



Retired Teachers and School Personnel to meet March 5th

Parmer County RTSP will meet at 2:00 p.m. on Tuesday, March 5th at the Friona InterBank community room. Judy Hart, District 16 TRTA president, will present the program. "Avoiding identity theft and scams targeting senior citizens" will be the topic.

This will be the last meeting of the school year. Refreshments will be served, and guests are welcome.

OAP goes on the road

Friona High School thespians will perform at the UIL District One-Act Play competition in Bushland on Wednesday, March 6, 2019. Friona will perform their play "Radium Girls" at 11:00 a.m. that morning. Tulia, Bushland, River Road, Spearman, Canadian, and Muleshoe will perform their plays at the top of each hour with a lunch break from 2:00-2:45 p.m.

The cast consists of Kessly Salinas, Drew Montana, Mariah Rivera, Ezekiel Garcia, Adaline White, Tim Ally, Kaelyn Bennet, Angel Mills, Kylee Sifuentes-Hughes, and Alex Santiago. Alternates are Riley Davidson and Nancy Rocha. The crew is Neeley Pitsch, Humberto Cruz, Colton Riethmayer, Jeremiah Diaz, and Mariana Piña.

Chieftain Choices

Friona students had a chance to mix and mingle with business operators, college & military representatives, and healthcare professionals last Friday morning at the Chieftain Choices Health & Career Fair. The annual event allows students in grades 8-12 the chance to learn more about the educational and vocational opportunities that exist after high school. The approximately 47 different vendors allowed the future graduates to get a flavor of what the future might hold. See page 10 for photos of the event.

Better than nothing

Friona received its first measurable rainfall for February late Friday night and early Saturday morning. Local rain recorder John Gurley reported that the city received .42 inches of precipitation during the rain event. We will certainly take it. It is more than the last three Februaries combined. Also, during the four month stretch from November 2017 through February 2018 we only received .12 inches of moisture. We have received 1.48 inches this past November through February. The first two months of the new year are in the books and we stand at .55 inches. Its better than nothing.



Andy Montana took this photo of a group of deer "playing" a round of golf at the old course. Andy and fellow Lions Club members were picking up the American flags that had been on display to celebrate President's Day. There was no sign of antelope or roaming buffalo.

Election News

City Council

The Friona City Council Election has been cancelled. Three positions were on the ballot and only three individuals applied. Incumbents Alan Monroe and Bruce Fleming will remain on the Council for another term each and Jeff Stowers will replace Nancy Davis at the May council meeting to begin his first term. Nancy chose not to seek re-election.

Parmer County Hospital District

The Parmer County Hospital District Election has been cancelled. Two positions on the Board of Directors was on the ballot and only two individuals applied. Incumbents Danny Kendrick and Ricky Barnett will remain on the Board to serve another term each.

Friona Independent School District

The FISD Board of Trustees Election will be held on May 4th. Two positions on the Board are available and three individuals have applied. Darrin Gilley, Jeri Lynn White, and Cindy Moreno will be listed in that order on the ballot. Darrin currently serves on the Board and current Board President Becky Riethmayer is retiring. The proposed school bond will also be on the ballot.

Celebrate Texas



Sam Houston: Texas Game-Changer

No single name is more revered in Texas than that of Sam Houston. Not because that name has been given to countless schools, libraries, and public spaces, and to our biggest city. No. Sam Houston is revered by Texans because the man deserves it. He led the battle of San Jacinto, which won the Texas War of Independence. Then he became the first president of the fledgling Republic of Texas. Then,

Three events on same day!!!

March 2nd is **Texas Independence Day**. It is the celebration of the adoption of the Texas Declaration of Independence on March 2, 1836. With this document, signed by 59 delegates, Mexican Texas officially declared independence from Mexico and created the Republic of Texas.

Also, March 2nd is also **Sam Houston Day** because it is the day Sam Houston, famed Texas war hero, president, and governor, was born.

Plus, March 2nd is also **Flag Day in Texas**. It is clearly the most patriotic day of the year to be a Texan!

Texas Flag & Pledge

The Texas Flag Code assigns the following symbolism to the colors of the Texas flag: blue stands for loyalty, white for purity, and red for bravery. The code also states that the single (lone) star "represents ALL of Texas and stands for our unity as one for God, State, and Country." The "Lone Star" is still seen today as a symbol of Texas's independent spirit, and gave rise to the state's official nickname "The Lone Star State."

The pledge of allegiance to the Texas state flag is "Honor the Texas flag; I pledge allegiance to thee, Texas, one state under God, one and indivisible."

three years after his first term ended, he came back for a second, out of sheer love and duty. When the Lone Star Nation became a U.S. state, the people elected him senator. Then they elected him governor. And let's not forget that before Sam Houston became Texas's most famous Texan, he'd already started the first primary school in Tennessee (though he'd received little formal education of his

own), been a congressman and governor for Tennessee, fought against the mistreatment of Indians before Congress, and taken a bullet in the War of 1812. The challenges Houston faced in life would certainly have been more than enough to take down almost any man. (Sam Houston excerpt is from the book TEXAS GOT IT RIGHT! by Sam Wyly & Andrew Wyly, Melcher Media 2012)

Chamber Awards Banquet is March 5th

The 63rd Annual Friona Chamber Awards Banquet will shake, rattle, and roll at 6:00 p.m. on Tuesday, March 5th and the Friona Community Center. The theme is the Rockin' 50s and you may purchase tickets for \$25.00 at the Chamber office located at 621 Main.

Chamber President Kathy Rector will welcome the attendees and Cub Scout Pack #54 will post the colors and

lead the Pledge of Allegiance. After the Invocation, the Silent Auction will begin and bids can be made on the various items until the end of the Live Auction later in the program. The menu is steak with all the trimmings. Cargill Meat Solutions donated the beef and Xcel Energy will do the cooking. A group of 7th & 8th graders along with the FCCLA and TYA Youth will be involved with serving the

meal and other duties. After the meal, the Chamber Board of Directors will be introduced as well as other special guests. Bob Sparks will be the featured speaker and auctioneer Jerry O'Connor will conduct the Live Auction. The Silent Auction will be closed and a performance by 2018 Miss Friona Victoria Williams will be followed by the awards ceremony which will include:

Employee of the Year, Girl & Boy Students of the Year, Educator of the Year, Citizen of the Year, Woman of the Year, and Man of Year.

Door prizes, announcements, and recognition of the Silent Auction winners will round out the festivities. So don't be a hound dog, go to the Chamber today and get your tickets for the big show. See you Tuesday night. Thank ya, thank ya very much!!!

Seminar on college/career planning is March 4th

On Monday, March 4th, a speaker from the Panhandle Plains Management and Servicing Corporation will conduct a seminar at 6:30 p.m. in the FHS Cafeteria. The purpose of the event is to inform students and their parents about preparing

for college and post-secondary life. All FHS juniors and their parents are invited to be a part of this important meeting.

There will be light refreshments served. There will also be information presented in Spanish to help those who need that.

It is never too early to start planning for your future. The senior year of high school is so full of activity and deadlines. Please join us at this meeting to get a head start on planning for life after high school.

Up in smoke



Emergency personnel responded to a trailer fire at Reeve Lake around 8:00 a.m. last Wednesday morning. Fortunately, no one was in the trailer and no other structures were in danger. The owner was out of town at the time of the incident but did come back later in the day and hauled the trailer away.

FISD Bond Election FAQ
Page 2

Obituaries
Page 9

Church Page
Page 5

Small Town Cookin'
Page 6

Town Talk
Page 3

Friona Weather Feb-Mar 28-6	T	F	S	S	M	T	W	Precipitation February 0.42 Year 0.55	Burn Ban: Yes
	68 40 WNW 5-10	73 31 W 10-20	58 20 SE 10-20	33 11 ENE 10-20	38 14 SSE 10-20	47 20 SSE 10-20	56 36 SSW 20-30		

Community Calendar

Send Calendar information to:

frionastar@wtrt.net

call (806) 250-2211 or fax (806) 250-5127

February 28

- Snack Pak 4 Kids Friona United Methodist Church at 4:30 p.m.
- Parmer County Area AA meeting at the Friona Methodist Church (north entrance) at 7 p.m.

March 1

- Caregivers Coffee Break at First National Bank Community Room 9:30 a.m.

March 3

- St. Teresa's Annual Mexican Dinner, 11:00 a.m. - 2:00 p.m. in Parish Hall

March 5

- PCRTSP meeting March 5th at 2:00 p.m. at the Friona Interbank community room.
- Chamber Banquet at 6:00 p.m. at the Friona Community Center

March 7

- Friona Noon Lions Club meeting at noon at Headquarters
- Snack Pak 4 Kids Friona United Methodist Church at 4:30 p.m.
- Parmer County Area AA meeting at the Friona Methodist Church (north entrance) at 7 p.m.
- Bond Election Public Meeting at 6:00 p.m. at the Friona Senior Citizen's Center

March 9

- PMC free pre-natal classes 9-10 a.m.

