

Friona ★ Star

VOL. 89, NO. 50

FRIONA, TEXAS

THURSDAY, DECEMBER 5, 2013

EIGHT PAGES

Women's Health Clinic

Beginning December 10th, Friona Rural Health Clinic will be offering a women's health clinic every Tuesday afternoon from 2:00 – 5:00. To schedule an appointment with Carman Putman, MS, FNP-C for your annual health exam and other female health issues, call 806-250-2781.

Empty Stocking Fund needs help

The Friona Empty Stocking Fund helps needy children at Christmas. Money donated to the fund is used to buy shoes, socks, and other clothing for needy children designated by teachers. The USDA inspectors at the Cargill plant provide toys and food to be included.

Local coordinator Peggy Monroe says funds have been slow to come in this year. She and her volunteers are getting ready to travel to Amarillo for the first round of buying the children's gifts. Donations are much needed and can be made at Friona Interbank. Please help. All donations are appreciated.

Council to appoint alderman

The Friona city council will meet in regular session at 6:30 p.m. Monday, December 9 in council chambers at 619 Main St. All council meetings are open to the public.

The final agenda will be posted at city hall 72 hours prior to the meeting. Items on the tentative agenda to be considered are appointment of members to the city's planning and zoning commission, hear a departmental report from the police department, and approve a resolution suspending the effective date for 90 days in connection with the rate increase filing by Southwestern Public Service Co. and joining the Alliance of Excel Municipalities to oppose the increase.

Also on the tentative agenda is to consider and take action on the appointment of an alderman to fill the position on the council vacated by the resignation of Charlie Pope.



dana jameson photo

Leading the way to the Depot in the city park are Santa Claus, Little Miss Friona Madison Tyler, and Miss Friona Mykelti Rhodes. A long line of children greeted Santa during Monday's Christmas in the Park celebration. Madison and Mykelti were on hand to assist Santa and hand out candy canes to the kids.



dana jameson photo

The Boy Scouts welcomed Christmas in the Park with a nicely decorated booth where they sold popcorn and popcorn balls. Santa made an appearance at 5:30 p.m. and in addition to the popcorn, folks enjoyed BBQ, sausage wraps, cookies, hot cider, and hot chocolate.

Pheasant outlook abysmal for 2013

By Jim Steiert

A recent survey by Texas Parks and Wildlife Department biologists confirms what farmers working fields and anyone who travels country roads in the Hereford area and across the Panhandle knew already—there are darned few pheasants out there in 2013 and hunting prospects are paltry for the season opener on December 7.

"After drought conditions the last several years, there was rain over much of the pheasant range this year, but there was little or no nesting success due to no nesting cover growing last year. Rainfall did produce new nesting cover, though. If we have average moisture the rest of this year and next year,

and that nesting cover is maintained, we should see a rebound in pheasant numbers," says Todd Montandon, TPWD wildlife biologist from Canyon.

The same survey routes are driven by biologists to get a general idea of the relative abundance of pheasants each season. A total of 880 miles of survey lines are observed in 25 Panhandle counties with surveys ranging from the northern Panhandle to as far south as Lubbock, Hockley, Crosby, and Cochran counties.

The one bright spot in the 2013 survey was a survey line southeast of Hereford that proved the best of those checked. Montandon reported that line, situated

in an area of some of the best habitat available this year, showed six birds.

How thin are this year's prospects? Counts from recent years paint a stunning portrait of the decline.

"In 2010 we counted 1,208 birds over the 880 miles of survey routes. In the heart of the drought starting in 2011 bird numbers over the survey route were down to 126. That number plummeted to 25 in 2012," reports Montandon.

How bad did 2013 prove for pheasants? Brace yourself. Across the whole of the 880 survey miles, only an abysmal 15 pheasants have been counted this fall.

"It's weird. Back in the spring we were hearing

lots of pheasants, and a fair number could be seen along area roads. Later in the year, all of those birds seemed to disappear," Montandon said.

Dry weather is indeed a chief contributing cause in the pheasant population downturn here. Additionally, it's not beyond possibility that some disease or parasite is a factor in the plunge.

Timely summer rainfall is a crucial factor in pheasant production as the colorful gamebirds need moisture for egg clutches to hatch, and to grow green habitat that provides insects crucial to the growth of chicks in their first weeks of life, as well as the cover that conceals them from predators.

HPWD annual water level measurements in progress

High Plains Underground Water Conservation District (HPWD) personnel are now in the field making annual water level measurements to determine the effect of 2013 pumping on groundwater levels of the Ogallala Aquifer within the district's 16-county service area.

These measurements are made in a network of more than 1,300 privately-owned water wells. These observation wells are spaced at a density of about one well per nine square miles throughout the district.

After the measurement is made, a blue vinyl sticker with the observation well number, the depth-to-water level measurement, and the date of the measurement is affixed to the well equipment or other appropriate surface near the well site.

High Plains Water District personnel measure the same

wells in the observation well network each year as long as the individual wells are accessible and continue to provide satisfactory data.

The current depth-to-water level measurements in individual wells are compared to those of previous years to determine the average annual change in water levels in the Ogallala Aquifer within the district.

This water level data is made available to the public through an interactive map on the district's web site at www.hpwd.com ("Maps and Charts") as well as publication in the High Plains Water District's newsletter, The Cross Section.

Additional information about the water level measurement program is available by contacting HPWD at (806) 762-0181 or by visiting the district's web site at www.hpwd.com.

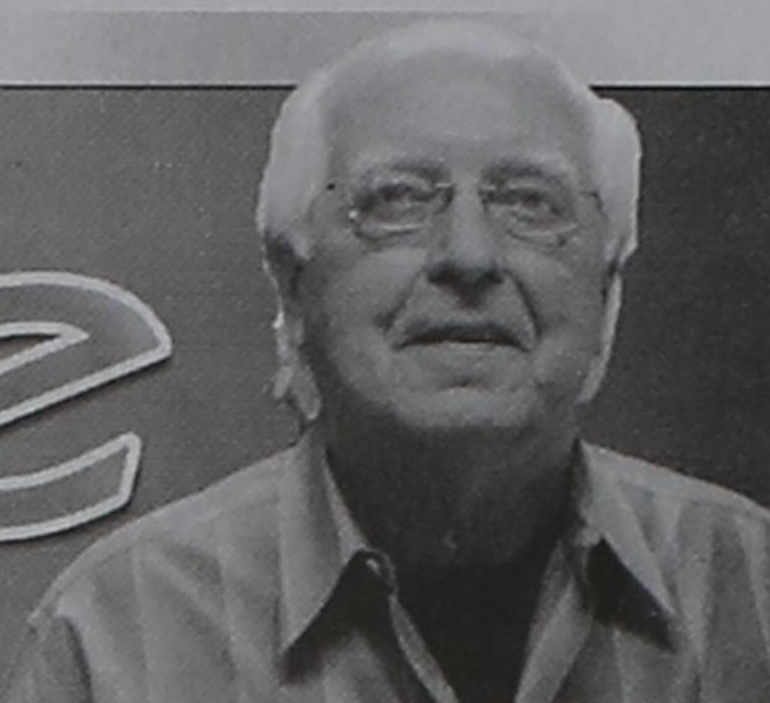


Friona's Julie Wiseman, a graphic arts major at WTAMU, made the final 25 in the City of Amarillo logo design competition. This is her design and you can vote for Julie at this link: <http://goo.gl/jTDk3N>. Go Julie!

20
Shopping
days till
Christmas

Out Here

By Ron Carr



making a merry mess

On Cyber Monday over 100 million people bought stuff online.

Meanwhile the \$600 million government health insurance website told folks to take a seat and they would call them back later.

This week the President of the United States, in another campaign speech, said the Affordable Care Act is now working and people are going to be real happy soon. It has been noted that the Democrats and the president's elves are no longer calling it Obamacare. Seems that for the moment he does not want his name attached to what is the most colossal government boondoggle in history.

The health insurance situation gets worse every day. They say now that at least one-third of the people who think they have enrolled are not really enrolled because faulty information has been sent to the insurance companies.

Applying for subsidies is on the honor system because the system cannot verify your income. The so-called navigators hired to help people navigate the system

have been caught encouraging applicants to lie on their applications.

Millions are getting cancellation notices and millions more are said to be getting cancelled in 2014. Premiums and deductibles are increasing, in some cases dramatically. The cancellations were built into the system by the Democrats to force people to buy from the government exchanges.

Doctors by the droves are appearing on television explaining why they will no longer accept Medicare, Medicaid, and many insurance policies. I heard one doctor say it will be cheaper to treat a patient for free than to go through the process of filing for Medicaid reimbursement.

And then there are the 30-40 million uninsured Americans that the Democrats thought would rush to buy health insurance. So far, they ain't buying. I doubt that healthy young people are paying attention and most probably don't have the money for premiums anyway.

Some elements of the Affordable Care Act are positive. I agree that health insur-

ance over the years has become expensive and insurance companies kick people off or cap the amount of coverage. However, this debacle the Democrats have created has caused chaos throughout the country. It is insane to think the government can manage an industry as large and complex as the health insurance business.

Forcing America to buy health insurance under threat of penalty is unconstitutional. The Supreme Court got it wrong. There are better ways to deal with the health insurance problems. The president has violated the constitution by changing the Affordable Care Act law without congressional approval.

But then this administration makes its own laws as it goes along. Barack Obama, Harry Reid, Nancy Pelosi and the Democrats are an embarrassment. They also lied to all of America.

If you are a Democrat and have a different view feel free to send me a letter to the editor. Include your name and phone number. frionastar@wtrt.net.

