



Senior Citizens Center meals will be discontinued until further notice.

No visitation at Prairie Acres until further notice

Deaf Smith Electric Coop 82nd Annual Meeting has been postponed

WTRT/WT Services Annual Meeting has been postponed

County Jail Visitation Suspended

UIL Events Cancelled

Bovina Chamber Banquet Postponed

PMC takes precautionary measures

Parmer Medical Center (PMC) is staying abreast of the ever-changing guidelines being issued by the Center for Disease Control (CDC) regarding COVID-19, more commonly referred to as Coronavirus. The following information may change at any time. If you have any questions regarding the current guidelines being followed at PMC, please do not hesitate to call (806) 250-2754 and ask for Devin Carpenter, Director of Nursing; Rhonda Wilkins, Director of Senior Services; or Gayla Quillin, CEO.

In an effort to maintain the health and safety of the community, we are limiting traffic and visitors through our hospital and clinic. The front door and emergency department door will be the only two doors that are not locked. Everyone should enter through the front doors except those needing emergency services. During non-business hours, the front doors will be locked and everyone will need to enter through the emergency department.

PMC is required to prevent non-essential visitors from access into the clinic and hospital facilities. Essential visitors include government personnel; one designated caregiver acting on the patient's behalf, such as a parent of a minor or a legally authorized representative. Please remember that these restrictions

also apply at Friona Rural Health Clinic.

At the direction of Governor Greg Abbott, hospitals are required to implement access restrictions and check point screenings. All individuals entering the facility will be screened for elevated temperature, respiratory symptoms and travel history. If the screening indicates an individual might have been exposed or infected with COVID-19, we will direct you to the clinic to be evaluated by one of our providers. We are required to immedi-

ately report it to the local health department or to the Department of State Health Services.

We will be limiting visitors for hospitalized patients to only one adult per visit and no more than two visits per day. Adults are defined during these precautionary times as anyone age 18 or older.

We are asking for all visitors to wash their hands before entering the patient rooms and once again before exiting the patient's room. Please remember that good hand washing and

not touching your mouth, nose, and eyes are the best defense you have against contracting COVID-19.

Symptoms can include fever, cough and difficulty breathing, similar to seasonal flu. Travel and exposure to infected individuals are also considered when screening for possible COVID-19. Our providers will be following the CDC guidelines regarding testing.

Thank you all for working with us to try and maintain a healthy and safe community - especially for our vulnerable population.

Take steps to protect yourself

Clean your hands often

- Wash your hands often with soap and water for at least 20 seconds especially after you have been in a public place, or after blowing your nose, coughing, or sneezing.
- If soap and water are not readily available, use a hand sanitizer that contains at least 60% alcohol. Cover all surfaces of your hands and rub them together until they feel dry.
- Avoid touching your eyes, nose, and mouth with unwashed hands.



Avoid close contact

- Avoid close contact with people who are sick
- Put distance between yourself and other people if COVID-19 is spreading in your community. This is especially important for people who are at higher risk of getting very sick.



Take steps to protect others

Stay home if you're sick

- Stay home if you are sick, except to get medical care. Learn what to do if you are sick.



Cover coughs and sneezes

- Cover your mouth and nose with a tissue when you cough or sneeze or use the inside of your elbow.
- Throw used tissues in the trash.
- Immediately wash your hands with soap and water for at least 20 seconds. If soap and water are not readily available, clean your hands with a hand sanitizer that contains at least 60% alcohol.



Wear a facemask if you are sick

- If you are sick: You should wear a facemask when you are around other people (e.g., sharing a room or vehicle) and before you enter a healthcare provider's office. If you are not able to wear a facemask (for example, because it causes trouble breathing), then you should do your best to cover your coughs and sneezes, and people who are caring for you should wear a facemask if they enter your room. Learn what to do if you are sick.
- If you are NOT sick: You do not need to wear a facemask unless you are caring for someone who is sick (and they are not able to wear a facemask). Facemasks may be in short supply and they should be saved for caregivers.



Clean and disinfect

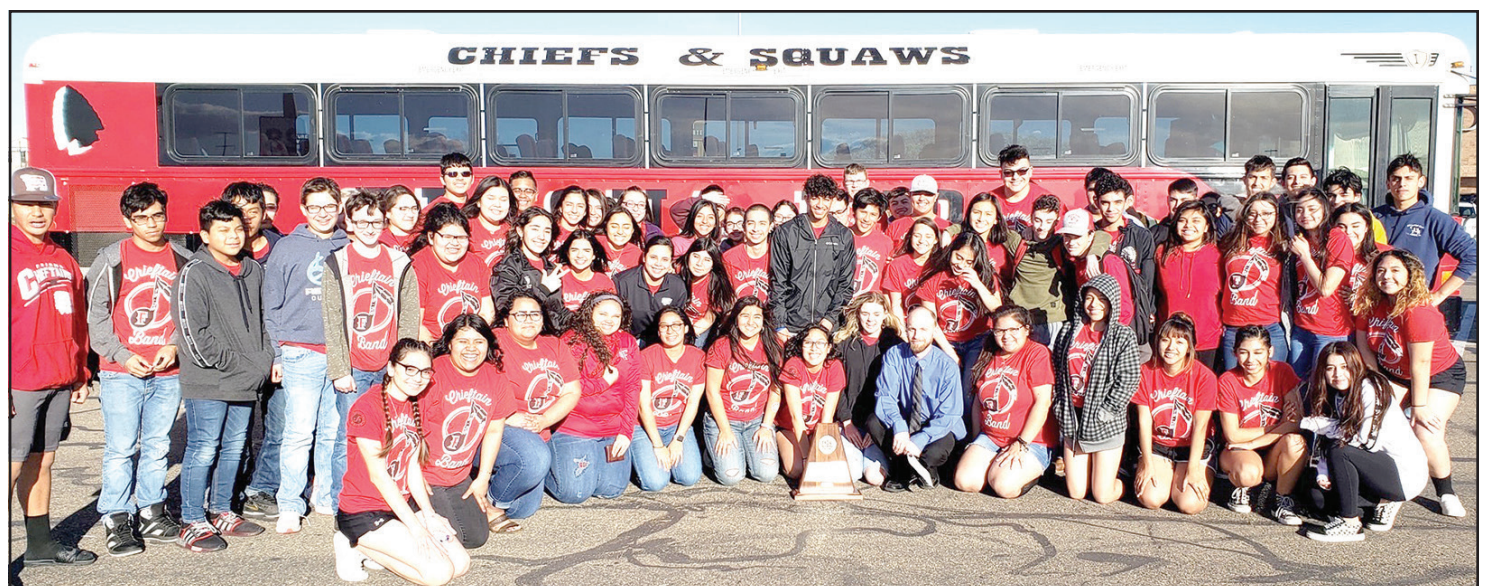
- Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and sinks.
- If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfection.



Reference
www.texastribune.org/2020/03/05/texas-coronavirus-tests-capacity-remains-limited-labs-are-running/
www.dshs.texas.gov/lab/eprLRNcontact.shtm
 Texas tech university bioterrorism response laboratory 2019 novel coronavirus
www.cdc.gov/coronavirus/2019-ncov/about/prevention-treatment.html



The One Act Play cast and crew won Alternate Show to Bi-District!!! Zeke Garcia was Honorable Mention All Star and Mariah Rivera was All Star Cast. The OAP also received the award for Outstanding Technical Crew. Congratulations to all!!!



Mighty Chieftain Band Sweepstakes!!! 1's in Concert and Sight-Reading!!!

Panhandle Bluebonnets have arrived - in a yard near you!

You have seen it all over town. You can't shake a stick without hitting it. It is everywhere. What is it? The name is Henbit. You probably know it by the name Lamium amplexicaule. Some have deemed it the Panhandle Bluebonnet. I refer to it by the scientific name — that stupid purple weed that is taking over my yard.

Apparently it got its name because chickens like to eat it. Well, no more chicken for me. This winter annual broadleaf weed with greenish to purplish, tender, square stems and a fibrous root system, and reddish purple petals can grow to a height of 16 inches and can produce up

to 2,000 seeds per plant. Our yards are going to h#ll in a henbit basket!!!

Henbit is commonly confused with purple deadnettle. However, everyone should already know that the upper Henbit leaves are directly attached to the stem while the deadnettle leaves occur on petioles. I learned that the only good weed is a dead weed.

So, what are you going to do? I say call in an air strike and start from scratch. Henbit should be treated in the spring before it flowers. What? Now you tell me. Where was this advice a month ago? A good defense against this purple invader is



to grow a thick lawn so weeds don't have any room to grow. Experts recommend feeding your lawn 4 times per year.

Don't worry about the high-priced fertilizer and out-of-sight water bills. It's just chicken feed!

Chamber Awards Next Week	Town Talk Page 3	Church Page Page 5	Small Town Cookin' Page 6	Sports Page 8
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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 March 19-25	T 63 28 WSW 25-35	F 52 29 ENE 10-20	S 54 35 SSE 10-20	S 67 42 WSW 10-20	M 70 47 SW 10-20	T 73 47 W 15-25	W 75 50 W 15-25	Precipitation March 1.65 Year 2.89	Burn Ban: No
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2020 Census News

Community Calendar

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

March 19
• Parmer County Area AA meeting at the Friona Methodist Church (north entrance) at 7 p.m.

March 26
• 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.

April 1
• April Fools' Day

April 2
• 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.

April 3
• Alzheimer's Caregiver Support Group meets from 10:00-11:00 a.m. at Friona Senior Center

April 9
• 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.

April 12
• Easter

April 16
• 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.

April 23
• 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.

April 30
• 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.