March 14

- Snack Pak 4 Kids Friona United Methodist Church at 4:30 p.m.
- Parmer County Area AA meeting at the Friona Methodist Church (north entrance) at 7 p.m.

March 21

- Friona Noon Lions Club meeting at noon at Headquarters
- Snack Pak 4 Kids Friona United Methodist Church at 4:30 p.m.
- Parmer County Area AA meeting at the Friona Methodist Church (north entrance) at 7 p.m.

March 28

- Snack Pak 4 Kids Friona United Methodist Church at 4:30 p.m.
- Parmer County Area AA meeting at the Friona Methodist Church (north entrance) at 7 p.m.

Friona ISD 2019 Bond Election

Frequently Asked Questions

What is a "bond"?

- A school district general obligation bond (a "school bond") is similar to a home mortgage. It is a contract to repay borrowed money over time at a fixed interest rate. Interest paid on the bond is tax exempt for the bond holder. School bonds are approved by voters and sold by a school district to lenders/underwriters to raise funds to pay for the costs of construction, acquisitions, renovations and equipment.

How are the bonds repaid?

- School bonds are paid with property taxes. A school district has two components to its total tax rate: the Maintenance and Operations ("M&O") tax rate and the Interest and Sinking Fund ("I&S") tax rate. A school district levies an annual I&S tax rate against the taxable property in the district to make its bond payments. The I&S tax rate can only be levied for the repayment of bonds that have been issued following voter approval. School bonds can only be used for the reasons permitted by law, and as approved by the district's voters; typically, renovation, construction and equipment of school facilities, the purchase of land or sites for school facilities, or for the purchase of school buses.

How much is the bond?

The proposed bond measure before the District's voters is \$19 million. If the bond measure is approved, Friona ISD also intends to utilize approximately \$2 million from the County Permanent School Fund, subject to distribution from the Parmer County Commissioners Court, and \$500,000 from the District's operations account.

Do the tax limitation agreements between the District and wind farms affect the District's property valuations for bond repayment?

- The tax limitation agreements in place for the wind farms only apply to the District's M&O tax. If the bond measure is approved by the voters and bonds are issued, the District's I&S tax rate will be imposed upon the actual appraised value of the wind farms' taxable property.

Is there a tax exemption for homeowners who are at least 65 or disabled?

-For taxpayers who are over the age of 65 or disabled, home property taxes will not increase if an "Over 65" or "disabled" homestead exemption has been granted. This tax freeze is on the homestead only, and may be increased if major renovations to the property occur after the exemption is granted. For more information on these exemptions, call your County Appraisal District.

What is the term/payback period of the bonds?

- Depending on the projects being financed with the bond issue, a school district bond may have a term of between 20 and 35 years (but may not exceed 40 years). The anticipated term of the District's proposed bonds is 20 years.

What will the interest rate be?

- The interest rate will depend on market conditions, and a rate will not be determined until the bonds are sold, which would occur only if the bond measure is approved by the voters. Texas school district bond issues are secured by a pledge of I&S taxes and also qualify for the State Permanent School Fund Guarantee. This Guarantee allows school bonds to receive a higher rating; meaning bonds will likely be priced at the lowest available interest rate at the time of issuance.

What does the District want to accomplish if the bonds are issued?

- The list of proposed bond projects includes, but may not be limited to, the following:

New Primary School: To be connected to the west side of the existing Elementary School. This proposed facility includes new academic classrooms, library/storm shelter, primary school offices, other spaces, new playground/equipment, and relocating existing play equipment. Abatement and demolition of existing Primary School.

Elementary School: Renovation and security improvements to school's main entrance, expansion of cafeteria and kitchen renovation for an additional serving line and re-working existing playground.

Junior High School: Renovation and security improve-

ments to school's main entrance, relocation of football practice field to old Primary School site.

High School: Construction of New Band Hall/Storm Shelter, renovation of existing Band Hall to Choir Room and connecting corridor/offices.

High School, Junior High, Elementary Schools: Fire alarms/extension of existing fire alarms, new windows, renovation of certain restrooms and parking lots for accessibility.

Early Childhood Center: New Playground.

*This list is not exhaustive. Projects may not be constructed in the order listed, and are subject to change as District needs are assessed and refined.

Why a bond now?

- In 2016, Friona Independent School District commissioned a facilities study and assessment. The results of that study recommended replacement of several facilities. However, budget constraints meant prioritizing the most important projects; those that addressed education as well as safety and security. After studying existing campus safety and security, educational opportunities, facility structural condition and feasibility of building renewal, the citizens' committee determined that moving the Primary

School and adjoining it to the west side of the existing Elementary School campus, and constructing secure entrances to the other academic campuses were the most economical and preferred options to address the operational and safety needs identified by the facilities study.

What was the process used by the Board when deciding to order the bond election?

- The District sought the input from a group of approximately 12 FISD citizens who met regularly for almost a year. The Committee's charge was to review the results of the facility assessment report, study master-plan options and formalize a recommendation to the School Board that would address the District's facility needs. The Citizen's Committee also reviewed information from the District's financial advisor and ultimately recommended an \$18-\$20 million bond measure to the FISD Board of Trustees on February 11, 2019.

NOTICE

Public Meeting with the Citizen's Committee is 6:00 p.m. Thursday, March 7th at the Friona Senior Citizens Center 1410 Washington Everyone is Welcome!!!

Lions Club News



Lions Club President John Gurley welcomes District 2T-1 Governor Cody Chandler to Friona. Cody is a member of the Hereford Lions Club and part of his duties as governor include visiting other Lions Clubs all over the Texas Panhandle.

TEXAS CROSSWORD
by Charley & Guy Orbison
Copyright 2019 by Orbison Bros.

ACROSS

- 1983 UH BB team: "Phi Slama ____"
- "that's not good"
- TX Ranger "____" Wolf McQuade"
- an oil country
- TX Mary Kay
- mold again
- actress Patricia of TX-based "Hud"
- 1924 slogan: "Me for Ma -- And I Ain't Got a Darn Thing ____"
- TXism: "a shy dog don't get ____ biscuits"
- TXism: "it's all water ____ duck's back to him"
- TXism: "____ puncher"
- old laxative: "____ oil"
- they're in a pod (2 wds.)
- "__ hal"
- remove masking?
- TXism: "muchacha"
- "T" of former TX corp. LTV
- Astrodome (2 wds.)
- former TX Rather colleague, Lesley events after
- Cowboy Super Bowl wins
- TXism: "let '____ rip!"
- TXism: "suits me to a fare-____-well"
- lassos
- TXism: "he's book smart"
- dir. to Mineola from Denton
- "howdy" alternative
- this Van performed at 31-down
- a "medical ____" conducts autopsies in TX
- former TX ____ star Michael Johnson
- Hindu relaxation discipline
- TXism: "hog ____" (pistol)
- TXN born July 23 to Aug. 22
- TXism: "short as ____ eyebrow"
- Gov. Smith (1969-73)
- "and so forth" (abbr.)
- TXism: "____ Texas-Oklahoma border"
- illegal hunter
- TXism: "____ passel" (lot)
- this Chase was Gov. George W's education director (init.)
- TX Audie Murphy film: "To Hell ____ Back" (1955)
- "whoa"
- TX rodeo king Larry
- "Star Wars" defense (abbr.)
- TXns like it iced
- TX Ernie Banks: "____ Cub"
- show of 43-across: "____ Minutes"
- TX country singer, Thompson
- Grand ____ Opry
- "on ____" (run of good luck)
- "Gutierrez-____ Expedition" (1813)

DOWN

- TX's famous blue-bonnet painter Onderdonk
- TXism: "throw some leather on ____"
- in Ward County on I-20
- TXism: "active as a fox in ____ house"
- this Andrews was 1st fatality of TX Revolution (init.)
- little known TX Janis Joplin song (2 wds.)
- TXism: "we're out of the woods"
- TXism: "____ lutin" (snooty)

P-1414 solution on page 4

ON YOUR PAYROLL
U.S. Government

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

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

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

Representative: Jodey Arrington, 2019 Longworth, House Office Building, 202-225-4005. Lubbock District Office, 1312 Texas Ave. #219, Lubbock, TX 79401. Abilene District Office, 500 Chestnut St. #819, Abilene, TX 79602

State

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

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

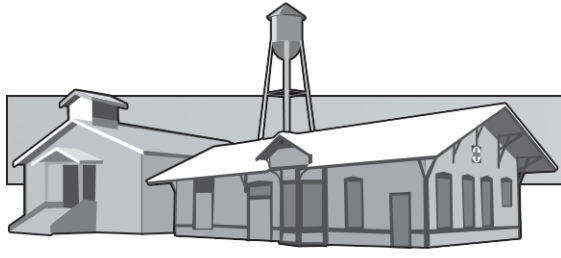
Representative: John T. Smithee, Room CAP1W.10, Capitol P.O. Box 2910, Austin, Tx 78768. 512-463-0702. fax 512-476-7016. Amarillo office; 320 So. Polk, 1st Floor, Lobby box 28, Amarillo 79101. 806-372-3327, fax 806-342-0327.