Merry Christmas!



ron carr photo

Chamber of Commerce members held a ribbon cutting Monday for Interior Expressions located at 8th and Main St. The business, owned by Juan Tafoya and Davy Howard, features home décor, furniture, and accessories plus several vendor booths for local crafters to display their wares. From left to right are, Julie Mason, Don Holland, Juan Tafoya, Diane Orr, Davy Howard, LaDonna Gressett, Britny Pope, Rick White, Chris Alexander, and Tricia Etue.

- ACROSS**
- 1 Monte ____, TX
 - 5 actress Cameron of film "Any Given Sunday" with TX Dennis Quaid
 - 6 a recorded song not for release
 - 7 TXism: "bend __ elbow" (drink)
 - 8 pie __ mode
 - 9 TXism: "let a sleeping ____"
 - 15 TX George Strait's "All My ____ Live in Texas" (var.)
 - 16 TXism: "busier than ____ fry cook in a truck stop"
 - 19 Van ____, TX
 - 21 type of focus for a reflecting telescope
 - 22 hate or detest
 - 27 what Rangers & Astros want while on defense
 - 28 someone you write to regularly (2 wds.)
 - 29 level up?
 - 30 TXism: "was plucked ____ than a Thanksgiving turkey"
 - 32 __ Jo, TX (abbr.)
 - 33 in Colorado Co. on hwy. 90A
 - 36 TX Willie is a ____ fide Texan
 - 37 TXism: "____ heartbeat" (fast)
 - 38 TX Gary Morris '91 tune: "Miles Across the ____"
 - 39 in Henderson Co. on hwy. 175

- 41 TXism: "black gold"
- 42 notorious Ben Thompson was this in Austin (1880)
- 45 freezing sleet storm?
- 46 TX sculptor, Elisabet
- 47 TXism: "____ bout"
- 48 __ City, TX
- 49 pitcher Carl who was signee on TX-made Nokona baseball gloves
- 52 __ Point, TX
- 53 tidy
- 54 "slippery as an ____"
- 55 hot tub

TEXAS CROSSWORD

by Charley & Guy Orbison
Copyright 2013 by Orbison Bros.

- DOWN**
- 1 "it don't ____ up"
 - 2 TXism: "a boldface ____"
 - 3 Tex-Mex entrees
 - 4 newspaper in the seat of Crockett Co.
 - 8 TXism: "sounds like a dry ____" (bad singer)
 - 9 TXism: "____ in the woods? (yes)"
 - 10 TX Buddy Holly song: "Rave ____"
 - 11 Rice won 1966 "____ College Bowl"
 - 12 knife wound
 - 13 TX football play area: grid ____
 - 14 TXism: "size ' ____' (evaluate)"
 - 15 TX rivers flow south ____
 - 16 start of a poker game
 - 17 he was "Lou Grant" on TV
 - 18 TX Tanya Tucker '72 hit: "____ Dawn"
 - 20 Christmas celebration: "Boar's Head & ____ Log Festival"
 - 22 notable Cowboy TE: Billy Joe __ Pree
 - 23 dir. from Comanche to Hico
 - 24 attack with a knife
 - 25 "stool ____" (decoy)
 - 37 forerunner of TX 7-11's Slurpee
 - 40 saloon district in early Fort Worth: "Hell's Half ____"
 - 43 poker statement: "read 'em and ____"
 - 44 "Semper Fidelis" is the motto for these soldiers
 - 50 bearlike Australian marsupial
 - 51 this technical institute has 10 outlets in TX (abbr.)

solution on page 4

Project Christmas Card

The Parmer Medical Center auxiliary sponsors the annual Project Christmas Card. The original idea was to use money you would spend on Christmas cards to donate to help buy equipment for the hospital. Over the years Project Christmas Card has raised several thousand dollars annually and provided much need equipment.

Donations this year can be made through First Interbank. Plans are to purchase a mannequin dummy to be used for hospital staff training. The Friona Star will publish a list of donors in our December 19 Christmas issue.

DID YOU KNOW?

Article 3 of the United States Constitution deals with judicial Power. Amendment 11 modifies this in the following way: The Judicial power of the United States shall not be construed to extend to any suit in law or equity, commenced or prosecuted against one of the United States by Citizens of another State, or by Citizens or Subjects of any Foreign State.

This Amendment limits the ability of a person to sue a state. It also allows a person to sue if a state denies their rights. Based on common law it makes states immune from suits from out-of-state citizens and foreigners not living within the state border; lays the foundation for sovereign immunity. It was proposed on March 4, 1794 and ratified December 15, 1795.....Mary Johnston.

"I care about one thing and one thing only and that is how to use every minute of the remaining 1,276 days of my term to make the country work for working Americans again. That's all I care about."
President Barack Obama
July 24, 2013 Galesburg, Illinois

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ON YOUR PAYROLL

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

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

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

Representative: Randy Neugebauer, 1424 Longworth HOB, Washington, D.C. 20515. 202-225-4005, fax 202-225-9615. Lubbock office: 611 University Avenue #220, Lubbock 79401 806-763-1611, fax 806-767-9168.

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

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

Representative: John T. Smithee, Room CAP1W.10, Capitol P.O. Box 2910, Austin, Tx 78768. 512-463-0702. 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 916 Main St. 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:
\$27 in Parmer County
\$35 out of County
\$24 e-Star Online



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Town Talk II

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Well I made it to Denton Thanksgiving Day in time to have turkey and dressing at Cracker Barrel with my baby girl Megan. They told us it would be an hour wait but called our name in ten minutes. Pretty much ate my way through the next couple of days at places named Loco Café, Seven Mile Café, and the Greenhouse and visiting with kids and grand-kids. Enjoyed the trip but always glad to be back home.

This week here at the Star office we welcome back former employee Dana Jameson. She has rejoined the Friona Star as editor and photographer and writer and anything else I can think up for Dana to do. She came to work for me when I bought the newspaper in 2003 and worked about three years before moving on to newspapers in Olton, Dimmitt, and Hereford. She has a lot of experience which I plan to take advantage of. Glad to have Dana back at the Star.

I saw an article about saving money that suggested folks use newspapers to wrap their Christmas gifts. If you are so inclined to wrap gifts in newspapers come to the office and we can supply you with as much newspaper as you need. We are open Mon-Wed, 9 to 5.

Congratulations to my friend Richard Samarron. He won the big Yeti cooler at Parmer County Implement Co. The cooler was donated to assist the family of Delia Jackson. Thanks to everyone who purchased tickets.

A big crowd turned out for Christmas in the Park and Santa Claus' arrival Monday night. Mayor Rick White welcomed everyone and announced Santa's arrival promptly at 5:30 p.m. Santa greeted the kids inside the Old Depot and Miss Friona Mykelti Rhodes and Little Miss Madison Tyler assisted Santa with the candy canes. The Friona high school choir

sang carols and many park trees were lighted. There was BBQ, sausage wraps, cookies, popcorn, hot cider, and hot chocolate to warm up the Christmas spirit. The park lights and the street light decorations along Main St. will brighten our community through the Christmas holidays.

The winner of the city park tree lighting competition was Kendrick Oil Co.

Congratulations to Loraine and Dennis Anthony on the occasion of their 30th anniversary.

Bi-Wize Pharmacy has an app now that allows folks to order meds via computer or iPhone. For more info check with store employees.

Ask Holly Campbell about shipping an old Volkswagen bus to Germany. We will have more about it and a photo later.

The Chamber of Commerce

is sponsoring a residential lighting contest. The winner will receive a prize of \$100 in Friona Bucks. Judges will be touring all the residential areas on December 16. You do not have to sign up to be entered.

The Prairie Acres resident of the month for December is Rheata White. The employee of the month is Lucy Ramos who has worked in the nursing department since July 1991. Prairie Acres/Heritage Estates administrator Billy Ray Johnston and his entire staff say thanks to the community for your support and wishes everyone a Merry Christmas and a Happy and Prosperous New Year.

Looks like Friona will participate in 3A Division I for the 2014-2016 UIL realignment. The new football and basketball districts will be announced on February 3, 2014. All classifications have been moved up one, so 2A will become 3A etc., and the 5A schools will be 6A and the six-man teams will no longer be called six-man as they become 1A schools. Confused? It will all clear up next year.

The Parmer County NRCS office currently has conservation stewardship contracts that pay anywhere from \$1,300 to \$80,000 annually. For info see the article in this Star or contact Earl Behrends, district conservationist, in the Farwell office.

Gina Prather in Bovina sent along a note the Clovis Area Home Educators will present "It's a Wonderful Life", a live radio play, December 5-6- and 7 at 7:30 p.m. at Scandia Wind offices, 201 North St. in Bovina. You are invited. Limited

seating and admission is free.

Wade McNutt from Levelland will be performing live Sunday December 15 at the Senior Center ballroom, 426 Ranger in Hereford from 1-2 p.m. It is a concert and CD release party titled Christian Piano Meditation 3. You are invited.

Patricia Phipps' mom Betty was rushed to the hospital in Amarillo Sunday and had a pacemaker implanted Tuesday. Our thoughts to the Phipps family.

