



The 50th Anniversary of Earth Day is on April 22

# **You and COVID-19**

by Gayla Quillin, MBA **CEO/Administator Parmer Medical Center** 

I would like to talk about testing for coronavirus or COVID-19. First, not everyone needs to be tested for COVID-19. Because of the great demand for testing across the nation, the testing supplies are limited. There is a very specific process we must follow and clear symptoms that trigger the need for testing.

The test captures your situation at that precise moment, so if you do not have symptoms and test negative, it does not mean that you will not become infected. It simply means you do not, at that time, have the virus. The incubation period for COV-ID-19 ranges from 1-14 days, most commonly around five days. Incubation period is the time between catching the virus and beginning to have symptoms of the disease.

We, like many other organizations, are screening people who come into our building. We have limited the entrances to two locations - the front lobby doors and the Emergency Room doors. Everyone is asked some questions that are important to our assessment of your exposure. We also take your temperature. A temperature of 100.3 or higher is a trigger that you might be infected.

A fever alone does not mean you are infected or that you need to be tested. As we all know, there are bacteria and other viruses that can cause a high fever. This is where the questions come in to play. Have you been directly in the presence (exposed) to a person who has been diagnosed with COVID-19? Or, have you been in direct contact with someone who has been exposed to COVID-19? Pretty obvious questions and they make sense.

It may seem silly to ask us who live in rural America if we have traveled outside Parmer county. Of course we have! At least, that is what we normally do in order to take care of normal business. Unfortunately, in the current circumstance, traveling outside our boundaries causes us to consider if there is a possibility of exposure. Next, are you experiencing any symptoms? If so, please tell us what those are.

Symptoms may include fever, cough, difficulty breathing, shortness of breath. We have several people battling seasonal hay fever and allergies that can also trigger coughing, stuffy nose (which leads to struggling for breath) and a cough as well as other symptoms.

If you meet the other criteria and your symptoms are present, we will ask you to see one of our providers who will assess you further. If the provider believes you meet all the criteria and that you do not have something else such as influenza A or B, strep throat, etc., then he or she will call the epidemiologist and present your case. If the epidemiologist concurs with the assessment, you will be assigned a PUI (Person Under Investigation) number and then we will collect the specimen to send to the Lubbock lab.

If there is suspicion of exposure, we will ask you to go home and self-quarantine for 14 days. Keep a log of your temperature and of any symptoms that may arise. If you develop fever, shortness of breath or cough, please call our clinic at 806-250-2781 or the Emergency Department (ED) at 806-250-2754. If you develop trouble breathing, persistent pain or pressure in the chest, new confusion or inability to rouse, bluish colored lips or face or any other emergency warning signs, get medical attention immediately.

Most cases of COVID-19 are considered mild-moderate. These cases can be taken care of at home with rest, fluids, and over the counter medications for your symptoms such as acetaminophen or Nsaids for fever and aches and pains; allergy meds for your sniffles, etc.

Some common Nsaids are: Aspirin (Bayer, Bufferin, Ecotrin); Ibuprofen (Advil, Motrin); Naproxen (Aleve, Anaprox DS, Naprosyn).

References:

Parmer Medical Center providers

Texas Department of Health and Human Services

# Thanks to Friona, families have food on their tables during the COVID-19 pandemic

As people face the challenges and uncertainty caused by the spread of CO-VID-19, heroic work is happening around the clock to keep food on family tables and store shelves. That work is happening right here in Friona, thanks to local employees and businesses, including more than 2,200 Cargill employees, who show up every day to nourish people.

Communities like Friona are the heart of our food system. Local farmers and ranchers, retail workers, manufacturing and foodservice companies, food shelves and those who transport food are working every day to keep people and animals fed.

Local employers are also investing to focus on safety and keep facilities operating during the COVID-19 crisis. Cargill has implemented safety measures like temperature testing, enhanced cleaning and sanitizing, prohibiting visitors and offering staggered breaks and shift flexibility. Employees are provided with, and encouraged to use, face coverings as a supplement to the many social distancing practices already put into place.

