



FHS grad joins faculty at Texas Tech

Renowned horse expert and veterinarian Britt Conklin has been hired as the new Associate Dean for Clinical Programs at the Texas Tech School of Veterinary Medicine.

Conklin is a 1993 graduate of Friona High School and was the class Historian. He earned his undergraduate degree from the Texas Tech College of Agricultural Sciences & Natural Resources. Britt has served as the senior equine professional services veterinarian for Boehringer-Ingelheim Animal Health since 2012. He also established a breakthrough veterinary practice in Weatherford after graduating from veterinary school.

"Being raised here in the Texas Panhandle, in production agriculture, has shaped the character and veterinarian I have become," Conklin said. "I am thrilled to be part of this exciting program and, as part of the Texas Tech family, I look forward to fostering those fundamental values we hold dear in the students who pass through this program."

Sky's the limit at Chieftain Choices health fair



Front Row: Jesus Flores, Eduardo Chavez, Zeus Zamudio, Jose Grado, Ricky Luna, and Alex Santiago. Back Row: Rico Aviation air ambulance crew. More photos on page 9.

Chieftains receive 4 selections on TSWA Class 3A All-State Football Team

The Friona Chieftains received four selections on the 2019 Texas Sports Writers Association Class 3A All-State Football Team that was announced on February 12th.

Sophomore running back Jacob Bautista was a TSWA All-State 2nd Team selection. He set two school

records by rushing for 2,091 yards and scoring 158 points. Jacob was a 2nd Team Offense All-District selection.

Receiving TSWA All-State honorable mention honors were senior guard Marcos Juarez, senior linebacker Roger Palacios, and

junior defensive back Juan Salinas.

Marcos Juarez was part of an offensive line that helped power the Chieftains to set 5 new school records and reach the Regional Semifinal playoff game. Marcos was a unanimous 1st Team Of-

fense All-District selection.

Roger Palacios was an outside linebacker who had 96 total tackles for the season. Amazingly, 23 of those tackles were behind the line of scrimmage for a net loss. Roger was also a unanimous 1st Team Defense All-District selec-

tion.

Juan Salinas was the leading tackler for the Chieftains with 115 tackles. Of that total, 52 were unassisted or solo tackles. He also had 63 assisted tackles, caused 2 fumbles, and recorded 4 interceptions.



Second Team - Offense
Jacob Bautista



Honorable Mention - Offense
Marcos Juarez



Honorable Mention - Defense
Roger Palacios



Honorable Mention - Defense
Juan Salinas

The Farmwife Kitchen is now open for business! A ribbon cutting ceremony was held last Thursday to celebrate the opening of the new restaurant at 1505 W. 5th in Friona. Back (l-r) Socorro Gonzales, Yvette Williams, Heather Grimsley, Cody Grimsley, Sergio Mendez, Front (l-r) Varla Wilcox & granddaughter, Erika Carrillo, Erin Grimsley & sons Cannon & River, Chris Alexander & Larry Rector



School Board cancels General Election

A Regular Meeting of the Board of Trustees of Friona ISD was held on Monday, February 17, 2020 at 7:00 p.m. in the Board Meeting Room of the FISD Administration Building located at 909 E. 11th Street in Friona, Texas.

The Board approved a motion to cancel the General Election to be held on May 2, 2020. Only incumbents Jamie Lewellen and Wade Schueler filed to run for the open positions.

Board members heard a report from Parkhill, Smith, & Cooper regarding the school construction/renovation project. They were informed that Teinert Construction is finalizing the costs for the various elements of the project. A Notice to Proceed will occur sometime before the end of February.

The consent agenda was approved. This agenda includes the Minutes of previous meetings, fund reports, maintenance reports, account reports, and the payment of monthly bills. The Board then went into Closed Session.

This is only a brief summary of the meeting. Any questions should be directed to the FISD Board of Trustees. The agenda for this meeting can be found at frionaisd.com and by clicking on the Boardbook link.

Chieftain Choices
Page 9

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Small Town Cookin'
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Mighty Writers
Page 11

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

Friona Weather February 20-26	T 32 23 NE 10-20	F 47 33 SSW 15-25	S 58 41 SW 10-20	S 58 31 WNW 25-35	M 60 29 W 15-25	T 45 20 N 15-25	W 44 21 ENE 10-15	Precipitation February 0.67 Year 1.24	Burn Ban: No
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Valentines and Anniversaries

Community Calendar

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

February 20

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

February 24

- Junior High Open House at 5:30 p.m.

February 27

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

March 1

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

March 2

- Friona Noon Lions Club meeting at noon at The Farmwife Kitchen
- Parmer County Retired Teachers & School Personnel tour Parmer County Pioneer Heritage Museum at 2:00 p.m.

March 5

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

March 9

- Parkinson Support Group Meeting at 5:30 p.m. (MST) at Clovis Community College Rm. 101 Main Bldg. in Clovis, New Mexico

March 10

- Friona Chamber of Commerce & Agriculture Awards Banquet 6:00 p.m. at Community Center

March 12

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

March 16

- Friona Noon Lions Club meeting at noon at The Farmwife Kitchen

March 19

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



Senior meals Valentine Queen Suzy Gonzales and King John Blackwell



Prairie Acres Valentine's Royalty: King Don Phelps and Queen Francis Jennings

A big "Thank You" to these students for decorating the Dining Hall for the Valentine's Day Party: Isaac Cigarroa, Paul Reyes, Cynthia Gonzalez, Perl Ponce, Juan Garcia, and Alexis Cavasos.



Rex and Darla Bracken celebrate 50th Wedding Anniversary



Sue and James Procter celebrate 75th Wedding Anniversary



Sue Procter and great granddaughter Brisby Procter.

Early Voting is at Courthouse only!

Parmer County Clerk's Office
401 Third Street • Farwell, Texas 79325
February 18 thru 28, 2020
Office Hours: Monday – Thursday 8:30 – 5:00, Friday 8:30 - 3:00

ACROSS

1 TXism: "opened up ___ of worms"

5 TXism: "plain as the ___ on your face"

6 Mildred ___ "Babe" Didrikson Zaharias

7 Astros won World Series in ___ 2017

8 TXism: "so many you couldn't stir ' ___"

17 Astros supporter

18 snobbish (2 wds.)

21 TX Buddy Holly hit: "Rave ___" (1958)

22 summer follower

23 this Britton was in TX-based "Friday Night Lights"

24 Roby is the seat of this county

29 in Grayson County on U.S. 75

30 TXism: "busier than ___-armed paper hanger"

31 Dallas-based eatery: "___ Fenix"

32 moving staircases

34 Vega High School class (2 wds.)

35 this Lubbock was 9th gov. of TX (init.)

36 Cowboys were this against the Bills in 1993 Super Bowl

37 album and song by TX Tanya in 1993

38 add an "s," and it's a underwear company

39 border sign? "Welcome ___ ___!"

41 New Braunfels dish: ___kraut

42 TX sculptor, Elisabet

43 TXism: "I can't sit ___ for that" (disagree)

44 found in TX: "___ softshell turtle"

45 dir. to Plainview from Hereford

46 pampering place

47 this TX model was married to Rod Stewart

48 TX beaches, e.g. ___

50 Catholic council

51 Astros headwear

52 TX-based cell phone provider

53 black-eyed ___

14 TXism: "just put ___ ___ plate and call it dinner" (hurry up)

15 ice cream holder

16 TXism: "he's ___ to a rattle" (mean)

19 noted actress Gene who died and was buried in Houston

20 TX Fess Parker was in 1957 dog film "Old ___"

22 TX Piney Woods area has 'em

24 Santa __, TX

25 what most TX towns have for schools (abbr.)