We have contacted the primary and elementary schools about Santa letters. The deadline this year is Tuesday De-

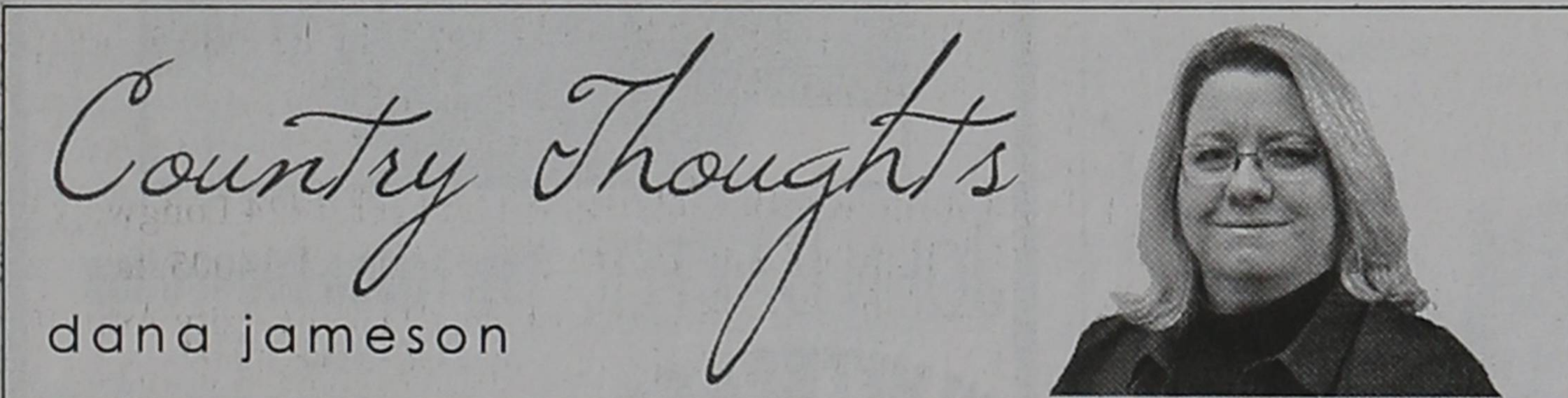
ember 10. Teachers will be working with the students to write their letters and they will be published in our December 12 and December 19 newspapers. The December 19 Friona Star will be our official Christmas edition. We will not be publishing a newspaper during the Christmas week. Our offices will be closed from December 20 to December 29 and we will reopen Monday December 30.

Let us hope to survive the winter weather ahead and the coming holiday chaos with a smile and a positive attitude. And plenty of milk and bread and chili and peanut butter. See ya! Until then.



courtesy photo

Richard Samarron, left, was the winner of the Parmer County Implement Yeti cooler. Proceeds from the cooler raffle went to benefit the Delia Jackson family. Also shown are Robbie Barrett, center, Parmer County Implement parts manager, and Richard's nephew, Juan Samarron.



Playing with your food

Wouldn't it be fun to be a kid again? I don't mean the hard parts of being a kid but the fun stuff like playing with your food. (If we did this as adults we would be carted away to the nearest mental health facility.)

According to a recent study published in U.S. News and World Report, playing with food and sitting in a high chair can help your child.

I just heard the collective sigh of woe from every parent that attempts to keep a child clean during mealtime.

As parents' we have the chance of having messy children and/or neat children. I had one of each.

One of my children had no desire to be dirty in any form. If he got something on his shirt, it was time to change clothes.

My other child was a dirt magnet. If there were a mud puddle or a way to get dirty, he would find it.

As they have gotten older, they have pretty much stayed the same way.

The study went on to say that

children who play with their food and sit in high chairs are more inclined to explore and generally learn both about individual foods and nonsolid substances. (I can still remember the first time a green bean was launched across the room. I guess he was learning about space exploration!)

They also stated that these practices will help with directing the child's attention biases and the overall way they learn. I can only hope that more people play with their food.

If you are in any number of food related industries you can say that you get to 'play' with food. I don't really think it is the same as when we were children but it is close.

Christmas is just around the corner and many of us will be attempting to make all of the delightful goodies that only appear at this time of the year.

One of my favorite things to make is a gingerbread house. I guess that could be called 'playing' with my food. I get to build a house made of cookies,

candies and icing. It has to be playing when you have as much fun as I do designing and decorating the house. (In addition, it helps with my attention span.)

Then there are the Christmas cookies and Christmas mice that have to be a part of every Christmas at my house. The cookies never look like the ones in the magazines but we have fun decorating them. The Christmas mice are a little harder to build but are just too adorable to eat. (By the way, Christmas mice are not the same as the mice that come inside your house when it gets cold. These mice are maraschino cherries, chocolate kisses and almonds.)

Therefore, I guess in a way, we get to play with our food as we get older but it is not as much fun as smearing peas, chocolate cake and tapioca pudding on our faces and on the high chair tray.

In the end, it all comes down to letting a kid be a kid and learning the old-fashioned way...with their hands, getting messy and smarter.



FUMC to host Living Nativity

Christmas is almost upon us! The First United Methodist Church is excited about the birth of our Savior. We want to celebrate with the whole community with a Living Nativity scene. Everyone is invited to come and view the Living Nativity on Wednesday, December 18, from 5 - 7 pm at Rickey Rector's barn, just west of town on Highway 60.

Visitors to the Living Nativity will be treated to seeing Mary, Joseph, Baby Jesus, shepherds and wise men, along with live animals, including a camel. The church's choir will be singing throughout the evening, and refreshments will be served to all who attend.

For further information, please contact the church at 250-3045.

Christmas Tea



Our customers and friends are invited to Friona InterBank's annual Christmas Tea. The date is Dec 11 and the time is from 9am to 3pm. This year we will have a tasting bee in which we hope our customers will want to participate. Please use the form printed in the last two weeks ad in the Friona Star and bring it in to the bank or call. Deadline to enter the Tasting Bee is December 9th at 3 pm.

FRIONA

InterBank

806.250.5000 • www.interbankus.com

1105 N. CLEVELAND



MEMBER FDIC



THE CHIEF'S CORNER
by **FRANK MOONEY**
Friona Police Department

This holiday season, don't let the spirit of giving lull you into giving burglars, muggers, and pickpockets a better chance to do their dirty work. Crooks love the holidays as much as everyone else but chiefly because it's an opportune time for crime.

If you are travelling:

- Ask a neighbor to watch your home, and park in the driveway from time to time.
- Get an automatic timer for your lights.
- Don't forget to have mail and newspaper delivery stopped. If it piles up, it's a sure sign you're gone.

If you are out for the evening:

- Turn on lights and a radio or TV so it looks like someone's home.
- Be extra cautious about locking doors and windows when you leave, even if it's just for a few minutes.
- Don't display gifts where they can be seen from outside.

If you are shopping:

- Stay alert and be aware of what's going on around you.
- Park in a well-lighted space and be sure to lock the car, close the windows, and hide shopping bags and gifts in the trunk.
- Avoid carrying large amounts of cash. Pay with a check or credit card whenever possible.
- Deter pickpockets and purse-snatchers – Don't overburden yourself with packages.
- Be extra careful with purses and wallets – Carry a purse close to your body, not dangling by the straps. Put a wallet in an inside coat or front pants pocket.
- Shopping with kids – teach them to go to a store clerk or security guard if you get separated.

If a stranger comes to the door, beware:

- Criminals sometimes pose as couriers delivering gifts to gain access to you or your home.
- Always ask for identification.
- Con artists go door-to-door for charitable donations when there's no charity involved.
- Find out how the funds will be used. If you aren't satisfied, don't give -- help a charitable organization you know and like instead.

Take a holiday inventory:

- The holidays are a good time to update – or create your home inventory list.
- Take photos or make videos of items and list descriptions & serial numbers.
- If your home is burglarized, having a detailed inventory can help identify stolen items.
- Make sure things like jewelry, silver, computers, TVs, video equipment, stereo equipment, cameras, camcorders, home office equipment, & power tools are on the list.
- Remember to check it twice!

Do your part to make the holidays a safe and happy time for everybody—except criminals.

Last but not least, Don't let holiday stress get the best of your holiday spirit. Make time to get together with family, friends, and neighbors. And think about reaching out in the spirit of the season and helping someone who's less fortunate or lonely.

Heavy Stuff

By Melanie Gallman Braun

Whether you are pumping iron or it's pumping through your blood vessels, this heavy metal is essential to good health. We all did some heavy lifting at meals last week. I highly recommend doing some strength training and cardio to fend off having to lift extra pounds attached to the bod. At least after you get done pumping iron, you can put it down and walk away! And remember... muscle burns more calories while you're watching football than fat does.

Ok, so iron as an important mineral. I'm sure you know that being anemic makes you tired/fatigued. Other symptoms of iron deficiency are headache, dizziness, shortness of breath, weakness, cold hands and feet, irritability, increased risk for infection, impaired thinking, brittle nails and cravings for ice, dirt or starch.

Iron is a key component of hemoglobin and myoglobin, which are the oxygen-carrying proteins in our red blood cells. Iron acts as a shuttle picking up oxygen from the air we breathe, binding it during its transport through the bloodstream and dropping it off in our tissues. An iron deficiency basically means your cells and tissues are gasping for air.

Here are some facts about iron:

- Iron deficiency is the most common nutrient deficiency in the world resulting in iron-deficiency anemia.
- Calcium interferes with the absorption of iron. Dairy products and calcium tablets should be eaten/taken at a different time of day than your iron supplement.
- Black tea, coffee, red wine, soybean protein also inhibit iron absorption.
- Vitamin C on the other hand, enhances iron absorption. I take my iron tablet with a big swig of orange juice.
- Plant-based sources of iron (non-heme iron) such as legumes, grains, nuts and seeds, and veggies are not as easily absorbed as animal-based sources of iron (heme iron). Eating foods with heme iron can enhance the absorption of non-heme iron in foods when eaten at the same meal. As does eating foods rich in vitamin C at the same meal.
- Cooking food in cast-iron pans can significantly increase the iron content of the food.
- You can overdose on iron supplements. Significant damage to the heart, central nervous system, liver and kidneys can result in death if not treated quickly.