THE FRIONA STAR (USPS 200-800) is published each Thursday at 208 E. 11th in Friona Texas, 79035. Postmaster: send address changes to Friona Star, P.O. Box 789, Friona, Texas 79035. Periodicals postage paid at Friona, Texas.

Annual subscriptions:
\$30 in Parmer County
\$40 out of County
\$24 e-Star Online

STAFF:
Clint Mears • Executive Editor
Holly Campbell • Associate Editor
Nathan Parson • Production Editor/IT
Evelyn Romero • Accounting

COMMUNICATION:
806-250-2211-office
806-250-5127-fax
frionastar@wtrt.net-email
frionastar.com-website



TOWN TALK

By Stefany

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

Readers wishing to submit information to the Friona Star may do so by emailing frionastar@wtrt.net, faxing (806) 250-5127, or calling (806) 250-2211. If emailing or faxing, please include your name and phone number.

★★★

On the heels of taking their unparalleled entertainment to capacity crowds overseas and setting five new Guinness World Records™ titles, the Harlem Globetrotters return to North America with their all-new Fan Powered World Tour. This one-of-a-kind show features some of the most elite dunkers on the planet, exceptional ball handlers, and Guinness World Record holders. The Globetrotters will bring their unrivaled show to the Amarillo Civic Center on Tuesday, March 12 at 7 p.m. Ahead of the game, Globetrotter star El Gato Melendez will visit Amarillo on Tuesday, March 5 to discuss the team's upcoming show.

★★★

St. Teresa's Catholic Church will be having their annual Mexican Dinner on Sunday, March 3, 2019. The event will be at 11:00 a.m. - 2 p.m. at the St. Teresa's Parish Hall. The dinner will include: beef enchiladas, rice, beans, tacos, salsa, chips, dessert, tea, and coffee. Donations will be \$12.00 for adults and \$6 for children under 10. Take out plates will also be available.

★★★

If you are interested in buying Girl Scout cookies, you may contact Edna A Chaparro Aguirre via Facebook or you may stop by The Nutrition Spot on Main Street for your cookies!

★★★

Save the date for the Senior Steak Dinner. The event will be on Sunday, April 14 from 11 a.m. - 1 p.m. - at the Junior High Cafeteria. The cost of the tickets will be \$15.00 Advance, and \$16.00 Door. Senior Steak Dinner tickets will be available March 18. The proceeds will fund the Alcohol/Drug Free Graduation Celebration.

★★★

Save the date! "Hi-Pro Feeds the Future" Annual Event on May 18 at the Country Rose.

★★★

The Friona Chamber of Commerce needs your help. The Friona Chamber of Commerce and Agriculture's Annual Banquet will be held on March 5, 2019 and this year's theme is the Rockin 50's. The Friona Chamber of Commerce is asking for dona-

tions. Your donations can be in the form of money or a prize to be auctioned at the event. There is no limit on the amount of money to donate. If you donate an item they ask that you give an approximate value to better help coordinate its auction. All donations need to be given to the Chamber before February 22, 2019. Businesses or individuals providing donations will be recognized and thanked for their generosity. For any questions, please call the Chamber at (806)250-3491.

★★★

A Reagan Stowers Memorial Scholarship Fund has been established at Friona InterBank in his honor. Go by and see any of the tellers to make a donation.

★★★

February 28 there will be a blood drive at the Friona High School.

On March 1st will be the Girls Regional Powerlifting at Seagraves. Good luck girls!

★★★

High School Track Meet will be at Vega from 3 p.m. - 9 p.m. on March 1st.

★★★

There will be a Baseball Tournament @ Tulia from February 28 through March 2nd.

★★★

Is it too early to think about Spring Break? Well the day is closer than what it seems. Students will be off from school on March 11, 2019 through March 15, 2019. What spring? It is still winter in Friona!

★★★

March 4, 2019 the Chieftain JV Baseball will be playing against Hereford from 4:30 p.m. - 6 p.m. at Hereford.

★★★

March 5, 2019 the Chieftain Baseball will be playing against Ralls from 5 p.m. - 8:30 p.m. at Ralls.

★★★

On March 8, the students will have a half day!

★★★

St. Ann's Catholic Church in Canyon is hosting their annual Czech Sausage Dinner on Sunday, March 3rd at the Parish Family Center at 605 38th Street in Canyon. The event will take place from 11:00 a.m. until 2:00 p.m., and tickets are \$10 for adults, \$5 for children ages 6-12, and free for children ages 5 and under. The meal will include Czech sausage, sauerkraut, parsley potatoes, green beans, cobbler, and all the trimmings! For more information, call (806) 655-3302.

★★★

The next Friona ISD School Board Meeting will be on Monday, March 18th at 7:00 p.m. in the board

meeting room FISD Administration Building at 909 E. 11th Street, Friona, Texas.

★★★

Remember to shop locally. Creative Chaos Boutique is having a huge sale on marked items. Make sure you stop by and shop! With



your purchase, you will receive a 20% off coupon for a full priced item!

★★★

Have you tried The Nutrition Spot located on Main Street? Oh my, their shakes are delicious and healthy. Their shakes contain many

vitamins and can be replaced for a meal and the teas will give you lots of energy. It is time to be healthy and happy!

★★★

You never knew how bad you felt until you started feeling good!

-Gloria Carrillo

★★★

You can't always wait for the perfect time. Sometimes you have to dare to do it because life is too short to wonder what could have been.

-unknown

FRIONA FLASHBACKS

From the Friona Star Archives

March 3, 2016

A 1959 Friona fire truck returned home over the weekend. The fire truck was up for auction in Altus, Oklahoma. It was owned by an individual collector who is deceased and his family was holding an auction. Holly and Danny Campbell attended the auction and after some spirited bidding they bought the fire truck. It has a 5-speed manual shift, a 500 gallon water tank, and lots of memories. It was delivered to the Friona fire department in November, 1959. The Campbell's counted at least 13 family members that have been on the Friona Fire Department and three are still currently firemen. Plans are for the fire truck to be on display at the community center for Tuesday's Chamber of Commerce banquet

February 25, 2010

The Friona Noon Lions met Thursday, February 18 with 13 members and 2 guests present. Adam Mayer was a guest of Lion Jon Surman and County Judge candidate Trey Ellis was also a guest. Lion Clint Mears presided. Lion Dale Houlette, a charter member of the Noon Lions, was presented with a life membership in the Lions Camp in honor of his 42+ years of service to the Lions Club. Lion Mears said the Dimmitt Lions Club had made a \$500 donation to the Dimmitt food pantry in memory of the late Troy White who was serving as Noon Lions president at the time of his death in December. Lion Mears announced the annual Lions Club broom sale would be April 29 and

that the Noon Lions planned to sponsor the May 6 blood drive and cook fries and probably corn dogs or hot dogs for the event. The next meeting of the Noon Lions will be Thursday, March 4 at Headquarters Restaurant.

March 16, 1996

Nineteen employees from twelve area feedlots are participating in a first-ever feedyard management certificate program offered by West Texas A&M University. Friona's Manuel Diaz, cowboy pen rider, and Craig Hitchcock, assistant manager, at Paco Feed Yard, Inc.; Bill Sterling, head cowboy at West Plains Feedyard, Inc.; and Elton Turley, assistant manager at Caprock Industries, were among those selected for the program based on employer recommendation, management potential and interest, and compliance with the University's academic admission standards. "The largest concentration of fed cattle in the nation is right here in the Texas Panhandle," Dr. Jerry Miller, dean of the T. Boone Pickens College of Business, said. "We have a responsibility to prepare local residents for management positions in our major industry." WTAMU administrators and faculty designed the 30-credit-hour, 2-1/2 year program which includes courses in English, speech, accounting, entrepreneurial studies, global economics, management, marketing, finance, computer information systems and commodity strategies. "The program will challenge our faculty as well as the students," Miller said. "Unlike most classes,

this is a very homogeneous group, and we can target all of our coursework to the cattle feeding industry." The students meet at Hereford High School once a week from 4-10 p.m. Tuesday evenings for English 101 and CIS 105, taught by WTAMU faculty members, Kathleen Ebell and Dr. Teri Giddens, respectively. "Some of the students are already in managerial positions and would like to improve their skills, and others are seeking promotions," Ebell said. "They

are all very motivated, and I try to relate the material to the cattle feeding industry. If they're learning as much about English as I am about cattle feeding, it will be a very successful semester." Miller is planning to offer similar courses in Dumas beginning fall 1996. Funding for the program is provided by a legislative initiative for agriculture/business awarded to West Texas A&M University, participating feedyards and the Texas Cattle Feeders Association.