26 "got off ___-free"

TEXAS CROSSWORD

by Charley & Guy Orbison

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P-1467

solution on page 4

35 flora and ___ of Texas

37 spending limit of Cowboys and Texans (2 wds.)

38 ___ S. Ngor was in 1990 film "Vietnam, Texas"

40 cry of surprise

41 "spick-and-___"

44 the Astro ___ into second base

47 in Texas, you can ___ beach

49 El Paso has a bronze statue of Juan de ___

ON YOUR PAYROLL

U.S. Government

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

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

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

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

State

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

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

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

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TEXAS PRESS ASSOCIATION

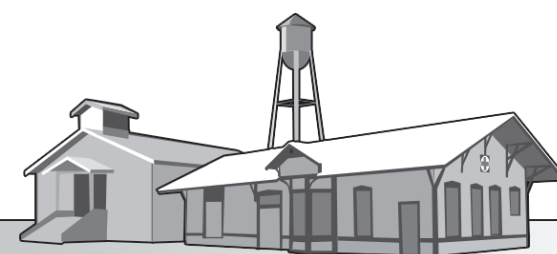
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STAFF:
Clint Mears • Executive Editor
Holly Campbell • Associate Editor
Nathan Parson • Production Editor/IT
Evelyn Romero • Accounting

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

Friona Flashbacks

PLANTING HISTORY...
7th grade teach Jane Dixon, left, looks on as her Texas history students cover the roots of the live oak planted to honor Stephen F. Austin. Each student scooped in a shovel of dirt, then signed their names to a poster which will be hung at the Friona Public Library. (Friona Star, May 3, 2002)



TOWN TALK

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

Note from Donnelle Jones: The Parmer County Soil and Water Conservation District is offering a \$1,200.00 college scholarship to a Parmer County high school senior planning to major in agriculture. Please call 806-481-3111 x3 for an application.

★★★

Parmer County Retired Teachers and School Personnel will meet at the Parmer County Pioneer Heritage Museum at 2:00 pm on Monday, March 2, 2020. The museum is located in the former Congregational Church building at 218 West 6th Street in Friona. Gladys Spring will conduct a tour of the museum. Guests are welcome.

★★★

St. Teresa's Catholic Church is hosting its Annual Mexican Dinner on Sunday, March 1st from 11:00 a.m. until 2:00 p.m. in the Parish Hall. Donations are \$12 for adults and \$6 for children under 10 years of age. The meal will consist of enchiladas, tacos, rice, beans, chips & salsa, dessert, tea, and coffee. Take-out plates will be available. Please come and fellowship and enjoy a delicious meal.

★★★

It was announced that Westgate, the skilled nursing division of King's Manor, in Hereford is shutting down. Prairie Acres administrator Amy Skiles said that she had received two new residents this past week and there was a possibility there will be more in the coming weeks.

★★★

The 64th Annual Chamber Awards Banquet is almost here! The deadline for nominations for man, woman, student, teacher, and employee of the year is Friday, February 21st! Forms available online at www.friona-chamber.com or go by the office.

★★★

Good luck to the FHS Choir as they perform in the Solo/Ensemble competition this Saturday in Canyon.

★★★

National Days

- February 20 — Love Your Pet Day
- February 21 — Caregivers Day
- February 22 — Margarita Day
- February 23 — Banana Bread Day
- February 24 — Tortilla Chip Day
- February 25 — Clam Chowder Day
- February 26 — Ash Wednesday

★★★

Lazbuddie School Menu for Feb. 24-28

Monday 24

- Breakfast:** Breakfast Taquito, Cereal &/or Toast, Fruit, Juice, Milk
- Lunch:** Chicken Nuggets, Cooked Carrots, Roll Mashed Potatoes, Fruit, Juice, Milk

Tuesday 25

- Breakfast:** Pancake Wrap, Cereal &/or Toast, Fruit, Juice, Milk
- Lunch:** Frito Pie, Beans, Salsa, Garnish, Veggie Cup, Fruit, Juice, Milk

Wednesday 26

- Breakfast:** Breakfast Pizza, Cereal &/or Toast, Fruit, Juice, Milk
- Lunch:** Pizza, Corn, Baby Carrots, Salad, Fruit, Juice, Milk

Thursday 27

- Breakfast:** Breakfast Strudel, Yogurt, Cereal &/or Toast, Fruit, Juice, Milk
- Lunch:** Hot Dogs, Chips, Veg Cup, Beans, Fruit, Juice, Milk

Friday 28

- Breakfast:** Cinnamon Roll & Bacon, Cereal &/or Toast, Fruit, Juice, Milk
- Lunch:** Chicken Parmesan, Breadsticks, Salad, Green Beans, Fruit, Juice, Milk

Animals live in parts of cold...

...snowy areas like the Arctic.

Newspaper Fun!

www.readingclubfun.com

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Kids: color stuff in!



In Lands of Cold and Snow!

Seals, hares, oxen, foxes and squirrels are some animals that can live in cold, snowy climates. Do you know other animals that live in lands of cold and snow? Many live where land and water meet.

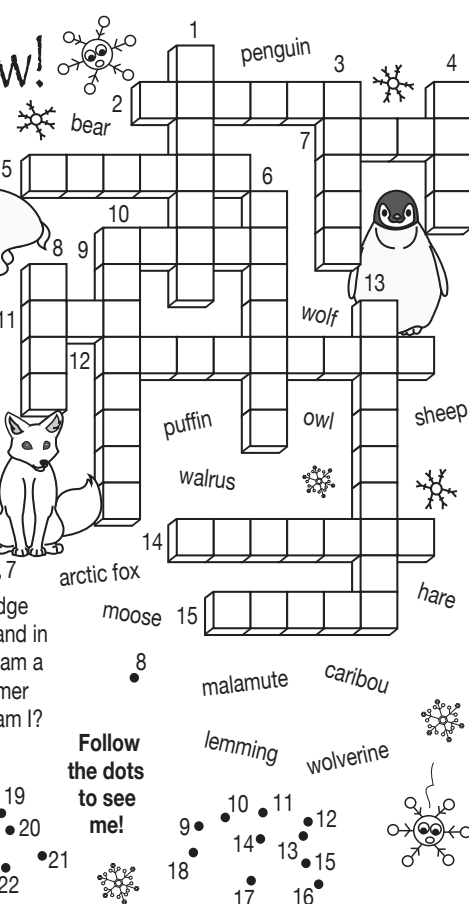
Will you read the clues below and fill in the crossword? I can "bearly" wait to see the answers.

1. walk in single file; lead animal breaks trail in snow; known to travel great distances
2. large sea animal hunted for its hide, ivory tusks, oil; moves in herds; sunbathes in groups
3. Dall _____ - horned animal; hooves have rough pads to help traverse mountains
4. polar _____ has black skin, but "white" fur; hunts seals from sea ice
5. large, beaked bird; dives up to 60 meters to catch fish
6. collared _____ - burrows under snow; eats stored seed, bark
7. snowshoe _____ - lives above ground unlike many long-eared cousins; grows white coat of fur for camouflage
8. timber _____; moves up to 12 miles a day in a pack to hunt
9. largest of northern deer; wide hooves help it walk in snow
10. Alaskan _____; oldest known sled dog; does not normally live in wild, cared for by people; has strength and endurance
11. snowy _____; stays awake during day, unlike others; white feathers; travels to slightly warmer places in winter
12. fluffy white animal; can hear prey as it moves under snow
13. short legs, long nose and hair; finds things under snow using smell
14. flightless bird glides on stomach along snow, ice; huddles with others for warmth; oil on feathers protects from cold water
15. bird; migrates to slightly warmer climates for cold winter months; moves in large groups to protect young from predators like arctic fox

Who Am I?