Songs of the Season

BRETT HOYLE, Pastor, First Baptist Church

Did you know that there are many songs which were wrote during the Christmas season, but have become some of the most beloved hymns that the church sings throughout the year. For example, Audrey Mieir is a talented composer and song writer in the mid to late 20th Century and was inspired to write this song as a result of an annual Christmas program at her church in 1959. During the program the pastor made the proclamation that "His name is Wonderful," speaking of Jesus Christ. Jesus surely is the "Wonderful Counselor," as proclaimed in prophecy of Isaiah 9:6. Although the line that inspired the song give is

away, do you know it?

The song is "His Name is Wonderful" and so beautifully proclaims, "His name is Wonderful, His name is Wonderful, His name is Wonderful, Jesus, my Lord; He is the mighty King, Master of ev'rything; His name is Wonderful, Jesus, my Lord; He's the great Shepherd, the Rock of all ages, Almighty God is He; bow down before Him, love and adore Him; His name is Wonderful, Jesus my Lord." (excerpts of this article taken from Kenneth W. Osbeck, *Amazing Grace: 366 Inspiring Hymn Stories for Daily Devotions* (Grand Rapids, MI: Kregel Publications, 1996), 365.)

Sheriff's Report

Reported by the Parmer County Sheriff's Office.

On Nov. 11, 2013, in 287th District Court, with Judge Gordon Green, Erica Peace, 28, of Friona, was charged with driving while intoxicated with a child passenger. She was sentenced to 320 days in the State Jail Division of TDCJ and ordered to pay \$459 in court costs.

Nov. 27, 2013 Tyler Miller, 23, of Muleshoe, was arrested by the Sheriff's Office for assault pending County Court.

Nov. 28, 2013, Isaque Olivarez, 18, of Amarillo, was arrested by the Friona Police Department for possession of marijuana in a Drug-Free zone, pending County Court.

Nov. 29, 2013, Carlos Rodriguez, 49, of Friona, was arrested by the Sheriff's Office for driving while intoxicated, pending County Court.

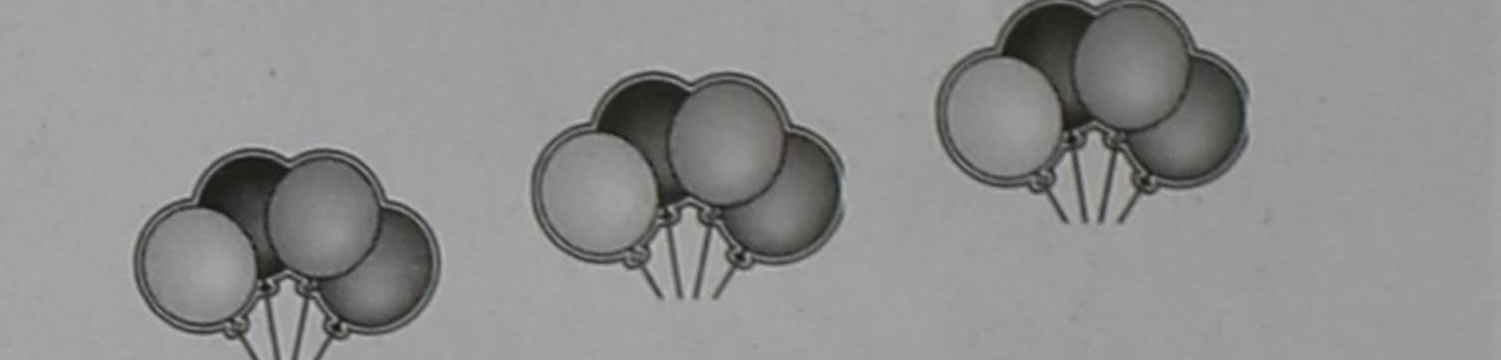
Dec. 2, 2013, Charles Robinson, 22, of Clovis, was arrested by the Farwell Police Department for possession of marijuana less than 2 ounces, pending County Court.

**PARMER COUNTY
CRIME STOPPERS**
1-800-774-TIPS
(1-800-774-8477)

Happy Birthday
December 8-14

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

- Dec. 8-D.L. Osborn, Jesse Estrada, Kandace Frye, David Lopez
- Dec. 9-Bill White, Robert Martinez, Jake Brozek, Robert Rocha, Doug McLemore, Cassidy Malone, Candice Malone, Casey Meeks
- Dec. 10-Rick Roden, Don Ready, Connie King, Kenneth Wilkerson, Sharon Newton, Michael Johnston, Sabina Schilling
- Dec. 11-Chris Hamil, Leigh Neelley, Libby Procter, M'Lynda Jardecki, Jeff Chaney, Lindsey Neill Beyers, Louise Bynum, Whitney Jo Dean, Darby Drummond, Chloe Sifford
- Dec. 12-Nelda Ellis, Mark Ready, Sheila Gresham, Linda Knowles, Chad Stevick, Paul J. Smith, Sheldon Burselson, Mark Taylor Wood, Lavern Black, Jim Bob Swafford, Harley Isabelle Jones, Ron Price, Dustin Acker
- Dec. 13-Leroy Cox, Taylor Duran, Guadalupe Nieto
- Dec. 14-B.K. Buske, Joe Tongate, James Procter, Shana Taylor, Trey Cozier, Dorothy Sorley, Victor Espinoza, Troy Benton, Gibson Baafour, Lexie Reeves, Jennifer Spencer



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OBITUARIES

Cosme Constantino Bermea Constancio

Cosme Constantino Bermea Constancio, 55, of Alpine, TX passed away November 25, 2013. Funeral services were held Saturday, November 30 at Cox Funeral Home with Deacon Bill Allein officiating. Services were under the direction of Cox Funeral Home of Amarillo.

Constancio was born May 8, 1958 in Lubbock, TX to Federico and Rebecca Constancio. He graduated from Friona High School in 1976 and attended Upward Bound at W.T. in Canyon, TX. He went on to receive his technician degree from T.S.T.I. He was a certified electrician in Alpine.

Constancio enjoyed being with his family and telling jokes. He made lots of friends over the years. He liked watching Sci-Fi and War/Combat movies as well as listening to rock-n-roll music.

He was preceded in death by a brother, Federico B. Constancio Jr. in November 1954.

Constancio is survived by his mother, Rebecca B. Constancia, of Friona, his father, Fred Constancio and, stepmother, Paula, of Plainview, TX as well as the



Cosme Constantino Bermea Constancio

Castillo family. He is also survived by three brothers: Joel and wife, Chila, Constancio and Ezequiel and wife, Angie, Constancio of Hereford, TX; Lucas Constancio of Huntsville, TX; and three sisters, Dora and husband, Robin Pence, of Amarillo, TX; Linda and husband, Raymon Chavez, of Hereford, TX; and Nina and husband, Mike Bozell, of Austin, TX. He is also survived by many aunts, uncles, cousins, nieces and nephews.

Please sign the online guestbook at www.coxfuneralhomeamarillo.com

George A. Borel

George A. Borel, 84, of Friona, formerly of Shawnee, Oklahoma died December 1, 2013 in Friona.

Graveside services were scheduled for 11:00 A.M. Wednesday, Dec. 4, 2013 at the Friona Cemetery with Rev. Kurt Borden, pastor of the Friona United Methodist Church, officiating. Burial following in the Friona Cemetery under the direction of Blackwell-Mullins Funeral Home of Friona.

Mr. Borel was born March 1, 1929. He was a veteran of the United States Air Force. He was a truck driver that loved traveling and working with antique cars.

He is survived by his wife Ova Borel of Friona, one step-daughter Nancy Roden of Friona, six step-grandchildren and eight step-great-grandchildren.



George A. Borel

You may sign the online register book at www.blackwell-mullins.com



Charles Clifton Rodgers

Charles Clifton Rodgers, 78, of Friona died Monday, December 2, 2013 in Friona. Graveside services have been scheduled for 10:00 A.M. Saturday, December 7, 2013 at the Friona Cemetery with Dr. Jeff Dickson officiating. Burial following under the arrangements of Blackwell-Mullins Funeral Home of Friona.

Mr. Rodgers was born October 8, 1935 in San Saba, Texas to Charles Jay and Ollie B. Petty Rodgers. He was a farmer, well driller, and cleaning service owner. He loved fishing, reading Louis L'amour books, dancing and watching football.

He is preceded in death by his parents.

Survivors include two daughters, Janet Calaway of Las Vegas, NV., and Diane Henson of Houston, TX; three brothers, Bobby Rodgers of Friona, Darves Rodgers of Phoenix, AZ., and Gary Rodgers of Ft Worth; two sisters, Joyce Dickson and Sue Isberg both of Friona; nine grandchildren and 21 great-grandchildren.

Memorials may be made to Prairie Acres Nursing Home, 201 E. 15th St., Friona, Texas 79035 or Samaritan Hospice, 426 N. Main Suite E., Hereford, Texas 79045

You may sign the online register book at www.blackwell-mullins.com

Panhandle Parables

Olive: The Other Reindeer

JEFF PROCTER, Minister, 6th St. Church of Christ

For most of my life I thought that all of the other reindeer were not very nice to Rudolph. Then I learned it wasn't all of the other reindeer, but one Olive. He was the bad guy. He was the one who gave so much grief to Rudolph. I did a little research (not really) but I learned we don't know much about Olive. So my guess is this sinister reindeer, infiltrated the ranks of Santa's elite and belittled, mocked and who knows what all he might have done. I am very suspicious, besides who names a reindeer, Olive. In fact, I feel a bit threatened by the whole affair. I think this calls for aggressive action, we must protect our children from the beast with sharp antlers and evil eyes. He may not stop with tormenting other reindeer. This evil must be brought to justice and eradicated before Olive influences others to do what he does. Down with OLIVE!!!

