

Friona ★ Star

VOL. 89, NO. 15

FRIONA, TEXAS

THURSDAY, APRIL 11, 2013

TEN PAGES

A PUBLIC FORUM

Thursday April 18 at 6:00 p.m. JUNIOR HIGH CAFETERIA

The candidates for mayor and the school board have been invited to speak.

If you have questions for any of the candidates email them in advance to fedc@wtrt.net.

Sponsored by the Friona Chamber of Commerce.
Hope to see you there!

Free pre-natal classes

The Healthy Baby Coalition of Parmer County is having sign up for free pre-natal classes Saturday, April 13 from 9:00 – 11:00 a.m. in the conference room at Parmer Medical Center. All expectant mothers are encouraged to register for the free classes.

Mothers who participate in the classes earn points to use for free baby items for their newborn. Classes are available in English and Spanish. The coalition will also be accepting donations of new or gently used baby items at the same time.

For more information about the coalition contact Heidi Eichenauer at 250-2754 or JoDonna Terry at 295-8291.



courtesy photo

Parmer Medical Center Manager of the Year Devin Carpenter, left, and Employee of the Year Delia Jackson, right, are congratulated by PMC Administrator Gayla Quillin after receiving their awards at the hospital appreciation dinner Friday evening April 5.

Hospital appreciation dinner honors employees

Parmer Medical Center had its annual Employee Appreciation Dinner at the Country Rose on Friday, April 5, 2013. Service awards were presented and the 2012 Excellence Award winners were announced.

In recognition of outstanding employees for 2012, the hospital continued to use their service excellence theme. The first Excellence Award

for Employee of the Year went to Delia Jackson, Nursing Assistant. Delia was recognized for her service to patients and willingness to help co-workers within the facility.

Devin Carpenter, Assistant Director of Nursing, received a second Excellence Award as Manager of the Year. Devin also was recognized for his outstanding performance

throughout the year with staff and patients alike.

Mike Prather, IT Director, was recognized for his work with the hospital's electronic medical record software company, Nextgen. Mike was titled "King Ping" by Nextgen for his expertise not only for PMC but also assisting other hospitals.

Five year service awards were

presented to Carla Nieto, RN; April Rosas coder/biller; Kelly Santiago, RN; Susie Spring, clinic director; and Martha Torres, a/p and payroll clerk.

Recognized for ten years of service were Gloria Aragon, medical assistant; Devin Carpenter, assistant director of nursing; Alan Clark, physical therapy assistant; Nimfa Martin,

director of physical therapy; and Tessa Schueler, social worker.

Christina Donovan, medical assistant, was recognized for 20-years of service and Joy Osborn, coder/biller celebrated 30-years with the hospital.

Spokesperson Heidi Eichenauer said, "Parmer Medical Center is very proud to recognize each of these individuals."

Council approves purchase of ten lots for apartment construction

The Friona city council met in regular session Monday April 8 at 6:30 p.m. in council chambers, 619 Main St. Councilman and mayor pro-tem Jim Atwell presided. Councilman Greg Lewellen was absent.

The meeting was called to order at 6:30 p.m. with the pledge of allegiance and invocation. The first business item was a public hearing for comments on the proposed ordinance making Main St., from 4th to 11th streets a business district and restricting any usage for trailer parks, courts, and similar usage. There were no public comments.

Due to the election date of May 11 and the necessity of ballot canvassing, the May meeting was moved from

May 13 to May 20. All council meetings are open to the public.

Council reviewed the city's investment policy and after discussion, approved First National Bank as the city depository bank. Based on bids received from Friona State Bank and First National Bank, the council was unanimous in awarding the agreement to First National.

Bids from Whiteface Ford and Stevens 5-Star were considered for a new city pickup. Whiteface, with a bid of \$21,404 was awarded the bid. Stevens' two bids were \$23,018 and \$24,221. Freeman Company was awarded the seal coat bid for city streets.

A recommendation from the plan-

ning and zoning board was discussed regarding the Main St. business zone ordinance. The council accepted the P&Z recommendation and approved the ordinance. In other action, Eldon Reeb was appointed to the Friona Economic Development Corporation (FEDC) board replacing J.B. Douglas who resigned and moved to Amarillo.

Mr. Douglas also resigned as Friona mayor and his resignation was accepted by council vote. Mayor pro-tem Atwell said, "Mayor Douglas was a strong asset to the community and we appreciate his service and wish him well."

In a major decision, the council approved the FEDC's purchase of 10 lots

on the city block bounded by 6th and 7th and Ashland and Woodland. The lots were purchased for \$3,500 per lot from Connie Whaley Slagle and Doris Whaley Sutton. Plans call for a Clovis developer to construct duplex/apartments on the lots to assuage the shortage of housing in the city. Plans are still tentative but one report said up to 24 three bedroom, two bath units could be built on the property.

Police Chief Frank Mooney gave his activity report. He said the city is currently one officer short but interviews are scheduled next week. On a govdeals.com website, Chief Mooney said they sold four vehicles and still have a 2007 Dodge Charger to sell. He

is meeting Thursday (4/11) with the Panhandle Regional Planning Commission (PRPC) about a grant to fund a school resource officer.

Warrant/fine collections are up this year, he said, attributing the increase to the city's impound policy. Citizens caught driving without a driver license or insurance have their vehicles impounded and pay a fine and storage fee. Warrant collections in 2012 were \$21,546. So far in 2013 collections are \$37,529.

Future council members Alan Monroe and Bruce Fleming were present as observers. They will be sworn in at the May 20 meeting. Also present was mayoral candidate Rick White.

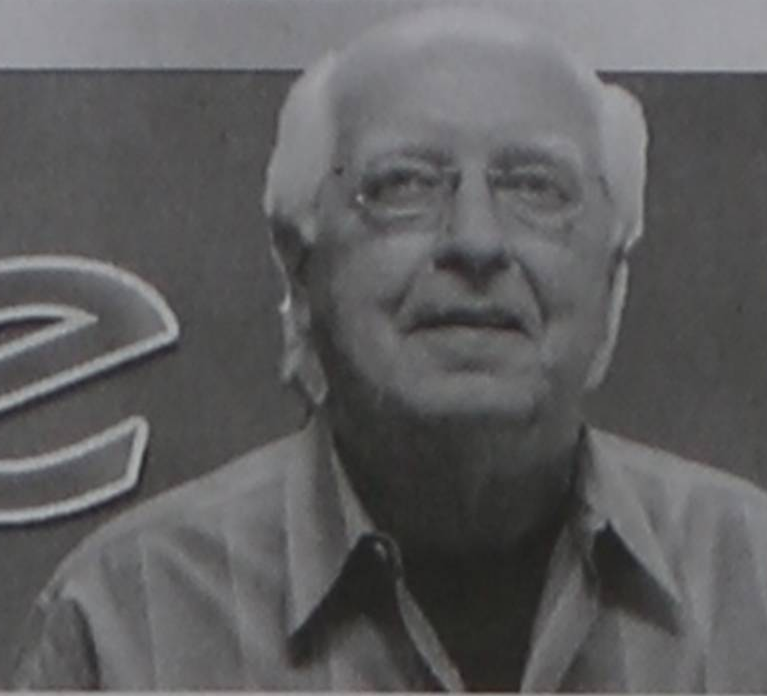


ron carr photo

This property bounded by 6th and 7th between Ashland and Woodland streets has been approved by the city council for purchase by the Friona Economic Development Corporation (FEDC). The 10 lots were purchased for \$3,500 per lot. Plans are underway to develop the lots for apartments. The city will tear down the old structures shown here and prepare the property for development. Exact plans have not been finalized but reports are up to 24 three bedroom two story units could be built.

Out Here

By Ron Carr



Letters to the Editor

U.S. Senator John Cornyn (R-TX) issued the following statement after the President released his budget 65 days late:

"By delaying his budget and neglecting to meet his obligations, the President chose to lead from behind and put off the task of governing. Even with the extra time, the President has offered a budget that isn't serious about putting our nation back on a path to long-term economic growth. He's holding necessary reforms hostage to more tax increases, failing to take serious steps towards deficit reduction and pushing a budget that never balances."

Statement from the National Rifle Association

Expanding background checks at gun shows will not prevent the next shooting, will not solve violent crime and will not keep our kids safe in schools. While the overwhelming rejection of President Obama and Mayor Bloomberg's "universal" background check agenda is a positive development, we have a broken mental health system that is not going to be fixed with more background checks at gun shows.

The sad truth is that no background check would have prevented the tragedies in Newtown, Aurora or Tucson. We need a serious and meaningful solution that addresses crime in cities like Chicago, addresses mental health deficiencies, while at the same time protecting the rights of those of us who are not a danger to anyone. President Obama should be as committed to dealing with the gang problem that is tormenting honest people in his hometown as he is to blaming law-abiding gun owners for the acts of psychopathic murderers.

the healthcare marketplace coming soon

Your health insurance may be headed for trouble. Or maybe not.

Depends on who you believe and how much you know about the Affordable Care Act, a/k/a Obamacare. Something has to reveal itself by October 1, 2013 when the so-called healthcare marketplaces open for enrollment. Coverage starts January 1, 2014.

The state of Texas declined to have a state-operated insurance exchange. If a state decides not to undertake an insurance exchange the federal government will operate it for them. Either way it is likely to be a total boondoggle. Nevertheless, the Obama folks remain positive that their new healthcare program will be a good deal for the common man/woman.

Bob Moos has the unwieldy title of Southwest public affairs officer for the Centers for Medicare and Medicaid Services. I decided to reprint Mr. Moos' recent positive news release that explains how wonderful the coming Health Insurance Marketplace is going to be for folks who are uninsured.