With the recent pandemic of the COVID-19 or Coronavirus the country is concerned for the well-being of its citizens. States are postponing elections, UIL is suspending all activities, the NCAA cancelled March Madness. With all this going on, the 2020 Census will proceed as planned. Because of the recommended social distancing it may be difficult to have access to door-to-door employees. Lucky for us, for the second time in history, self-reporting is now available on the World Wide Web! If you have already received your census ID by mail, you can respond to the census by visiting www.my2020census.gov "I took the online census survey and completed it in less than 6 minutes. It was quick and easy!" said one census participant. If you or a loved one is worried about getting infected with the coronavirus or infecting someone else, you have access to it at your fingertips! Another great thing about the online version is that it is available in 13 different languages.

A person can respond even without the questionnaire. We want all to respond right



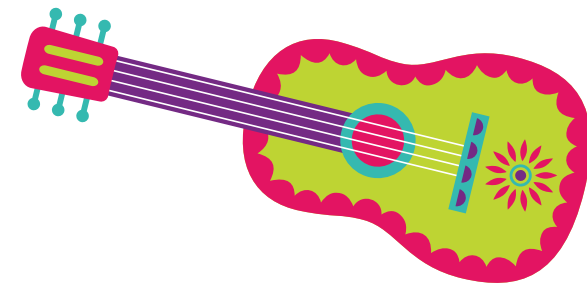
away and there is the option available to respond without the code online. (13 languages and 59 language guides)

Make sure you protect yourself and others during this time of sickness. Wash

your hands and commit to doing your civic duty and fill out the 2020 Census Survey. Keep in mind that the 2020 Census is SAFE, EASY, and IMPORTANT. For simple steps to conduct the online survey

visit, <https://2020census.gov/en/ways-to-respond/responding-online.html> and for more information on the 2020 Census visit <https://2020census.gov/en/help.html>

Chamber Awards Special Edition coming next week!



Social Security Offices Will Only Offer Phone Service

Online Services Remain Available

Effective March 17, 2020, all local Social Security offices will be closed to the public for in-person service starting Tuesday, March 17, 2020. This decision protects the population we serve—older Americans and people with underlying medical conditions—and our employees during the Coronavirus (COVID-19) pandemic. However, we are still able to provide critical services.

Our secure and convenient online services remain available at www.socialsecurity.gov. Local offices will also continue to provide critical services over the phone. We are working closely with the Centers for Disease Control and Prevention (CDC), state and local governments, and other experts to monitor COVID-19 and will let you know as soon as we can resume in-person service.

TEXAS CROSSWORD

by Charley & Guy Orbison

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- ACROSS**
- 1 TX Guadalupe River floater
 - 5 TXism: "busier than ___ cook in a truck stop"
 - 6 TX Joe Don Baker film: "Cape ___"
 - 7 this Baxter was Ben Hogan's wife in "Follow the Sun"
 - 8 noted TX fiddler, Robertson
 - 9 TXism: "just ___ the bucket" (insignificant)
 - 16 TX John Connally's mother
 - 18 TXism: "___ the front burner" (doing well)
 - 21 TX Don Henley co-wrote "Get Over ___"
 - 22 noted TX poet: Grace ___ Crowell
 - 23 ___ City, TX
 - 24 tiny crop eaters
 - 30 sunset
 - 34 Willie's 1st record: "___ Place for Me"
 - 35 SMU grad Debra Monk film: "This Is ___ Leave You"
 - 36 slave over a stove
 - 37 Warren of TX-based film "Tough Enough"
 - 39 TXism: "sank like an anvil ___"
 - 43 extreme anger
 - 44 TXism: "more than you can shake a ___"
 - 45 TXism: "bone up ___"

- 46 Monte ____, TX
- 47 TX beach problem describing early Comanches in TX
- 52 "Gig '___ Aggies!"
- 53 legislative "no" vote
- 54 mobile or landline
- 55 TXism: "drinks like a ___ pup"
- 58 Moore County seat
- 59 this Campbell was 24th TX governor (init.)

- DOWN**
- 1 this Septien was Cowboy kicker (1978-1986)
 - 2 TXism: "he'd argue with ___ post"
 - 3 seat of Robertson County
 - 4 British "tire"
 - 9 summer necessity in TX (abbr.)
 - 10 TXism: "what he ___ ain't worth learning"
 - 11 "hit the ___" (became angry)
 - 12 northern neighbor (abbr.)
 - 13 head cushion

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solution on page 4

- 14 TX Don Henley co-wrote "New Kid ___ Town" (1976)
- 15 Stop '___'
- 17 TXism: "clings like ___ dog's ear"
- 19 this TX Coleman was noted jazz musician
- 20 Sam Houston trading post in 12-down: "Wigwam ___"
- 24 good root beer
- 25 UH BB team in 1983: "___ Slama Jama"
- 26 egg layers
- 27 TXism: "mad as a wet hen"
- 28 a craving for
- 29 TX Rico Rodriguez's "Modern Family," e.g. TXism: "___ wind of" (heard)
- 31 TXism: "like a duck ___ water" (out of place)
- 32 subdivision org.
- 33 Stephens of "Dallas Cowboys Cheerleaders" films
- 38 TXism: "she ___ a blue streak"
- 40 approves
- 41 the first murderer
- 42 backpacks
- 48 "Blue Bloods" org.
- 50 17th letter of Greek alphabet, plural
- 51 noted TX historian, Tinkle
- 56 TXism: "like a duck ___ water" (out of place)
- 57 1970s Eddie Chiles bumper sticker: "___ too, Eddie!"

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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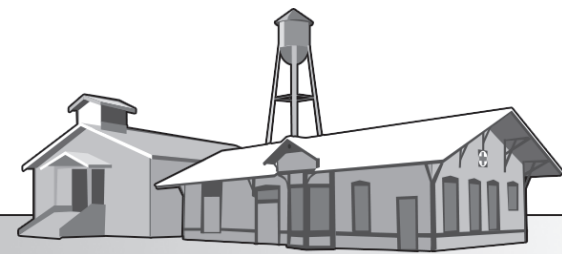
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Friona Flashbacks

NEW BUSINESS....

The A-1 Service Center has opened on West Highway 60, and the Friona Chamber of Commerce held a ribbon-cutting ceremony for the new business on Wednesday. Owners are Mike and Clarence Martin. Members of the chamber's board of directors are shown with the entire family. The company has scheduled an open house for Sunday. (Friona Star, May 28, 1988)



TOWN TALK

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

Starting next week, the Friona Star will print a list of businesses and/or organizations that need to change the way they interact with the community. Call us at 250-2211 to inform us of changes that the public needs to know about. We will publish them in next week's edition. Cancellations and postponements will also be listed on our website at www.frionaonline.com.

★★★

Juan Carlos Vidaurri, President of the Bovina Chamber of Commerce, informed the Star that the Bovina Chamber of Commerce Awards Banquet set for April 2nd will be postponed until a later date. All tickets that have been purchased are valid and will be honored. For more information, you can call (806) 236-8815.

★★★

Congratulations to the newly elected 2020-2021 FHS Cheerleaders. The Varsity members are: Nohemi Castillo, Yeslie Fauda, Breanna Godinez, Yvonne Legarreta, Amy Montana, Kamryn Riethmayer, Rebecca Schlenker, Audry Trevino. The Junior Varsity members are: Mercedes Espinoza, Destini Fernandez, Janessa Garcia, Lizett Garcia, Makayla Ramos, and Ahtziri Soltoro.

★★★

Congratulations to the Mighty Chieftain Band. They received the highest grades in Concert and Sight-Reading. They are truly #1. See photo on front page.

★★★

The One Act Play also had a great year. The cast and crew won Alternate Show to Bi-District. They also won the award for Outstanding Technical Crew. Zeke Garcia and Mariah Rivera also won individuals awards. Great job!!! See photo on front page.

★★★

Next week's edition will include highlights from the Chamber of Commerce Awards Banquet and an update on Friona Youth Sports. Stay safe.

★★★

The Skywarn Basic Spotter Training Event scheduled for March 26th in Bovina has been cancelled.

★★★

- National Days**
- March 19 — Spring Begins
 - March 20 — Proposal Day
 - March 21 — Corn Dog Day
 - March 22 — Goof Off Day
 - March 23 — Puppy Day
 - March 24 — Cheesesteak Day
 - March 25 — Ag Day

Friona Star

www.frionaonline.com



HAPPY 2020!!! DEL RIO DAIRY IS GROWING AND WE ARE LOOKING FOR A FEW GOOD PEOPLE TO GROW WITH

WE ARE CURRENTLY LOOKING FOR APPLICANTS TO ADD TO OUR MANAGEMENT TEAM. THIS IS AN EXCITING INDUSTRY, AND DEL RIO DAIRY HAS SOME PROGRESSIVE CHANGES IN ADDITION TO THE GROWTH. SO IF YOU ARE LOOKING TO BECOME A MEMBER OF A CUTTING EDGE DAIRY TEAM, WE WOULD LOVE TO SPEAK WITH YOU

POSITIONS AVAILABLE MAY INCLUDE:

- HERDSMAN
- PARLOR MANAGER
- ASSISTANT MANAGER

PREFERENCE WILL BE GIVEN BASED ON EXPERIENCE, EDUCATION, AND BILINGUAL CAPABILITIES

IF INTERESTED: CONTACT NATHAN @ 806-265-5092 OR EMAIL DELRIODAIRY@WTRT.NET



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We can fill your lunchbox with fruits and vegetables that you like. Let's cut out fun shapes from your favorite cheese too.