I live on the edge of snowy lands and in the icy waters. I am a wonderful swimmer and diver! Who am I?

Follow the dots to see me!



How Do Penguins Keep Warm?

There are many animals and birds living in the lands of cold, snow and ice. My cousin, Pearly the Polar Bear, lives up north in the Arctic. Penguins do not live with the polar bears in the area near the North Pole. They live in areas farther south. Some live in deep cold, such as on the continent of Antarctica, near the South Pole.

Some live in warmer areas around the world. Layers of fat and feathers keep penguins warm. Penguins are one of my favorite animals. They are such fun to watch. They seem to know they're putting on a show! Speaking of penguins and shows...can you fill in the blanks to answer my new joke below?

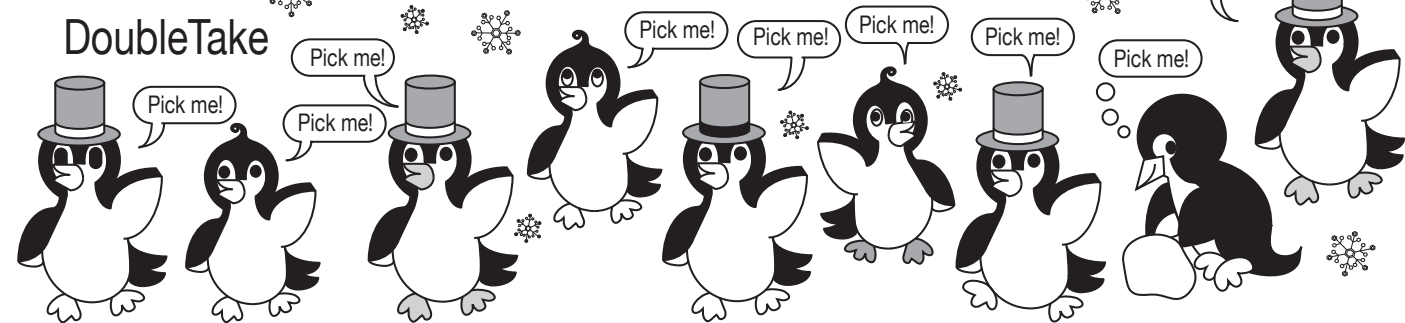
What did the penguins sing after putting on their best hats and "tails"?

20	8	5	18	5	19	14	15	2	21	19	9	14	5	19	19										
12	9	11	5	19	14	15	23	2	21	19	9	14	5	19	19										
A	B	C	D	E	F	G	H	I	J	K	L	M	N	O	P	Q	R	S	T	U	V	W	X	Y	Z
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26

Hey! That sounds a lot like that hit song by the famous composer, Irving Berlin.

DoubleTake

Study these penguins. Can you find and circle the 2 that are exactly alike?



Newspaper Fun! Created by Annimills LLC © 2020

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Panhandle Parables

75 Years Is a Lifetime

By Jeff Procter, Minister, 6th Street Church of Christ

I wanted to share a few thoughts regarding my grandparents 75th Wedding Anniversary which is officially February 20th. We had a little party for them at Prairie Acres this past Saturday and thank you to all of you who were able to stop by. It was great to see so many folks who have journeyed some portion of their past with my grandparents.

I know that I am beyond blessed to have James and Sue Procter as my grandparents. I have learned so much in my short 50 years in their lives. Pop and Gram have been a rock for many folks in their lives and it is humbling to see their love remains true to each other.

I will do my best not to preach too much in this article, as that is not my intent. A statement my grandfather made several years ago just before Gram went to Prairie Acres is this, "We have had a lot of good years together, we may not have many years left, but here is what we are going to do. Love her to the end." Gram's mind was beginning to struggle at the time and still does, but she has done well at Prairie Acres and we are thankful for that outcome.

We live in a rather harsh society that when someone becomes less useful, we find an excuse to exchange them for someone else. Pop chose love. It was not about what

she could do, but who she was, that mattered to him and that is worthy of noting. Seventy-five years ago, my grandfather came home from bootcamp, married my grandmother a few days later headed to San Diego where he would join fellow sailors on the USS Hornet and serve the last year of the war in the Pacific. An 18-year-old sailor and a 16-year-old school-girl would say I do again and again through the ups and downs of life and still do.

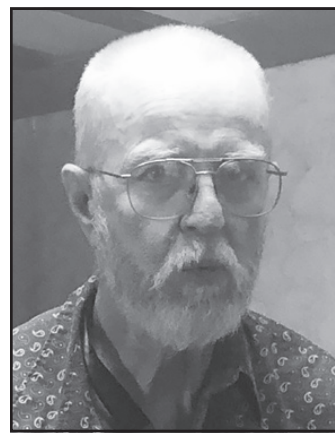
Yes, it is an amazing accomplishment, but I am sad to know that many do not even come close. I know there are legitimate reasons for this, but marriage was intended to be "Love her to the end." Not the end of the day, not the end of the year, but the end. If you are married or hope to be one day may I offer something that I have seen in them at different stages of their life. Become the best version of yourself to give to your spouse. Some days you will be the strong one, on other days not so much but quit looking at what is wrong with your spouse and start looking at being your best. I can't say whether you will make it seventy-five years, but you just might make it to the end and that will bless more people than you will ever know. So, Happy Anniversary Pop and Gram. We love you and know that you loved us first.

~OBITUARY~

Greg Martin

Greg Martin, 62, of Clovis, New Mexico passed away peacefully in his home Tuesday, February 18, 2020 after a brief battle with cancer. Services will be held at 1:00 p.m. on Saturday, February 22, 2020 at Calvary Baptist Church, 1500 Cleveland Avenue, Friona, Texas. The church will feed family & friends beginning at 11:30 a.m. prior to the service.

Greg was born November 23, 1957 to Clarence & Wynona Martin of Friona, Texas. He married Karen Day on December 27, 1995 and joined Bunker Trucking in Friona in July 2011 hauling cattle. Greg is survived by his wife Karen; his parents Clarence & Wynona of Friona; sisters Martha Turney & her husband Fred and Kathy Stone & her husband JE all of



Slaton, Texas; brothers Larry & his wife Jeannie and Mike & his wife Reta all of Friona, Texas, and brother Keith & his wife Jacque of Amarillo, Texas.

In lieu of flowers the family suggests donations to the Greg Martin Love Fund that has been established at First National Bank, P.O. Box 227, Friona, Texas 79035.

Contend for the Faith with Assurance

By Brett Hoyle, Pastor, First Baptist Church

Of all the books in the New Testaments, only two were written by blood relatives of Jesus. James and Jude were half-brothers of Jesus, who eventually came to a place of salvation in Christ and followed Him faithfully and were used mightily in the early church. James' powerful letter gets way more attention than the small book of Jude, but they are equally inspired and important for Christians today.

Jude 1:3 rings out the charge of his book, as believers are commanded "to contend for the faith that was once for all delivered to the saints," (ESV). Jude's charge to stand against false teachers and influencers is relevant for believers of all ages, but if you will contend for the faith well, you must be rooted in the contender's assurance found in the opening two verses.

The opening verses are a short introduction from Jude that also describes the believers as those who are "called, beloved in God the Father and kept for Jesus Christ."

