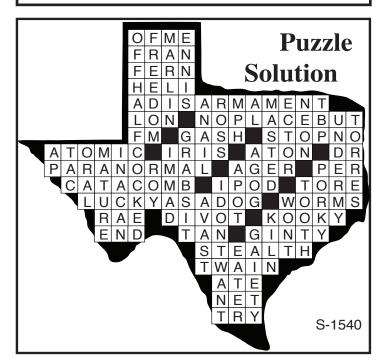




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## Obituaries



## Shirley Jane Phipps Houlette

Shirley Jane Phipps Houlette, 84, died June 30, 2021 in her home in Friona, Tx. Memorial Services were at 11:00 A.M. Tuesday, July 6, 2021 at the Friona Cemetery Memorial Chapel. Arrangements by HANSARD FAMILY Funeral Home of Friona.

Jane was ninth of 10 children born to Charlie and Dora Phipps in Bailey County, Texas on December 22, 1936.

A life-long resident of Friona, Jane graduated from Friona High School in 1955. After graduation she worked for Friona State Bank until a local young man became captivated with her smile. She wed Dale Earl Houlette April 19, 1958 in Friona. The couple had two children, Chris and Robin.

In their early marriage, the young Houlettes owned and operated a Spudnut Shop in Levelland, Tx until 1961 when they founded Houlette Petroleum, a Mobil Oil wholesale business, in Friona, a company still in operation today.



Jane's life was one of selfless devotion to her special needs son, Chris, until the end of her life, never complaining but instead celebrating his unique gifts. Jane worked, also, with her husband in their business as a meticulous bookkeeper. Active in the local community, she supported Friona charities and was well known for her award-winning outdoor home Christmas decorations. Jane was regarded within her family as a gifted poet and creative artist whose most enduring accomplishment was her great love of family. A devoted student of spirituality, Jane epitomized kindness and unconditional love.

Jane was preceded in death by her husband of 62 years, Dale; four brothers, Spurgeon, Mayo, E.G. and Virgil Phipps; two sisters, Mildred Phipps Williams and Mary Phipps Bandy.

Jane is survived by her son, Chris, of the home, and her daughter, Robin, husband Creech Richardson, of Wichita Falls, Tx; her nephew and "son of her heart" Coy Jameson, wife Renee, of Friona; sisters Daisy Phipps Beversdorf, Hurst,Tx, June Phipps Collier, Pearland, Tx, and Geraldine Phipps Ferguson, husband Kenneth, of Burleson, Tx; numerous nieces and nephews, great nieces and great nephews.

In lieu of flowers the family requests donations in Jane's name to a charity of your choice.

You may sign the online guest book at: www,. hansardfamily.com

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Funeral Home

#### DeAun LaNoe Kinkler Sisson

DeAun LaNoe Kinkler Sisson, 88, died Thursday, June 24, 2021 in Amarillo.

DeAun was born April 19, 1933 in Lubbock, Texas to Lanoe and Hugo Kinkler. An avid sports fan, she never missed a Ranger's baseball game. She loved Aaron Rodgers and would refer to him as her "cute boyfriend." And when it came to the Maverick's players, Luka Doncic' was her favorite basketball player. DeAun attended Littlefield High School where she met Billy Wayne Sisson, a multi-talented athlete himself, and December 2, 1950 she and Billy Wayne were married and began their adventure as farmersranchers in Hereford and Friona. She also attended McMurry University in Abilene. In the early years of their marriage, DeAun enjoyed gardening and taking care of their yard and was an active member of Bud to Blossom Garden Club.



Throughout the years she also was a member of the Valeda Study Club, Bridge Club, and volunteered with the Hereford Hospital, Girl Scout Troop, and First Baptist Church of Hereford Vacation Bible School. She also was the owner of Ruthie's Dress Shop in Friona for many years. Many friends and family will no doubt remember her pulling the 2-horse trailer with her red 1988 Oldsmobile, driving daughter Shavon, to all her rodeos. DeAun loved her three dogs and was especially close to Buttons. She was a loving, caring, and doting grandmother who never missed an event or program that grandson Landry was in and, according to him, she made the absolute best grill cheese sandwiches. DeAun will be greatly missed by friends and family.