When families plan menus together we can choose our favorite meals. When we shop together we can look for the freshest foods - vegetables and fruits - and everyone can choose the kinds that he likes the most. By checking labels on packages, we can learn which foods have the best ingredients. When we cook at home we can adjust our recipes to use small amounts of healthful oils, salt or sugar. Some families are steaming or baking part of their favorite meals.

Read the clues to fill in the crossword:

- Choose foods from each of the food _____ every day: vegetables, fruits, grains, proteins and dairy.
- _____ are low in fat, sugar and calories and high in fiber and vitamins, like vitamin A, which is good for our eyes and skin.
- Many fruits have _____ and are famous for vitamin C, which helps to repair body tissue and heal cuts.
- Low-fat milk and cheeses will give you _____ for strong bones and teeth.
- Meat, fish, beans, eggs, peanut butter and nuts have lots of protein to help build _____. Choose lean cuts of meat if possible.
- Oats, brown rice, popcorn and buckwheat are whole grains with lots of fiber and carbohydrates that give us _____.
I've "bean" here before.
- "My _____" lets us see at a glance what, and how much, we are eating.

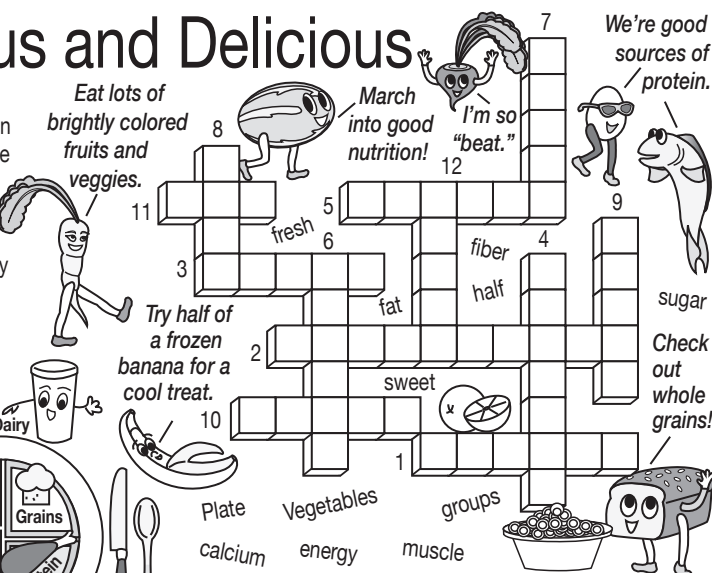
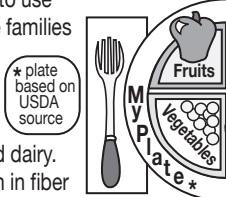
Nutritious and Delicious

Families may grab a quick takeout meal when they are pressed for time or on the go. Takeout meals can be a tasty treat, but home-cooked meals are less expensive, and we know exactly which ingredients we're using.

Eat lots of brightly colored fruits and veggies.

March into good nutrition!

We're good sources of protein.



Try half of a frozen banana for a cool treat.

fat

sweet

Moderate amounts of fat are good for your brain!

calcium

energy

I've "bean" here before.

muscle

groups

Vegetables

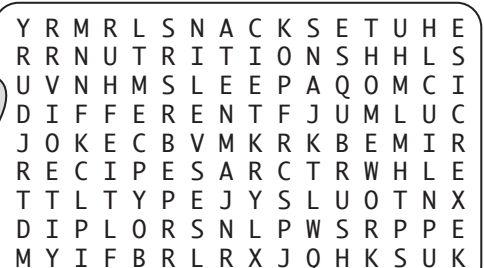
groups

muscle

It's easier to keep on a healthful track if your family and friends do too. It's fun to cook and exercise with others. We're checking out the sports and activities at our school and local Parks and Recreation Department for upcoming spring months. That will keep us moving!



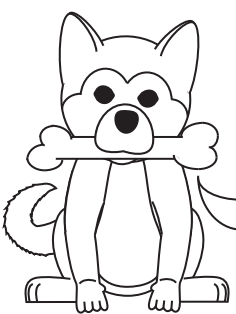
Healthful Fun with Family and Friends



Read the clues to fill in our healthful habits crossword, then find and circle the words!

- Check out some new, healthier _____ for favorite comfort foods like macaroni and cheese.
- Try some _____ vegetables like kalettes - (a cross between Brussels sprouts and kale) or purple potatoes or rainbow carrots (orange, red, purple, white).
- Play soccer, dance, fly kites - find a type of _____ you like and have fun with it for 30 - 60 minutes a day.
- Spark your energy each morning with a good _____.
- Eat three meals and don't forget 2 - 3 small _____.
- Choose snacks that will give you lots of _____: nuts, veggies with low-fat dip, fruit.
- _____ your teeth twice a day and floss too.
- Get your _____ done, then, if allowed, enjoy playing a computer or video game.
- _____ is important for resting and repairing our bodies, so get a good night's sleep.
- Visit a _____ for a checkup and an eye exam; and the dentist to check your teeth.

Ideas To "Chew" On!



Every day we make choices about the food we eat. We may grab something tasty that is not very nutritious. If we keep lots of healthful food choices around the house it will be easy to grab a tasty bite that is better for us. Here are some choices for meals and snacks. Do you know which one would be a better choice? Circle it.

Breakfast:

- A. bacon, eggs, fried potatoes
B. oatmeal, fruit, milk
- A. pancakes with fruit
B. fried egg, bacon and cheese sandwich

Lunch:

- A. corn dog, french fries, soda
B. boiled hot dog, baked beans, milk
- A. grilled chicken patty, salad, milk
B. chicken nuggets, onion rings, milk shake

Snacks:

- A. nacho chips with cheese dip
B. baked tortilla chips with salsa
- A. chocolate chip cookies
B. rice cakes with a little peanut butter

Supper:

- A. cheeseburger, fries, soda
B. turkey burger, fruit salad
- A. pepperoni and cheese pizza
B. vegetable and cheese pizza

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Sat: 9am - 12pm
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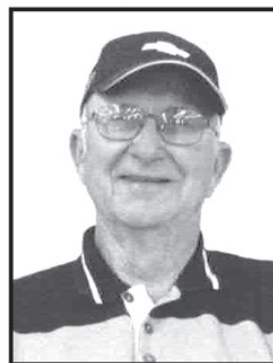
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* See store for details

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www.stevens5star.com

Happy Birthday Friona Folks!

- | | |
|---|---|
| <p>March 20
Doris Barnett
Joyce Wells
Claudia Hanes
Kenda Dunnam
Tammy (Spencer) Fincher
Shelby (Hutson) Mata
Pamela Nelson-Ray
Karla Rector
Eric Gonzales
Sam Rushing</p> | <p>March 24
Matt Osborn
Dennis Field
Sabrina Barraza
Jisela (Torres) Licerio
Philip Hand
Emerson Maricle</p> |
| <p>March 21
Joe Murphree
Lou Keith
Amelia Wright
Jeffrey Sunderlin
Peyton Schueler
Melissa Tamez
Olga Legarreta
Uriah Monreal</p> | <p>March 25
Sydney Frye
Owen Daniels
Val Casas</p> |
| <p>March 22
Zane Gonzales
Kenny Austin
Andrew Diaz
Lillyana Madrigal
Jane Veggeberg</p> | <p>March 26
Joan Grimsley
David Smith
Dylan Tyler
Joni Lyn Graham
Bryan Blake Stover
Brock St. Clair</p> |
| <p>March 23
Judy Potts
Mary Stone
Chase Alexander
Julie Reeve Banfield</p> | |



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

DSEC Postpones Annual Meeting

The safety and well-being of our Membership and employees is of utmost importance. As part of that commitment, we wanted to take a moment to share our current stance as it relates to the Coronavirus (COVID-19).

In short, we are monitoring this situation very closely, and following recommended practices as outlined by the Centers for Disease Control (CDC), World Health Organization (WHO) and other public health resources to ensure the health and safety of our Members and employees. We continually have ongoing and frequent internal communications, assessing the progression of COVID-19, reviewing our current practices and adjusting our course based on recommendations as outlined by CDC, WHO and others.

Due to CDC's most recent guidance (Sunday, March 15, 2020), and out of an abundance of caution for the safety and well-being of our Members and employees, DSEC has decided to postpone its 82nd Annual Meeting until such time as is deemed safe and in the interest of the health, safety, and welfare of our Members, employees and the general public.

While we are postponing the annual meeting, we will not be postponing the distribution of capital credit checks. Consequently, DSEC will not be directly handing out capital credit checks in our usual manner but will instead mail checks the morning of Wednesday, March 25, 2020. Be on the lookout for those to arrive and if you do not see one after a couple of weeks, give us a call and we will do some research. Results of the director elections will also be announced on Wednesday, March 25, 2020 so if you have not returned your mail-in ballot, please do so by March 24th in order to ensure your vote is cast.

While our office will remain available to assist you in the event you need us, if you are feeling unwell or exhibiting any flu-like symptoms, we urge you to contact us via telephone at 806-364-1166 or visit us online for tools and options for servicing your account and paying your bill. We will remain vigilant in our dedication to serve our members while minimizing the risk of infection for our employees and we have many options to address your needs.

Stay tuned to our web site (www.deafsmith.coop) and monitor our Facebook page (/deafsmithec) and Twitter feed (@deafsmithec) as developments arise and our contingency plans change according to those new developments.

SHERIFF'S REPORT

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

3-9-20 — Guadalupe Izaguirre, 49, of Friona was arrested by Friona PD on a charge of Evading Arrest, pending County Court.

3-10-20 — Alan Gamboa, 27, of Clovis, New Mexico was arrested by Friona PD on a charge of Possession CS Pg1 < 1 g, pending Grand Jury.