Make Better Brain Health a Top Priority

(StatePoint) Alzheimer's Disease is expected to impact nearly 14 million Americans by 2050, according to the Alzheimer's Association, however, science suggests you can lower your risk of cognitive decline by adopting key lifestyle habits.

Research has shown lifestyle changes like improving diet and exercising regularly have helped drive down death rates from cancer, heart disease and other major diseases. These same lifestyle changes may also reduce or slow your risk of cognitive decline, often a precursor to Alzheimer's and other dementias.

Discovering risk factors and preventive strategies for cognitive decline that can cause problems with memory, language, thinking and judgment is a hot topic in Alzheimer's research, as are multi-faceted lifestyle interventions to slow or prevent dementia. The good news? Many such interventions are things you might already be doing or thinking about doing, such as eating well, staying physically active and getting good sleep, just to name a few.

"There is increasing evidence to suggest that what is good for the heart is good for our brains," says Keith Fargo, Ph.D., director of scientific programs and outreach at the Alzheimer's Association. "Keeping our brains healthy is not something we should worry about only as we get older. It should be a lifelong effort."

One easy way to encourage brain health at any age is to stimulate your mind with problem-solving challenges. Working on a jigsaw puzzle, learning a new language and playing strategy games are a few ways to strengthen your memory -- as long as they are new and challenging tasks. Research has also found correlations between higher levels of formal education and a better cognitive reserve -- so sign up for a class!

Another way to promote brain health is taking care of your mental health. Managing stress and anxiety is not only important for overall health and wellbeing, but studies have found a link between depression and increased risk of cognitive decline. Take care of yourself and seek medical treatment if you have symptoms.

Being social may also support brain health. That's right. Add "hang out with friends" and "have fun" to your list of healthy habits. Better yet, take on several of these lifestyle changes for maximum impact. For example, enroll in a dance class with a friend.

Alzheimer's researchers are now looking into whether a "cocktail" of these interventions can protect cognitive function. The Alzheimer's Association's U.S. Study to Protect Brain Health Through Lifestyle Intervention to Reduce Risk (U.S. POINTER) is a two-year clinical trial that hopes to answer this question, and is the first such study to be conducted of a large group of Americans nationwide.

While there's currently no certain way to prevent Alzheimer's and other dementias, there is much to be gained by living a healthy lifestyle and adopting brain health habits that you enjoy, so that you stick with them for the long haul.

Next Friona ISD School Board Meeting

Monday, March 18th
@ 7:00 p.m.
Board Meeting Room
FISD Administration Building
909 E. 11th Street, Friona, Texas

BI-WIZE

find us on facebook

Request refills on the go using the R2Go app for your mobile device!
Available on the App Store
Available on the Google Play

www.biwize.com

Valentine's Sale

YOUR FIRST PAYMENT IS YOUR DOWN PAYMENT WITH 16 MONTHS FINANCING!
FEBRUARY 1ST - FEBRUARY 28TH



BITTERSWEET 7 PC QUEEN BEDROOM SET

INCLUDES: QUEEN HEADBOARD, FOOTBOARD, RAILS, DRESSER, MIRROR, CHEST AND NIGHTSTAND

\$1361⁹⁸

90 SAME AS DAYS CASH

You can still get your flu shot at Bi-Wize!

We also carry:



NO CREDIT CHECK & LOW DOWN PAYMENT*

Furniture phone: 247-2210 • Pharmacy phone: 250-2270
902 Main St. Friona, TX • Your hometown pharmacy

FREE Delivery, limitations apply

*SEE STORE FOR COMPLETE DETAILS.

The Stevens 5 Star Deal of the Week!

2014
Buick
Enclave

ONLY \$21,102



Come see **GLENN REEVE** for all your new and pre-owned vehicle needs today!

STEVENS
CAR & TRUCK CENTER
HEREFORD, TX

545 N. 25 Mile Ave.
Hereford, TX
800-299-CHEV
Cell: (806) 265-7034
www.stevens5star.com

Happy Birthday Friona Folks!

February 28
Corbin Neill
Cindy Alexander
Sam Mears

March 1st
Rachel Romero
Ella McFarland

March 2nd
Tania (Hand) Raindl

March 3rd
Charles Cooper
Jay Reeve
Shayli (Reed) Smith
Luis Ramirez

March 4th
Misty Frye
Aaron King
Jason Daniels
Lynn Clark

March 5th
Brody Rushing
Linda Chesner
Michael Mann
Katie Jo (Osborn) Allum
Alex Santiago

March 6th
Emma Hankins



To have your birthdays listed in the newspaper, email them to frionastar@wtrt.net or call @806.250.2211

The Nutrition Spot

Smoothie & Juice Bar

Have you wondered what the Nutrition Spot is all about? Come see us Saturday, March 2nd for a "try before you buy" party starting at 1:00 p.m.

613 Main, Friona TX

Friona Primary School menu for March 4-8

Monday March 4

Breakfast: Cereal, Empanada Apple Cinnamon, Grape Juice, Pears, Milk

Lunch: Chicken Nuggets, Fresh Tomatoes, Mashed Potato, Peaches, Milk

Tuesday March 5

Breakfast: Cereal, Pancake Breakfast Sandwich, Orange Pineapple Juice, Apples, Milk

Lunch: Steak Fingers, Roll, Corn, Green Beans, Mandarin Oranges, Milk

Wednesday March 6

Breakfast: Cereal, Apple Juice, Banana, Milk

Lunch: Cheese Pizza, Carrots, Mix Veggy California, Fruity Geletin, Milk

Thursday March 7

Breakfast: Cereal, Sausage Pizza, Orange Juice, Peaches, Milk

Lunch: Cheeseburger, Broccoli, French Oven Potato, Mixed Fruit, Milk

Friday March 8

Breakfast: Cereal, Pancake Sausage Stick, Fruit Punch Juice, Apple Sauce, Milk

Lunch: Cheese Enchiladas, Lettuce & Tomato Salad, Pinto Beans, Fruit Salad, Milk

Phil Veazey enters OTCA Hall of Fame

Phil (Phillip) Veazey was inducted into the Oklahoma Tennis Coaches Association Hall of Fame on Saturday, February 16, 2019. The 4th Annual Ceremony took place at the Quail Creek Country Club in Oklahoma City, Oklahoma. He was one of seven inductees in the HOF Class of 2019.

Phil is one of the few active coaches to earn a spot in the hall. He was interviewed by the Clinton Daily News and told writer Collin Wieder, "It's a tremendous honor to me. I look at it as probably one of the greatest accomplishments of my coaching career. And to be in as active coach, it doesn't happen very often. So, I'm extremely honored to be a part of it and kind of humbled in a lot of ways, because there's a lot of people - my mentors - that aren't in there yet."

Phil graduated from Friona High School in Friona, Texas in 1979. He then attended West Texas State University where he received a Bachelors Degree in Education in 1984. He also became Oklahoma Certified from Southwestern Oklahoma State University in 1986.

Phil got his start in coaching in Plainview, Texas where he was head coach for the junior high boys basketball and boys track teams. He was assistant coach for boys junior high football. He was in Plainview from 1984-1985 before moving to Clinton, Oklahoma. There he was assistant coach for junior high boys basketball, football, and boys & girls tennis. Later, he was head coach for girls junior high basketball and varsity head coach for boys



& girls tennis. He started coaching in Clinton in 1986 and is still coaching tennis 33 years later. Under his direction, the Clinton varsity boys tennis team was named runner-up in 1990. Also, Clinton has won four regional championships (three girls and one boys' title). During his career, Coach Veazey has trained 9 all-state athletes and has had two individual state champions.

Phil has been a member of the Oklahoma Tennis Coaches Association (OTCA) for 30 years. He was president-elect in 1994-1995 and president in 1995-1996. He has served on the OTCA Advisory Board for 12 years. He was named OTCA Coach of the Year in 2015. Phil was also named Clinton High School Teacher of the Year in 2011.

Phil lives in Clinton, Oklahoma with his wife Lori. They have two children, Paige (Veazey) McLaughlin & husband Jentry, and Payne Veazey & wife, Getse. Phil is the son of Joyce Veazey and the late C.H. Veazey. He has two sisters, Pam & Myra, and one brother, the late Charlie Veazey.