Here is his take on the subject. Of course Mr. Moos does not say how much it will cost taxpayers to operate the exchanges, hire navigators to explain it, and more layers of government employees to process it. You be the judge.

A new way to buy health insurance is coming soon

By Bob Moos

Whether you're uninsured or just want to explore your options, you'll soon have a new way to find health care coverage that fits your needs and budget.

The Health Insurance Marketplace will give you access to affordable, comprehensive coverage. You'll be able to go to one website to learn about insurance plans available to you, check on their benefits and out-of-pocket costs and then comparison shop.

Most workers will still get coverage through their employer, and older people will still have Medicare. But if you're one of the many Americans who have had difficulty buying insurance for themselves because of cost or poor health, you'll welcome the Marketplace.

The private, individual health plans sold through the online exchange will provide a package of 10 essential benefits, including emergency services, hospital care, lab services, prescription drugs, doctor visits, preventive care, rehab services and maternity care.

The benefits are similar to what's typically covered in an employer-provided plan. Yet many individual insurance plans currently don't offer such an array of services.

You'll also choose one of four levels of coverage: bronze, silver, gold or platinum. Bronze plans will have the lowest premiums but the highest out-of-pocket costs. Platinum plans will have the highest premiums but the lowest deductibles and co-payments.

With a bronze plan, for example, the insurer will pay 60 percent of the costs, while you'll be responsible for the other 40 percent. With a platinum plan, the insurer will pay 90 percent of the costs, and you'll be expected to take care of the remaining 10 percent.

When you're shopping at the Marketplace, everything will be clearly spelled out for you. You'll see what your monthly premiums, annual deductibles and other out-of-pocket costs will be before you decide to enroll. You'll make apples-to-apples comparisons between health plans.

You'll have guaranteed coverage regardless of a pre-existing medical condition. Insurers won't be able to deny you coverage or charge you more because you have, say, cancer or diabetes. It will also be illegal to charge women more simply because they're women.

When enrollment through the

Marketplace begins on Oct. 1, you'll use a single application to figure out whether you or your family are eligible for a low-cost plan through Medicaid or the Children's Health Insurance Program or qualify for a new kind of tax credit.

With most tax credits, you must wait until you file your income taxes to get a break. But the credit available through the Marketplace can be used right away to lower your monthly premiums. It will be sent directly to your insurer, so you'll pay less out of your own pocket.

Generally, the premium tax credit will be available to individuals and families with incomes between 100 percent and 400 percent of the federal poverty level. That's between \$23,550 and \$94,200 per year for a family of four. You also may qualify for other breaks on your out-of-pocket expenses, depending on your income.

It's not too early to find out more about how you can make the Marketplace work for you. Visit www.healthcare.gov today to learn about the advantages of health insurance and how to choose a plan to fit your needs and lifestyle.

In the fall, you'll be able to get information about all the plans in your area. You'll enroll yourself directly through the website or, if you have questions, you can call a toll-free hotline. There will also be specially trained people in your community to give you personalized help.

These "navigators," as they'll be called, won't be associated with any particular insurance plan, and they won't receive any sales commission from insurers, so you'll be assured of completely unbiased help. They'll have only your best interests at heart.

The Marketplace will give you control over your health insurance options and, for many people, offer a break on costs. Coverage starts on Jan. 1.

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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.

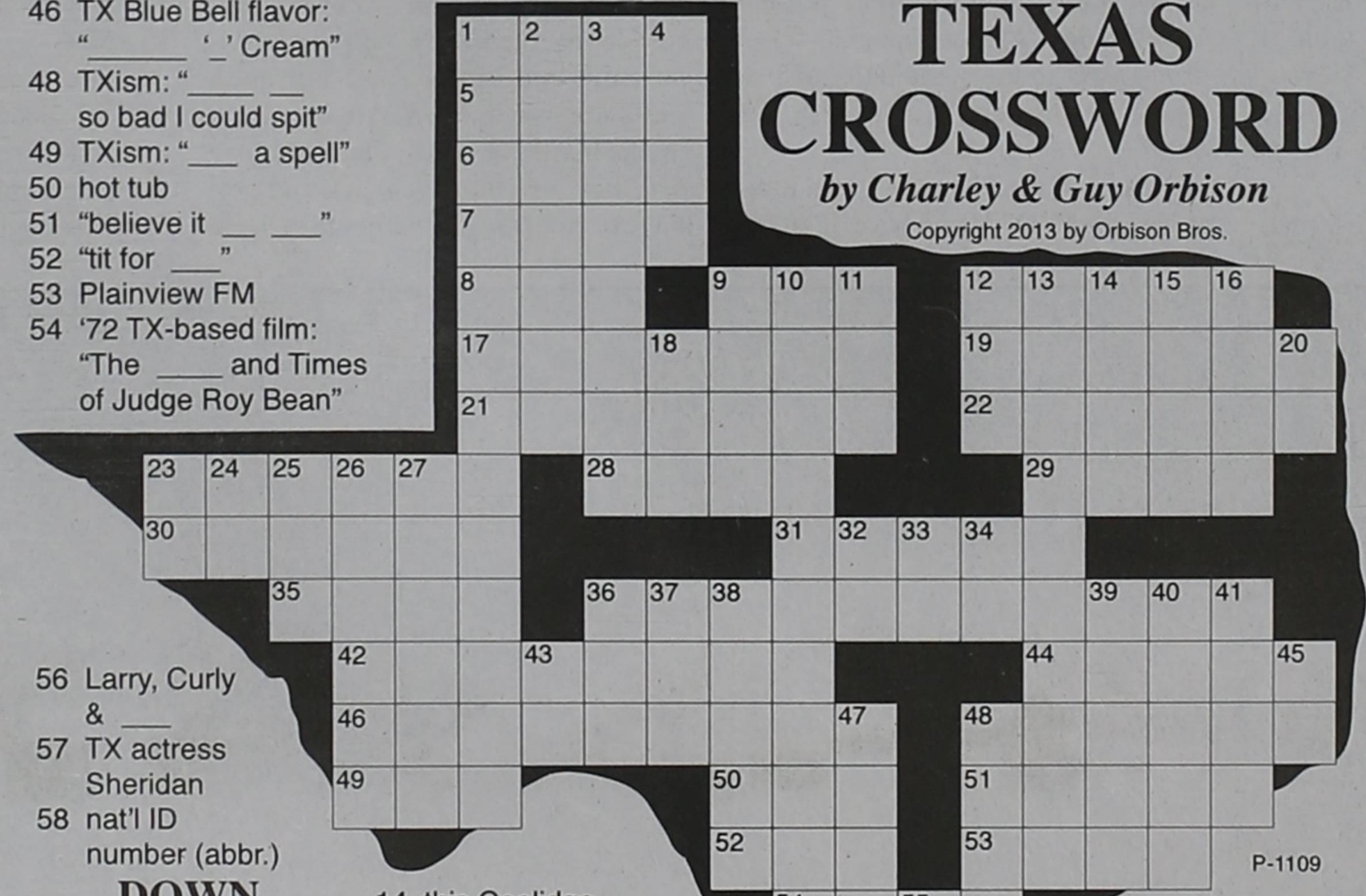
Representative: John T. Smithee, Room CAP1W.10, Capitol P.O. Box 2910, Austin, Tx 78768. 512-463-0702. fax 512-476-7016. Amarillo office; 320 So. Polk, 1st Floor, Lobby box 28, Amarillo 79101. 806-372-3327, fax 806-342-0327.

ACROSS

1 TXism: "take a ___ at it" (try)
5 well with no oil: "dry ___"
6 town in TX and Iowa
7 Paris, TX FM
8 "___ More Beef"
9 beginning of "son," "mate," or "mary"
12 heron found in east TX
17 at Alamo, Travis drew ___ the dirt
19 pirate Jean Lafitte's Galveston house: "___ Rouge"
21 late TX astronaut "Deke"
22 "the bull" south of the border
23 hush! (Scottish)
28 TXism: "I need that like I ___ a third foot"
29 "___ on down the road"
30 TX Ivory Joe Hunter's "___ Met You Baby"
31 TX-born actor, Hawke
35 Bryan, TX AM
36 mountains where TXns competed in XX Olympics (2 wds.)
42 location of fatal plane crash of TX Buddy Holly: "Clear ___, ___"
44 TX actress Prentiss

TEXAS CROSSWORD

by Charley & Guy Orbison
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P-1109

DOWN

1 TXism: "more than you can ___"
2 Harris Co. most northern town
3 Alaska islands
4 Mrs. Truman
9 this Gent wrote "North Dallas Forty"
10 early name for the Rio Grande (4 wds.)
11 "Fanthorp ___ State Historic Site" in Anderson
12 Tex-Mex prison mafia: "El ___"
13 Houston suburb

46 TX Blue Bell flavor: "___ ' Cream"
48 TXism: "___ so bad I could spit"
49 TXism: "___ a spell"
50 hot tub
51 "believe it ___"
52 "tit for ___"
53 Plainview FM
54 '72 TX-based film: "The ___ and Times of Judge Roy Bean"
56 Larry, Curly & ___
57 TX actress Sheridan
58 nat'l ID number (abbr.)
14 this Coolidge sang with TX Kris
15 "those" south of the border
16 "he ___ out of here"
18 TX poet Naomi Shihab ___
20 TXism: "all vine, ___ watermelon"
23 TX jockey Shoemaker (init.)
24 TXism: "howdy"
25 TXism: "you can write it in ___"
26 resells Cowboy tickets
27 Sudanese grain sorghum
32 TX electronics firm (abbr.)
33 laugh word
34 TXism: "can't hunt with ___ empty gun"
36 TX Willie Nelson's "Farm Aid ___" was in Lincoln, NE
37 "hit me like a ___ of bricks"
38 TXism: "fast as ___ TX jackrabbit"
39 this Wadkins won 73 Byron Nelson Golf Classic
40 TXism: "___ the feed bag"
41 narrow cut
43 ___ Chico
45 TXism: "chompin' ___ the bit"
47 sovereign states
48 TXism: "___ up a bear"
55 this Sherilyn was in TX-based "Ruby"

solution on page 4

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Town Talk II

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

The big topic this week has to be the weather. It was 80 degrees Monday and the Wednesday morning wind chill was -3. Tuesday's cold front blew in around noon and the wind blew 20-30 mph. The Chiefs baseball teams, varsity and JV, played Tuesday afternoon and evening in the dusty windy weather. Both teams won but I wimped out on going to take photos. Too cold for these old bones.