3-15-20 — Heber Cardoza, 28, of Bovina was arrested by Parmer County SO on a charge of Possession Marijuana < 2 oz in Drug Free Zone and Evading Arrest, pending County Court.

COURTHOUSE NOTES

Susie Spring, County Clerk

Warranty Deeds as reported by the County Clerk's Office from March 5, 2020 through March 12, 2020:

(3/5/20) Coleman Young, Melissa Young — Branford Lunsford — All of L 10, 11, and 12 B 43 of Original Town of Farwell

(3/6/20) Ernest Ramm, Mary Alice Ramm — Blake O Hare, Laci O Hare — SW Part of Sec 16 B Z W.D. & F.W. Johnson Subdivision in Parmer Lying N of FM Highway 1731 and described as E Part of Sec 16 B Z W.D. & F.W. Johnson Subdivision in Parmer County

(3/6/20) Vick Christian, Troy Christian, Todd Christian, Lillie Christian — Richard Camp, Leigh Shelby Camp — A Tract of Land in NE Corner of Sec 21, T10S R2E in Parmer County

(3/6/20) Richard Riley Camp, Shelby Leigh Camp — Troy Christian, Lillie Christian — A 2,539 Ac Tract of Land in NW/4 of Sec 27 Township 10 S Range 2 E of Capitol Syndicate Subdivision in Parmer

(3/6/20) Client Cole — Florine Coburn — The W 55' of L 29, 30, 31, and 32 of B 13 of Original Town of Farwell in Parmer

(3/9/20) Richard Lynn Herring — Gary Cash, Nedra Cash — A Tract of Land in SW/4 Sec 31 T1N R4E Capitol Syndicate Subdivision in Parmer

(3/9/20) Marissa Marquez — Aransasu Contreras, Emmanuel Contreras — All of L 1, 2, 3, and E 20' of L 4 B 2 of Original Town of Bovina in Parmer

(3/9/20) Priscilla A. Hicks — Vicki Barnett — L 3 B 2 Western Addition City of Friona in Parmer

(3/9/20) Gary Haseloff, Loretta Haseloff — Coleman Young, Melissa Young — All of SE/4 A/K/A Lots 9, 10, 15, and 16 of Sec 21 Township 9 S R 1 E in Parmer County

(3/10/20) Jesus Cantu Ibarra, Jesse Ibarra Jr. — De Cantu Guadalupe Ibarra — All of L 25-32 inclusive Block No 33 Original Town of Farwell in Parmer County

(3/11/20) Onesimo Avalos Jr, Rachel Avalos — Freddy Arturo Campos — W 40 L 12 and E 20 L 13 B 1 Ridgeview Addition City of Friona

WTRT Postpones Annual Meeting

West Texas Rural Telephone Cooperative has determined that it is the best interest of our members, our employees, and our community to delay our Annual Meeting from March 31, 2020 until May 2020.

The CDC has recommended that events with 50 plus members be cancelled to prevent further spread of the Corona Virus. We will continue to monitor this situation closely.

We apologize for any inconvenience and will keep you apprised of the new date of our Annual Meeting.

If you have questions, please contact our Customer Care Team at 364-3331.

Amy Linzey
Chief Executive Officer

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Comptroller Glenn Hegar Distributes \$766 Million in Monthly Sales Tax Revenue to Local Governments

Texas Comptroller Glenn Hegar announced today he will send cities, counties, transit systems and special purpose taxing districts \$766.2 million in local sales tax allocations for March, 7.7 percent more than in March 2019. These allocations are based on sales made in January by businesses that report tax monthly.

The City of Friona will receive \$335,403.53 for March 2020 as compared to \$29,682.80 which was received last year. This represents a 19.27% increase. The year-to-date payment total is \$123,193.19 which is a 21.78% increase over the \$101,153.68 received last year during the same time frame.

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Detour Ahead

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

Detour Ahead is not one of my favorite signs. Sometimes I wish I could see that sign and get all excited about the new direction I will be going, the adventure that may follow, overall, just be positive about a detour. But, I'm not. Usually, I am in a hurry, running just enough behind, that this sign is inconvenient at best and completely disruptive at worst and the last thing I am is positive.

It seems the world went from seeing clearly in 2020 and all the jokes and themes that went with the whole 2020 vision idea to DETOUR AHEAD. Covid 19 was not on the horizon, as we began the new year and now, we are seeing viruses in our sleep. The reality is this is a detour and requires wisdom to prevail. Have some panicked? Yes. Have some become ill? Yes. Sadly, some have died. It is a real issue and does require thoughtful, prayerful and an intentional response. I believe there may be opportunity here in this detour.

My wife received a very thought-provoking text from a friend and, member of our congregation that put a good spin on a difficult detour. In this time of social distancing and hand washing, maybe it is time to stop, to be still. Not something we usually like, but maybe it is what we need. Just be still. This will pass, just be still. Storms always move on, just be still. Take this moment to listen to God for a change, to listen to your kids, to shut off the noise and be still. This may be a good time to reflect and reach out. This may be a time to help not hinder. This may be your time to be what God has been trying to get you to be for some time, but you have been going at much to quick a pace to even notice He's talking to you.

I would like to encourage you to deal with this in wisdom and faith, not fear and frustration. How is your neighbor? Be a neighbor. Live today let tomorrow worry about itself. Have a great week full of possibility, but first be still. Know that God remains confidently on His throne. Jesus has not moved nor has His kingdom been shaken. If Jesus can sleep in a little boat in the midst of a storm, don't wake Him in panic, grab a pillow and join Him. This will not be the only detour ahead sign you will see but learn from this one and continue to walk with the King.

Book Blessings

By Brett Hoyle, Pastor, First Baptist Church

1 Timothy 3:1 says, "The saying is trustworthy: If anyone aspires to the office of overseer, he desires a noble task." The scriptural office of overseer is sometimes called bishop, elder or pastor depending on the passage and translation, but it speaks of those set aside by the church to lead and guide the church in helping the gospel to go forth. Being set apart by God into the ministry is a high and holy calling with a clear priority and purpose, that demands blameless character, a blessed homelife and a bold witness.

Although the call into the ministry has clear biblical grounds, it can be a difficult issue for one to work through as they discern God's leading for their life. Discerning Your Call to Ministry by Jason K. Allen, is a 150 page book that reads quickly to address this important area of what it means to be called into the ministry. His approach to this topic is biblical, practical and pertinent to those who may feel God's leading in this direction. He uses ten questions to assist the reader in thinking through what it means biblically to be called into the ministry, and to set an aim on what the next steps might be for one who is being led into fulltime ministry as a vocation.

Finally, God calls only a very few into full time vocational ministry, but ALL Christians are called to minister in the church and to the world. Part of the beauty of the gospel is that Jesus not only saves a person from all their sin, but that Jesus also has a specific purpose for your life so that others can be impacted by the truth of the gospel. For those who may feel led in the direction of being called into the ministry, Dr. Allen's book is an asset as they pray and think through how God is at work in their life and if God is calling them to serve Him in a special and unique way.

Send your church news to the

Friona★Star

frionastar@wtrt.net

A Scientific Religion

By Alvin Petty
Retired Pastor & Church Historian

It is a very wonderful thing when someone gets the idea that religious faith is not something pious and stuffy but that it is a scientific way to practice scientific principles that promote successful living. For example, prayer is sending out thoughts which are intentions and desires with vibration which can influence the thoughts of others which are also vibrations. Our pets that we love can actually pick up our vibratory thoughts even at times at a great distance. In a 1990s experiment, dogs reacted to their master's intentions at a distance of 300 miles. Dr. Richard Sheldrake has conducted numerous such tests with inspiring results of telepathic success between people and their pets.

It is confirmed that the universe is grounded in infinite connection. The ground of all being is, I believe, Divine Consciousness, and we all have a connection with this ground which we can develop. We are never alone. With a moment of silence and calm breathing we can begin to feel the love of an Eternal Consciousness which is connected to our soul and will give guiding wisdom to our subconscious mind which is one half million times more powerful than our conscious mind. We can find the wisdom we need from the inner voice of our soul if we listen calmly in faith, which not only means faith in God but the subconscious mind of our soul also.

Have you ever prayed for someone in a crowd silently because they seemed in need and after a bit they looked at you with a warm smile. They received your conscious vi-

bration of thought. It is a wonderful connected universe we live in and that is a scientific fact.

It is a proven fact that mere human observation can effect the behavior of particles of light. In the split box experiment first done in 1911 photons of light shot out of a particle gun at twin slits in the box to hit and register on photographic plates on the other side of each slit. A single photon would split when observed and register on the plates behind each slit but every time no one was looking the photon entered only entered one slit. It only worked harder when the boss showed up!

This experiment has been recreated in modern times with better equipment and the same result was achieved. Sherlock would say, Watson, "Consciousness is everywhere in this Universe. And this Divine Consciousness with our sincere meditations and prayer uses our very thoughts and intentions to better our health."

Renewal of strength comes from God (Isa. 40:31). But positive thinking and meditation coupled with focused breathing can be very helpful in healing the body and renewing one's strength. A sixteenth century mystic said, "Let nothing disturb you. Let nothing frighten you. Everything passes away except God. God alone is sufficient." It is a scientific fact that believing this calmly and listening to your own soul's connection to God aids greatly in your healthiness. Religious faith and positive thinking when practiced faithfully can create good things and that is a scientific fact.

Commissioners have light agenda

The Parmer County Commissioners Court met in regular session on Monday, March 9th at 10:00 a.m. in the County Courtroom of the Parmer County Courthouse in Farwell, Texas. The meeting began with prayer and the Pledge of Allegiance to the American Flag and the Texas Flag.