Texas Weekly Fuel Update and Outlook

Gasoline prices in Texas have risen 8.0 cents per gallon in the past week, averaging \$2.14/g yesterday, according to GasBuddy's daily survey of 13,114 stations in Texas. This compares with the national average that has increased 6.1 cents per gallon versus last week to \$2.39/g, according to GasBuddy.

Including the change locally during the past week, prices yesterday were 12.8 cents per gallon lower than a year ago and are 15.8 cents per gallon higher than a month ago. The national

average has increased 11.6 cents per gallon during the last month and stands 10.8 cents per gallon lower than a year ago.

"Gasoline prices saw their biggest weekly jump of 2019 with the national average now at its highest point since mid-December as oil prices continue to advance, while such jumps are in line with expectations, that doesn't make them any easier to digest," said Patrick DeHaan, head of petroleum analysis for GasBuddy. "Unfortunately, we're likely in store for

COURTHOUSE NOTES

Warranty deeds as reported by the County Clerks for the week of February 14 through February 21, 2019

First National Bank - Timothy C Adams and Shona K Adams, Lots 13-17 Block 76 Original Town of Friona TX.
Joe Saiz - Francis Saiz, All L1 B87 OT Friona.
Betty Reeve - David Hough and Rene Hough, NW 1/4 S23 T3 SR3E.
Shirley Howard and James Carpenter - Keith Burch and Brenna Burch, 2.553 AC N2/3 of W1/2 S 86 Block H Kelly SUBD.
Javiar Guevara - Hector M Guevara, A tract of land in NW/4 Sec 10 Block E in Parmer County.

SHERIFF'S REPORT

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

2/19/18 - Amber Simpson, 36, of Odessa was arrested by the Sheriff's Office for MTR(DWJ w/child under 15) pending District Court.

2/21/19 - Otis Risper II, 43, of Tucumcari, NM was arrested by the Sheriff's Office for possession cs pg 2 < 1g, pending Grand Jury. Possession of Marijuana < 2 oz, pending County Court.

2/23/19 - Jeffrey Rando, 38, of Friona was arrested by Friona Police Department for possession of marijuana < 2 oz, pending County Court.

2/23/19 - Vaneza Duren, 35, of Hereford was arrested by the Sheriff's Office for unauthorized absence from Community Correctional Facility, Pending District Court.

E-STAR SUBSCRIPTIONS

\$24.00 PER YEAR

Call 806-250-2211

for more information

We provide the service you deserve.

Ask about our selection of loans and financial services.

- Personal Loans
- Auto Loans
- Mortgage Loans
- Checking Accounts
- Savings Accounts
- Certificate of Deposits

- Internet Banking
- Mobile Banking
- Debit Cards
- ATMs
- Safe Deposit Boxes
- IRAs



First National Bank
Friona Banking Center
Because you deserve the best!

Member FDIC
710 W. 11th • PO BOX 727
Phone 806-250-2900
Banking Hours:
Monday-Friday
8:30 am to 4:00 pm
Drive-thru open Friday until 6:00 pm



Ivy Cottage Bridal Registry

Caleb Miller & McKenna Chancellor

Kori Caywood & Austin Mercado

Macy Herring & Cody Roak

Ivy Cottage • 250-8073

Milk House Market

Wedding Registry

Macy Herring & Cody Roak
Kori Caywood & Austin Mercado

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

Call: 602-739-0813
Farmhouse to Your House

Puzzle Solution

S-1414

Serving Locally—Pride of Place

By Walter V. Wendler, President of West Texas A&M University.

The Texas Panhandle appreciates hard work, persistence and commitment to family and community. This value system should never be taken for granted. It oozes from the ground and sprinkles from the sky. Those who inhabit the space between live it.

As we complete our plan, WT 125 – From the Panhandle to the World, I have reflected on how a regional university serves its home. WT does not wish to be like any institution in Texas or anywhere else. We are the Panhandle.

WT is the only general academic institution in the Panhandle, and it provides over 70% of the schoolteachers and administrators in the top 26 counties (the Panhandle) with at least one degree. There are 23,635 WT alumni, representing 40% of the Panhandle population, who live in the Panhandle and earned at least a bachelor’s degree. These graduates serve fami-

lies, communities and various enterprises. We serve most who educate many.

In the last two-and-one-half years, WT, through The Texas A&M University System, has invested over \$200 million in new facilities in Randall and Potter counties. Most of those resources leave Canyon, Texas, every day headed to Amarillo and other Panhandle communities—paychecks and property taxes in tow. The WT payroll, student spending and visitors contribute nearly half-a-billion dollars to the Panhandle economy annually. WT serves through economic prosperity and will grow if correctly nurtured.

In January WT initiated a doctor of education degree tailored to the needs of smaller rural school systems like those of the Panhandle. The inaugural class of 29 students is twice what was expected. WT serves through locally responsive education.

WT’s nursing program posts a pass rate 96% on the RN exam—among Texas’ best. Recently, WT’s RN to BSN program ranked number one in the nation by Great Value Colleges. WT serves through nationally-acknowledged educational experiences.

The TAMU System and WT’s Paul Engler College of Agriculture and Natural Sciences have a commitment to large-animal agriculture evidenced, in part, by \$50 million in funding for a new building (\$10 million of which was privately raised). Moreover, another \$20 million in funding will provide a modern Texas Veterinary Medical Diagnostic Laboratory located adjacent to the new agriculture facilities and a new Veterinary Education Research and Outreach Center. In addition, five new faculty join a committed corps of faculty who work and serve locally with Panhandle students, ranchers and businesses in the large-animal agriculture industry, the Panhandle’s economic backbone.

WT’s engineering programs encourage students to utilize their education at companies in the Texas Panhandle such as Bell Helicopter, Golden Spread Electric and Pantex. There are over 600 employees working at the Pantex plant who are WT graduates. WT alumni outnumber graduates from any other university in or out of Texas. We serve through commitment to the America’s security.

WT’s Paul and Virginia Engler College of Business, widely recognized for excellence, enrolls over 2,700 students. Two of three students are online, but all faculty must teach at least one course on campus and live in our region. Serving locally through excellent business programs produces worldwide impact.

WT’s Sybil B. Harrington College of Fine Arts and Humanities provides a cultural foundation for the entire Texas Panhandle by training performers and artists for the Amarillo Symphony, the Lone Star Ballet and the TEXAS outdoor musical. The college enables other organizations



and communities in the Panhandle to transmit culture and values. Over half the professionals who preserve and enhance Panhandle community culture are WT graduates. This is the highest public service a university can provide. It is learning’s purpose.

The Harrington Academic Hall WTAMU Amarillo Center houses communication disorders, special education, licensed professional counseling, graduate social work, school psychology and instructional technology programs for upper-level and graduate classes. The WT Amarillo Center is also home to the Speech and Hearing Clinic, the Center for Learning Disabilities, the Small Business Development Center and the Panhandle Area Health Education Center. WT’s nursing program plans to move its home to the WT Amarillo Center filling the facility to capacity to better serve our region.

Lastly, a \$200 million capital campaign that will easily be the largest such effort in the history of the Texas Panhandle is in the early planning stages.

WT is a great university that for 110 years has called the Panhandle, and nowhere else, home. The next century will be no different. We will unapologetically serve the Panhandle with first-rate, locally-driven educational opportunities. No metropolitan consultants drive WT—just Panhandle pragmatism and a Panhandle heart of service.

Walter V. Wendler is President of West Texas A&M University. His reflections are available at <http://walterwendler.com/>.

There Are Always Two Sides

By Teena Hughs

We live in a world today where people rush to judgment; they think they know what is going on in a particular situation when they don’t have all of the facts. Our news media is a great part of the problem, especially if it concerns one of their pet ideologies.

For example, everyone in the media rushed to the airways to report on the incident with the young men from Covington Catholic High School. Because they were wearing “Make America Great Again” caps, and they were in Washington, DC for a pro-life rally, they were automatically the trouble-makers and were guilty. As it turned out, there was another side of the story, and when it finally came out, these young people were perfectly innocent.

Every day we hear stories and we take a side, without hearing the other side. I am guilty of this, too. I trust and believe nearly everyone who tells me something, even if I doubt it.

As I get older, I am trying not to rush to judgment, but sit back and take it easy until I hear all of the facts, but I still mess up. For example, I was disappointed to hear last week that Robert Kraft, owner of the New England Patriots, was involved in prostitution solicitation. When I heard there was video proof, I automatically assumed he was guilty. Later, I was talking to Feller, and he reminded me to wait until all of the facts come out, and that is something I need to do, whether I was right or wrong about Mr. Kraft.