Think about that, believers are called, beloved and kept. These three characteristics lay a firm foundation of blessed assurance in the Lord as you contend for the faith. Those who are truly saved can give praise that they are called by God unto salvation. The sovereignty and wisdom of God is unfathomable, but is not unpraisable, as the redeemed can praise God for his abundant mercy and grace upon them in Christ. Next, remember that you are "beloved in God the Father," and as a believer you have experienced the fullness of his love through salvation in Christ. Finally, a believer can have a firm assurance because they are "kept for Jesus Christ." Jesus Christ, the defater of death, the conqueror over the grave, the Savior and Lord, the ruler over heaven and earth is the one who keeps those who are his saved until the end. Therefore, if you know Christ, rest in the assurance He gives and "contend for the faith that was once for all delivered to the saints."

COURTHOUSE NOTES

Susie Spring, County Clerk

Parmer County Clerk Daybook Report from February 6, 2020 to February 13, 2020

Patricia Lovell, Donald D. McClain — Ever Saul Juarez, Diana Aimee Espinoza — NW1/4 of Sec of Num 28 in B Y W.D.&E.W. Johnson Subdiv No 2 and situated in IParmer 160 Ac of Land

Cassie Ann Shafer, Judith Beth Ferris — Ever Saul Juarez, Diana Aimee Espinoza — See Doc

Jose Renata Quinones, Angelica Lopez Loya — Rickey Rector — 0.17 Ac tract being the N 15 ft of 2.25 Ac Tract in Vol 97 Pg 585 in Parmer Sec 18 Township 4 S Range 4 E of Capitol Syndicate in Parmer Vol 3 Pg 558

Rickey Rector — Jose Renata, Angelica Lopez Loya — A 1.877 Ac Tract of E/2 of Sec 18 Township 4 S Range 4 E of Capitol Syndicate Subdiv in Parmer

Rickey Rector — Jim D. Fischbacher, Tracy D. Fischbacher — A 313.68 Ac Tract being S/2 of Sec 25 Township 3 S R 3 Capitol Syndicate Subdiv in Parmer Vol 3 Pg 558 nil Parmer 315.40 Ac Tract of N/2 of Sec 31 Township 4 S Range 4 E of Capitol Syndicate in Parmer 480.38 Ac Tract NW/4 SW/4 and NE/4 of Sec 20 Township 4 S R 4 E of Capitol Syndicate in IParmer Vol 3 Pg 558 Said 480. S 38 Ac A 295.97 Ac Tract of E/2 of Sec Township 4 S R 4 E of Capitol Syndicate Subdiv

Stephen Schilling, Karen Schilling, Jason Schilling, Tamara Schilling — Evergreen Farms Partnership — All of Sec 40PF B H Thomas Kelly Subdiv in Parmer A Tract of Land in NW Quarter of Sec 41 Kelly Subdiv B H in Parmer all of Sec 46 B H Thomas Kelly Subdiv B H in Parmer all of W/2 of Sec 47 B H Thomas Kelly Subdiv in Parmer the E/2 of Sec 47 B H Thomas Kelly Subdiv in all of Sec 59 B H Kelly Subdiv

Brock Ashley, Randy Ashley, Trasa Ashley — Marilee Meiwes — All of L 31 and 32 of B 43 of Farwell

Curtis Wayne Brady — Sergio Mendez, Nora Mendez — L 14 B! Hillside Addition city of Friona in Parmer

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Remembering is Special

By Teena Hughs

Last Sunday, we had a Valentine's dinner at church. For entertainment, we sang hymns from what we Methodists affectionately call the "brown hymnal". It is an old hymnal; I heard someone say it was published in 1932.

It is always fun to sing from that hymnal. Feller and I talked afterwards about the fact that we had memories attached to many of the hymns we sang. Most of my memories had to do with people whose favorite hymns we sang. For example, my grandmother's favorite hymn was "The Old Rugged Cross", and I think of her every time I hear or sing it. I heard people talking about hymns that were sung at their dad's funeral, or were their dad's favorite hymn. It was just a special night of singing and remembering!

For me, there was great peace and comfort in singing those hymns and remembering loved ones. It helps to remember; it helps to remember from where we came; it helps to remember loved ones and how special they were and still are to us.

People say we can't look back or live in the past, but I sure don't think it hurts to remember the special times and people, the special events, the special things, like hymns, that touch and warm our hearts.

This week, I hope you remember something meaningful from your past, something that puts a smile on your face and gives you peace and comfort. Take care and have a great week!!!

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

Friona		Area Church Directory		Bovina	
CALVARY BAPTIST CHURCH 15th & Cleveland • 806-250-3000	IGLESIA EVANGELICA NUEVA JERUSALEN 701 E. 11th • P.O. Box 655 • 806-346-9725 Pastor Benito Mejia benitomejia@live.com	TEMPLO DE ADORACION 620 Washington • 806-250-5929 Pastor Roy Dominguez	TENTH ST. CHURCH OF CHRIST 10th & Euclid • 806-250-5236 Gerall Wylly	FIRST BAPTIST CHURCH 308 3rd Street 806-251-1632 Pastor Brian Mullins	ST. ANN'S CATHOLIC CHURCH 401 3rd Street 806-251-1511 Pastor Gregory Bunyan
FIRST BAPTIST CHURCH 6th & Summitt • 806-250-3933 Pastor Brett Hoyle Email-firstbc@wtrt.net Website-www.fbcfriona.com	QUALITY OF LIFE BIBLE STUDY CHURCH 301 Grand Ave. • 806-240-0826 Pastors Mark & Mary Goff	UNION CONGREGATIONAL CHURCH 1601 Euclid • 806-250-3635	VICTORY FAMILY WORSHIP CENTER 9th & Washington • 806-250-2207 Pastor Robert Kerby Website-www.thevictory.tv	CHURCH OF CHRIST 500 Ave. E 806-251-1334 Mike Prather, Minister	LA IGLESIA DE DIOS DEL PRIMOGENITO The Church of God of the Firstborn 102 2nd Street
FRIONA UNITED METHODIST CHURCH 8th & Pierce • 806-250-3045 Rev. Skip Hodges Email-frionoam@wtrt.net Website-www.frionoam.com	SIXTH ST. CHURCH OF CHRIST 502 W. 6th • 806-250-2769 Jeff Procter, Minister	FRIONA PARA CRISTO LLAMADOS A CONOCERLE 1007 w. 11th • 806-247-2217 Pastor Aurelio & Cynthia Silva		FIRST UNITED METH-ODIST CHURCH 205 4th Street 806-251-1124 Pastor Larry Mitchell	IGLESIA BAUTISTA HISPANA 103 1st Street 806-251-5232 Pastor Rafael Marin
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State Capital Highlights

By Ed Sterling



Governor charges agency heads with developing workforce plan

AUSTIN — Requirements in House Bill 3, the sweeping school finance law passed by the Texas Legislature in 2019, require the state to plan for long-term workforce development.

On Feb. 13, Gov. Greg Abbott cited HB 3 in assigning the commissioners of three state agencies to identify strategies to meet the state's future workforce needs through his 2016 Tri-Agency Workforce Initiative. He instructed them to deliver a report to him by Sept. 1.

"The passage of House Bill 3 marked the most significant transformation of our education system in decades and an unwavering commitment to shaping the future of our workforce," Abbott said. "We must continue in our efforts to ensure Texans of all ages have access to high-quality education and workforce skills training that empowers them to achieve their full potential."

Abbott assigned Commissioners Mike Morath, Texas Education Agency; Harrison Keller, Texas Higher Education Coordinating Board; and Bryan Daniel, Texas Workforce Commission, to:

- Recommend strategies to ensure students are prepared for future growth at each stage in the educational pipeline;

- Ensure students who pursue higher education and workforce educational programs can complete those programs in a cost-efficient and timely manner;

- Analyze and make recommendations regarding strategies to streamline educational pathways, ensuring students can seamlessly transition into high-wage and high-demand careers;

- Improve the capacity within the state to produce credentials of value aligned with the needs of high-wage and high-demand occupations;

- Analyze and make recommendations to increase the supply of highly qualified and well-trained individuals entering the teaching profession across the state;

- Explore and recommend options for increasing economic activity in rural Texas, reducing regulatory burdens, and expanding educational partnerships between businesses, school districts and colleges; and

- Identify strategies to align agency operations, increase program efficiency, improve data analysis and capacity.