There were no public comments. The Minutes from the February 24, 2020 meeting were read and approved. Commissioners approved the payment of the accounts payables as presented by County Treasurer Sharon May. The Treasurer's Report was also reviewed and approved.

Commissioners discussed the need to employ a new janitor for the Friona offices of the Justice of the Peace, Pct. 1, and State Highway Patrol. Commissioners agreed to ask JP Pct. 1 Jo Beth Gipson to help in the process.

Sheriff Randy Gerles reported that he is currently housing 27 inmates in the Law Enforcement Center.

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

Clearing out the Trash

By Teena Hughs

As most of you know by now, Feller and I are making plans to move to my family ranch at Barksdale. Barksdale is a community similar to Lazbuddie 50 miles north of Uvalde.

We just returned from taking our third load of "stuff" to the ranch. We are building on to the house there, and we have discovered that MUCH cleaning needs to be done around the house.

When we talked to our contractor/builder in January, we knew he had a project in front of ours. I had not talked to him since we were there in February, so imagine how surprised Feller and I were when we drove up Friday and found three sheds and several trees moved completely from the back of the house. The looks of the house completely changed!!!

Saturday morning, I hurt my thumb and had to go into the house, wash it and get a band-aid. I sat in a chair in the den to put on the band-aid, and I started thinking about our future view from the den. Because of all the cleaning Ray did last week, we are going to enjoy the view of a field and mountains.

On the way back today, I started thinking about how clearing out the back of the house changed the perspective of everything. Sometimes, we need to clear out

the trash and junk in our lives to get a different, and better, perspective on life.

Sometimes we need to forgive someone, or ask them for forgiveness; sometimes we need to be still with God and ask Him what trash there is in our hearts and minds that we need to get rid of; sometimes we need to confess that we like holding on to our trash because it allows us to stay angry at someone.

Just remember that trash in our lives is a barrier between us and God. And, we can't have the relationship with God that He desires, and we should desire, as long as we hold on to trash.

Getting rid of the trash in our lives is liberating, and it makes us feel SO GOOD!!! Not only does it free us from the trash, it frees us to be able to do new and different things; it allows us to see things from a different perspective; it allows us to have a deeper and better relationship with God!!!

A good cleaning is good for all of us. Maybe you aren't as busy as you once were before the coronavirus slowed us all down. Maybe you can take a little time and examine the trash in your life, get rid of it all, and have a different perspective on life. For sure, you will be happier and filled with more joy!!!! Take care and have a great week!!!!

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

Friona

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Website-www.fbcfriona.com

FRIONA UNITED METHODIST CHURCH
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Rev. Skip Hodges
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Website-www.frionoaum.com

GRACE BAPTIST CHURCH
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1601 Euclid

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Pastor Benito Mejia
benitomejia@live.com

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Mike Prather, Minister

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State Capital Highlights

By Ed Sterling



Governor issues statewide disaster declaration

AUSTIN — Gov. Greg Abbott on March 13 declared a state of disaster in all Texas counties and listed actions agencies are taking to contain and minimize the spread of the COVID-19 novel coronavirus, a contagious flu-like respiratory disease.

Abbott said agency actions would include:

—Provide immediate ability to move resources around the state, including resources obtained through the Strategic National Stockpile, an emergency supply of pharmaceuticals and medical supplies;

—Restrict visitations at nursing homes, state-supported living centers, hospitals, day-care facilities, prisons, jails and juvenile justice facilities, while allowing limited exceptions for situations such as end-of-life visitations;

—Direct state agencies to take any action necessary to facilitate telemedicine and to provide flexible work and tele-work policies; and

—Empower the Texas Attorney General to pursue cases of price-gouging and ensure that offenders are prosecuted to the fullest extent of the law.

Cost waiving requested

Earlier last week, Abbott and the Texas Department of Insurance asked health insurers and health maintenance organizations operating in Texas to waive costs associated with the testing and telemedicine visits for the diagnosis of COVID-19.

Additionally, TDI requested that insurers report their actions related to consumer cost-sharing and access to services so that the department can ensure consumers are aware of their available benefits.

“Consulting a physician from home is a practical way to avoid getting sick, prevent the spread of the virus and help ensure that emergency rooms are available for those who truly need them. We appreciate the collaboration of health insurers operating in Texas to enhance our state’s proactive approach to addressing any potential outbreaks of COVID-19,” Abbott said.

Hegar: Economy is strong

Texas faces current weaknesses in financial, commodity and energy markets but the fundamentals of the Lone Star State’s economy remain strong, Texas Comptroller Glenn Hegar said on March 9.

Texas has exposure if oil prices remain depressed for a sustained period of time, and slowdowns in economic activity related to the COVID-19 outbreak could also be a headwind, Hegar said. However, he added, it is now only six months into the state’s current budget cycle, so it is too early to tell how current fluctuations might impact long-term economic

performance and state revenues.

Hegar also pointed out that the Texas economy is less reliant on oil and gas severance taxes to fund the day-to-day functions of state government than it has been historically. Additionally, the state leadership has numerous financial management tools that allow the state to react to and contend with economic pressures.

“Having said that, we will continue to monitor the economy and state revenues closely and will provide updates to lawmakers and the public as conditions warrant,” Hegar said.

Revenue to be distributed

Comptroller Hegar on March 11 announced he would send cities, counties, transit systems and special purpose taxing districts \$766.2 million in local sales tax allocations for March.

The dollar amount is 7.7% more than in the amount distributed in March 2019.

The allocations are based on sales made in January by businesses that report tax monthly.

Details may be found online in the comptroller’s monthly sales tax allocation comparison summary reports at comptroller.texas.gov.

Agency conducts exercise

Comptroller Hegar on March 11 said his office conducted an agencywide telework exercise on March 10.

In the exercise, some 1,800 employees representing the majority of the comptroller’s staff worked regular hours from home. Critical operations of the agency functioned normally, including call center agents who handled normal call volumes while teleworking.

“I want to stress that this was a scheduled business continuity exercise designed to simulate a scenario in which comptroller employees were required to work from home. This exercise will allow the agency to identify and address any weaknesses in our continuity plan under controlled conditions,” Hegar said.

Texas joins consortium

The Office of the Secretary of State on March 9 announced that Texas will become the 30th state to join the Electronic Registration Information Center (ERIC), a non-profit consortium that assists member states in increasing voter participation and improving the accuracy of voter rolls.

Governed and managed by member states, ERIC was formed in 2012 with assistance from The Pew Charitable Trusts. During its 2019 session, the 86th Texas Legislature appropriated \$1.5 million for Texas to join the consortium.

Participation in ERIC will assist Texas elections officials in identifying and conducting outreach to eligible but unregistered voters to encourage them to register to vote, according to the Secretary of State’s Elections Division.

Check Your Mirrors

By Sue Jane Sullivan



Sue Jane Sullivan is a freelance writer residing in Austin, Texas. She retired after teaching 41 years, all in the same public school district in Borden County (Gail, Texas).

My dad was a never-met-a-stranger type guy. He worked as an elementary P.E. teacher, a coach, insurance salesman, and then closed out his life’s work as a hospital volunteer. In his late 80s, Dad absolutely hated flu season only because it confined him indoors due to his compromised respiratory problems. During the winter months, his cell phone became the lifeline. Former students, old friends, new friends, ex-girlfriends (I know this because he told me in one of those awkward moments), and cousins who were still living—they knew when those calls came, Dad was in the midst of cabin fever.

To us kids, Dad’s meet and greet with strangers often embarrassed the dog out of us. We might be in a restaurant in Wyoming while road tripping to see my mom’s sisters, and Dad would inevitably strike up a conversation with some random person. At these times, seating was everything. If we were in that big semi-circular booth in the corner with slick vinyl, we could slink down and hide. However, if a waitress had placed us at a rectangular table with highchairs

for the youngest two, we had no where to go but to the bathroom. Mom would give us that look to just chill and deal. Sometimes, the person or persons engaged by Dad were just like him. “Hey, you got a good-looking family here!” or “How do you afford to feed this bunch?” followed by Dad’s response about our grocery consumption in one week, including five boxes of cereal and three gallons of milk—which was actually pretty darn accurate.

I eye-rolled these moments. This behavior terrified, puzzled, and confused me. I was not an adept conversationalist with people I knew, much less those I did not.

Then, I became Dad.

The people we never meet again—that’s how I refer to these moments now. A time in our day, wherever we are, in which we have a brief opportunity to smile or speak or share that will never come again.

I don’t seek out these times, but I do not ignore them any longer. Were I to do that, I would have missed out on Victor, a four-year-old boy sitting across from me last week at an El Paso

restaurant. I would not have had the joy of meeting Gail and Curtis Liggins in Alabama last August who were on a vacation through the South. Numerous situations occur where no names are exchanged and perhaps no words—just a nod or smile that acknowledge the presence of that person in a moment. Doing so is a tremendous use of human capacity to make someone’s day change for the better.

I have miles to go before I become as skilled at human interaction as my father was. My preference remains to communicate through a one-way mode such as a writing or texting instead of face to face talk. Isolation calms me; being alone is my security blanket and yet I crave, as we all do, affirmation. We may survive without interaction, but it is impossible to thrive.

The current situation of social distancing is physical in nature only. Be like my dad—get on the phone, call people, text them, send them the name of a good book or movie. But, avoid calling your exes—you might end up in the hospital for something other than COVID-19.



Oatmeal Cookies

Several weeks ago, the featured ingredient was oats, so I won’t go into a long history about oats themselves. However, here is a little history on oatmeal cookies. They didn’t come along until around the turn of the century.