Even though it won’t be settled until later today (Tuesday), it looks like the Methodist Church will be standing, again, with the Word of God on homosexuality. It is easy for me to only look at God’s side of this issue, but last night, I heard one of our delegates say it was tough, because even though they are there to do what is right, which is uphold and support the Word of God, there are people involved in this issue. These are people that believe in a lifestyle contrary to God’s Word. Hopefully, as a denomination, we will look at their side, try to understand, continue to show them God’s love, pray for them, and help them repent.

Psalm 115—Not to us...

Brett Hoyle, Pastor, First Baptist Church

Psalm 115:1 says, “Not to us, O Lord, not to us, but to Your name give glory, for the sake of your steadfast love and your faithfulness.” This verse gives what should be your greatest goal, your holiest aspiration and the church’s continual cry. In reality though, the world is seeking to press into your heart and mind a message that thinks, worships and proclaims your three favorite people, me, myself and I. Climb that corporate ladder and make a name for yourself, grab all the fame and attention possible, accumulate the most friends on facebook and more followers on twitter, so that people can know how amazing and unique you are. All the while, these selfish aspirations forget that in a few short decades you will be completely forgotten about, except for the occasional descendant who may run across you name as they research family genealogy.

In light of the vanity the world pushes you toward, Psalm 115 is a radical recalibration to seek God’s fame and glory above any other goal. Notice that in the first verse, the cry is for God to get all the glory, “for the sake of” two important attributes of God. God’s steadfast love and faithfulness are the prongs of the anchor for the soul in the storm tossed world we live in. God is loving, so we can draw near to Him, but God is also faithful, so we can count on Him always. If God was not loving, we would have no hope of forgiveness in Christ, and if God wasn’t faithful, we could not count on Him. As our world changes rapidly, may the Glory of God be your greatest goal as you rest in His love and faithfulness to guide you each day.

“We Live by Faith, Not by Sight.” 2 Corinthians 5:7

Friona

Area Church Directory

Bovina

CALVARY BAPTIST CHURCH
15th & Cleveland • 806-250-3000
CHILDREN’S CHURCH • 3 yrs-6th grade
www.calvaryfriona.org

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

FRIONA UNITED METHODIST CHURCH
8th & Pierce • 806-250-3045
Rev. Skip Hodges
Email-frionoam@wtrt.net
Website-www.frionaumc.com

GRACE BAPTIST CHURCH
North end of Congregational Church
1601 Euclid

IGLESIA EVANGELICA NUEVA JERUSALEN
701 E. 11th • P.O. Box 655 • 806-346-9725
Pastor Benito Mejia
benitomejia@live.com

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

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

ST. TERESA’S CATHOLIC CHURCH
401 West 17th St. • 806-250-2871
Pastor Gregory Bunyan

TEMPLO BAUTISTA DAMASCO
403 Woodland • 806-250-3472
Pastor William Tapias

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

TENTH ST. CHURCH OF CHRIST
10th & Euclid • 806-250-5236
Gerall Wylly

UNION CONGREGATIONAL CHURCH
1601 Euclid • 806-250-3635

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

FRIONA PARA CRISTO LLAMADOS A CONOCERLE
1007 w. 11th • 806-247-2217
Pastor Aurelio & Cynthia Silva

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

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

FIRST UNITED METHODIST CHURCH
205 4th Street
806-251-1124
Pastor Larry Mitchell

ST. ANN’S CATHOLIC CHURCH
401 3rd Street
806-251-1511
Pastor Gregory Bunyan

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

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



THIS DIRECTORY IS MADE POSSIBLE BY THESE BUSINESSES WHO ENCOURAGE ALL OF US TO ATTEND WORSHIP SERVICES.

	<p>251-1324 800 Hwy. 86 Bovina, Texas</p>	<p>PACO FEED YARD, LLC</p>	<p>1010 Columbia at Hwy 60, Friona Hours: 8:00 am-5:00 pm Monday-Friday 250-5555</p>	<p>We are here to serve you with Old Values and New Visions. Come by and see us and let us help you with your banking needs</p>
<p>FRIONA Phone 250-5000 “Where People Come First” 1105 N. Cleveland www.interbank.com</p>	<p>Phone 806-364-3331 Hereford, Texas 79045</p>	<p>P.O. Box 956 Friona, Texas 79035 (806) 265-3433 (806) 265-3281</p>	<p>250-3913 1205 Hwy. 60 West Friona Texas</p>	<p>Member FDIC- Equal Housing Lender</p> <p>301 W. 3rd Hereford TX 806-363-2265 710 W. 11th Friona TX 806-250-2900</p>
	<p>Stephanie Alvarado, RN Phone: (806) 364-2344</p>	<p>First Bank Bovina Member, FDIC Equal Housing Lender 101 North Third 251-1442</p>	<p>Prairie Acres Heritage Estates Quality Care Assisted Living 806-250-3922</p>	<p>E. Hwy. 60 • Friona TX • 806-250-2791</p>

Small Town Cookin' By Jeri Lynn White

Round Steak

On any given day, Parmer County is home to over one-half million cattle including beef stockers, dairy cows, and cattle on pasture. This makes Parmer County 3rd in the state just behind Castro County and Deaf Smith County for the number of cattle that is fed and grown here. That means there are around forty head of cattle per person in our little county. So, it should come as no surprise that my recipes have returned to beef.

This week the focus is on the beef

round primal cut. It is found on the rear leg and rump of a beef. It is then divided into the retail cuts: the top round, bottom round, and the knuckle. This part of the beef is exercised regularly so it is a tough cut. However, since it is farther back on the animal it is a lean cut as well. If not cooked properly, the meat will be tough and chewy.

The bottom round and eye of round are also known as the outside round and rump roast. The top round is often called

the inside round. Both of these cuts are ideal for roast beef sandwiches. It is best to cook them to medium rare and then thinly sliced. The knuckle or sirloin tip is a very tough piece of meat. It is best to braise this cut like you would for any roast.

The top round is often cut into round steaks as well. These are familiar cuts that are often tenderized. They are used to make chicken fried steak and swiss steak, as well as our recipes this week.

Smothered Steak by Sharon White

- 4-6 round steak, preferably tenderized
- 4 medium sized potatoes, peeled and sliced
- 1 cup flour
- Salt and pepper
- ¼ cup vegetable oil
- 2 cups milk, more or less as needed to make gravy
- 1 can cream of mushroom soup
- 1 ½ cups cheddar cheese

Heat a medium skillet with vegetable oil. Mix the flour with the salt and pepper. Then lightly coat each steak with the flour. Then brown the steak until browned on both sides. After the steak is browned, remove it from the skillet and place on the bottom of a 9x13" dish. While browning the steak, peel and slice the potatoes. Layer the potatoes on top of the steak being sure to make just one layer. Then use the skillet to make a cream gravy. Add flour to the skillet to make a roux. When the oil and flour mixture are brown, add the milk. Stir the milk until it begins to boil and thicken. Then add the can of cream of mushroom soup. Pour the gravy over the potatoes and steak. Finally, sprinkle the grated cheddar cheese on the top. Cover the dish with aluminum foil and bake at 325o F for 1 ½ hours or until the meat and potatoes are fork tender. You may want to remove the foil for the last five minutes of cooking to brown top of the dish.

One of our favorite family meals is our version of carne guisada. I know that every family probably has their on take on this Mexican classic, so feel free to experiment with this recipe and find the way you like it best.

Carne Guisada by Janel Franklin and Sue Vaughn

- Slightly brown in saucepan....
- 2 pounds round steak, cubed and floured
- ¼ cup oil

- Chop and add the following....
- ¼ green pepper
- ¼ onion
- 2-4 cans tomato sauce, as needed
- 1 fresh jalapeno, seeded
- 2 cloves garlic

- Add....
- ½ tsp. ground cumin
- ½ Tbsp. chili powder
- Salt and pepper
- 1 can (14 oz.) beef broth, or water

Cover, simmer gently 2 hours or until very tender. Add broth or water as needed. Serve over white rice. For a wonderful meal add pinto beans and guacamole.

We actually cook this dish in our electric pressure cooker or Instant Pot. Just brown the floured meat in the pressure cooker set on sauté. Then add the other ingredients, set to high pressure for 40-45 minutes, and let the pressure release naturally.

Bills Aim to Bring High-Speed Internet to Rural Texas

AUSTIN, Texas – State lawmakers have filed bills to help bring high-speed internet to rural Texas.

Senator Charles Perry (R-Lubbock) and Reps. Charles "Doc" Anderson (R-Waco) and Four Price (R-Amarillo) have sponsored bills that seek to improve broadband access in areas of Texas that are currently underserved. Broadband refers to high-speed internet access that is always on and is faster than a dial-up connection. It includes technologies like Digital Subscriber Line (DSL) and cable modem.