DeAun is preceded in death by her parents: Lanoe and Hugo Kinkler; and her husband of 66 years, Billy Wayne Sisson.

Survivors include: 2 daughters, Shalyn S. Clark and husband Al of Arlington; Shavon Sisson and husband Gary Chomiski of Amarillo; and grandson, Landry Lloyd and wife Kelsey of Amarillo.

The family of DeAun Sisson are grateful for the kindness and loving care she received from True Blessings and especially from her caregivers: Shirlee Wiebe; Carmen Gillespie; Love Gaither; and Sue Pankey.

Memorials may be made to: Cal Farley's Boys Ranch, PO Box 1890, Amarillo, TX 79105, www.calfarley. org

## Chamber of Commerce makes final preparations for Cheeseburger Festival



Chamber of Commerce members are shown finalizing details for the 15th Annual Cheeseburger Festival & Cook-Off to be held Saturday, July 17th at Reeve Lake in Friona, the Cheeseburger Capital of Texas. A guide to the festival will be published in next week's Friona Star. Call 250-3491 if you would like to enter a cooking team or to reserve a vendor spot.



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# **Primary School Old & New**



Demolition at the old Primary School building is under wraps. If things go as expected, the demolition will finish sometime this week.

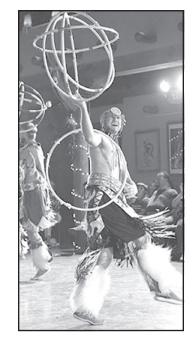


The new Primary School is under construction. The rain has led to a slow installation of equipment and the new playground but things are back on track.

## Song of the Eagle

The Kwahadi Dancers will present "Song of the Eagle" as their summer performance. The performances will be on July 10th, 16th, 17th, and 24th at the Kwahadi Museum of the American Indian (9151 I-40 E, Amarillo, TX).

The museum features paintings by Thomas E. Malis, pastel art of the late Stephen Napper, and wood carvings of indigenous birds of the Plains by Bob Jones so



you can also stop by to see the exhibits.

Chicken Fried Steak will be served as dinner at 6:00 pm before the show for \$12. Dinner reservations are required by 2:00 pm. There will also be a cobbler dessert for \$3.50.

The show will follow at 7:00 pm and a ticket is \$5 each. To make a reservation, call the museum gift shop at 806-335-3175. Go see the Kwahadi Dancers!



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# How to win the fight against stickers

**By Adam Russell** 

Whether you call them stickers or sandburs, a Texas A&M AgriLife Extension Service expert can help you win the war against these prickly little pain dispensers.

Sandburs, also known as grassbur or sandspur, are an annual and/or perennial grass. The sharp, spiny burs are a seed pod that can latch on to passersby for distribution to other locations.

"Weed control is ultimately up to the end-user, but sandburs are one of those weeds that can be a painful reminder that our yards may need some attention," said Chrissie Segars, Ph.D., AgriLife Extension statewide turfgrass specialist, Dallas. "If you've ever been stuck by them or removed them from a child or pet, then you likely want some advice on how to get rid of them."

Segars said Texas' wide range of climates makes any specific directions to address sandburs difficult. In some parts of the state sandburs are a summer annual that dies back and returns from seed, while in warmer regions they live as perennials that can overwinter as

plants. Therefore, control methods and timing differ based on where the plants are in their life cycle.

"In some parts of the state, folks might use preemergence herbicides that will have no effect on the overwintering plant," she said. "It might prevent the seeds from emerging, but it won't get rid of the old plant. There are no herbicide treatments that will be 100% effective every time, but they will reduce the plants and subsequent seeds."

#### Pre- and post-emergent applications for sandburs

Segars said there are ways to fight sandburs with herbicides that kill plants after they emerge or prevent plants from emerging from seeds. Timing is critical when applying pre- or postemergent products. Sandbur seed can begin early germination at a soil temperature of 52 degrees and peak at 72 degrees, she said.