Isn't it interesting what we do with information or the lack there of and how we can create out of nothing something that we fear? We see someone at a street corner and we try not to make eye contact. We might judge a person in the checkout line according to their purchases. Satan wants us to fear others, because fear keeps us from doing good. Fear gives us the excuse to say or act in a way that is not consistent with Who we claim to be.

Even at the birth of Jesus, others felt threatened. (Ask Herod) Throughout his life and ministry those who claimed to be religious feared Him and not in a good way. They feared his influence, they feared what they could not understand and ultimately that fear stirred a mob to have him crucified, yet Jesus would offer even them forgiveness as he hung innocently on the cross. No, Olive is not real, but neither are most things I fear about others. We need to engage in the lives of others, like Jesus for they are all precious to Him. Tis always the season of LIGHT.

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

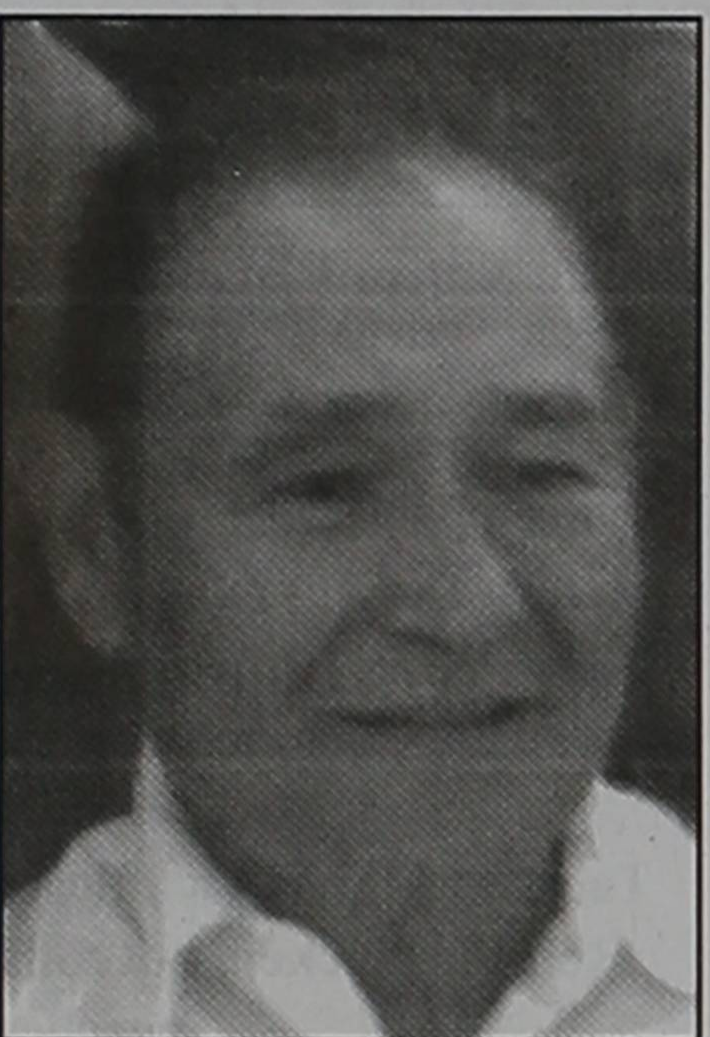
Joe Benito Hernandez, Sr.

Joe Benito Hernandez Sr. 78 of Friona, died Sunday Dec. 1, 2013. Prayer Services were held on Monday, Dec. 2, 2013 at First Baptist Church in Friona. Funeral services were held Tuesday, Dec. 3, 2013 at First Baptist Church in Friona with Rev. Rafael Marin, of Friona, and Pastor Robert Cuellar, of San Angelo, TX, officiating. Burial followed in the Friona Cemetery by Blackwell-Mullins Funeral Home of Friona.

Mr. Hernandez was born July 14, 1935 in Lampasas, TX to Marcelo and Melitona Aguirre Hernandez. He married Maria Garcia March 19, 1955 in Petersburg, TX. He was a former employee with the City of Friona and a very active member and deacon of Templo Bautista Church in Friona. God and family were of utmost importance to Joe as he was a spiritual mentor to many.

Mr. Hernandez is preceded in death by his parents, two sons, two brothers and three sisters.

Survivors include his wife-Maria Hernandez of Friona. He is also survived by a son Jesse Hernandez of Friona; and four



Joe Benito Hernandez, Sr.

daughters: Sylvia Carrasco of Amarillo, Susie Hernandez of Alba, TX, Sandra Hernandez of Austin, TX and Sally Cox of Friona. Fifteen grandchildren and seventeen great-grandchildren

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



Lorena Sadie Wood

Lorena Sadie Wood, 90, died Sunday, December 1, 2013 in Amarillo. Funeral Services are scheduled for 1 p.m. Saturday, December 7, 2013 at First Baptist Church in Friona with Rev. Jeff Messer, of Amarillo, and Rev. Brett Hoyle, pastor, officiating. Burial will follow at the Friona Memorial Garden. Services are under the arrangements of Blackwell-Mullins Funeral Home of Friona.

Mrs. Wood was born July 14, 1923 in Bell County, Texas to Vincent and Sadie Pomykal Schiller. At a young age, she moved to Anton, Texas. She graduated from Anton High School in 1941 where she was an All-State basketball player. She married her high school sweetheart, Noyle E. Wood, in 1941 in Clovis, New Mexico. He preceded her in death on December 11, 1998.

Mrs. Wood had been a resident of Friona since 1954. She was a member of First Baptist Church. She carried the Star Rural Route for the Friona Post Office for 38 years. She was a wonderful homemaker and a loving mother, grandmother and great-grandmother, and will be missed by all family and many friends.

She was preceded in death by her parents.

Mrs. Wood is survived by two sons, Ronnie Wood and wife Suzanne of Pampa, and Eddie W. Wood and wife Erin of Ama-



Lorena Sadie Wood

rillo, a daughter, Jonelle Hand and husband Mike of Aledo, one sister, Ruthie Fite and husband Marion of Lubbock, her brother-in-law, Bill Wood of Levelland.

She is also survived nine grandchildren, Dana Katharyn Macic and husband Greg of Vail, Colorado, Mark Taylor Wood and wife Shannon of Austin, Romni Durrett and husband Will of Wildorado; Matt Wood, Dane Wood, Dr. Shane Hand and wife Staci, all of Amarillo, Dr. Reese Hand and wife Cristen of Aledo, Melissa Brittingham and husband Rodney of Seaford, Delaware, and Clint Hand and wife Amber of Lubbock, thirteen great-grandchildren, and numerous nieces and nephews.

Memorials may be made to First Baptist Church, 404 West 5th St., Friona, Texas 79035 or a favorite charity. You may sign the online register book at www.blackwellmullins.com

Friona

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 EMAIL: www.thevictory.tv

FIRST BAPTIST SIXTH & SUMMITT
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 PASTOR BRETT HOYLE
 WWW.FBCFRIONA.COM
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 Pastor Bobby Broughton
 15TH & CLEVELAND
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 250-2769

TENTH ST. CHURCH OF CHRIST
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 WEBSITE: frionaumc.com

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 PASTOR ROY DOMINGUEZ

UNITED CHURCH OF CHRIST
 UNION CONGREGATIONAL CHURCH
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 250-3635

Bovina

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 PASTOR BRIAN MULLINS
 251-1632