While broadband access is a problem in many places, the sparseness of rural communities often creates an extra barrier for consumer access. In many parts of rural Texas, residents often pay higher prices for lower quality service, if they can get broadband at all.

AARP Texas, a nonprofit and nonpartisan advocacy association for older persons, and Glasshouse Policy, a Texas-based nonprofit, support the measures, which were filed this week. The bills are: Senate Bills 1103 and 1104 by Senator Perry, House Bills 2422 and 2423 by Representative Anderson, and House Bill 1960 by Representative Price.

"These broadband-access proposals offer a solution to a real problem facing many ru-

ral Texans," said AARP Texas Director Bob Jackson. "Access to broadband can help older Americans live independently in their homes and communities. It also combats social isolation and improves well-being by supporting services like distance learning and telehealth."

SB 1103 and HB 2423 create a broadband office within the Public Utility Commission of Texas that would provide grants to public or private entities for projects that stimulate the installation and maintenance of broadband in rural areas. The bills also authorize the PUC to set statewide goals for broadband deployment, coordinate various local and state governmental efforts, act as an information clearinghouse on the issues, and be empowered to seek federal funding.

SB 1104 and HB 2422 would encourage deployment of broadband conduit, such as fiber-optic cables, on state-owned land and in state buildings. Meanwhile, HB 1960 creates a 15-member Broadband Council to advise the Legislature on steps needed to improve access in rural areas.

AARP is the nation's largest nonprofit, nonpartisan organization dedicated to empowering people 50 and older to choose how they live as they age. To learn more, visit www.aarp.org.

St. Teresa's Annual Mexican Dinner is March 3rd

St. Teresa's Catholic Church is hosting its Annual Mexican Dinner on Sunday, March 3rd from 11:00 a.m. until 2:00 p.m. in the Parish Hall. Donations are \$12 for adults and \$6 for children under 10 years of age. The meal will consist of beef enchiladas, rice, beans, tacos, salsa, chips, dessert, tea, and coffee. Take-out plates will be available. Everyone is invited to attend and they hope to see you there!!!

Friona School Calendar for March 2019

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1 -Girls Regional Powerlifting @ Seagraves -High School Track @ Vega -	2 -Chieftain Baseball @ Tulia
3	4 -Boys Golf @ Farwell -JV Baseball @ Hereford	5 -V Baseball @ Ralls -Elementary Parent Jump Rope for the Heart	6 -District One Act Play @ Bushland -Girls Golf @ Farwell	7 -FJH Track Meet -Elementary Parent Jump Rope for the Heart	8 -Pre-K Transportation Parade @ 9:30 -Cheerleader Try Outs -Friona High School Track Meet -Early Release	9 -Boys Regional Powerlifting @ Sundown -Baseball vs. Lubbock Roosevelt (H)
10 -Day Light Saving	11 -Spring Break	12 -Spring Break	13 -Spring Break	14 -Spring Break	15 -Spring Break -Girls State Powerlifting @ Waco	16 -Chieftain Baseball vs. Dalhart (H)
17	18	19	20	21 -Boys & Girls Golf @ Ross Roger (River Road) -JV/V Tennis Tournament @ Levelland -Jr. High Track Meet @ Muleshoe	22 -Bi-District One Act Play @ Randall (Canyon) -High School Track Meet @ Muleshoe	23 -Bi-District One Act Play @ Randall (Canyon) -Boys State Powerlifting @ Abilene -Baseball vs. River Road (H)
24 31	25 -FPC Senior Banquet -District Golf @ Ross Rogers (Canyon) 1st Round	26 -District Academic Meet @ Canyon (WTAMU) -Baseball vs. Bushland (H)	27	28 -Spring Pictures -JV/V Tennis @ Levelland -Jr. High Track @ Dimmitt	29 -High School Track @ Dimmitt -District Tennis @ Amarillo	30 -District Tennis @ Amarillo -Baseball @ Tulia



STAR CLASSIFIEDS

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



March 1-7
Showtimes at pccmovies.com or download our new app!

MOOVIES 6
Sugarland Mall 400 N. 25 Mile Ave - Hereford, Texas
Business Office: 364-0101 - Movie Hotline: 364-8000

How to Train your Dragon
PG
11:30 • 2:00 • 4:30 • 7:00 • 9:30

Greenbook
PG13
12:10 • 3:25 • 6:45 • 9:40

Miss Bala
PG13
11:45 • 2:15 • 4:45 • 7:10 • 9:35

Isn't It Romantic
PG13
12:00 • 2:20 • 4:40 • 7:15 • 9:40

Lego Movie 2
PG
11:40 • 2:10 • 4:40 • 7:10 • 9:40

What Men Want
R
12:20 • 3:35 • 7:00 • 9:45

Friday 1st: 7's and 9's Only
Saturday 2nd: All Showings
Sunday 3rd: All but Last Showings
Monday 4th - Thursday 7th: 7's Only
Movie Hotline: 364-8000 - Option 2

We SHIP via UPS

Now you can SHIP where you SHOP!

Blackburn Hardware
904 West 11th
250-2828
Hours: 8:00-5:30
Saturday 8:00-12:00



HELP WANTED

PANHANDLE EXPRESS LLC

Your Professional Transportation Source
Class A CDL Drivers Wanted

- 25% Commission for all Ag/Commodity experienced drivers
- Benefits and Profit Sharing
- Dedicated Short Haul/Home Every Night
- Must be 25 years of age/1 yr. driving experience
- 5 days driving and 2 days off
- Now Hiring Full & Part Time Drivers

Please call or come by our corporate office at 133 W. Third Street in Hereford, TX to apply in person or send inquiries to hr@panhandleexpress.com and become a part of our TEAM!
806-364-2021

PROPERTY ASSOCIATES
Realtors
102 E. 11th Friona
806-250-2745
frionarealestate.com

Sales Associates:
Kevin Cooper 806-240-5468
Karla Rector 806-382-7465
Mike Chaney 806-265-7605
George Rushing 806-265-7037

Broker/Owner:
Holly Campbell

1113 Springfield

NEW \$115,000

3/2/2 Brick w/cent. h&a, fireplace, sprinkler in front, open floor plan, fenced backyard, covered patio

Risinger Plumbing
Serving Friona
272-6772
Cell: 523-2222
Master License #16066

Residential and Commercial overhead garage door or opener repair or replacement.

38 years in business
call me today
Toby Turpen
@364-6362

Friona ISD Cafeteria is looking for part time staff to work as substitutes with an option to become a full time worker. If interested, fill out the application at Main Office 909 11th St.

Friona ISD Cafeteria esta buscando personal para trabajar como sustitutos con la opcion de llegar a tiempo completo. Si alguien esta interesado llenar solicitud en Oficinas Principales 909 E 11th St.

Commissioners approve school fund distribution plan

The Parmer County Commissioners Court met in regular session on Monday, February 25th at 10:00 a.m. in the County Courtroom of the Parmer County Courthouse in Farwell, Texas. The meeting began with prayer and the Pledge of Allegiance to the American Flag and the Texas Flag.

The Minutes from the previous meeting were read and approved. Approval was given for payment of the accounts payables as presented by County Treasurer Sharon May. The Commissioners also reviewed the Treasurer's Report and approved the calculated payroll and disbursement for all county employees and elected officials.

The Court discussed the County's policy on the disposition of the body of deceased paupers. Since detailed written policy could not be found, the Court approved a written contract with Hansard Family Funeral Home of Friona, Texas. The policy involves direct cremation only and allows for a predetermined amount to be paid for each occurrence.

Next, the Commissioners revisited the Permanent School Fund Distribution Plan. This involves funds from oil leases that are held by the Court and distributed to the four school districts in Parmer County. Since the Texas Attorney General has required a more detailed census of school enrollment in the county, the Commissioners approved a formula that involves resident students that live in a school district in Parmer County and scholastics that are age 5-21 who are enrolled and have a Parmer County home address. Details of the formula have been sent to all four school districts.

In other business, the Court approved a request to place a water line under a county road that was located in Precinct 2. A request from Friona ISD for a little over \$17,000 of Permanent School Fund money to be used for added security measures was approved. Also, 20 hours of continuing education hours was approved for the Parmer County District Clerk. The discussion regarding the selling of a one (1) acre parcel of land in the northeast part of the county was postponed until the next meeting.

The Court gave approval to the Parmer County Sheriff's Office to apply for a 100% grant from the State of Texas for the purchase of rifle resistant body armor. The Court also approved the 2018 Racial Profiling Report. The next scheduled Commissioner's Court meeting is at 10:00 a.m. on Monday, March 11th.

All meetings are open to the public. The Commissioners Court reserves the right to go into Executive session at any time. Go to parmercounty.org to find meeting agendas. Information in this article is only a summary. Any questions concerning specific actions should be directed to the Court.