She recommends a split application of preemergence products with active ingredients Dithiopyr, Indaziflam, Oryzalin or Pendimethalin for sandburs be-



Sandbur seed pods are a nasty little sticker that can ruin a walk through the yard. (Texas A&M AgriLife photo by Erfan Vafaie)

cause of their long germination period. Apply the product to prevent sandburs from emerging and follow with another application depending on label instructions, soil type and weather.

Unfortunately, most postemergence herbicides available to homeowners at big box stores are not labelled for sandbur, Segars said. There are three selective, postproducts emergence that are labeled to address sandburs in turfgrass. Katana, Celsius WG and Image 70 DG are more professionalgeared products but can be purchased online. The most homeowner friendly – Image Kills Nutsedge – is available online and in home and garden departments.

"It may be too late for preemergence applications in some parts of the state, but this cooler weather means it may not be too late to affect peak germination," she said. "The second application will catch those seeds that haven't started germinating yet."

Segars said it is important to always follow product labels.

#### Making turfgrass happy can eliminate stickers

Herbicides are a tricky time- and money-consuming way to fight sandburs. But Segars said one thing all homeowners can and should do to fight sandburs is implement cultural practices, including fertilization, mowing, proper irrigation and cultivation to help turfgrass choke out sandburs.

Sandburs prefer nutrient-deficient soils, so homeowners should start the process by taking a soil sample and add recommended amendments to create proper pH levels for your soil and turfgrass types, then follow with nutrients like potassium, phosphorous and nitrogen.

"Sandburs thrive in poor soils, so you want to improve all nutrients in general with fertilizer," she said. "Only add phosphorous and potassium according to the soil test and nitrogen according to recommendations for your turfgrass type, use of the area, and management capabilities, because St. Augustine grass and Bermuda grass have different needs. Promoting healthy, dense turfgrass is the best defense against most pest weeds, including sandburs."

When it comes to irrigation, Segars said most homeowners overdo it. They begin watering too early and too often, which can lead to poor root development, weakens turfgrass, and makes it susceptible to diseases.

AgriLife Extension has an application for computers and smartphones – WaterMy-Yard – designed to help homeowners in North Texas irrigate their lawns properly based on localized weather

data. There are a number of other AgriLife Extension publications and resources available to guide homeowners regarding lawn irrigation.

Another effective cultural practice is mowing your lawn with equipment that catches clippings when weeds are mature, Segars said. Catching and removing clippings reduces the seedbank that could potentially develop next

"Catching reproductive structures of mature weeds lowers the population of seed you'll have to deal with in the future, and not catching the clippings and those seed pods can potentially help them spread to new areas of your lawn," she said. "These practices should be performed consistently and properly to make your lawn a place where turfgrass thrives and makes it difficult for weeds like sandburs to emerge and multiply."

Adam Russell is a communication specialist for Texas A&M AgriLife



Sandburs can also lead to painful encounters for pets, and removing them can be just as painful for the pet owner. (Texas A&M AgriLife photo by Adam Russell)

# City of Friona Pool

1501 W. 5th

**Prices:** 3 & Under - **Free** 4-11 - **\$3** 

12 & Older - **\$4** Water Aerobics - **\$3** 

## Party Rentals: 1 Hour: \$50 2 Hours: \$100 3 Hours: \$125

Open:
Tuesday - Saturday • Regular Hours: 1-5
Swimming Lesson Hours: 10 - Noon
Party/Water Aerobics (12 & Up) Hours: 6-7

Pool Phone Number: (806) 250-5279 Pool Manager Kambree: (806) 517-4391

# More Knowledge Means More Donations

Coffee Memorial Blood Center launches eligibility hotline to encourage blood donations

July 6 (AMARILLO) – As it faces the worse blood shortage in decades, Coffee Memorial Blood Center is launching a new donor eligibility hotline to help encourage more people to discover whether they can donate blood products.