CHURCH OF CHRIST
 500 AVE. E
 MIKE PRATHER, MINISTER
 251-1334

FIRST UNITED METHODIST CHURCH
 205 4TH STREET
 PASTOR LARRY MITCHELL
 251-1124

ST. ANN'S CATHOLIC CHURCH
 401 3RD STREET
 251-1511

LA IGLESIA DE DIOS DEL PRIMOGENITO
 THE CHURCH OF GOD OF THE FIRSTBORN
 102 2ND STREET

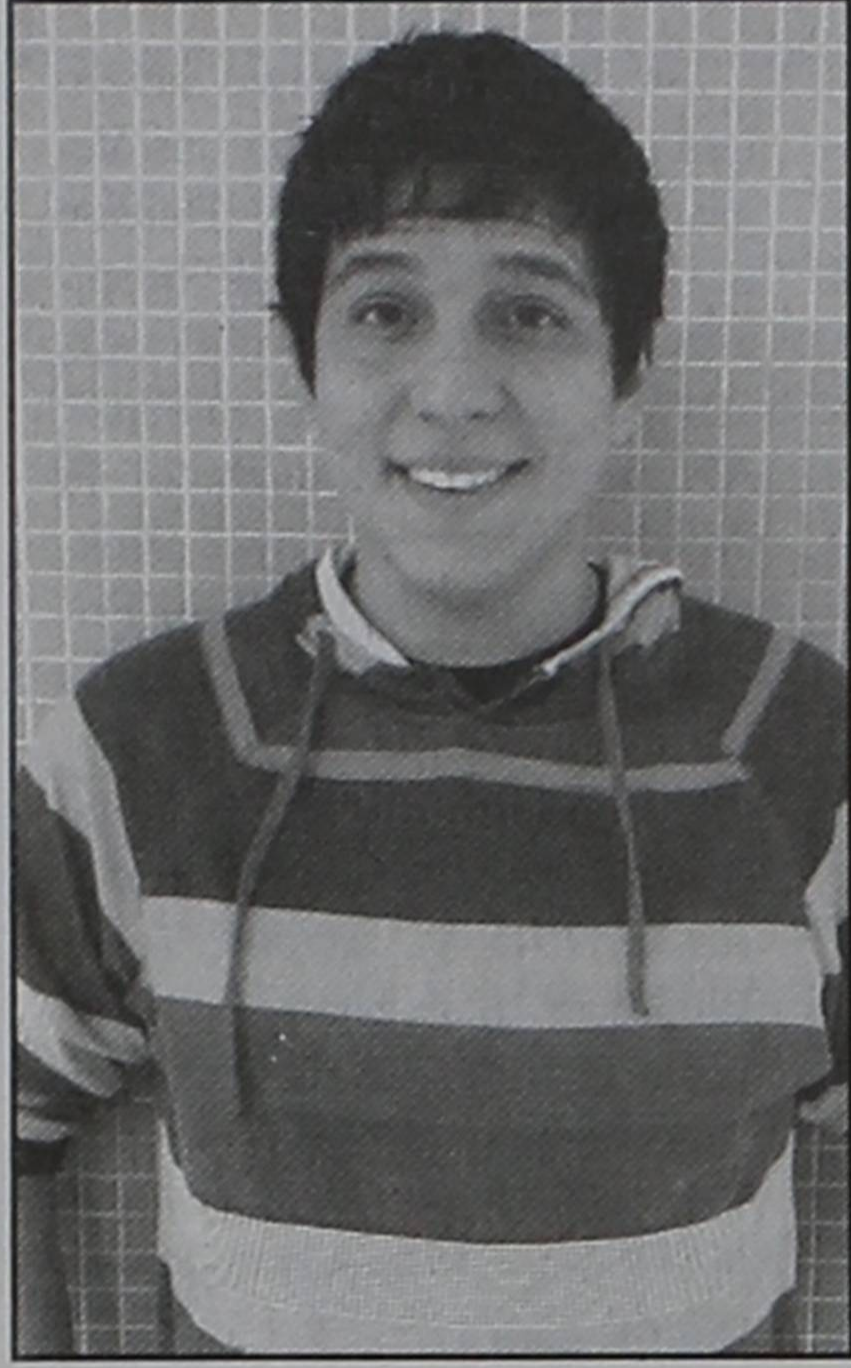
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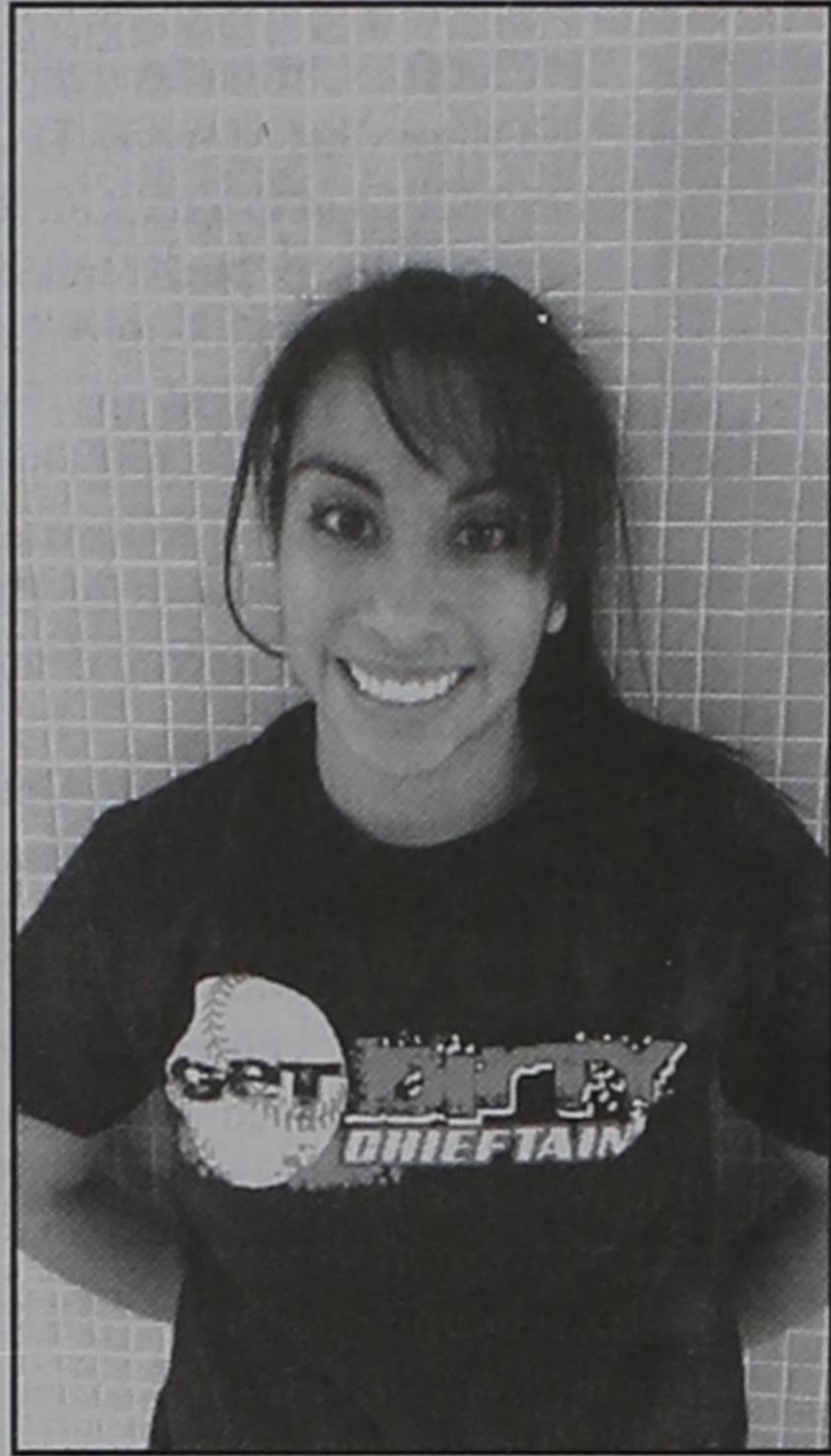
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Students and staff of the six weeks



**Senior
Gunnar Carranza**

Gunnar is a supportive and friendly student. He is school spirited and has a kind heart. He has been involved in "Shrek, The Musical" and is an outstanding member in Choir. He has advanced out of the District level of competition. Gunnar is excited about his Senior year and he is making his last year the best academically and competitively. He is civic minded and has participated in C's for Cancer this year.



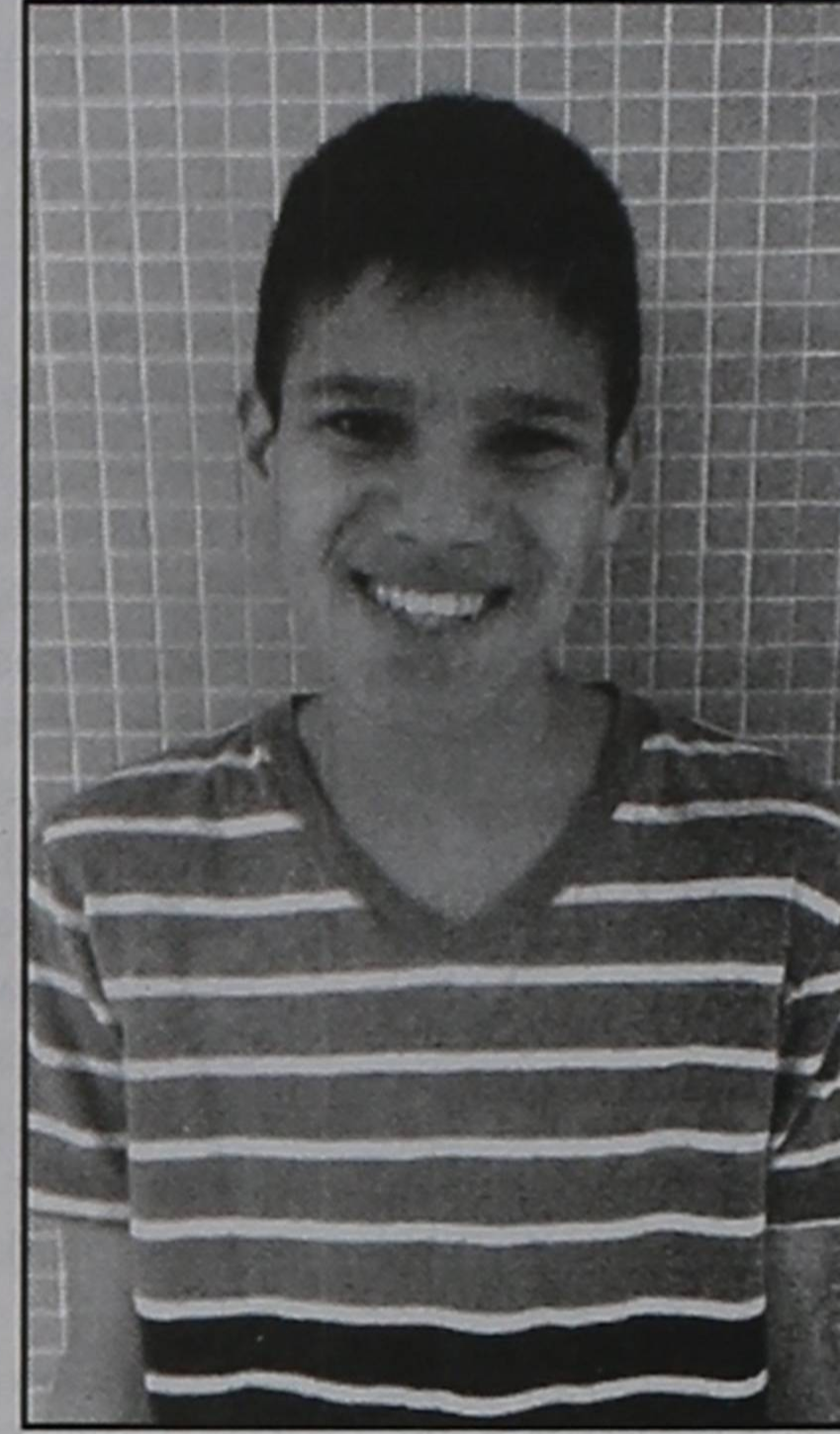
**Junior
Airam Chavez**

Airam is a fantastic student with a motivating attitude. She is a hard worker in her academic classes and activities at FHS. She is positive and has a winning smile. She is always busy and is a clear example of being able to handle many activities at once. She is the Drum Major of the Fighting Chieftain Band. She also participates in volleyball and is a JV Cheerleader.