FRIONA

REDUCED: 5/5/2 Brick w/central h&a, (2) living areas, fireplace, sprinkler f&b, shop, Western Addition ..\$259,000

REDUCED: 4/3/3 Brick w/cent. h&a, fp, office, basement, sprinkler, work shop, lots of storage, corner lot, close to H.S. SELLER will pay \$2500 of buyer's closing..\$235,000

4/3/2 Brick w/cent. h&a, circle driveway, 2 living areas, basement, patio, close to high school..... \$192,000

4/3/2 Brick w/cent. h&a, fp, basement, 2 living areas, circle driveway, sprinkler system..... \$169,900

BOVINA

REDUCED: Commercial Building w/1 full bath & 2 half baths located on Hwy 60 in Bovina..... \$65,900

REDUCED: Commercial Building in Bovina 2-Story, metal roof, cent. h&a, kitchen area, corner lot..... \$49,000

SOLD

4/3 Brick w/carpport, central h&a, cedar closet, hardwood floors, corner lot, cellar, by schools **SOLD**

1102 W. 5th

NEW \$94,000

3/1 Brick w/central heat, newly painted, cellar, storage building, corner lot, close to H.S.

Come to the SUN!

Our friendly staff will work with you to get the loan you need with **monthly payments you can afford.** Now you know celebrate those big occasions knowing someone will take care of you. Call or stop by.

LOANS UP TO \$1375*
*Subject to our liberal lending policies.

Need some help. Come to the SUN!

806-364-4287
237 N Main
Hereford, TX | 79045

SUN LOAN COMPANY
sunloan.com

Subscribe to the Friona Star Today!
806-250-2211 • frionastar@wtrt.net

FARMS/RANCHES FOR SALE

1602 FM 145 - Muleshoe - Home on 7.161 Acres +/-, 3/2/2 brick home, large living room w/fireplace, kitchen w/granite countertops & gas cooktop, master suite, large utility, lots of storage, central heat/air, domestic well. Metal frame Hay Shed (70'X100'). Metal frame Barn/Shop (25'X25'), concrete floors, electricity and overhead door. West on FM 145 from the Clay's Corner Intersection.

OUTSTANDING INVESTOR OPPORTUNITIES - 4,000+ ac. of drip irrigated farmland in Castro/Swisher Counties. Owner will sell & cash lease back.

PRICE REDUCED! STRONG WATER AREA - eight wells have been drilled & completed, drilling rig will remain on property until all new wells are drilled, 1,280 ac. +/-, Texas Co., OK, three relatively new ¼ mile sprinklers in place, remaining five quarters to be developed w/new wells & new sprinklers, located in close proximity to a large commercial feedyard.

SANTA ROSA, NM - 78 ac. +/- heavily improved for horses, cattle & other livestock w/virtually new barns, pens, cross fences etc., on city water, w/internet access to the front gate.

MOORE CO., TX - 1,280 ac. +/- w/one mile of hwy. frontage, four pivots for sprinkler irrigation, dryland & native grass. Please call for details!

MOORE/SHERMAN CO. - 651.4 + 316 ac. +/-, both on pvmt., fully developed w/wells & sprinklers.

Please view our website for details on these properties, choice NM, CO & TX ranches (large & small), irr./dryland/CRP & commercial properties.

www.scottlandcompany.com
Ben G. Scott - Broker
Krystal M. Nelson - NM QB
800-933-9698

EG Photography

Eric Gonzalez • 806-433-1973

Sales Agents

Kevin Cooper
806-240-5468

Karla Rector
806-382-7465

Let us sell your property!

REALTOR

WE REPAIR
PCS, LAPTOPS, SMARTPHONES, TABLETS, AND MUCH MORE!

PRICES STARTING AT **\$49.95**

Hereford PC Repair
CALL US 806.553.0489
LOCATED BY BURRITOS PLUS

StateFarm

Agent Homer Haile

265-2734
Auto • Home • Life

CHIEFTAIN SELF-STORAGE SYSTEMS

Store your stuff with us!

250-2555
265-7923

FHS Students inducted into Honor Societies



National English Honor Society: 1st Row: Gabrielle Ortiz, Alysia Albarado, 2nd Row: Andrea Chavez, Zeke Garcia, Mariana Pina, Briana Beristain, Lizbeth Rojas, Vandessa Chavez, Kylee Sifuentes Hughes, 3rd Row: Mariah Rivera, Nancy Rocha, Carly Drake, Jesus Torres, Joseline Lopez Esparza, Angel Mills, Kaelyn Bennett, Adaline White, Madyson Vazquez



National Honor Society: 1st Row: Alysia Albarado, Gabrielle Ortiz, 2nd Row: Colton Riethmayer, Angel Carranza, Malachi Torres, Victoria Gonzalez, Kamree Kimbrough, Juan Diego Salinas, Emma Rector, Angel Valencia

Friona Junior High School All A Honor Roll • Fourth Six Weeks

6th Grade:		
Nevaeh Galan Sophia Leon Vanessa Martinez	Aylin Mendez Karely Nunez Tarango Vanessa Penaran Mendez	Rosalia Silva Nathan Tafoya Kitzy Welch
7th Grade:		
Dieter Ally Jose Alvidrez Estefany Cecena Carrillo	Valeria Corralez Reagan Daniels Ellie Galaviz	Jonathan Gonzalez Yvonne Legarreta Reese Stowers
8th Grade:		
Gabriel Abarca Elaney Arzate Blanca Chavez Josiah Dominguez Nicole Guerra	Azarel Gutierrez Huicoza Kimberly Martinez Maria Nunez Tarango Karlee Osborn Kamryn Riethmayer	Breanna Rivera Eduardo Rodriguez Victoria Rojas Salinas Emma Schueler

Friona Junior High School A/B Honor Roll • Fourth Six Weeks

6th Grade:		
Lillianna Abarca Carlos Alvarez Reyna Arias Antonio Avila Cortes Edwin Castaneda Munoz Isaac Clark	Erik Estrada Odalis Faudoa Benavente Ashley Maldonado Yoselin Mulul Gabriel Desiree Raymond Abram Rocha	Nariah Rocha Angel Saucedo Aubrey Schueler Nicolas Sebastian Alexis Soto Arturo Tafolla Camacho
7th Grade:		
Saydie Bentley Jacee Burney Johanna Campos Adynaih Dominguez Mercedes Espinoza Yeslie Faudoa Natasha Gonzalez Martha Gutierrez Huicoza Charles Herring	Anna London Saraya Luna Lylianna Martinez Eleanor Mceuen Amy Montana Jennyfer Munoz Loredo Duvy Ortiz Ramon Ortiz-Carrillo Aaron Rodriguez	Dora Rodriguez Naara Saucedo Jose Saucedo Dozal Ivory Shelby Issac Tafoya Abisai Torres Kasey Vargas
8th Grade:		
Stef Ally Delilah Anima April Avila Joscelin Barraza Juan Castro Ordonez Cheyenne Correa Gael Garcia Janessa Garcia Caleb Geske Carter Gilley Rosangela Gomez Alonzo	Juan Gomez Avila Aureliano Gonzalez Litzzy Gonzalez Simental Heston Grimsley Anthony Guerrero Fernando Ixparpuac Prisilla Jaramilo-Robles Eduardo Jimenez Eduardo Juarez Diego Lorenzo Silva Angel Macias	Giovanny Ponce Gonzalez Hiromy Quiroz Makayla Ramos Trinity Ramos Ivan Reveles Elijah Robledo Fabian Salinas Aliscia Ticum Lizbeth Toledo Gabriella Valdez Kenneth Viemann

**The Friona Star is online
at www.frionaonline.com**

Prices Good Thru 03/23/19

St. Patrick's Day SALE

Beef Tacos
with Hatch Green Chile

ALLSUP'S

**PRICES VALID AT
ALL LOCATIONS**

**KING SIZE
CANDY BARS**

**2 \$3
FOR 3**

**FREE
ALLSUP'S
PORK SKINS**
WHEN YOU BUY TWO 16 oz.
**ROCKSTAR
ENERGY DRINKS
FOR \$4**

BEEF TACOS
with Hatch Green Chile

99¢
order of two

Catfish or Chicken Tender
Basket
served with potato wedges and a biscuit

**LET US BE YOUR
JERKY PROVIDER**

Chieftain Choices Health & Career Fair



"Thank you so much to all of our community involvement with the Health and Career Fairs held on Friday, February 22nd. Our kids were so excited to be able to interact with you. Your willingness to give up a half day out of your very busy schedules does not go unnoticed. You all went above and beyond the call of duty to give our students your very best. We are so blessed to be a part of such a caring and generous community."

Allison Johnston, M Ed, FHS Counselor