In case you didn’t remember, oats were considered mainly food for animals in most of Europe except for Scotland. The Scots used oats in many recipes including oat cakes which they carried with them as they traveled and battled in wars. It wasn’t until the late 19th century that North Americans began eating oats.

In 1877 steel cutting oats was invented by Quaker Mill in Ohio. They also created rolled oats. It wasn’t until 1901 when the Quaker Oats Company was formed that oats began to be sold in individual packages rather than in bulk. Although one of

the first oatmeal cookie recipes was found in the Boston Cooking-School Cook Book in 1896, the oatmeal cookie didn’t really take off in popularity until Quaker Oats began to put recipes for porridge and cookies on their square boxes of oatmeal. As a side note, the round oatmeal containers were not seen until 1915. The first recipe on the box was for a sweet cookie and appeared between 1910 and 1917. In 1922, the boxes featured the Famous Oatmeal Cookies. This was the year that quick cooking one-minute oats were introduced. Then in 1930, Oats Macaroons were featured. Crisp Oatmeal Cookies were seen in 1935, and Mary Alden Oatmeal Cookies appeared in 1943. Oatmeal cookie recipes have remained basically the same over the years except for added ingredients such as

chocolate chips, raisins, and peanut butter, just to name a few.

As I researched oatmeal cookies, I discovered that March 17 is Oatmeal Cookie Day. However, as with many food holidays, a variant of the holiday is also celebrated on April 30 as National Oatmeal Cookie Day. You can pick which day you want to celebrate or better yet, bake cookies both days.

For more information about oatmeal cookies, you can search on revolutionarypie.com or www.foodreference.com.

This first recipe is from Sharon’s Aunt Sue Morgan. It is found in the Perryton First United Methodist Cookbook. I have made it many times over the years and always get delicious cookies. I don’t usually put in the nuts, but that is just to please my family.

Oatmeal Cookies

By Sue Morgan

1 c. shortening
1 c. sugar
1 c. brown sugar
2 c. flour

1 tsp. salt
1 tsp. baking soda
1 tsp baking powder
1 tsp. vanilla

2 c. oatmeal
2 eggs
½ c. pecans

Cream shortening and sugars. Add beaten eggs, dry ingredients, oatmeal, and nuts. Mix thoroughly. Chill. Roll in balls the size of marbles. Bake for 10-12 minutes at 350°F on ungreased cookie sheet. Yield: about 4 dozen.

Oatmeal, Cranberry and Chocolate Chunk Cookies

By: Giada De Laurentiis

Ingredients:

1 cup all-purpose flour
3/4 teaspoon ground cinnamon
1/2 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon fine sea salt
1 stick unsalted butter, at room temperature
1/2 cup light brown sugar

1/2 cup sugar
1 large egg, at room temperature
1/2 teaspoon pure vanilla extract
2 cups old fashioned oats
1 cup dried cranberries
1 (4-ounce) 60 percent cacao bittersweet chocolate bar (recommended: Ghirardelli), chopped into 1/4-inch chunks

Directions: Put an oven rack in the center of the oven. Preheat the oven to 350 degrees F. Line 2 baking sheets with parchment paper. Set aside. In a medium bowl, whisk together the flour, cinnamon, baking powder, baking soda, and salt. In a stand mixer fitted with a paddle attachment, beat the butter and sugars together until light and fluffy, about 1 minute. Add the egg and vanilla and beat until smooth. With the machine running, gradually add the flour mixture. Add the oats, cranberries and chocolate chunks. Mix until just incorporated (dough will be stiff). Using a 4-ounce cookie scoop, scoop slightly rounded mounds of the dough into 12 (2-inch-diameter) balls. Arrange 6 balls of dough, spaced evenly apart, on each baking sheet. Using the back of a spoon, flatten the tops slightly and bake until the cookies are slightly golden on the edges, about 13 to 15 minutes. Allow the cookies to cool on the baking sheet for 20 minutes before serving.

Strawberry Oatmeal Cookies

amyshealthybaking.com

Yields: 15 cookies

These chewy oatmeal cookies are packed full of strawberries, bring a taste of summer straight into your kitchen! Store any leftovers in an airtight container on the counter for up to 5 days. These cookies also freeze really well.

1 c (100g) instant oats (measured correctly)
¾ c (90g) whole wheat flour (measured correctly)
1 ½ tsp baking powder
1 tsp ground cinnamon
½ tsp salt
2 tbsps (28g) coconut oil or unsalted butter, melted
1 large egg, room temperature
1 tsp vanilla extract
½ c (120mL) honey
¾ c (105g) frozen unsweetened whole strawberries, thawed slightly and diced

Whisk together the oats, flour, baking powder, cinnamon, and salt in a medium bowl. In a separate bowl, whisk together the coconut oil or butter, egg, and vanilla. Stir in the honey. Add in the flour mixture, stirring just until incorporated. Fold in the strawberries. Chill for at least 1 hour. Preheat the oven to 325°F, and line a baking sheet with parchment paper or a silicone baking mat. Drop the cookie dough into 15 rounded scoops onto the prepared sheet, ensuring that the mounds are as tall as they are wide. Bake at 325°F for 14-17 minutes.

Cool on the pan for 10 minutes before turning out onto a wire rack.

Notes: It’s extremely important to measure both the oats and flour correctly using the spoon and level method or a kitchen scale. Too much of either will dry out the cookies and leave them crumbly instead of chewy.

Instant oats are also known as quick-cooking or minute oats. They come in large canisters, just like old-fashioned oats. They are not the ones in the small flavored packets of oatmeal.

To make your own instant oats, measure the same amount of old-fashioned oats. Add them to a food processor, and pulse 7-10 times or until about half of their original size. Proceed with the recipe as directed.

The strawberries must be measured before dicing. Do not add more than the recipe calls for. The strawberries release juice while they bake, which will cause the cookies to spread to be flat and thin while they bake. If using fresh strawberries, the cookie dough may be chilled for 15-30 minutes less.

Agave or maple syrup may be substituted for the honey. Alternatively, ½ cup (106g) brown sugar + ¼ cup (60mL) milk may be substituted as well. The chilling and baking times stay the same.

If the cookies are still really flimsy after cooling on the baking sheet for 15 minutes and threaten to break apart, let them cool completely to room temperature on the baking sheet.

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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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Drivers License Office Schedule

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

Located at
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March is Friena Business Month

Each year, The Friena City Council designates the month of March as "Friena Business Month" with an official proclamation by the mayor. This proclamation recognizes the efforts of our legacy, new, minority-owned, and women-owned businesses.

Whereas, America's progress has been driven by pioneers who think big, take risks

and work hard; and

Whereas, From the storefront shops that anchor Main Street to the high-tech startups that keep America on the cutting edge, small business are the backbone of our economy and the cornerstones of our nation's promise; and

Whereas, When we support small busi-

ness, jobs are created and local communities preserve their unique culture; and

Whereas, The City of Friena supports the effort to help America's small businesses do what they do best, create jobs, and ensure that our communities remain as vibrant tomorrow as they are today;

Now, therefore, I, Ricky White, Mayor of

the City of Friena, Texas, Do hereby proclaim March 1st through March 31st, 2020 as "Friena Business Month".

No Photo
Carneceria Hernandez
 Janet Hernandez



Becky's Burritos
 Mario and Becky Soto



WT Services
 Corbin Riethmayer, Rich Kendrick,
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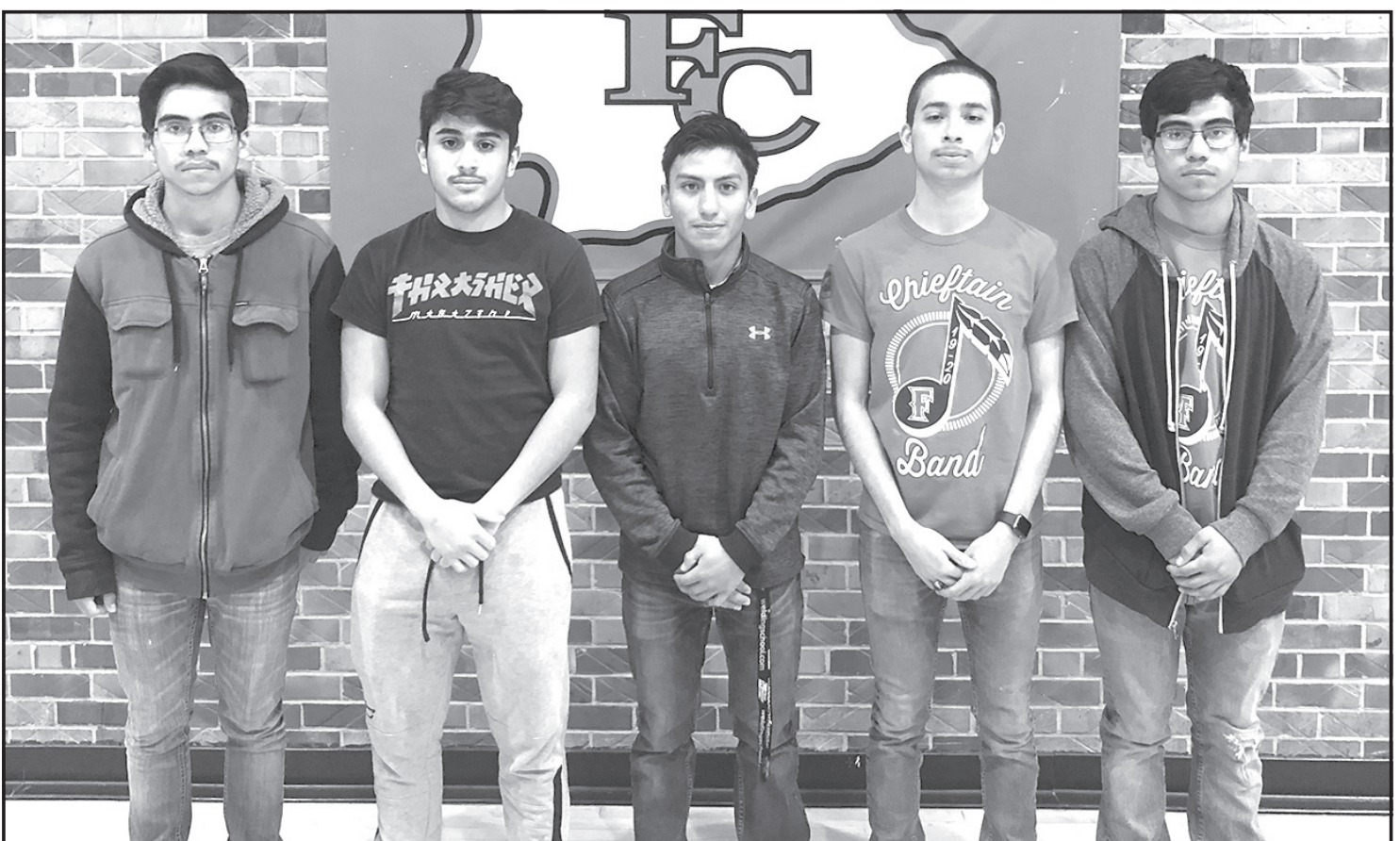
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★ SPORTS ★