The hotline will allow donors to ask confidential questions about their eligibility status, which could have changed due to recent criteria changes made by the U.S. Food & Drug Administration (FDA). The hotline will also address many common misconceptions about donor eligibility, including medication usage, international travel, vaccinations and more.

"We hear every day from donors who believe they can't give blood because of a medication they're taking or information they were told many years ago," said Dr. John Armitage, President and CEO of

Coffee Memorial Blood Center. "In this time of heightened need and with new guidance in effect, we're encouraging everyone to discover their eligibility status and stand ready to help support the community blood supply."

The blood supply remains at critical levels following a national blood shortage, worsened by consistently high hospital usage and lower-than-expected donation levels. Blood has no substitute, so donors are needed regularly to replenish the local blood supply.

Donors are asked to call 888-308-3924 with questions about their eligibility. Answers to frequently asked questions are listed at the gift of life.org.

For many, health conditions are assumed to render them ineligible to donate. However, many conditions – like diabetes, high blood pressure or thyroid disease – do

not generally disqualify a person from donating blood. For others – including many military donors – prior European residency or travel previously deferred them from donating. This regulation was scaled back dramatically by the FDA during the COVID-19 pandemic, however, so potential donors are encouraged to call the hotline about their specific situation.

Appointments to donate blood can be made at the gift of life.org or by calling 806-331-8833. Walk-ins are welcome.

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As a non-profit blood center, Coffee Memorial Blood Center's donors provide every drop of blood needed for patients in 29 hospitals and medical facilities in the entire High Plains region, which is made up of 31 counties in the Texas and Oklahoma Panhandles. For more information, visit thegiftoflife.org.



Jo Osborn donating blood on January 25th, 2018 at Calvary Baptist Church for the Coffee Memorial Blood Drive.

# Heat stress a major concern during summer

By Paul Schattenberg

With the increase in outdoor temperatures also comes an increase in the possibility of heat stress — possibly even heat exhaustion or heatstroke — but there are some steps you can take to help beat the heat, said a Texas A&M AgriLife Extension Service expert.

"Now that we're getting into summertime temperatures, people are looking to stay active outdoors, there are a few basic signs and tips to help be aware of the risks for heat-related illness or hyperthermia," said Mark Faries, Ph.D., AgriLife Extension state health specialist in the agency's Family and Community Health Unit. "Awareness is important with exposure to a higher heat index or heatwaves, especially for those who might be at higher risk of heat illness."

Faries said those at higher risk include adults 65 years of age or older, infants, children up to 4-5 years of age and those with existing medical conditions such as diabetes, high blood pressure, heart disease or obesity.

"However, anyone can succumb to heat with outdoor activity, with added concerns with drinking alcohol, low hydration and even with some medications," he said.

Faries said it is vital to know the warning signs of heat stress and how it progresses, as well as what to do in response to different levels of heat-induced

illness.

"It's easy for heat stress to sneak up on us when we are engaged in outdoor activities, so learning ways to 'beat the heat,' and protect ourselves from the sun are also important for staying healthy during the summer," he said.

He said that the body naturally heats up during physical activity but has ways to keep itself cool. However, in cases of extreme heat, the body heats up faster and evaporation of sweat cannot keep up to maintain a normal temperature.

"In such instances, heat illness can lead to death," Faries said. "But since heat illness is progressive, with awareness of the types, symptoms and treatments for initial degrees of heat stress, we can catch any risk early."

## Types of and treatments for heat stress

According to the Centers for Disease Control and Prevention, symptoms of heat stress may include headache, thirst, general weakness, increased body

temperature, dizziness, loss of appetite, excessive sweating, cramping, fast breathing and rapid pulse. Here are some of the symptoms and treatments for different levels of heat stress offered by the CDC:

— Heat rash. Heat rash is a skin irritation caused by excessive sweating. It appears as a red cluster of small blisters, usually in the area of the neck, upper chest or groin, as well as under the chest, at the waist and in elbow creases.