The Friona Cemetery Association will meet Thursday April 18 at 3 p.m. at Friona city hall. The association helps maintain our local cemetery.

Congratulations to Troy and Mona Sharrock on occasion of their 54th wedding anniversary April 4. Also John and Kathryn Gurley celebrated a 24th anniversary this week.

JeDon Gallman is still recovering in a Dallas hospital from surgery for esophageal cancer. He is making progress but it is slow.

Former Bovina resident Jim Russell has died. Services were this week in Hereford. Jim and his wife Earlene "Scooter" Russell were longtime Bovina residents. Scooter helped me ease into the newspaper business back in 1995 when she was the editor of the Bovina Blade. They have lived in Spearman for many years. Our sympathies to the family.

The Hacienda Home Store in Clovis is closing. Also closed are the Long John Silver's and Quirk's Feed A Lot in Hereford. There is a for sale sign at the Quirk's place.

Local veterinarian and outdoorsman Dr. Gary Cash attended the world's largest gun show in Tulsa over the weekend. He said he watched some professional pool players play for \$500 a game and saw an 1800s snooker table worth about \$100,000. There were 5,000 booths at the gun show he said.

The first week winners in the Friona Library's e-reader drawings were 2nd grader Anthony Guerrero and Julio Nava. The library will give away Kindle e-readers each Friday in April. You have to visit the library each week to sign up for that week's drawing.

See you at the Class of 2013 senior steak dinner Sunday at the junior high cafeteria. Tickets at the door are \$13/\$11. Takeouts available. Delivery to shut-ins also available. For home delivery call Rhonda Murphree 250-2512. You might even see some seniors working and serving. Proceeds benefit the all night drug free party after graduation. Serving is from 11:00 a.m. to 1:30 p.m.

Heard someone say "You darned tootin'" last week. Had not heard that phrase in a long time. Wonder where

it originated? I know, I could Google it. Maybe I will when I get time.

Former Chieftain head coach Bob Ferguson and his wife Deidre left Friona for Paradise, Texas about 5 years ago. Deidre said they thought they would retire there but God had other plans. The Fergusons are returning to the Panhandle. They will be coaching and teaching in Spearman. So if you need a home in Paradise they have one for sale. Coach Bob was one of my favorite coaches to work with over the years and we welcome them back to the Panhandle, where the last couple of days have not exactly been Paradise.

The FHS one-act play did not advance out of area competition held this week in Plainview. It was a good play and a good job by our thespians. Tyler Etue was named to all-star cast again and Haden Smiley and Holly Johnston were named honorable mention all-star cast. Good job Erika Montana and your talented thespians.

Mentioned Hal Ratcliff last week as being honored at Cowboy Stadium during an NCAA semi-final basketball game. Hal called and said the 1968 TCU basketball team that won the Southwest Conference championship was being honored and he was an assistant coach on the team. It was a nice recognition.

Shara Hamilton asked me

to mention that the dishes, bowls, or pans that folks brought to her home on the death of her husband Tommy, can be picked up at Suds and Scissors on Main St.

Boomtown! I saw a report from Austin this week that Texas has 7,400 oil and gas rigs operating and 54% of those are in the Permian Basin (Midland-Odessa area). It was said that 20,000 new people have moved to that area the past two years. Growth is good except housing has become a major concern down there.

The city council meeting Monday night was interest-

ing. The city approved the purchase of almost a full city block (10 lots) bordered by 6th and 7th Streets and Ashland and Woodland. Apparently a developer is planning construction of a two-story apartment complex on the property. There are a few old buildings to be torn down which the city will do. More on the progress as it develops.

The Church of Christ senior banquet will be held Monday April 15 for the Class of 2013. Then Tuesday will be senior parents day for the baseball team. They play Bushland here at 4:30 p.m. Not sure when the senior parents and players will be

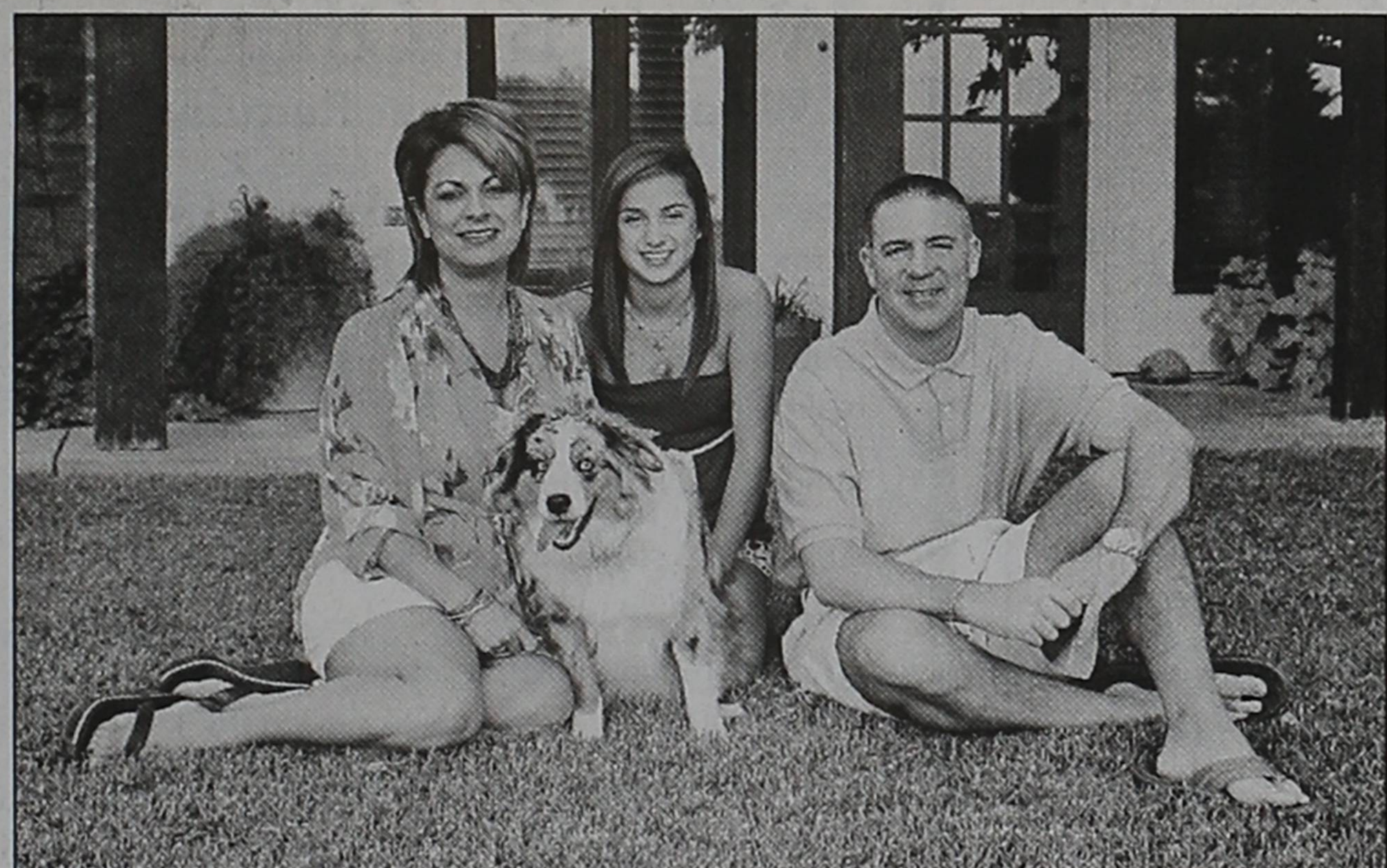
recognized, before, during, or after the game. The Chiefs look sure to get into the baseball playoffs after winning two games over Boys Ranch and one from Sanford-Fritch.