Powerlifting Results



Meet results March 14th
 Nathan Flores 4th place 114
 Jeremiah Diaz 2nd place 148 (state qualifier)



Boys regional qualifiers (l-r) Diovanny Ponce, Jeremiah Diaz, Juan Trejo, Nathan Flores, Giovanny Ponce

Region 1 Div. 3 Regional Meet - Sundown, TX - 3/14/2020 - THSPA Boys

Friena Squaws - 13th Place

Wt.	Place	Athlete	BWT	Squat	Bench	Dead Lift	Total
114	4	Nathan Flores	113.2	290	160	315	765
114	BO	Juan Trejo	114	450	0	0	0
123	6	Gio Ponce	121.4	310	190	325	825
132	7	Dio Ponce	127.8	340	225	360	925
148	2	Jeremiah Diaz *	145.6	490	250	400	1140

*State Qualifier

Xcel Energy suspends service disconnections

Plans in place to ensure reliable electric service

As communities and families face the challenges caused by the spread of COVID-19, Xcel Energy will not disconnect residential customers' electric service until further notice. This step will help ensure people have the energy they need to power their homes and keep their families safe. In addition, for customers who have difficulty paying their electric bill, the company will work with them to arrange payment plans that meet their circumstances.

"We want to assure our customers that as part of our commitment to the communities we serve, we're here to support them during this difficult time," said Brett Carter, executive vice president, Chief Customer and Innovation Officer. "The energy grid is essential to the nation's critical infrastructure and we're taking a well-planned, heightened approach to all threats, including COVID-19. We will work with our customers, our communities and govern-

ment leaders to ensure the lights and heat stay on and that those we serve are cared for and protected."

Ensuring reliable service

Xcel Energy has robust staffing and operational plans in place to ensure power plant operators, line workers, customer care representatives and others are delivering reliable electric and natural gas service in the eight states we serve, while responding to outages if necessary.

The company continues to monitor the spread of COVID-19 and will remain in constant communication with local, state and federal agencies, as well as other health organizations, during this time. It is also in contact with other companies within and outside the energy industry to share best practices around delivering service to customers while keeping employees safe.

We can fill your lunchbox with fruits and vegetables that you like. Let's cut out fun shapes from your favorite cheese too.

I've "bean" here before.

Try "plate" based on USDA source

zzzzzzzzzz... Get enough sleep!

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City Council cancels May 2nd election

The Friona City Council met in regular session on Monday, March 9th at 6:30 p.m. in the City Council Chambers at 619 Main in Friona, Texas. The meeting began with a roll call, an invocation, and the Pledge of Allegiance.

There were no public comments. Mayor Ricky White issued a proclamation naming March as "Friona Business Month". Seven local businesses were recognized. See page 8 for details.

Minutes of the February 10, 2020 City Council Regular Meeting and the February 10, 2020 Joint Meeting with the Friona Economic Development Corporation were reviewed and approved.

The Council approved a resolution cancelling the May 2, 2020 Election. Since there

were no Propositions to be voted on, the resolution also called for the declaration of election of the three unopposed candidates listed on the ballot.

The Council heard reports from the Friona Police Department and the Municipal Court concerning budget, expenses, personnel, and upcoming events.

Approval was given to a lease agreement between the City of Friona and AW Broadband to lease building and tower space located near West 15th Street and James Avenue in Friona.

Next, the Council approved the Accounts Payable for February 2020 and the Financial Statement for February 2020.

City Manager Lee Davila gave the Council information on the upcoming 2020 seal-

coat projects and a cost analysis on the possibility of paving city streets in the future. It currently costs approximately \$125,000 to pave a city block.

The Council also discussed the possibility of using surplus revenue from the Friona Series 2011 Bond to pay off Certificate of Obligations for the City of Friona. There is a real possibility that the City of Friona could be "debt free" in the near future.

All meetings are open to the public. The City Council reserves the right to go into Executive session at any time. Go to cityoffriona.com to find the agendas and minutes from previous meetings. Information in this article is only a summary. Any questions concerning specific actions should be directed to the City Council.



OBITUARY



Kenneth JeDon Gallman



Kenneth JeDon Gallman, 78 of Friona walked through "the valley of the shadow of death" March 13, 2020 in Amarillo. Viewing will be held from 9:00 A.M. to 8:00 P.M., Wednesday, March 18, 2020 in the Ron Smiley Memorial Chapel of HANSARD FAMILY Funeral Home of Friona with family visitation from 6:00 P.M. to 7:30 P.M. Celebration of Life Services will be held at 2:00 P.M. Thursday, March 19, 2020 at the Friona United Methodist Church with Rev. Skip Hodges, officiating. Burial following in the Friona Cemetery by HANSARD FAMILY Funeral Home of Friona.

JeDon was born May 24, 1941, in Clovis, NM to Fred Oran Gallman and Bernice Lorraine Noble Gallman. He grew up on the family farm near Lazbuddie, Texas, and graduated from Lazbuddie High School in 1959. He attended Texas A&M University from 1959-1960 and then transferred to Texas Tech University. When his father's health failed, JeDon went home to take care of his family and the family farm, lacking only 20 hours attaining a degree in Agronomy from Texas Tech. He married Kitty Daylene Black on July 10, 1965. They and their two children, Melanie and Daylen, lived on the family farm at Lazbuddie until 1972 when they moved to Friona.

JeDon was a farmer in every sense of the word but in particular, a cotton farmer. He bought an interest in Clays Corner Gin in 1972 and Farwell Gin in 1977. In 1982 he took on the respon-

sibility of managing Farwell Gin in addition to his growing cotton, wheat, corn, maize and his raising pigs and cattle. In 1994, JeDon purchased and managed Hub Gin until he closed it in 2013.

JeDon believed in supporting the community and especially kids. He enthusiastically gave his time and money to whatever project either the kids or community needed at the time. In gratitude for his unselfish service, he was named Man of the Year in Friona in 1980, Life Member of the Friends of the Library beginning in 1976, Friend of 4-H in 1991, Honorary Member of Friona FFA in 1986. He established Friona Livestock Boosters in 1988, a fund he collected from local businessmen that was used to buy or bump the purchase of show animals for Friona kids. For 30 years he powdered the pavement and sidedwalks to canvass the community so that every kid who made the sale, and even those who didn't, got a fair price for their animals. In 2017 he was honored by the Parmer County

Stock Show Board for 38 years of service, many of those years as its president.

JeDon was active in every aspect of his own kids' lives: Little League coach and umpire, Girl Scout and Boy Scout projects, raising and showing livestock, Band Booster, class parent, audience and encourager. JeDon loved his church and served as a Sunday School teacher.

JeDon is preceded in death by his son, Daylen, his parents, and one sister, Twila. Those who carry on his legacy are his wife Kitty of Friona, his daughter Melanie and husband Jerry Braun of Clovis, his granddaughter Jessie London of Lubbock and grandson Oran London of Friona. He is survived by 3 brothers: Robert and wife Ellen of Lazbuddie, David and wife LeAnn of Muleshoe, Dale and wife Debbie of Bovina; 2 sisters Jan and husband Robert Edwards of Amarillo and Leatrice and husband Bob Adams of Plano, and all his beloved nieces and nephews.

The family would appreciate memorials be sent to the Daylen Gallman Endowed Cowboy Band Scholarship at Hardin Simmons University, HSU Box 16100, Abilene, TX 79698 or the church or charity of your choice.

You may send condolences to the family and sign the online register book at www.hansardfamily.com



Governor Abbott Waives STAAR Testing Requirements

Is Requesting Suspension Of Federal Testing Requirements For 2019-2020 School Year

Governor Greg Abbott today announced that he has waived the State of Texas Assessments of Academic Readiness (STAAR) testing requirements for the 2019-2020 school year. Additionally, Governor Abbott is requesting that the Department of Education (DOE) waive federal testing requirements for the 2019-2020 school year.

Governor Abbott is working closely with the Texas Education Agency (TEA) to ensure that schools continue to deliver instruction to students while students are absent or while schools are closed due to COVID-19. This includes tailoring instruction for students with special needs so that they have access to the same education as other students in the district. Governor Abbott will continue to work with

the TEA on developing additional methods to ensure that students are learning and ready to succeed at the next grade-level. These discussions are ongoing and more information will be provided as it develops.