**Sophomore
Sierra Mendoza**

Sierra is an active student at FHS. She was involved in the fall musical and active in all of her classes. She is a member of the Mighty Chieftain Band and is a Varsity Cheerleader. She is noted as being positive with her teachers and with her peers, kind and hard working. She has a winning attitude and wants the organizations that she is involved in to be the best they can. She does everything in her power to attain the goals for her organizations. She sets the example for other students to follow.



**Freshman
Alex Cigarroa**

Alex has the most positive attitude. He is excited about learning new things. He participates in class and group discussions like a champ! Alex is always kind to everyone in school, faculty and students. He is active at FHS, participating in the Fighting Chieftain Band and "Shrek, the Musical." Alex is a joy and brightens our days!



**Staff
Creighton Henderson**

Mr. Henderson is admired by his students. They enjoy learning in his classroom. They appreciate his engaging activities and fun projects. Students like his encouraging and motivating style. He is noted for being approachable, welcoming and professional.

Osborn, Guerrero 1st team all-district

Coach Mike Prokop released the 1-2A all district football selections. Senior Jacob Osborn was named to the 1st team of-

defensive line. Junior Edgar Guerrero was named to the 1st team defensive line.

Other Chieftains named to

the 2nd team all-district were: Abayomi Salinas-offensive line; Brad Stowers-receiver; Eddie Garcia-running back; Abel Palacios-defensive end; Abayomi Salinas-defensive line; and Antonio Adame-linebacker.

The District MVP was QB Taylor Cornelius of Bushland. Outstanding Offense was RB Devonte Mathis of Littlefield, and Outstanding Defense was MLB Mason Holcomb of Childress.

JV tournament in Friona

The Friona junior varsity basketball tournament will be held December 5-6-7 at the main gym and activity center.

For the girls: Friona C vs. Farwell Thurs. 4 p.m. and JV girls vs. Dimmitt White at 6:30 p.m., both in the main gym. Friday, JV girls vs. Bovina 4 pm, main gym and Friona C vs. Dimmitt purple

at 6:30 pm in main gym. The 3rd place pool game, consolation, and championship games will be played Saturday.

The JV Chiefs play Sudan Thurs. at 7:45 pm in main gym. Other teams entered are Muleshoe, Farwell, Bovina, and Dimmitt. Championship game for the boys is 3:15 pm Saturday in main gym.

Stowers scores 39 in Borger win

The Chieftains hosted Borger Tuesday, Nov. 26 and came away with a fast-paced 76-74 win. The Chiefs held on to a 31-26 halftime lead for the two-point victory.

Cole Stowers led all scoring with 39 points, including 3 of 7 three-pointers and 8 of 11 free throws. Zamudio added 11

points, John Haile 9, Espino 7, Brad Stowers 6, Dickson 3, Trent Hickman 2, and Mason Loflin 2.

After games with Bushland, Melrose, and Abernathy, the Chiefs will participate in the Farwell Tournament Dec 12-14. The next home game is December 17 vs. Portales.

Parmer County well represented at fair

Parmer County Extension Family and Consumer Science Agent Shana Fleming recently announced that several members of the Parmer County 4-H and Bovina Elementary had entries in the Tri-State Fair in Amarillo and South Plains Fair.

"Parmer County was well represented," stated Fleming. "Several of the entries were awarded ribbons and prize money."

At the Tri-State Fair, Jacee Burney won a number of first and second place ribbons

and prizes. She was also awarded a Best of Show for a photograph of her horses.

Cutter Burney was awarded several first, second and third place ribbons and prizes.

Preston Steward placed first with his wooden gumball machine.

At the South Plains Fair, Thomas Smallwood won first place with a leather belt while Emma and Lizzy Smallwood were both awarded Honorable Mention for their leatherwork.

Aspen Fleming was awarded a first and two thirds for her arts and crafts projects. Briana Alvarado won first place for her artwork.

Several Bovina Elementary students were honored with ribbons and prize money for their artwork entries. Among those awarded were: Ailed DeLaCruz, 2nd place; Faith Gonzales, 3rd place; and Damian Rodriguez, Alondra Tarango, Cassidy Reyes and Kenya Velarde, Honorable Mention.

Farm Bill conservation program seeks producer participation

The U.S. Department of Agriculture's Natural Resources Conservation Service (NRCS) is opening the Conservation Stewardship Program (CSP) for new enrollments for federal fiscal year 2014. Starting today through January 17, 2014, producers interested in participating in the program can submit applications to NRCS.

"Through the Conservation Stewardship Program, farmers, ranchers, and forest landowners are going the extra mile to conserve our nation's resources," NRCS Chief Jason Weller said. "Through their conservation actions, they are ensuring that their operations are more productive and sustainable over the long run."

The CSP is an important Farm Bill conservation program that helps established

conservation stewards with taking their level of natural resource management to the next level to improve both their agricultural production and provide valuable conservation benefits such as cleaner and more abundant water, as well as healthier soils and better wildlife habitat.

Weller said today's announcement is another example of USDA's comprehensive focus on promoting environmental conservation and strengthening the rural economy, and it is a reminder that a new Food, Farm and Jobs Bill is pivotal to continue these efforts. CSP is now in its fifth year and so far, NRCS has partnered with producers to enroll more than 59 million acres across the nation.

The program emphasizes conservation performance—producers earn higher pay-

ments for higher performance. In CSP, producers install conservation enhancements to make positive changes in soil quality, soil erosion, water quality, water quantity, air quality, plant resources, animal resources and energy.

Some popular enhancements used by farmers and ranchers include: Using new nozzles that reduce the drift of pesticides, lowering input costs and making sure pesticides are used where they are most needed; Modifying water facilities to prevent bats and bird species from being trapped; Burning patches of land, mimicking prairie fires to enhance wildlife habitat; and Rotating feeding areas and monitoring key grazing areas to improve grazing management.

Eligible landowners and op-

erators in all states and territories can enroll in CSP through January 17 to be eligible during the 2014 federal fiscal year. While local NRCS offices accept CSP applications year round, the NRCS evaluates applications during announced ranking periods. To be eligible for this year's enrollment, producers must have their applications submitted to NRCS by the closing date.

A CSP self-screening checklist is available to help producers determine if the program is suitable for their operation. The checklist highlights basic information about CSP eligibility requirements, stewardship threshold requirements and payment types.

Learn more about CSP by visiting the NRCS website or a local NRCS field office.

School breakfast/lunch menu for December 9-13

Monday: Cereal, pigs in a blanket, fruit salad, V-8 juice, milk
Sloppy Joe, lettuce and tomato salad, Italian mixed veggie, fresh fruit salad, milk

Tuesday: Cereal, waffles, oranges, grape juice, milk
Roasted chicken, hot rolls, corn, mashed potatoes, peaches, milk

Wednesday: Cereal, French toast sticks, apples, grape juice, milk
Hamburger, carrot sticks, French fries, oranges, milk

Thursday: Cereal, breakfast pizza, pears, orange juice, milk
Chicken fajita salad, green beans, cheesy tomatoes, tropical fruit, milk

Friday: Cereal, breakfast biscuit, fresh fruit salad, apple juice, milk
Cheese Enchiladas, tacos, Mexican rice, ranch style beans, grapes, milk

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Part time position available

Brighter Day Health is hiring for a Patient Care Facilitator at Prairie Acres. The position requires assisting patients to on-site, telemedicine doctor appointments. Position is part-time, weekdays with competitive salary. If interested please contact Patrick Coan at 713-581-8790 or e-mail resume to coanp@brighterdayhealth.com 1tc:12.5

Need a little extra \$\$\$?