The public forum for the mayoral and school board candidates will be next Thursday April 18 at 6 p.m. in the junior high cafeteria. Come out and participate. Guess that is all for this week. Send us your news and photos. It is going to be back into the 80s this weekend. I'll be watching The Masters golf tournament. And Monday is the deadline to file your income tax. Have fun. Until then!



courtesy photo

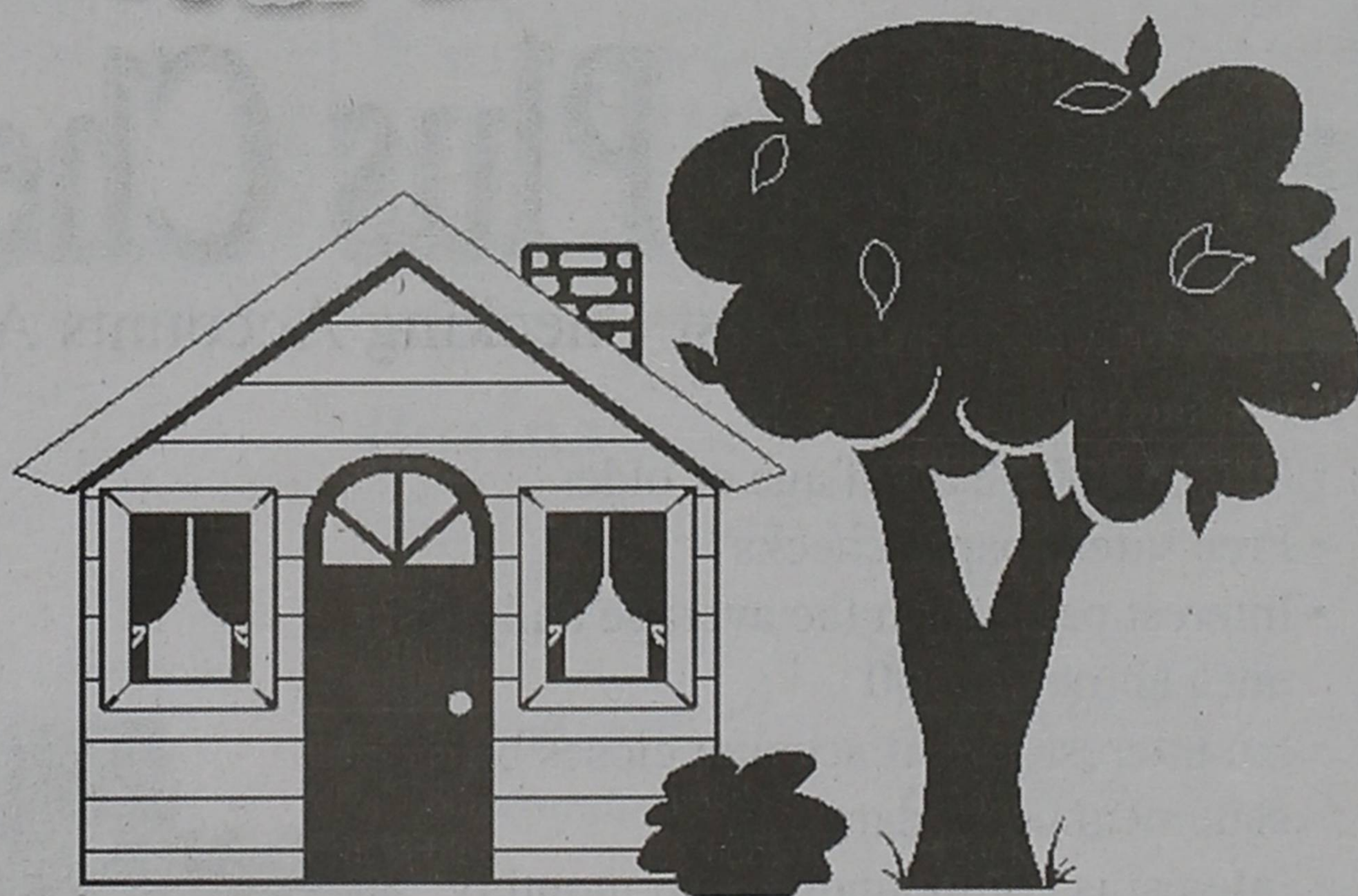
Recognized for their service at the hospital appreciation dinner were, back row, l-r, Tessa Schueler 10 years, Alan Clark 10 years, Susie Spring 5 years, Devin Carpenter 10 years; front, l-r, Gloria Aragon 10 years, Christina Donovan 20 years, and Joy Osborn 30 years. The PMC appreciation dinner was held Friday evening, April 5, at the Country Rose in Summerfield.



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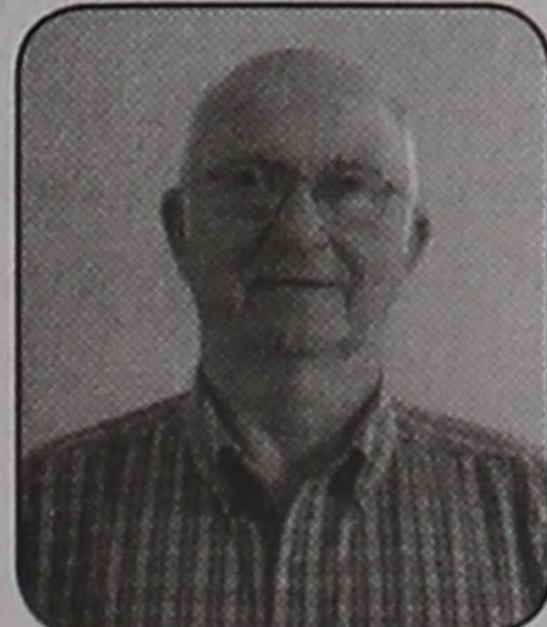
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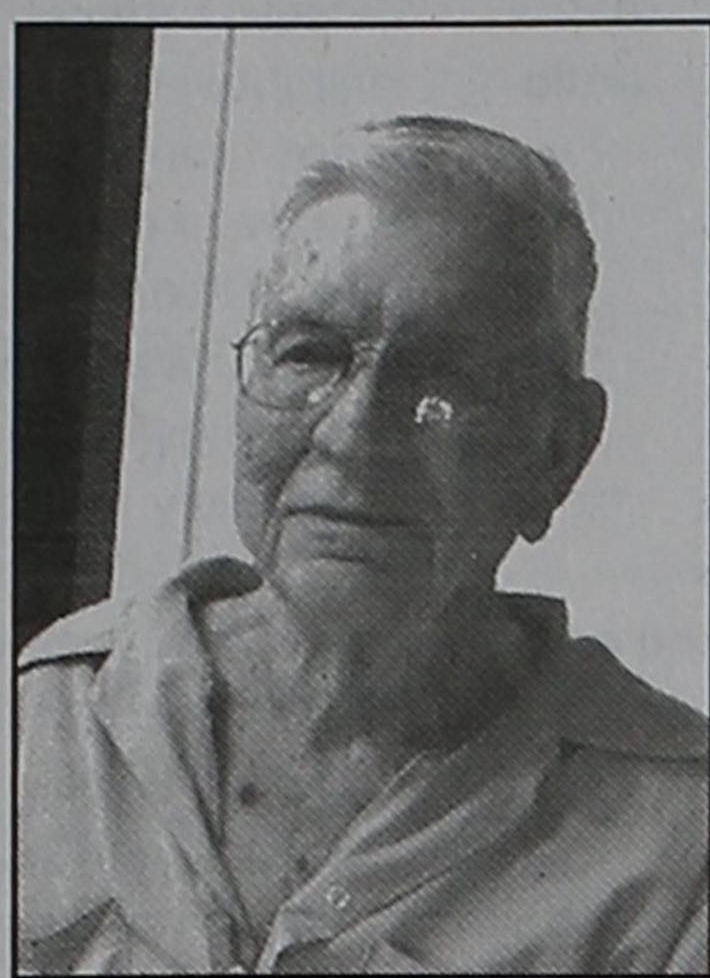
OBITUARIES

J. B. Barrett

Funeral services for J. B. Barrett, 86, of Bovina, were held Thursday, April 4, 2013, at First Baptist Church in Farwell, Texas with Rev. Russ Ponder of Farwell and Corey Speer of Odessa officiating. Burial followed in the Bovina Cemetery under the direction of Ellis Funeral Home of Muleshoe, Texas.

Mr. Barrett died Tuesday, April 2, 2013 in Clovis. He was born October 4, 1926 to Elmer O. and Ruby Hawkins Barrett in Roscoe, Texas. He married Mable Sue George in Flomot, Texas on October 2, 1952. He had lived in Bovina since 1954 having moved from Lockney, Texas.

Mr. Barrett was a member of the Calvary Baptist Church in Friona. He had been a deacon in the First Baptist Church of Bovina for thirty plus years. He enjoyed playing dominoes and loved to fish. He served his country during World War II in the Merchant Marines. He was preceded in death by his parents.



J. B. Barrett

Survivors include his wife Sue Barrett of the home; one son, Jay Be Barrett and wife Jana of Farwell, Texas; one daughter, Jana Headrick of Lubbock; two brothers, Monty Barrett of Lubbock and Robert Barrett of Fort Worth; six grandchildren, Joel Barrett, Jordan Barrett, Britton Barrett, Christian Barrett, Catherine Speer, and Cheryl Millican; and five great-grandchildren, Emma-leigh Neil, Ruth Millican, Isaiah Speer, and Brooklyn Barrett.

Lions Club News

The Friona Noon Lions regular meeting Thursday April 4 had ten members present and five guests present. Guests were club sweetheart Holly Johnston and FCCLA teacher Patsy Allen and three FCCLA students; Adaline Adame, Terry Reed, and Diana Prieto.

The students gave a presentation on their projects that earned them a trip to the FCCLA state finals. Mrs. Allen said over 60 FCCLA students qualified for the state competition.

Boss Lion Clint Mears said the next meeting, April 18, will be held at the Friona State Bank community room welcoming WTA&M coach Don Carthel and inviting WT alumni and others to attend the lunch meeting. See the Lions Club advertisement in this Star for details.

In May the club will cook corn dogs and fries for the May 2 blood drive, cook fries for the May 7 all-sports banquet, and hold the annual Broom & Mop Sale on May 16 at the city park.



ron carr photo

Friona Noon Lions Club sweetheart Holly Johnston models the new Lions Club cap members will be wearing at the club fundraisers and public events.



ron carr photo

Guests at the Noon Lions April 4 meeting were FCCLA students, l-r, Terry Reed, Adaline Adame, Diana Prieto, and FCCLA teacher Patsy Allen. The ladies gave a presentation on their projects for the upcoming FCCLA state competition.

We would like to express our thanks to the PMC staff & Dr. Jubay and the staff at Prairie Acres shown to us and to Jim during his illness. We have been so blessed by all the food, cards, flowers and prayers.