AG sues over travel ban

Texas is on a list of 11 states banned by a California law for state-funded travel. The law, Assembly Bill 1887, applies to states that since June 26, 2015, have enacted laws that discriminate on the basis of sexual orientation, gender identity or gender expression.

Texas Attorney General Ken Paxton on Feb. 10 filed an original action against the State of California in the U.S. Supreme Court, seeking to strike down the travel ban for states that uphold First Amendment protections for religious liberty.

What put Texas on California's list was HB 3859, a 2017 law allowing faith-based foster care and adoption agencies to decline placements they believe would violate their religious beliefs.

"Boycotting states based on nothing more than political disagreement breaks down the ability of states to serve as laboratories of democracy while still working together as one nation — the very thing our Constitution intended to prevent," Paxton said.

Revenue is distributed

Texas Comptroller Glenn Hegar on Feb. 12 announced he would send cities, counties, transit systems and special purpose taxing districts \$1.04 billion in local sales tax allocations for February, which was 9.4% more than the amount distributed for February 2019.

The allocations are based on sales made in December by businesses that report tax monthly; October, November and December sales by quarterly filers; and 2019 sales by businesses that report tax annually.

In his announcement, Hegar pointed out that Christmas shopping typically occurring in November was shifted into December due to the relatively late date of Thanksgiving (Nov. 28), helping make the February allocations substantially higher than in previous months.

Report: Coronavirus case

The Texas Department of State Health Services reported Feb. 13 that the U.S. Centers for Disease Control and Prevention has confirmed one case of COVID-19 in a person who has been under quarantine at Joint Base San Antonio-Lackland since returning from China on a U.S. State Department-chartered flight.

The individual reportedly is currently isolated and receiving medical care at a local hospital. Authorities said that because the patient has been under quarantine, the case does not change the risk of infection for people in San Antonio or other parts of Texas.

Meanwhile, federal and state health officials ask that travelers stay home, monitor themselves for symptoms and contact their health care provider if they develop fever, cough or shortness of breath within 14 days of being in China.

The Texas Department of State Health Services offers additional information on COVID-19 for the public, health care professionals, health departments and labs at dshs.texas.gov/coronavirus.



Almonds

In case you missed it, February 16th was National Almond Day. You may be a little late to celebrate on the actual day, but you are never too late for good recipes.

Almonds originated in Central and Southwest Asia, but soon spread especially along the "Silk Road." The trees grew near the road and fed the travelers along the way. This spread the almond to places like Spain, Morocco, Greece, and Israel. Soon areas in France, Italy, Portugal, Tunisia, and Turkey were also growing almonds. They first came to the United States in the 1700's with Spanish Franciscan Monks. They tried planting almond trees along the coast of California, but the trees did not flourish. By the next century, almond trees were moved inland. Today California produces 80% of the world's almonds which makes them the largest producer of almonds in the world.

Almonds have been eaten in nearly all ancient civilizations so it is no surprise it shows up in art, music, and literature. Even the Bible mentions almonds several times. The almond is an emblem of beauty, hope, and rebirth.

The almond is actually a stone fruit and related to the cherry, plum, and peach. Most trees are not self-pollinating and must be pollinated by bees. The almond trees bloom in February and March. As the almond kernel matures, it hardens and is protected by a fuzzy outer shell. In July, the shell begins to crack open to allow the nut inside to dry. The almonds are then harvested from the trees where they lay on the ground for further drying. Finally, the almonds are shelled and hulled, sized, and sent to storage until they are ready for distribution. All parts of the almond are used; the shell is used as animal

bedding and the hull is used in animal feed.

Almonds are a very nutritious addition to one's diet. They are naturally cholesterol, gluten and dairy free. Also, almonds are high in protein with 6 grams per 1 ounce of nuts. Almonds are a great source of fiber, calcium, vitamin E, riboflavin, and magnesium. Heart healthy almonds have 13 grams of unsaturated fat and only one gram of saturated fat. They have a low glycemic index and help control cravings between meals.

Almonds can be enjoyed whole, blanched, sliced, or diced as well as using them as a flour, paste, butter, oil, or as a drink. For this week's recipes, I have compiled a simple menu using almonds. The sources for the information can be found at www.thespruceeats.com, almonds.com, nutsforalmonds.com, and nationalalmondday.com.

Crispy Almond Tilapia

www.tasteofhome.com

Ingredients:

- | | |
|---|-----------------------------------|
| 1 large egg | 1 teaspoon seafood seasoning |
| 1/4 cup Louisiana-style hot sauce | 1/4 teaspoon garlic powder |
| 3/4 cup slivered almonds, chopped and toasted | 4 tilapia fillets (4 ounces each) |
| 1/3 cup panko (Japanese) bread crumbs | 1/2 teaspoon salt |
| 1 teaspoon grated lemon zest | 1/4 teaspoon pepper |

Directions:

Preheat oven to 400°. Whisk together egg and hot sauce in a shallow bowl. In a separate shallow bowl, toss almonds, bread crumbs, lemon zest and spices. Halve fillets lengthwise; sprinkle with salt and pepper. Dip in egg mixture, then in almond mixture, patting to adhere; place on a greased or parchment-lined baking sheet. Bake until lightly browned

and fish just begins to flake easily with a fork, 12-15 minutes.

Editor's Note:

To toast nuts, bake in a shallow pan in a 350° oven for 5-10 minutes or cook in a skillet over low heat until lightly browned, stirring occasionally.

Strawberry-Almond Salad with Basil-Balsamic Vinaigrette

myrecipes.com

Ingredients:

- | | |
|------------------------------------|---|
| 1/3 cup chopped shallots (about 2) | 2 tablespoons chopped fresh basil |
| 1/3 cup balsamic vinegar | 8 cups baby gourmet greens |
| 1/4 cup water | 1/2 cup sliced almonds, toasted |
| 1 tablespoon olive oil | 1/2 cup sliced red onion |
| 1 tablespoon honey | 1 (16-ounce) package fresh strawberries, sliced |
| 1/4 teaspoon pepper | |

How to Make It:

Process first 6 ingredients in a blender until blended. Stir in basil. Combine greens and remaining ingredients in a large bowl. Add dressing, and toss gently. Serve immediately.

Spanish Almond Cake

www.thespruceeats.com

Ingredients:

- | | |
|---------------------------------------|-------------------------|
| 6 large eggs | 1 lemon (zested) |
| 1 cup/200 grams of sugar (granulated) | Garnish: powdered sugar |
| 7 ounce/200 grams ground almonds | |

Steps to Make It:

Heat the oven to 360 F (180 C). Grease a springform pan approximately 8 inches (22 cm) in diameter. If a springform pan is not available, use a glass pie pan. Grind the almonds in a food processor or blender. Use slivered almonds with the skin removed to reduce preparation time. If using whole raw almonds, blanch first, then peel, dry and grind. You can also use already prepared almond flour. Grate the yellow part of the lemon peel, called the zest, using a "micro planer" or grater. Be careful to avoid the pith, the white, fibrous membrane underneath because it is bitter. Separate the yolks and whites of the eggs into two

medium-size mixing bowls. Pour granulated sugar into egg yolks and beat on high until yolks lighten in color and increase in volume. Add the ground almonds and lemon zest and mix well with a spoon or spatula. Beat the egg whites into stiff peaks in the other bowl. Then, carefully fold the whites into the egg yolk mixture. Gently pour the batter into the greased pan and bake on center rack for approximately 30 minutes, or until a toothpick comes out clean when inserted in the center. Allow to cool, then run a knife around outside of a pan and unmold. Sprinkle top with powdered sugar before serving.