"Your health and safety are top priorities, and the state of Texas will give school districts flexibility to protect and ensure the health of students, faculty, and their families," said Governor Abbott. "We will empower schools to make the best decisions to protect their communities from COVID-19."

The move to waive testing requirements reflects the Governor's emphasis on public health over all other priorities at this time. In normal times, Texas' assessment system provides educators and parents with reliable information on whether

or not their students have mastered grade-level content. The Governor remains committed to ensuring parents, students, and school districts have access to this information in future years.

Superintendents should continue to prioritize the health and safety of students, faculty, and their families. Their leadership is an important part of our statewide efforts to mitigate the impact of COVID-19 and protect public health.

COVID-19: What WT is Doing

This is a reflection of West Texas A&M University's actions regarding COVID-19. It is current as of March 14, 2020. Marking this specific time is an indication of the speed at which information, insight, and appropriate actions are changing. No one has ever witnessed such a pandemic: the Spanish flu, the Black Death, the Asian flu, multiple Cholera pandemics, and even polio, are all different. The Internet, coupled with the 24-hour news cycle, makes information flow at the speed of light. Rapidity accentuates the importance of clarity and simultaneously promotes misinformation, intentionally or unintentionally. A review of our decisions at WT may be helpful to our campus and extended communities.

Health, Safety, and Welfare: Every decision and action is based on the most durable and clear guidance available, uncompromisingly focused on the health, safety, and welfare of our students, faculty, and staff. National, state, and local leaders, both elected and appointed, as well as The Texas A&M University System Chancellor, John Sharp, emphasizes the essential nature of stewardship of the public trust. We will meet that expectation.

Academic Core: Our academic programs and faculty, under the direction of the Executive Vice President and Provost, Dr. Neil Terry, and our six college deans, are preparing and will be ready to meet the instructional needs of our student body in sundry instructional settings. They are capable and industrious. Nearly all of our courses will be available online when students return from spring break. Students are being asked to contact faculty for teaching modes during this uncertain time. Our effort is to meet the needs of our students, class by class, treating all as individuals with individual needs. It is the WT way. Accommodations will be made to every extent humanly possible.

Communication In and Out: Current circumstances are complex. The Vice Presi-



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

dent for Philanthropy and External Relations, Dr. Todd Rasberry, and our communications team, including the Chief of Staff and Assistant Vice President for Strategic Communications, Tracee Post, are working diligently to assure a reliable, pertinent, current, and effective flow of information. Our website, www.wtamu.edu/about/coronavirus-information, is populated with the latest COVID-19 information available. It should be checked regularly by all who serve and are served by West Texas A&M University.

Strategic Purpose: A healthy, safe, and supportive environment enables and empowers academic excellence. This will not change. Student progress in studies is critical and central to actions that we take or recommend. Helping to influence our strategic thinking is the Vice President for Strategic Relations, Dr. Brad Johnson.

Student Service: Our campus will remain open and operational unless and until directed otherwise. We are on spring break this week. The break will be extended for two days, March 23 and 24, to allow students who believe it is in their best interest to make adjustments. Under the direction of the Vice President for Student Enrollment, Engagement, and Success, Mike Knox, the well-being of students on and off-campus, is being continually monitored. Provisions to assist students with transitions are being made.

Graduate Students and Faculty: Many issues facing graduate students and faculty, and ongoing research projects are highly specialized and require attention to the stability of experiments and information flows. The Vice President for Research and Compliance and the Dean of the Graduate School, Dr. Angela Spaulding, has oversight for all such matters.

Staff Continuity: Our staff are overseen by the Vice President for Business and Finance, Randy Rikel. Food, maintenance, janitorial, public safety, and all other support services will remain in effect. We intend to keep all staff, at every level, fully active and employed.

Information Technology: Data and operational infrastructure, led by the Vice President and Chief Information Officer, James Webb, will provide access to every available digital resource allowing the information flow regarding health, safety, and welfare, as well as teaching, learning and staff work to continue with minimum interruptions.

Extended Community: All intercollegiate athletic activities, except for team practices, are canceled until March 31, 2020, and will be reevaluated on or before that date. We understand the disruption this causes for all. The Athletic Director, Michael McBroom, a seasoned and experienced athletic executive, monitors this situation continuously.

In a nutshell, here we are today.

The University is open. Dorms are open. Food services are available as they would typically be during and after spring break. All will continue into the future unless circumstances change.

Classes will continue to be offered. Many, nearly all, will be available online. Some will continue to be provided on-campus until it is determined to conflict with the health, safety, and welfare of those we serve.

Staff will continue to work their assigned hours. Accommodations will be made to allow all to care for themselves

and family members, including flex time.

The May graduation is postponed. Students will still receive their degrees, if all course work is completed, as standard. No student who is scheduled to graduate in May will be precluded from that by University inaction. Our faculty will work individually with students to complete course objectives. Formal graduation will be scheduled as soon as I believe it to be safe and in the interests of the health, safety, and welfare of our students, faculty, staff, and the general public. A formal graduation could be late in the summer, or beyond. This is an imperfect solution; it requires patience from all. Circumstances and sound judgment demand that, and that is how WT will respond.

All university special events, as well as special public events on campus, including all non-school activities scheduled to be held on University grounds and intercollegiate athletics competitions, are canceled through the end of the spring semester. Additionally, the Panhandle-Plains Historical Museum, located on the campus, is closed until further notice.

West Texas is a region of responsive people, driven by performance, empowered with grittiness and pragmatism to get things done, faithful to, and understanding of, each other. The importance of our individual work, no matter the station, is nearly unquestionable.

It is with appropriate pride that I recognize the vast majority of students, faculty, staff, management, and leadership of West Texas A&M University to have inherited or adopted those characteristics: 98% share this passion. For the 2% who don't, there is always hope. We are a group that gets things done, more so, in the face of unpredictable adversity. It is in the DNA of our land and its people.

Mary and I are people who pray. We pray daily for God's unmerited favor and grace in this time of unequalled need. Please join us if you will.

Don't get hit with a penalty! "Render" your taxable property by April 15th.

A "rendition" is a report to the appraisal district that lists all the taxable property you owned or controlled on January 1st of this year.

Who must file a rendition?

You must file a rendition if you own tangible personal property that is used to produce income - such as the inventory and equipment used by a business. If you render late, don't render or file an incomplete or false rendition, a 10% to 50% penalty may be imposed.

Are there any advantages to you?

The advantages of filing a rendition are:

- You give your opinion of your property's value. The appraisal district must notify you in writing of any value to the appraisal review board.
- You record your correct mailing address so your tax bills will go to the right address. If your bill is mailed to the wrong address, the law still holds you responsible for paying your taxes on time or paying extra charges for late payments.
- You can also file a "report of decreased value" to notify the appraisal district of significant depreciation of the value of your property in 2019. The district will look at your property before assigning a value in 2020.

What's the deadline?

The last day for filing 2020 renditions is April 15. You can get an automatic extension to May 1 if you ask for it in writing on or before the April 15 deadline. The chief appraiser may grant an additional 15 days after May 1 for an owner who shows good cause in writing.

Where do you file?

File renditions with your local appraisal district at:

Parmer County Appraisal District

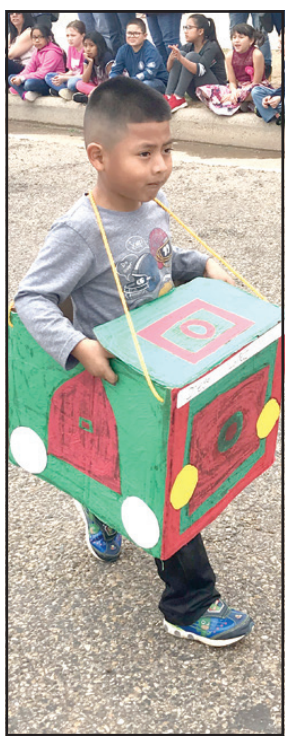
305 3rd Street
P.O. Box 56
Bovina, TX 79009

If you have any questions, please call (806) 251-1405; email parmer@amaonline.com

Jill Timms -- Chief Appraiser
Deanna Curtis -- Deputy Chief Appraiser

Special note: The deadline for vehicle exemptions for those who qualify are due by April 30, 2020.

2020 Pre-K Transportation Parade



Padilla signs with Western Equipment



Congratulations to Anthony Padilla! He signed with Western Equipment for their John Deere Ag Tech Program. The classroom

education and on-the-job skills he will gain in the two-year associate's degree program will help him build a solid, successful and reward-

ing career. The course instructors and personnel from the sponsoring dealerships are committed to providing the highest quality

training. Successful graduates go to work at John Deere dealerships that provide job placement, excellent starting pay, extensive benefits

and great work conditions. Dealerships invest in the new technicians because they will be the best in the industry. Good luck Anthony!



Back row (l-r) Western Equipment representatives Cody Ponder, Doug Ogle, & Colby Flaming; and FHS Ag Teacher Malia Blackburn; Front row (l-r) Anthony Padilla Sr., Anthony Padilla, Sandra Padilla



Grandmothers Angelica Alvarado and Patsy Padilla



(l-r) Zeus Zamudio, Moses Chavez, Thomas Huckins, Juan Carlos Trejo, Erney Diaz, Angel Carranza, Xavier Hernandez, Jose Rodriguez Faudoa, Eduardo Chavez, Javier Rodriguez, Jonathan Barrios, Rogelio Palacios, Miguel Lopez; (seated) Anthony Padilla