People experiencing heat rash should find a cooler, less humid place to treat for it and keep the rash area as dry as possible. It's a good idea to apply powder to help with the irritation, but it is best to avoid the use of creams or ointments as these add moisture to the rash and may delay healing.

— Heat cramps. These typically occur when a person sweats a good deal during physical activity, causing muscle pains or spasms. The cramping usually occurs in the arms, legs or abdomen.

"Sweating reduces the amount of water and electrolytes in the body, such as sodium, potassium and magnesium, so excessive sweating and physical exertion in the heat can lead to these painful muscle cramps," Faries said.

To treat muscle cramps, the CDC recommends stopping the activity and relocating to a cooler place. Drink plenty of water or a sports drink with electrolytes to replace lost liquids and refrain from any further activity until the cramps subside. If the cramping lasts for more than an hour or if you are on a low-sodium diet or have heart problems, it's best to seek immediate medical help.

— Heat exhaustion. Symptoms of heat exhaustion can include weakness, excessive sweating, dizziness, headache, nausea, muscle cramps, a rapid pulse and cold, clammy skin.

In more serious instances, heat exhaustion can also cause vomiting or fainting. To treat for heat exhaustion, relocate the person to a cooler area, loosen their clothing and put a wet cloth or cold compress on key areas of the body, such as the forehead, neck and armpits. If there is vomiting or extreme weakness or the symptoms get worse or last more than an hour, seek medical help.

— Heatstroke — If a person's body temperature gets above 103



degrees, this can likely lead to heatstroke.

"A person experiencing heatstroke is unable to properly regulate body temperature, as it keeps rising," Faries said. "Oddly, during heatstroke, the body actually stops sweating. Also, the pulse weakens and the skin becomes flushed and red."

With heatstroke, the individual may also experience an altered mental state, a racing heart and/or severe nausea or vomiting.

Heatstroke is a medical emergency, and the CDC recommends calling 911 immediately if you or someone else is showing signs of heatstroke. However, until emergency medical assistance arrives, they suggest moving the person to a shaded, cool area and removing any outer clothing the person may be wearing. Cool the individual with cold water or ice. Wet the skin and place cold, wet clothes or compresses on key points, such as the head, neck, armpits and groin. Or soak the person's clothing with cool water.

These treatment suggestions are not intended to be a substitute for professional medical advice, diagnosis or treatment, Faries said.

"You should always seek the advice of a physician or other qualified health provider if you have questions regarding a medical condition."

Tips for staying cool, protecting from the su n

Stay adequately hydrated. It's important to drink an ade-

August

October

**Total** 

September

November

December

4.40

0.60

0.81

0.46

0.09

20.15

0.30

2.16

1.12

0.17

1.62

7.21

1.19

1.44

0.54

0.04

0.67

1.14

1.14

0.04

0.80

0.45

9.46 13.29 16.17

quate amount of water if you're out in the sun, even if you're not especially thirsty.

"Water replaces the body moisture lost through sweating, and that amount will differ from person to person," Faries said. "Some experts suggest drinking eight, 8-ounce servings of water per day, but the key is to stay hydrated. Drink water before, during and after your physical activity, even if you are not thirsty, and do not forget to keep a water bottle with you."

According to the American College of Sports Medicine (ACSM), dehydration might cause as much as a 1% reduction change in your body weight.

— Plan your schedule with the weather in mind. If you watch the weather forecast, and see the following day is going to be a scorcher, you can plan around that

The ACSM also noted the risk of heat stress and illness are increased when the outdoor temperature is 80 degrees or higher, and humidity is greater than 75%.

"Schedule any out-door activities or errands for the morning or evening, especially if you expect them to be somewhat taxing or strenuous," Faries said. "This can mean out-door shopping, home projects, yardwork or exercise."

Faries said it is important to continue physical activity even during hot days in order to maintain the habit of exercise.

"Hot weather gives people the opportunity to identify and use cooler local access places for their physical activity, such as an air-conditioned gym or building — or even a shaded trail."

He also noted people who walk as part of their exercise routine often choose to walk indoors at their local mall during hot days.