Amarillo Globe News is looking for a newspaper carrier for Friona

\$200 SIGN-ON BONUS

If interested, contact Darren at 806-678-0647 tfnc:12.5

Star Photos available at frionaonline.com

FRIONA

The Panhandle Environmental Partnership is hosting the 4th Annual Electronics Recycling Event. December 13 will be the last day to drop off old computers, televisions, and any other electronic items you wish to dispose of. For your convenience, we will have a trailer parked behind City Hall from 8:30- 4:30 Monday through Friday. 1tc:12.5

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

Reduced: 3/2/2 Brick w/central heat & air, fireplace, new roof, new paint inside and outside, new ceiling fans in bedrooms, fenced backyard.....\$92,000

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MOOVIES 6

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

Thor: The Dark World PG13 2D/3D
1:30 • (4:25) • (7:00) • 9:30

Bad Grandpa R
12:25 • 2:45 • 5:00 • 7:15 • 9:25

Freebirds PG
12:15 • 2:35 • 4:45 • 7:05 • 9:15

Homefront R
12:00 • 2:20 • 5:00 • 7:20 • 9:45

Frozen PG 2D/3D
11:45 • (2:15) • (4:45) • (7:15) • 9:40

Hunger Games: Catching Fire PG13
12:15 • 3:20 • 6:30 • 9:35

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dana jameson photo

This colorful Canna Ray pineapple tree creation was enjoyed by visitors to Ivy Cottage's open house Tuesday. Shown enjoying the colorful display are, l-r, Adabeth Smith, Brenda Taylor, and Suzanne Bunker.

Campbell book updated in 3rd printing

By Ron Carr

On December 2, 2005, a long awaited book signing was held at Ingram's Department Store. Over 400 people attended and purchased signed copies of Holly Campbell's book, *Rainbows Through the Storm*.

The December 2 date was significant. It would have been Sarah Campbell's 26th birthday. Most local residents are familiar with the tragedies that struck the Campbell family with the death of daughter Sarah and 15 months later the death of their son Dustin.

The book tells in simple and often frank language of the struggles that faced Holly and Danny Campbell and the Campbell family. It is a story of dealing with life and death and grief but most of all the book is a tribute to the memory of Sarah and Dustin. For Holly, writing the book was a form of therapy and recovery.

In the ensuing years Holly and Danny have been asked to speak to numerous high schools and churches. They developed a power point presentation that brings a powerful message of coping with grief and hope. I attended a presentation at Friona High School and can attest it was powerful and moving.

Recently Holly undertook to revise and update the book. She added some text and photos of events that have occurred over the years. For example, Dustin's Class of 2001 planted a tree in his memory at the high school during their 10-year reunion in 2011. A photo is included in the revised edition.

Clint Mears of Intheden Graphics did the layout and printing of the original book and the reprinting. A 2nd reprint was done in November 2006. The updated version

was delivered this week. This shipment makes a total of 6,000 books printed so far.

The book has been ordered by people across the country that share similar tragic events. It has helped many people cope with their grief. The little book is available on Amazon, at Ingram's, the Friona Star office, Ivy Cottage, and Property Associates. It costs \$10.

The new shipment arrived this week, on December 2, 2013, what would have been Sarah's 34th birthday. The coincidence was not lost on Holly. She believes that Sarah was smiling down and sending a sign. Holly Campbell is perhaps the strongest woman I've ever known. She has endured and grown and inspired others. I'm proud to call her my friend.

She has indeed found *Rainbows Through the Storm*.



ron carr photo

Clint Mears of Intheden Graphics, left, and Holly and Danny Campbell unpack a box of Holly's book, *Rainbows Through the Storm*, as the 3rd and updated printing arrived Monday.

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Estate of Eugene & Dorothy Ellis

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From Amarillo: Travel south on I-27, take the Highway 86 Exit just before entering Canyon. Travel west on Highway 86, going through Umbarger, Down and Hensford. West of Hensford - in Black turn south on Farm Road 1172. Travel south on Farm Road 1172 to Highway 86. Turn west on Highway 86 for two miles. Auction site is on south side.
From Friona: Travel south on Farm Road 214 for 8 miles to the intersection of Highway 214 and Highway 86. Turn east on Highway 86. Travel east on Highway 86 for 5 1/2 miles. Auction site is on the south side of Highway 86.
From Lubbock: Travel north on Farm Road 1172 to Highway 86. Turn west on Highway 86. Travel west on Highway 86 for two miles. Auction site is on the south side of Highway 86.

Saturday December 14, 2013 10:00 a.m.

This is a nice Estate containing lots of quality merchandise. Unfortunately, on the originally scheduled date the Auction had to be postponed due to dangerous road conditions. However, we have rescheduled and we are excited to present this quality merchandise for sale -to you- at public auction! As always, this is only a partial listing - there is no possible way to list everything that will be sold at this auction PLUS we are uncovering new treasures daily, so there is no telling what else might turn up! So bring your friends, your lawn chairs, your trailers and plan on spending the day with us at this Estate Auction. PLEASE NOTE: Firearms are secured at an offsite location and will not be available for viewing until day of auction.

Vehicle & Trailer

2001 GMC 271 Pick Up, extended cab
*approximately 138,000 miles
6' x 10' Enclosed Trailer
with roof air conditioner & electricity

Travel Trailers

1982 Royals International 40 ft. Fifth Wheel Travel Trailer triple axle
1985 Fleetwood Traveler 22 ft. Travel Trailer tandem axle
Fifth Wheel Plates

Recreational

2006 Polaris Ranger 500
4x4 side-by-side UTV
2001 Suzuki DR650 Dual Sport Motorcycle with extra fuel tank & tire
Just over 6,000 miles
15 ft. Gladion Tri-Hull Boat
85 hp Johnson Motor
Minivola Trailing Motor

Firearms, Ammunition & Knives

Iver Johnson 12 gauge Shotgun
Single Shot
Ruger SP9 semi-automatic Handgun with extra Magazine
Densa 380 semi-automatic Handgun
Smith Ammunition
Large handmade Bowie Knives
Several 2 & 4 Blade Pocket Knives

Tools & Shop Equipment

Hubbard Champion 4500 Welder 120/240
Troybilt 2650 Power Washer w/ 6.75 hp Briggs & Stratton Engine
Craftsman oilless Air Compressor
Gebois Shop Air Compressor
Shop A-Frame
Large lot misc. assorted Hand Tools
Pliers / End Wrenches / Sockets
Rotating Tool Rack / Work Benches
Miscellaneous Parts Bins & Shelving

Antiques & Collectibles

Antique Sofa and Chair
Red velvet upholstery & ornate wood trim
Antique Bedroom Suite
Full size Bed, Dresser with beveled, etched Mirror, Wardrobe with Cedar Closet and 4 drawers, beveled, etched Mirror on door
Vintage Record Player / AM/FM Radio
Upholstered Rooking Chair w/ wood trim
Maple Rooking Chair
Singer Treadle Sewing Machine
Old Buttons
Vintage Sewing Notions
VERY large lot vintage Fabric
Vintage Sewing Patterns
Dollies / crochet / embroidery
"Friona" Letter Jackets
"Friona" Letter Sweater
Large lot of vintage Figurines
Very old Hummel chalk Figurine
Porcelain Thunder Bucket
Vintage Skates
Lots of vintage Bottles and Jars
Pressure Cookers
Vintage Trophies
Vintage Paintings and Prints
Vintage TV Trays
Unusual ornate metal Light Fixtures
Woodstock Typewriter
1950s Zenith Radio
Vintage Christmas Decorations
8mm Movie Projector/Screens/Light Bar
8mm Movies

Furniture

Ranch Oak Drop Leaf Dining Table w/ 4 Chairs
Duncan Phyllis China Cabinet
Duncan Phyllis Buffet

Burlington House Dining Table with 2 leaves and 5 Chairs

Burlington House lighted China Cabinet
Burlington House Serving Table
Various vintage Side Chairs
Wood Bar Stools
Upholstered Sofa
Upholstered swivel Rooker
Upholstered Rediner
Vinyl Rediner
Coffee Table
Several End Tables
Marble-top Side Tables
Small oak Book Shelf
White Fine Furniture Bedroom Suite
King-size Bed, 2 Night Stands and 6-drawer Dresser with Mirror
Ranch Oak Side Table
Ranch Oak Stool

Appliances

Whirlpool Washing Machine
Whirlpool Dryer
Bermina Sewing Machine in cabinet
Panasonic Microwave
Large lot Small Kitchen Appliances
Sony console Television

Glassware & Housewares

Leffon / Hummel / McCoy
Milk Glass / Lead Crystal
Carnival Glass / Cut Glass
Homer Laughlin / Pyrex
Hand painted Lakeview China
Merlin & Sons New York China
Gold Standard China
Onelida China
Harmony Tea Set
Tea Pot Collection
Collector's Plates
Large lot vintage Figurines
Stainless Steel Bread Box

Lawn & Garden

Troybilt 22 hp zero turning radius Lawn Mower 52" cut
John Deere L120 Riding Mower
3-section Pull-Type Reel Mower
Ryobi 2 cycle front line Tiller
John Deere 85G Weed Eater
Lawn Boy Weed Eater
2 hp gas Edger
White iron Patio Bench
Patio Swing
Swing Set
1- lot misc. Lawn Chairs
Large lot Lawn Tools

Office Furniture & Equipment

New Directions 48" oak veneer Desk
Hardrock Maple Desk
Computer Desk

Miscellaneous & Unclassified

Whirlpool Washing Machine
Jewelry Boxes
Shelving Units -wood & metal
Dinnerware / Silverware
Cooking Ware / Pyrex
Cookware / Bakeware
Tupperware / Kitchen Utensils
Linens / Blankets / Sheet / Towels
Several Chemise Bedspreads / Afghan
Plastic Storage Containers
Large lot Mirrors / Prints / Wall Hangings
Several Clocks
Very large lot Lamps: table/pole/hanging
Christmas Decoration
Records / 8-track Tapes / Cassettes
1- lot Brass Figurines
Medical Equipment
Large lot Books -some vintage
Stuffed Animals -some vintage
Large lot Fishing Poles

... and Much, MUCH More ...

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