The family of Jim Zorns

When Crisis Come

BRETT HOYLE, Pastor, First Baptist Church

In 1 Kings 12 the nation of Israel is in great upheaval and national crisis. Their new king has refused to ease the heavy burdens placed upon his people, which has led to a north-south split in the nation. Rehoboam reigns in the south and Jeroboam reigns in the north. Through this trying time the Bible teaches three things about when crisis comes.

First, when crisis comes it is a time of new opportunity. For Israel, the northern kingdoms are freed from the heavy yoke placed upon them by Solomon, and their new leader has been given the promises of God which call him to rule according to God's statutes and enjoy God's blessings (11:38-39). When people go through difficult times it is a time that God often uses to open new doors and lead down new paths.

Second, when crisis comes it is a time to listen to the Lord. Life events that stress and stretch us have a way of opening our ears and hearts to what God is saying.

Finally, when crisis comes it is a time to avoid idolatrous ideas and practices. Jeroboam had such potential and promise from God, but he squandered it by leading the northern nation into rampant idolatry, ungodliness and intentional disobedience. As crises will continue to pound our nation you can respond in faith and dependence upon the Lord, looking for new opportunities, listening to His Word and leaving sinful habits.

Panhandle Parables

Death and Taxes

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

It is that time again. The annual filing of income tax is a very enjoyable opportunity given to each of us. Something is wrong with that sentence, maybe the word enjoyable. It is said that death and taxes are the only two sure things. When we talk about taxes that may actually be true, it seems there is a tax for everything and before long we will need to tax our taxes and double down. Yet we could rant and rave and argue and fuss, fume and fight... about taxes but here we are up against the deadline, in a pile of receipts thinking we don't pay the folks who do this enough.

Since the last paragraph was so depressing let's talk about something a little more positive, death. I do not take death lightly and you may not think it a better topic than taxes and I suppose that would depend upon your view of death. Death is a consequence of a fallen world. Death has been a difficult pill to swallow for many. Then here comes Jesus through a plan only God could orchestrate through centuries of preparation, Jesus enters the world. The Son of God not only dies to deal with our sin problem, He rises from the grave to deal with our death problem.

So take heart as you work on your tax forms and receipts. Jesus had to pay taxes too! But, He dealt a blow to death itself that allows those who believe in Him to know that the grave is not the end there is something more and something better, life eternal with the King.

We would like to thank everyone for the food, flowers, cards and words of kindness for the loss of Tommy. Special thanks to my church family at Calvary Baptist for the friendship and the meal. Friona is a wonderful community to live in.

God Bless you all,
Shara
Dianne and Jeff and family
Terri and family
Sid and Darla and family
Tommie and Kevin
Loren and Jodi and family

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Kandace Frye & Kyle Burk
Brett Field & Elizabeth Bouquin
Drew Johnson & Cebia Martin

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Friona		Area Church Directory		Bovina	
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ron carr photo

The circus came to town Monday April 8 and was welcomed with some of our typical Panhandle winds that made the tent area a little dusty.



ron carr photo

The FHS prom will be held Saturday May 4 at the Country Rose in Summerfield. Ben Anthony took advantage of the Subway sign to ask Cheyenne Harris to be his prom date. He said she said yes.

Stay Calm and Cardio!

By Melanie Gallman Braun

Quick cardio quiz first: From About.com

1. When doing a moderate intensity cardio workout, you should be:

- a. Working in your 'fat burning' zone
- b. Working, but able to carry on a conversation
- c. Out of breath
- d. Working as hard as you can

2. Your target heart rate zone is based on:

- a. A percentage of your maximum heart rate
- b. Your ability to breathe evenly throughout your workout
- c. How many times your heart beats in a day
- d. How much you sweat

3. Which is the most effective cardio workout for burning calories?

- a. Running
- b. Walking
- c. Cross-country skiing
- d. The activities you enjoy doing and work hard at

4. If your goal is to improve your health, how much cardio should you do each week?

- a. 30 or more minutes most days of the week
- b. 60 or more minutes 5-7 days a week
- c. 90 minutes for 3-5 days a week
- d. 20 minutes at least twice a week

5. What are some of the physiological benefits of cardio exercise?

- a. Release of endorphins which reduces stress, depression and anxiety.
- b. Improved immune system
- c. Growth of capillaries in your muscles to help deliver oxygen and remove waste products more efficiently.
- d. All of the above

Answers: 1. b; 2. a; 3. d; 4. a; 5. d

The goal of cardio is to get your heart rate up and keep it up for a sustained period of time. Regular cardio (aka aerobic) exercise is one of the best things you can do to improve your overall health. Cardiovascular diseases (high blood pressure, coronary heart disease, heart failure, stroke, congenital cardiovascular

defects) affect 36.9 percent of Americans, killing over 815,000 people each year. That's more than cancer, chronic lower respiratory disease and accidental deaths combined. Two out of every three people with diabetes die from cardiovascular disease. Depressing stuff!

Cardiovascular diseases and type 2 diabetes are closely related to lifestyle factors such as obesity, sedentary behavior, poor nutrition, stress, and lack of sleep. The good news is that with lifestyle changes, such as adding exercise to your day, you can significantly decrease your risk of these diseases!

Cardio does not have to be complicated. You do not have to run a 5K every day, be bored on the treadmill or spend big bucks. Lots of choices are out there for a good workout: walking, cycling, jogging, running, stair climbing, elliptical machines, jumping rope, swimming, cardio-kickboxing, zumba, aerobics (step, dance, aqua), buy an aerobics DVD (\$10 at WalMart)... So which one is the best? The one that you enjoy and will work hard at. If you wake up every morning dreading your workout, you probably won't get it done. Do the things you enjoy! Mix it up—as long as you are getting in thirty minutes three to five days a week working at a moderate intensity (at least 60% of your maximum heart rate), it doesn't matter what you pick or how you combine them.

If the dirt is blowing, hop on the treadmill while you watch your favorite TV show. If it's beautiful outside, enjoy it with a walk or bicycle ride. The new walking trail at Reeve's Lake is a great place to get out and enjoy! Bonus: Research has shown that walking with walking poles will burn twenty percent more calories. You can purchase them at Target, sports stores or online. I've seen them range in price from \$20 to \$200; I'm sure the \$20 set serves as well as the \$200 ones. If you don't have a 30 minute time block, cardio for 10 minutes three times during the day; these sessions can provide the same benefits. Remember to ALWAYS warm up and cool down to prevent injury, soreness and stiffness.

Love yourself enough to live a healthy lifestyle!

www.issacertifiedtrainer.com/melaniebraun

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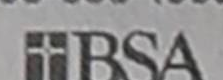
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Call 1-800-377-4673 to schedule your mammogram the next time our mammography coach comes to your city or for an appointment at the Harrington Breast Center in Amarillo.

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www.harringtoncc.org
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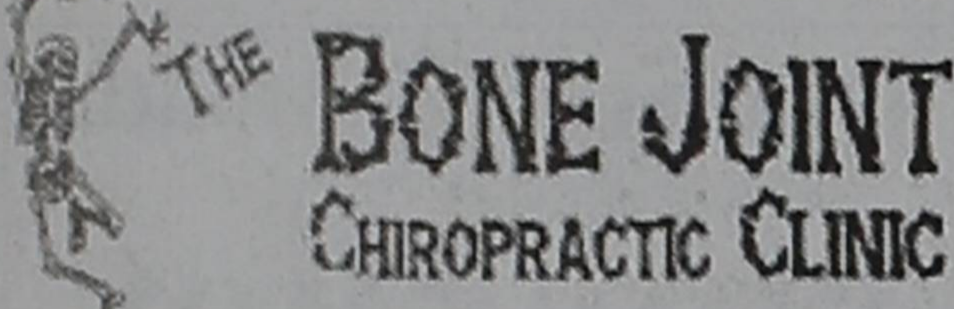
250-2211

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 4 1/2 Brick w/central heat & air, fireplace, formal dining room, sprinkler front & back, fenced backyard with storage, Western Addition

New Listing
 4/4/3 Brick w/central heat & air, fireplace, safe room, security system, fenced backyard with storage building, dog run, Western Addition.....\$219,900
 4/4/2 Siding w/central heat & air, remodeled kitchen, open floor plan, corner lot, covered deck in backyard, storage building.....\$125,500

Residential
 3/2/2 Brick Country Home on 4.73 acres, central heat & air, fireplace, cellar, barn, newly remodeled kitchen, lots of storage.....\$190,000
 REDUCED: 3/2/2 Brick Country Home on 2.79 acres, fireplace, central heat & air, basement, sprinkler front & back, well, incinerator.....\$150,000
 REDUCED: 3/3 Brick w/central h&a, AC is new, fireplace, 2 living areas, Class 4 roof, large fenced yard with storage, garden area w/trees.....\$139,900
 3/2/2 Brick w/central h&a, fireplace, corner lot, fenced yard.....Cont Pend
 3/2 Stucco w/cp, corner lot, metal roof, close to school, shop.....SOLD
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Evil Dead
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 1:10 • 3:10 • 5:15 • 7:05 • 9:00

GI Joe: Retaliation
 PG13
 12:50 • 3:00 • 5:05 • 7:15 • 9:20

The Croods
 PG
 1:15 • 3:15 • 5:15 • 7:15 • 9:10

Scary Movie 5
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42
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Fri 12th - 7's and 9's Only
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Cargill Cattle Feeders, Bovina, Texas -Positions available in the Cattle Department. Cattle department responsibilities include processing cattle, doctoring, shipping, riding pens, and other duties as assigned. Applicants must be willing to perform all of these responsibilities. Work schedule will include 1&1/2 day off on most weeks and hours will average 50-60 straight wage no overtime. Position includes full benefits package including 401K and Health Insurance. Interested applicants should apply in person at Cargill Cattle Feeders, 600 US HWY 60, (806) 225-4400. 2tc:4.4-4.11