"Being able to find alternative locations where you can safely continue with your physical activities will help you maintain the habit of exercise, gain confidence and improve your chances for success in leading a more active lifestyle," Faries said.

Stay in an air-conditioned location as much as possible.

"If you do not have air conditioning, go to the local shopping mall, a public library or take advantage of indoor events in your community," Faries said. "Just spending a few hours in air conditioning can help your body stay cooler, and help you beat the heat."

— Eat for the heat.

"Eating lighter foods during hot days can keep you from overstimulating your metabolism and keep you from feeling sluggish," said Odessa Keenan, AgriLife Extension initiatives wellness coordinator for the agency's Healthy Texas program. "Summer is a good time to eat lighter foods with good moisture content such as salads and fresh fruits. The more and heavier foods you eat, the harder your body has to work to get rid of any excess calories, and that can be especially taxing on a hot day."

 Learn about community cooling centers. Many communities, especially larger towns or cities, set up cooling centers where residents can go to get out of the sun. Local TV news stations or newspapers will usually have information on where these will be set up. In addition, you can call your local health department or dial 311 if that service is available in your area.

— Wear a cap or hat and sunglasses, use sunscreen and limit your time in the sun.

Limit your time in the sun, especially between 10 a.m. and 2 p.m., and wear light colored, loose clothing that will cover exposed skin, such as lightweight long-sleeve shirts and pants. Wear a cap or broad-brim hat to protect your face, and regularly apply a broad-spectrum sunscreen with an SPF value of 15 or higher. Follow all product directions and warnings, including how much and when you should apply and reapply.

— When possible, park under a tree or in a shaded area. It's not always possible, but if you can find a shaded place to park it will reduce the amount of direct sun exposure to your vehicle.

Of course, it's imperative that you never leave a child or animal in a parked car, particularly on a hot day.

Also, as a courtesy and out of concern for others, you may want to check on any friends or neighbors you feel may be more susceptible to the heat and at greater risk for heat stress or heat-related illness.

Faries said be sure to ask your health care professional before starting any physical activity or exercise outdoors, especially if you have medical concerns or are on any medications that might have an effect on your body's response to the heat.

Paul Schattenberg is a communications and media relations specialist with Texas A&M AgriLife Communications.

2021

0.33

0.35

0.72

0.17

1.63

5.11

8.31

#### Friona Rainfall Data 2010 2012 2011 2013 2014 2015 2016 2018 2019 2020 2017 0.13 January 1.42 0.00 0.18 0.49 0.00 2.06 0.09 1.63 0.00 0.57 February 1.03 0.27 1.94 0.70 0.32 0.80 0.17 0.000.12 0.42 0.67 March 0.97 0.25 0.36 0.12 0.180.56 0.08 1.61 0.18 1.85 2.10 April 0.87 0.03 0.16 0.05 0.33 0.82 1.19 2.36 0.70 1.63 0.53 May 2.12 0.07 2.22 1.35 3.52 7.43 2.01 1.54 1.24 3.15 0.14 June 2.17 0.71 1.88 2.64 2.31 2.73 0.72 4.03 1.97 1.18 2.35 July 4.30 0.08 0.46 4.04 4.32 4.30 1.34 3.48 4.30 1.38 3.10

1.36

3.47

0.29

0.00

0.12

2.73

2.85

7.15

0.89

2.14

35.76 16.00

3.50

3.58

0.00

1.05

0.26

11.70

3.05

3.27

0.00

0.00

30.61

2.87

1.63

4.83

0.54

0.39

17.98

0.82

2.03

5.71

1.03

0.84

21.34 10.06

0.62

0.30

1.05

0.23

0.03

# Small Town Big Parade & July 4th Fireworks Show





The Small Town, Big Parade kicked off the 4th of July weekend events. Crystal Moroney, the parade organizer, would like to thank everyone who participated in the parade last Saturday morning. The people who participate in and attend the parade make it a successful and fun event. We hope everyone had a great weekend, see you next year!