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LEGAL NOTICE

Friona Independent School District in Friona, Texas is accepting bids for:

Friona ISD High School Window Abatement

All bids must be submitted by **1:00 PM** local time, **Thursday February 27th, 2020** and addressed to:

Jimmy Burns, Superintendent
Friona ISD
C/O Grimes and Associates, Consulting Engineers, L.P.
21103 FM 179
Wolfforth, TX 79382
tmayo@grimesengineering.com

Specifications are available and may be acquired from:

Grimes and Associates, Consulting Engineers, L.P.
21103 FM 179
Wolfforth, TX 79382
806-863-2462
www.grimesengineering.com

A Pre-Bid Conference will be held at **1:00 PM** local time, **Thursday February 20th, 2020**. All interested parties should meet at the High School building 810 W. 7th St. Friona TX.

Friona ISD reserves the right to reject any or all bids, and waive all formalities.

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Six Steps to Invention

1. Notice a problem.
2. Think of a way to fix the problem.
3. Create a model of your idea.
4. Show and share your first model with others.
5. Make your model better by listening to what others tell you.
6. Finish your invention and have fun using it!

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Match-up answers: 1. H, 2. B, 3. A, 4. E, 5. D, 6. C, 7. G, 8. J, 9. F, 10. I

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Fax: (806) 250-3877
Reservations:
www.frionainn.com
frionainn@gmail.com



You CAN do it!

Don't throw away your empty aluminum cans. Please place any cans you have in the trailer located on the north side of the Friona Fire Department building on Main Street. Proceeds from the sale of the cans will go to the FHS Senior Class and help fund the graduation party.

Drivers License Office Schedule

Tuesday-Wednesday
9:00 a.m. — 4:30 p.m.

Located at
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NOW HIRING

Friona ISD is looking for a substitute custodian that could possibly turn into full time. Hours are based on need each day. Interested applications may call Friona ISD 806-250-2747 or Martha Moreno 806-346-2091.

Friona ISD está buscando una persona de limpieza sustituto que posiblemente pueda convertirse en tiempo completo. Las horas se basan en la necesidad de cada día. Las personas interesadas pueden llamar a Friona ISD 806-250-2747 o Martha Moreno 806-346-2091.

Friona Interbank is seeking individuals to fill a teller position. To apply online, please go to interbank.com. Thank You.



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frionarealestate.com

Broker/Owner:

Holly Campbell
806-250-2745



Sales Associates:

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Karla Rector 806-382-7465
George Rushing 806-265-7037

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- 1 - '1967 JOHN DEERE 4020 DSL. TRACTOR, Q/R TRANS., 3 PT., PTO, 2 HYD., WTS., 18.4X34 RUBBER - SN-154619

- 1 - 1953 FERGUSON TO 35 GAS TRACTOR, 3 PT., PTO, FENDERS, 13.6X28 RUBBER
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Jose & Sandra Chavez



Girls Basketball & Cheerleader
Carly Drake
Wes & Amber Drake



Girls Basketball & Cheerleader
Lizbeth Rojas
Hilario & Graciela Rojas



Girls Basketball
Kylee Sifuentes
Michael & Tasha Stanberry



Girls Basketball
Maddie Sharrock
Terry & Casey Sharrock



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Cruz & Rosalia Chavez



Boys Basketball
Zeke Garcia
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Boys Basketball
Jose Grado
Jose Grado & Martha Moreno



Boys Basketball
Jesus Osuna
Ramon & Erendira Osuna



Boys Basketball
Omar Torres
Salvador Garcia & Raquel Arrellanes



Girls Powerlifting
Juanita Garcia
Gloria Salgado



Girls Powerlifting
Katy Rojas
Javier & Maria Rojas



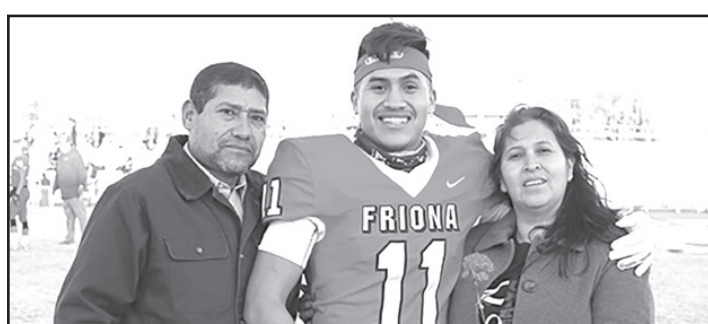
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Coach Eduardo Rojas



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Boys Powerlifting
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Boys Powerlifting
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Chieftain Choices



Friona High School held its Chieftain Choices on Friday, February 7th at the high school campus. The event included a health fair, college fair, career fair, and presentation by Mr. Chad Curry of the Lubbock EMS on the dangers of vaping, meth, and synthetic drugs.

The purpose of the Chieftain Choices is to give high school students the opportunity to visit with business owners, college & military representatives, and health-care professionals to learn more about options for their future after graduation.

Friona Junior High 8th graders also participated in the event. They were given a tour of the high school campus and received an overview of the various programs of study to help them choose a potential career

pathway before they enter high school.

We could not do Chieftain Choices without the participation of our incredible business partners. Thank you to all of our businesses that took time out of their day to be available to our students. Your expertise and willingness is invaluable to us. We appreciate you more than we can adequately express. It is very difficult to leave your business for half a day in order to serve others. We recognize the sacrifice you made on behalf of our students. Thank you for making this year's Chieftain Choices the best one yet!

Allison Johnston
FHS Counselor

College Fair Sponsors

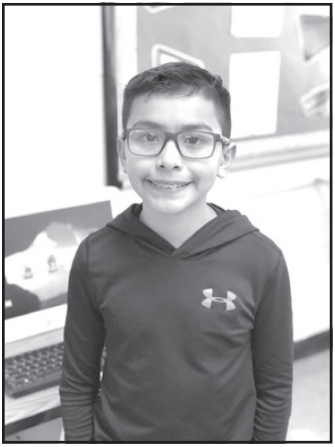
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- Friona ISD
- Friona Draw Driving School
- Career Connections
- JD Heiskell
- Parmer Medical Center

Jr. High News

January Students of the Month



Isaiah San Miguel
6th Grade Boy



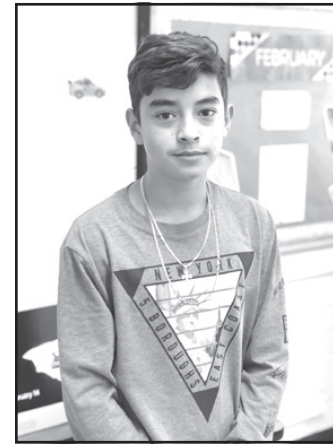
Kaylee Gomez
6th Grade Girl



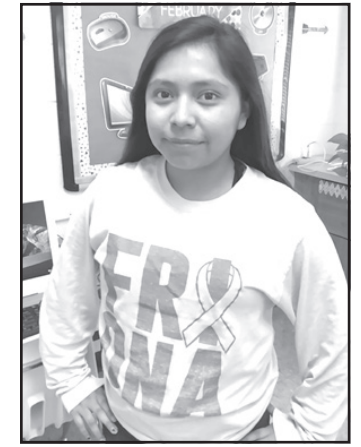
Antonio Avila
7th Grade Boy



Frida Soto
7th Grade Girl



Alonso Macias-Martinez
8th Grade Boy



Belinda Santos
8th Grade Girl

PUBLIC NOTICE OF TEST OF AUTOMATIC TABULATING EQUIPMENT

Notice is hereby given that the automatic tabulating equipment that will be used in the Republican and Democratic Primary Election held on March 3, 2020 will be tested on February 24th at 3 PM at Parmer County Courthouse (date) (time) (location)

401 3rd Street, Farwell, TX to ascertain that it will accurately count the votes cast for all offices and on all measures.