The City of Friona will accept applications for the City Pool:
Lifeguards
Salary: \$7.25/hour
Job description and application forms may be picked up at Friona City Hall, 623 Main St. in Friona. Applications will be accepted until April 30, 2013.
 2tc:4.4&4.18

Position for City of Bovina Clerk
 Requirements: Must be proficient in QuickBooks, Microsoft Word, and Excel.
 Applications may be picked up at Bovina City Hall
 Send applications to: Ida Bermea
 Attn: City Council
 P.O. Box 720
 Bovina, TX 79009
 1tc:4.11

Cargill Cattle Feeders - Bovina, Texas - Position available in the feed mill department. Responsibilities will include housekeeping, maintenance, loader/truck operation, batching/computer operation and other duties as assigned. Applicants must be able to perform all of these responsibilities. Work schedule will include 1-1/2 days off and hours will average from 50-60 hours per week, straight wage no overtime. Position includes full benefits package including 401K and health insurance. Interested applicants should apply in person at Cargill Cattle Feeders 600 US HWY 60. (806)225-4400 2tc: 4.11-4.18

Notice of Public Sale
 Auction of property to satisfy a landlord lien. Sale to be held at Chieftain Self Storage System, 605 Main St, Friona, Tx 79035 on April 27, 2013, at 10:00 a.m. Seller reserves the right to withdraw the property at anytime before the sale. Unit items sold for cash to highest bidder. Property includes the contents of space of the following tenant: Amanda Spring. Items include household goods.

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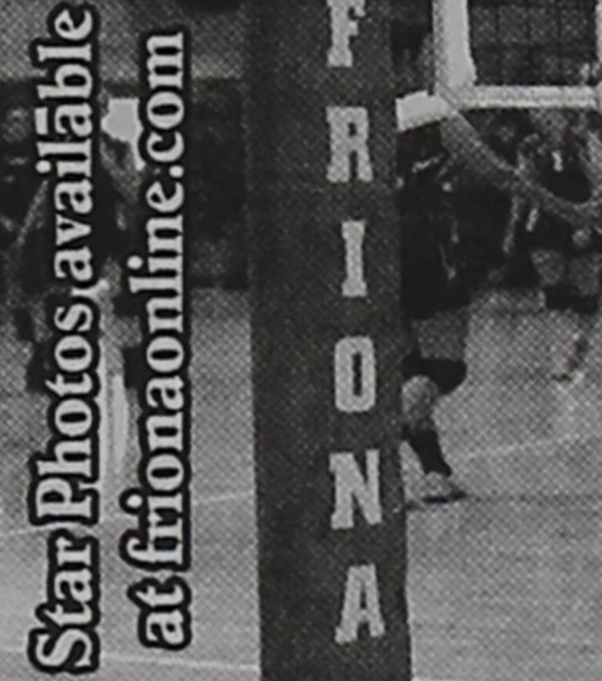
Check our websites for other properties.
PARMER CO., TX. - 2,107 ac. +/- (CRP, dryland & grass) in NE Parmer with Hwy. 60 frontage, irr. potential, irr. wells.
CASTRO CO., TX. - 5,033 ac. +/-, in 4 tracts, on pvmt., each tract can be bought separately, developed w/sprinklers, irr. wells, homes, barns, steel pens w/feed bunks on each tract, hwy. frontage.
HALE CO., TX. - 2700-cow dairy in excellent condition, on 127, double-35 parallel parlor, 1,080 acres +/- of choice farm land in a strong water area, 6 pivots. **PRICE REDUCED! MAKE AN OFFER!**
OCHILTREE CO. DAIRY - double 16 (expandable to 20) parallel, rapid exit parlor, 990 lockups, 160 ac. +/-, 4 yrs. old, excellent farming area, very nice!
LONG CORRAL 420 ACRES - Parmer Co., TX. - 3 bdrm./2 bath, double-car garage brick owner's home, large hay/commodity barn, other barn & out bldgs., livestock pens suited for beef or dairy cattle, excellent dryland farm, irr. wells not in use, all weather road.
LEA CO., NM - 1400 cow dairy on 136 acres, double 20 parallel parlor, beautiful 5 bdrm./4 bath home, on pvmt. **PRICE REDUCED! MAKE AN OFFER!**
CASTRO CO., TX. - Flagg Hwy. Farm & Feedyard - 3,125 ac. +/- irr. farmland & 15,000 hd. feedyard in South Castro County.
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Star Photos available at frionaonline.com

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Feed Truck Driver / Mill Dept - Cargill Cattle Feeders - Bovina, Texas - Full time position available for feed truck driver and mill employee. Position responsibilities will include both mill and feed department duties. Mill responsibilities include housekeeping, maintenance, loader/truck operation, batching/computer operation and other duties as assigned. Feed Truck Driver responsibilities include operation, maintenance and daily servicing of feed trucks. Applicants should have the ability to lift 50 lbs, operate large machinery and maintain a safe work environment. Work schedule will include 2 days off most weeks and hours will average from 50-60 hours per week, straight wage no overtime. Position includes full benefits package including 401K and health insurance. Interested applicants should apply in person at Cargill Cattle Feeders 600 US HWY 60. (806)225-4400 2tc:4.11-4.18



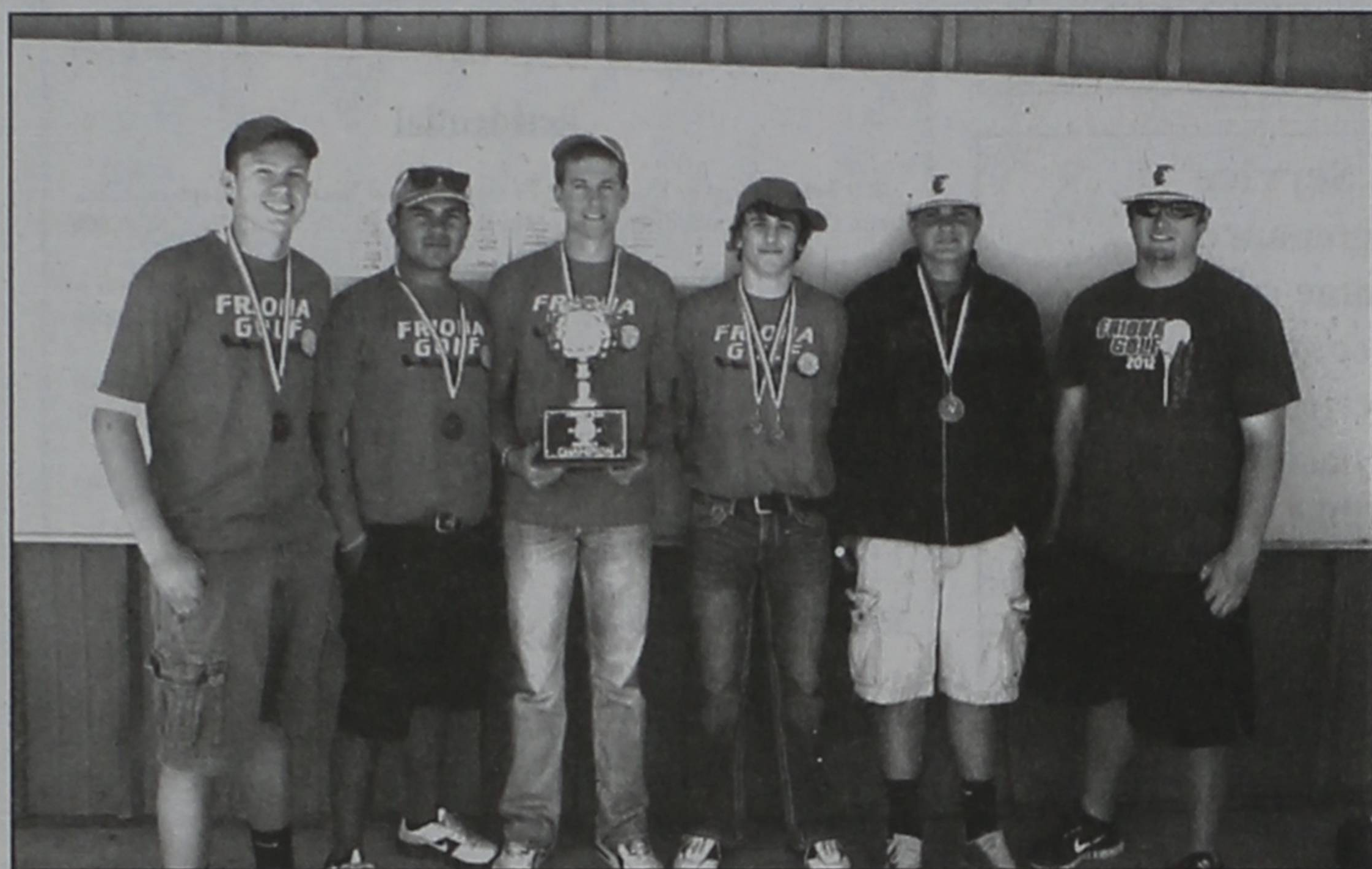
courtesy photo

A group of local ladies and former residents participated in a 5K Color Run in Dallas over the weekend. This run benefited the American Cancer Society. From left are Brandi Surman, Annette Loflin, Samantha Jo, Adriana Stowers, Britny Pope, Keeley Sasser, Brandi Hodges, Alryna McElreath, Dana Campbell, D'Lynn Jamerson, and Lelanie Anderson.



courtesy photo

The varsity girls are the 2013 golf district champions. From left are Breanna Campos, Brianna Miller, Kendall Kimbrough, and Maddie Murphree.



courtesy photo

The varsity boys are the 2013 golf district champions. Next stop is the regional tournament in Odessa April 17-18. From left are Brayden Pope, Stephen Albarado, Mason Loflin, Gavin Douglas, Brandon Berend and Coach Henderson. Gavin Douglas placed 3rd in individual medalist.



FRIONA NOON LIONS CLUB
INVITES YOU TO

“Meet the Coach”

Thursday
April 18, 2013
Friona State Bank
Community Room
11:30 am — 2:00 pm

Drop by for a “meet and greet” with
Don Carthel, head football coach of the
West Texas A&M Buffaloes.

Open to the Public

WT Alumni encouraged to attend

Free Hamburgers

Drawing for “WT” metal artwork
created by Homer Haile

All donations go to
West Texas A&M Football

Friona Chamber of Commerce Business of the Month Lowe's Supermarket



Marisela Padilla, Manager

The local grocery was purchased in January, 1998 by Pay and Save Inc. “Lowe's” of Littlefield, Texas. Lowe's is a family owned business that is proud to be part of the Friona community.

While cosmetically several things have changed over the years, a few things have stayed the same: quality meats, fresh produce, and friendly customer service to the Friona community.

Marisela Padilla, the store manager, is very proud of her teammates at Lowe's and thanks the community for their support. She looks forward to being a part of and serving the Friona community for several years to come.

Thank you for choosing Lowe's as your Business of the Month.

J.D. Heiskell and Company in Friona Texas has an immediate opening for the following

Position: Maintenance Mechanic

The Successful Candidate will be able to adhere to and complete the following:

The person in this position reports directly to the Maintenance Manager and is accountable to the Maintenance Lead Man, the Plant Manager, and the Operations Manager.

Summary of Major Duties:

1. Plant maintenance includes but is not limited to;
 - a. Preventative maintenance
 - b. Repair of machinery and equipment
 - c. Changing/replacing bearings
 - d. Changing/replacing gearboxes
 - e. Repair/replace conveyor and elevator belts
 - f. Repair/replace drag and screw conveyors
2. Fabrication, able to read and work from blue prints
3. Welding gas and arc including;
 - a. Oxy/acetylene
4. Operation of rolling stock including:
 - a. Forklifts
 - b. Skid steers
 - c. End loaders
 - d. Pick up trucks
5. Use all applicable hand and power tools
6. Hoisting and rigging

Principal Accountabilities:

1. Complete work assignments as directed by the Maintenance Manager
Must have valid drivers license

- **Physical Demands** – While performing this job, the employee is regularly required to stand, use hands to finger, handle or feel and reach with hands and arms. The employee is frequently required to walk, climb, balance, stoop, kneel, crouch, talk, and hear. The employee is regularly exposed to high, precarious places, and must be able to climb to heights of 100 feet. The employee is required to lift. The employee must frequently lift and move up to 70 pounds. Body agility and balancing are essential.
- **Work Environment** – While performing the duties of this job the employee is regularly exposed to moving mechanical parts. The employee is constantly exposed to dust, rain, wind, and other outside weather conditions. risk of electrical shock and vibration. The employee is regularly exposed to noise levels requiring the use of hearing protection. The employee is occasionally exposed to various solvents, all fluids associated with rolling stock, cement dust, noise levels requiring the use of hearing protection.

J.D. Heiskell and Company is a non-smoking Plant. We offer 401K and Health Insurance, and a very competitive hourly wage.
To set up an appointment for an interview, or for questions, please contact our office at 806-250-3839.

Chieftains are district track champions

Friona High School track teams competed in the district track meet held in Muleshoe last Saturday. The varsity boys won the district trophy with 133 points with Muleshoe second with 111 points, followed by Abernathy

101, Olton 95, Dimmitt 94, Littlefield 61, and Tulia 23.

Varsity boys results: 200m dash, 3rd Jose Rivera 22.94, 4th Eddy Garcia 22.95, 6th Jose Zamudio 23.68; 400m dash, 4th Aran Ramirez 51.90, 5th Abel Pa-

lacios 53.11; 1600m run, 3rd Jose Flores 5:05.34, 4th Dallin Woods 5:09.68; 3200m run, 3rd Jose Flores 11:29.50.

110m hurdles, 2nd Sawyer Osborn 16.18, 4th Skyler Harris 18.06, 5th Brad Stow-

ers 21.34; 300m hurdles 1st Skyler Harris 41.96, 5th Sawyer Osborn 43.12; 4x100m relay, 3rd Omar Ramos, Aran Ramirez, Jose rivera, Eddy Garcia 44.59; 4x200m relay, 3rd Jose Zamudio, Jose rivera, Omar

Ramos, Eddy Garcia 1:32.81; 4x400m relay, 3rd Abel Palacios, Joselito Cigarroa, Sawyer Osborn, Jose Zamudio 3:39.68.

Long jump, 5th Justin Rocha 20' ½"; shot put, 1st Abayomi Salinas 46', 4th Jacob Osborn 40'1"; discus, 1st Abayomi Salinas 119'3 ½", 6th Jacob Osborn 108'8"; triple jump, 6th Sawyer Osborn 40'6 ½"; high jump, 1st Joselito Cigarroa 5'10".

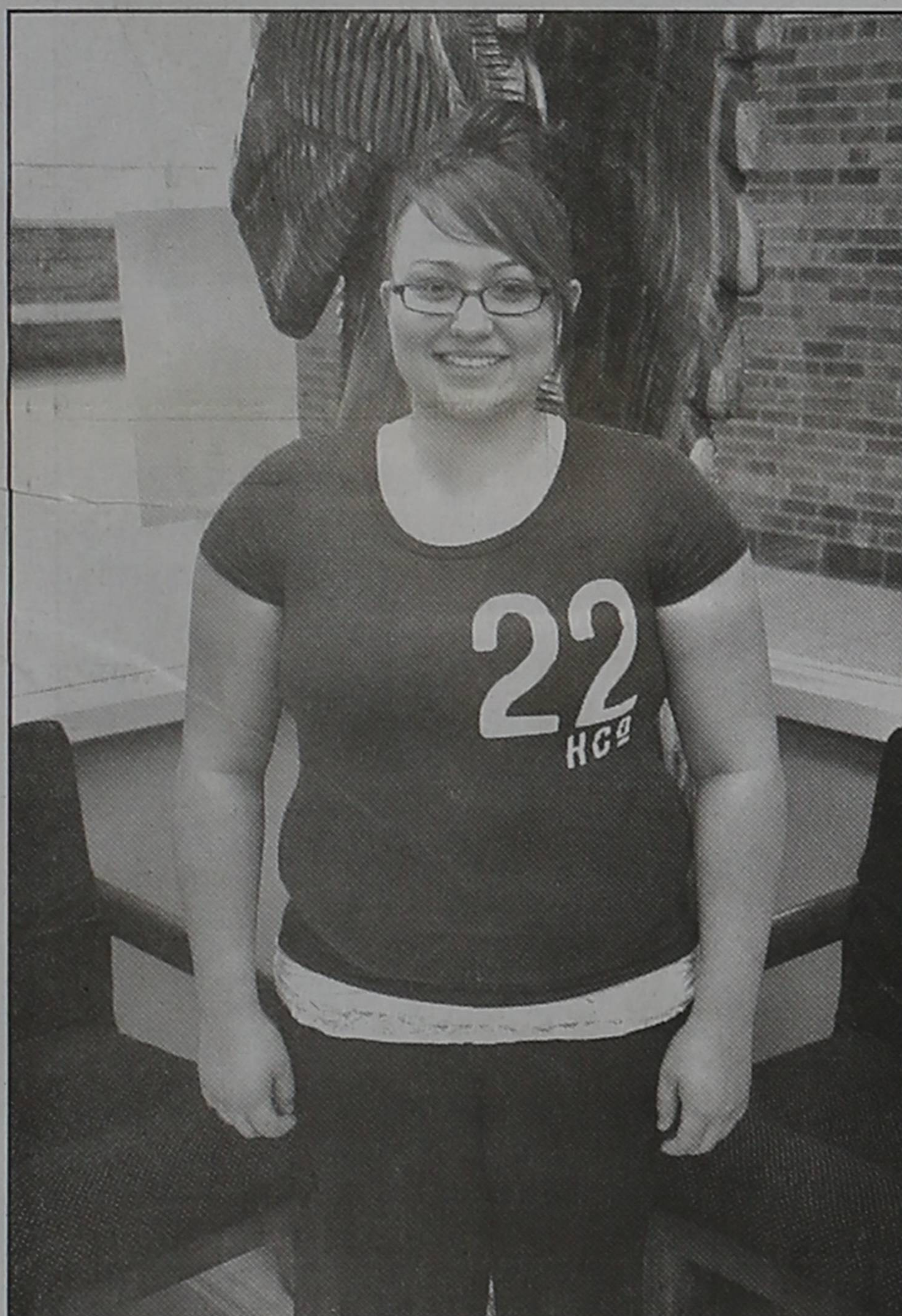
Varsity girls results: Finished 5th w/48 points.

400m dash, 2nd Kalle Preston 1:03.68; 100m hurdles, 4th Christina Green 17.71; 300m hurdles, 4th Christina Green 52.24; 4x200m relay, 5th Alexis Alvarado, Airam Chavez, Kyra Davis, Courtney Bunker 1:59.40; 4x400m relay, 5th Erika Maldonado, Brianna Miller, Alexis Alvarado, Airam

Chavez 4:45.78. Shot put, 1st Adaline Adame 36'7 ½", 3rd Kailey Lucas 33'8"; discus, 4th Kailey Lucas 95'7 ½", 5th Adaline Adame 95'4 ½"; high jump, 5th Kendall Kimbrough 4'6".