Susie Spring
Signature of Officer

AVISO PUBLICO DE PROBAR EL EQUIPO PARA TABULAR AUTOMATICAMENTE

Por lo presente se da aviso que el equipo para tabular automáticamente que se usará en la Elección Primaria Republicana y Democratica que se llevará a cabo el 3 de marzo se probará el 24 de febrero (fecha)

a las 3:00 P.M. en Parmer County Courthouse (hora) (sitio)

401 3rd Street, Farwell, TX para determinar si el equipo contará con exactitud los votos para todos los puestos oficiales y sobre todos los proyectos de ley.

Susie Spring
Firma del/dela Oficial



January Write Way Club gives presentation at school board meeting: (l-r) Roberto Corrales, Kimberly Avila, Gabriel Castillo, Octavio Arias, and Max Reyes.

FRIONA STAR SUBSCRIPTIONS

IN PARMER COUNTY: \$30 PER YEAR

OUT OF PARMER COUNTY: \$40 PER YEAR

E-STAR (EMAILED): \$24 PER YEAR

Call 806-250-2211 for more information

FRIONA BASEBALL 2020

Date	Day	Opponent	Place	Varsity	JV
Feb. 10	Monday	Brownfield (Scrimmage)	Friona	5:00	
Feb. 25	Tuesday	Springlake Earth	Springlake Earth		5:00
Feb. 25	Tuesday	Boys Ranch	Friona	5:00	
Feb. 27	Thursday	Roosevelt Tournament vs. Roosevelt	Lubbock Roosevelt	11:00am	
Feb. 27	Thursday	Roosevelt Tournament vs. Ralls	Lubbock Roosevelt	3:30	
Feb. 28	Friday	Roosevelt Tournament vs. Lubbock	Lubbock Roosevelt	3:30	
Feb. 28	Friday	Roosevelt Tournament vs. Smyer	Lubbock Roosevelt	6:00	
Mar. 2	Monday	Hereford	Hereford		4:00
Mar. 3	Tuesday	Lubbock Roosevelt	Friona	5:00	
Mar. 5-7	Thu-Sat	Tulia Tournament	Tulia	TBA	
Mar. 9	Monday	Ralls	Friona	7:00	5:00
Mar. 13	Friday	Lubbock Roosevelt	Lubbock Roosevelt		4:30
Mar. 21	Saturday	Dalhart (DH)	Dalhart	1:00/3:30	
Mar. 28	Saturday	*River Road	River Road	12:00	2:00
Mar. 31	Tuesday	*Bushland	Bushland	4:30	6:30
Apr. 4	Saturday	*Tulia	Friona	10:00am	
Apr. 7	Tuesday	*Muleshoe	Friona	4:30	6:30
Apr. 9	Thursday	*Dimmitt	Dimmitt	4:30	6:30
Apr. 13	Monday	*River Road	Friona	4:30	6:30
Apr. 16	Thursday	Hereford	Hereford		5:00
Apr. 21	Tuesday	*Bushland	Friona	4:30	6:30
Apr. 25	Saturday	*Tulia	Tulia	12:00	2:00
Apr. 28	Tuesday	*Muleshoe	Muleshoe	4:30	6:30
May 2	Saturday	*Dimmitt	Friona	12:00	2:30

Head Coach: Daniel Rosales
Asst. Coaches: Eduardo Rojas
Josh Portillo



Superintendent: Jimmy Burns
Athletic Director: Jimmy Arias
FHS Principal: Erika Montana



The 24-hour DOT HAZMAT Regulations Course

March 9-11, 2020
8am-5pm

20-Hour PHMSA/DOT Grant Hazardous Materials Regulations Awareness Training Program and

4-Hour "Train the Trainer" Designing and Delivering Effective Training Scholarships available. Class size is limited - register today.

The National Partnership for Environmental Technology Education (PETE) is pleased to announce that it has been awarded a one-year grant from the U.S. Department of Transportation-PHMSA-HMIT to provide DOT Haz Mat Transportation Regulations training for business and industry hazmat employees.

Contact Jeff Wallick at (806) 371-2923 or jwallick@actx.edu for more information.




The Parmer County SWCD's Windbreak and Shade Tree Sale Ends March 20th!!! Flowers Available too!
Get your orders in!
Call 806-481-3311 x3

Mighty Writers


Dominga Juarez Juarez Pre-K 1st Place

Me gustaria ser un Payaso
Porque me maquillaria mi cara,
y nadie Sabra quien soy y
haria cosas chistosas.



Nombre SKPK Fecha 2/4/20

Skylla Ordones-Ralios
Kindergarten 1st Place



Lester is outside with his sweater. He does not like it because his friends were laughing at him.

Lester esta afuera con el sweater, no le gusta porque sus amigos se rien de el.

Designing Natalie Achor 3rd grade 1st Place

Designing an outfit

Hello, I'm a designer and I've been asked to design an outfit for the Friona soccer mini league. Here's how I came up with the design. First, Friona's colors are black, white, and red. Second, Friona's mascot is a chieftain, merge those two things together and boom! you have yourself an outfit. Now I'm going to describe to you my design, it was a black shirt, red tips and on the back in white it said "you can do it." There was also a white chieftain below the words. Once I finished the shirts I gave them to the coach to look at and he loved them. He said "take them to the field tomorrow 1:00 P.M. that sounds good." I said "yes the next day, I took the shirts to the kids and they loved it, they were jumping up and down saying "I'm gonna wear that!" The next soccer game they were wearing the shirts that I designed, it was jabiante, they were wearing my design. A week went by and you want believe what happens my shirt became a trend in Friona! Soon fashion designers made my design into leggings, shoes, hats, you name it you got it! The trend went on and on and never stopped. The End

Jenny Portillo 1st grade 1st Place

The ugliest sweater EVER!

One time my mom bot me a sweater. It was so hideous I cried and cried and cried. And I got so mad at my mom!!! The strings are come out! Oh no! My mom is the worst at knitting. It looks like it has rat hair scribbles aha ugliest pom-poms. My mom made me wear it. GRRRRR!

Jesus Mendoza-Campos 4th grade 1st Place

Do you have a favorite holiday? I have one. I bet you two dollars you can't guess it! No it's not Halloween, Nope not that one. Do you give up? It's Christmas of course!

Christmas is the holiday of food. Ok, maybe Halloween is cause of the candy. A lot of people like tamales on Christmas. My family is Mexican Mexican but we don't make tamales, do like them though. Last year we had carnitas de chicharron. I don't mean to brag, but my grandpa is a pretty good cook.

I like it when everyone is at the table talking and laughing on Christmas. Sometimes the grown-ups mention relatives of ours that I don't know. I get curious, then I start to thirst for information. I don't ask though, if I do they say "No haves chrismaso." I regret asking the question.

Another reason I like Christmas is because the presents. There's a wide variety of stuff I like. Just in case you wanna get me something, too bad Toys'R Us shut down like the rush you get while your unwrapping them. The wrapping paper is always colorful. 2 years ago my wife got a present for my baby brother, his name is Joel. My uncle wrote jail instead! lol!