JV boys results: Finished 3rd w/80 points.

100m dash, 3rd Chris Alvarez 12.16, 4th Michael Garcia 12.18; 200m dash, 4th Cesar Huerta 24.39; 400m dash, 1st Adrian Munoz 55.78; 4x100m relay, 4th Adrian Munoz, Jose Rocha, Chris Alvarez, Israel Espinoza 47.62; 4x200m relay, 2nd Jose Rocha, Cesar Huerta, Michael Garcia, Chris Alvarez 1:40.00; 4x400m relay, 5th Jose Rocha, Cesar Huerta, Israel Espinoza, Adrian Munoz 3:52.88. Long jump, 1st Adrian Munoz 17'11"; triple jump, 1st Adrian Munoz 36'9 ½", 2nd Israel Espinoza 36'.



ron carr photo

Friona High School senior powerlifter Selena Hernandez was awarded one of twelve \$500 scholarships from the Texas High School Women's Powerlifting Association. She was the only recipient from this region. She is the daughter of Lorena Hernandez and Hilario Hernandez.

School menu

Breakfast/Lunch school menu for April 15-19.

Monday: Cereal variety, waffles, fruit cocktail, orange juice, milk

Chicken fried steak, hot rolls, mashed potatoes, tomatoes, mandarin oranges, milk

Tuesday: Cereal variety, pancake sausage on a stick, peaches, apple juice, milk

Popcorn chicken, broccoli, macaroni & cheese, peaches, milk

Wednesday: Cereal variety, breakfast toasters, pears, fruit punch, milk

Chicken pattie, hot rolls, baked beans, lettuce & tomato salad, apples, milk

Thursday: Cereal variety, breakfast pizza, pears, fruit punch, milk

Spaghetti, English peas, carrots, cantaloupe, milk

Friday: Cereal variety, cinnamon rolls, pineapple, orange pineapple juice, milk

Steak fingers, hot rolls, green beans, corn, tropical fruit, milk

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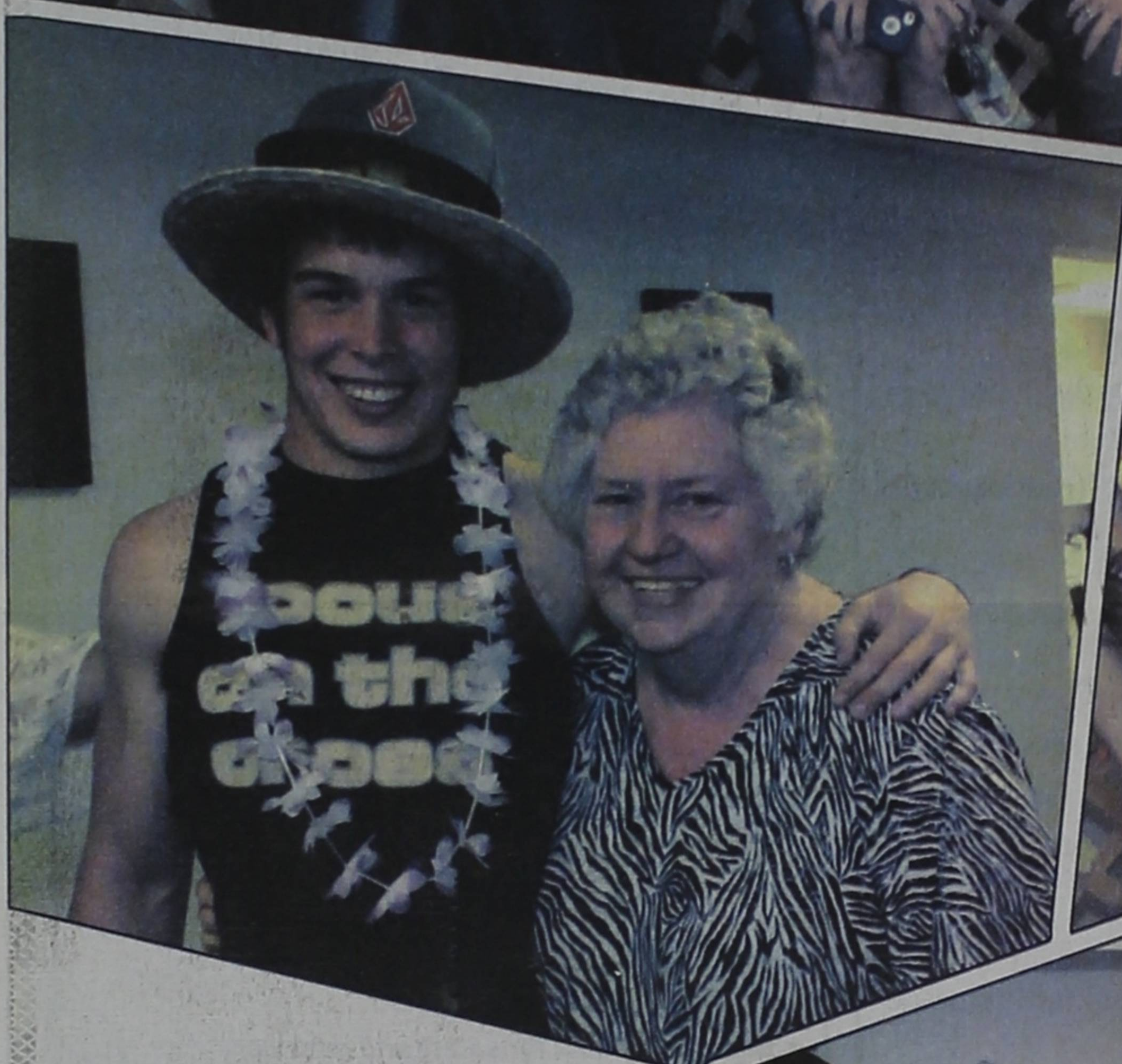


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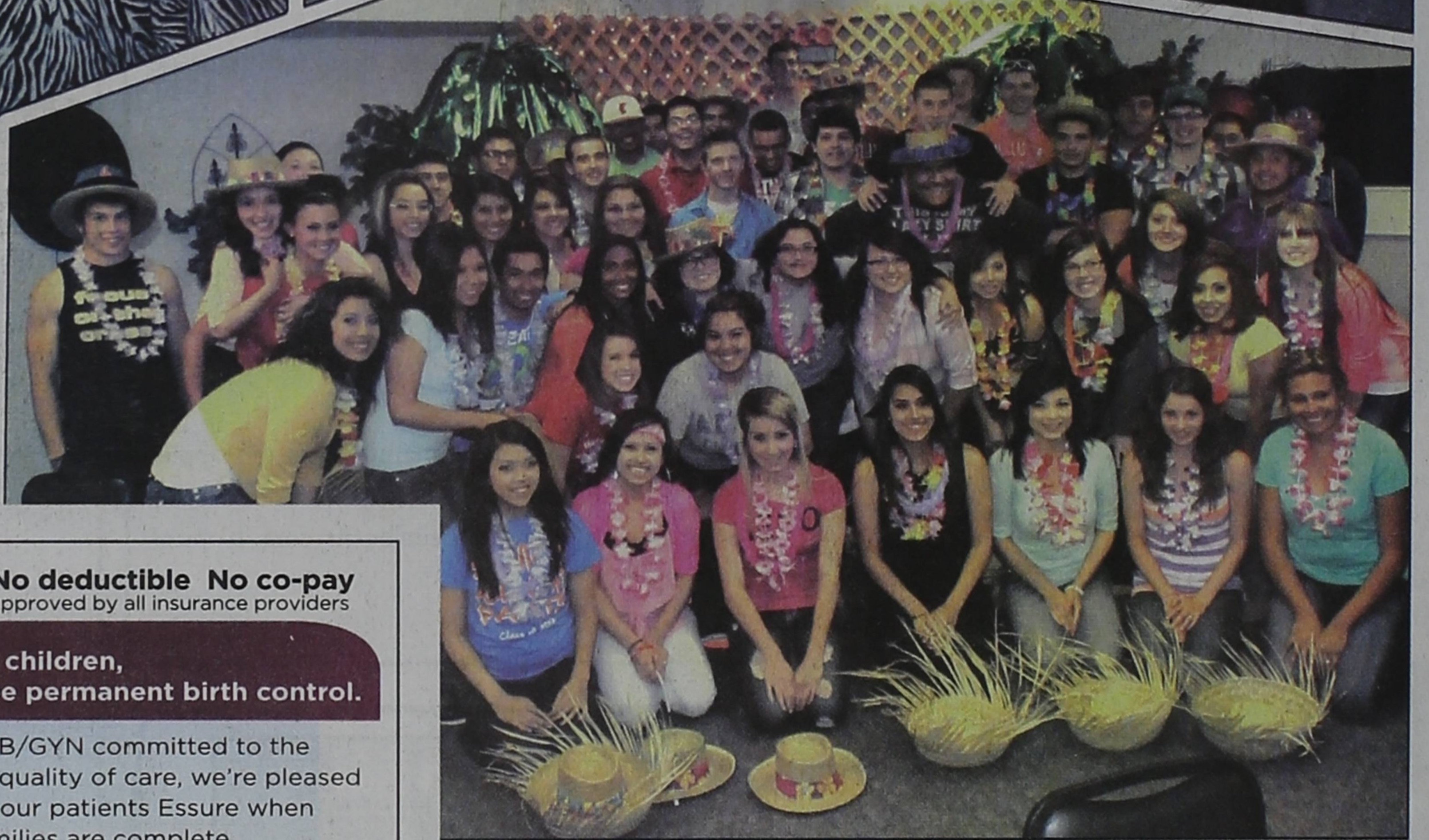
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