Presents are under something shiny and colorful. Yep, Christmas trees! They're bright and unique. They have ornaments, ribbons, lights and an awesome star on the tip-top. The rainbow lights are my favorite.

We can't forget why we really celebrate Christmas. We celebrate because of Jesus' birth. Most of yall have heard of the story. Mary and Joseph had the baby Jesus. Hey, that's my name! Jesus was born in a barn...

Now you understand why Christmas is my favorite holiday.

Kamila Moreno 2nd grade 1st Place

The Day I Met A Very Pickie person!

One day I met a person named Chloe. She asked me "can you make me a beautiful shirt/sweater?" I said "okay mom!" So I started to make it in the designing studio. The shirt/sweater is done the next day. She came soooo excited to see what it looks like! But when she saw it she said "WHAT?" I said here you go it will be 70 dollars and 91 cents. 500 she stared at me weirdly and then she said "I HATE this sooooo much im sorry but I cant pay 70 dollars and 91 cents for such an ugly shirt that was supposed to be a sweater!" I said "well do you want me to make another one?" I asked? 500 she standed there for like 5 minutes and then she said "OF COURSE lady!" so I did it. and I fell asleep. The next morning she came back to get the shirt/sweater she said "where is my SHIRT?" When I woke up I looked like I just got in a car crash she told me "Are you okay?" I replied "Yes why do you say that?" So after that I said "Give me five minutes" and she galled like this "Uhhhh! okay fine!" So I jumped and quickly made the dress! She asked me "I've been dying to see it pleaseeee!" I looked at her I did not say anything for five minutes or possibly ten she asked "HELLOOOOO!" I said on the count of five ill show you five four three two one she said "I LOVE IT!" That is when she realized that she couldnt judge how you disgnat.

Kyleigh Stephens 5th grade 1st place

This weekend i came across a giant, green, 75 foot turtle. It was huge and kinda looked like a ninja turtle. Then it started running towards me. There was no way i was gonna out run the giant turtle with how long his legs were. But i had an idea. So i took off running as fast as i could down the neighborhood trying to find a bike. I jumped on the first bike i saw and raced around the block. The bike was red with a shiny gold handle bar. Even though i was going as fast as i could still the turtle was right behind me. Then it hit me. The turtle was running after me because i have been using plastic straws every single day for the past week. Then i had another idea. I pedaled as fast as i could to the store. I jumped off the bike and ran into the store. I quickly looked around the whole store when i saw them. They came in (4) different colors, red, gold, silver, and blue. I then went and payed for the m and walked outside to find the turtle but he was nowhere to be found. From that day on i never saw the turtle again and i also stopped using plastic straws and now i use metal straws.

The End



Mighty Writers

I Got My Shot; Why Am I Sick? Physicians Explain

The bottom line: Vaccines are our best protection against disease, but in some situations vaccinated people can still get sick. In the case of influenza, several factors can cause this. Nonetheless, physicians stress vaccines are the best form of protection, shielding many individuals from the disease or at least reducing the severity of symptoms, and preventing hospitalization or death.

Vaccines protect us from preventable diseases. However, why do some vaccinated people get sick anyway? Several factors determine a vaccine's effectiveness at protecting an individual, physicians say.

"Every year the [flu] virus changes, and scientists in laboratories have to try to figure out what the next strain of influenza will be, make the most educated guess, put those strains into the vaccine - and sometimes it's not a perfect match," said Austin internist, pediatrician, and infectious disease specialist David L. Lakey, MD, in a TMA video. "Sometimes the vaccine versus the strains of influenza that are circulating isn't perfect."

People with specific medical conditions such as heart disease, chronic lung disease, and cancer have a harder time fighting diseases and are at

able diseases. However, why do some vaccinated people get sick anyway? Several factors determine a vaccine's effectiveness at protecting an individual, physicians say.

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People with specific medical conditions such as heart disease, chronic lung disease, and cancer have a harder time fighting diseases and are at

a higher risk of developing severe complications. Older people are also more susceptible to getting sick.

Some adults experience waning immunity - their immunity built up from childhood vaccines diminishes. That's why they are strongly urged to keep up with their vaccinations, to give their immunity a boost.

"Patients that are diabetic, patients that have other things that immunocompromise them, individuals that are older, they don't have as robust a response to the vaccine," said Dr. Lakey, who serves on TMA's Council on Science and Public Health, in the video. "By immunizing those individuals, it protects them from having the severe cases."

People suffering from the flu can experience fever, chills, cough, sore throat, runny or



stuffy nose, body aches, headaches, fatigue, and vomiting. If left untreated, some individuals may develop complications like pneumonia, which can be fatal. But the flu shot can minimize those symptoms if people get sick.

"It's also really good at preventing people from getting hospitalized, and so they may have a less severe case of influenza, still have the runny nose, fever, [but] may not end up in the hospital with influenza," Dr. Lakey explained. He added that if enough people get their shots, society is protected, a situation physicians call community

immunity. This phenomenon "can decrease the number of people that are transmitting the virus and decrease the number of individuals that are going to infect me, my family, your family, from that circulating virus."

By getting your shots you can avoid getting sick altogether, or at least make the illness shorter, more bearable, and less dangerous.

TMA is the largest state medical society in the nation, representing more than 53,000 physician and medical student members. It is located in Austin and has 110 component county medical

societies around the state. TMA's key objective since 1853 is to improve the health of all Texans. Be Wise - Immunize" is a joint initiative led by TMA and the TMA Alliance, a volunteer organization of physicians and their spouses. BWI is funded in 2020 by TMA Foundation thanks to major support from H-E-B and generous donations from physicians and their families and other donors whose gifts create a Healthy Now and Healthy Future for more Texans.

Be Wise - Immunize is a service mark of the Texas Medical Association.



The Road to Recovery...A truck driver hauling 138 head of cattle from Arizona to McLean, Texas overturned Saturday morning around 7:00 a.m. just west of Friona. Fortunately, the driver only suffered minor injuries. Great work by Parmer County Sheriff officers, DPS troopers, and K3 Towing and Recovery personnel in cleaning up the accident as soon as possible.





Jesus Mendoza, Homer Haile, Martin Lopez

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Carly Drake shoots a jumper against Spearman during the last home basketball game for the season. The Friona Star will have the basketball season wrap-up next week.



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United States
Census 2020

In December 2019, area representatives from Bovina, Farwell, Friona, and Lazbuddie partnered with the U.S. Census Bureau to create a Census 2020 Complete Count Committee. This committee, chaired by Friona City Manager Lee Davila and Bovina City Manager Cesar Marquez, is comprised of about 20 individuals from the community, local schools, county offices and city governments. They are responsible for outreach and education for the 2020 Census in Parmer County. Their goal is to perform outreach to residents regarding the upcoming census and the benefits of an accurate count for each city. In the coming weeks, the Friona Star will assist them in sharing information about this year's census in order to encourage residents to promptly self-respond to the census, eliminating the time and tax dollars spent sending employees door-to-door to gather information. But first, here's a quick refresher of what the census is and why it's essential for everyone to be counted.

Every ten years, the United States Census Bureau conducts a census to count the number of people living in the United States and determine the number of seats each state receives in the U.S. House of Representatives. Other uses of census data include political redistricting, distribution of federal funding, planning for infrastructure and social services, as well as understanding demographics changes in the country. The census can also assist Parmer County by helping fund school programs, attracting new businesses to the area, and improving health care programs. A complete and accurate count is essential to these efforts. The census is SAFE, EASY and IMPORTANT.

For more information on the Parmer County 2020 Complete Count Committee, please visit www.cityoffriona.com/2020census.