#### "Snow-prise" drops 5 inches on Friona

A mid-April snow blanketed the Friona area last Monday night and early Tuesday morning. According to weather historian John Gurley, the city received 5 inches of the white powder. He said it was considered a "wet snow" and translated to .5 inches of moisture. A snow globe couldn't have dropped the flakes any softer than they fell during the night.

Friona Wheat Growers manager Greg O'Brian said that it would be around 7-10 days before any freeze damage to area wheat crops would be evident. He also said that the snow helped to insulate the plant but that damage could still occur especially in the more mature wheat. For the most part, the moisture was great for the farmers.



Food manufacturing has been deemed an essential service, which puts employees on the front lines of the COVID-19 response. To recognize this contribution, Cargill has provided its employees temporary pay incentives and waived co-pays for CO-VID-19 testing.

"We're working every day to keep people safe and dinner on the table," said Scott Pohlman, Cargill's Friona general manager. "That

means keeping our plant open, giving back to the community and making sure our local economy stays strong."

Nonprofit partners, including Action for Healthy Kids, the American Farmland Trust - Farmer Relief Fund, and the Restaurant Employee Relief Fund, as well as local foodbanks and social organizations, are also playing a critical role in helping to lift up the local economy and make sure no one goes

hungry. Cargill is supporting them with both food donations and monetary contributions.

"We are inspired by the tireless work of Friona's doctors, nurses, first responders, workers and those in agriculture who are making sure people and animals are cared for and no one goes hungry," said Pohlman. "Together we are going to overcome this crisis and come out of this even more connected."



This snowman was built by Melanie Viteri and Ethan Williams. Melanie is a niece of Mercedes Williams and lives in Ecuador. She was in the states on vacation and had planned on doing some sightseeing with Mercedes until the Covid-19 pandemic hit. Melanie had never seen snow, so at least she got to experience the fun of making a snowman. Ethan is Mercedes' grandson and lives in Lubbock.



National Library Week: The Mayor and Friona City Council have proclaimed April 19th - 25th as National Library Week in Friona. National Library Week is an annual celebration highlighting the valuable role libraries, librarians, and library staff play in transforming lives and strengthening our communities. Pictured (l-r) are Library Assistant Director Becky Upton, Library Director Anahi Gomez and Library Circulation Clerk Valeria Cumpian. The Library's Summer Reading Program will proceed as scheduled for June 2020. However, due to the current COVID-19 restrictions, it is undecided as to whether the program will proceed as usual or in an online format.

**Census News** Page 8

**Town Talk** Page 3

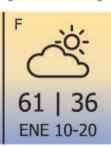
**Church Page** Page 5

**Small Town Cookin'** Page 9

**COVID-19 news** frionaonline.com

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 April 16-22



WSW 20-30

N 10-20

Precipitation April 0.50 Year

3.84

Burn Ban:

# **Community Calendar**

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

April 30

• End of lockdown???

May 10

**May 25** 

• Mother's Day

• Memorial Day

# **COVID-19 News**

#### Coronavirus cases confirmed

**Texas Panhandle:** 261 cases, 6 deaths

Armstrong County: 1

Hemphill County: 1

Gray County: 13

Moore County: 36

Swisher County: 4

Potter County: 79

Randall County: 73

Castro County: 11 Deaf Smith County: 11

Oldham County: 3

Donley County: 23 Dallam County: 2

**Hutchinson County: 3** Hansford County: 1

**Eastern New Mexico:** 12 cases

**Curry County 10** Roosevelt County: 1

Oklahoma Panhandle:

7 cases, 2 deaths

Quay County: 1

Beaver County: 1 Texas County: 6

#### **Stay-at-home directives**

**Potter County Deaf Smith County Gray County** Randall County **Hansford County** Castro County **Donley County** Wheeler County **Swisher County** Ochiltree County

City of Amarillo

**Armstrong County** 

City of Canyon

City of Pampa City of Ledford

City of Hereford

City of Gruver

City of Spearman

City of McLean City of Perryton

City of Tulia City of Claude

# Mayor's Minutes

by Ricky White

I wanted to share information from Joseph Minshew who is the District Coordinator for the Texas Division of Emergency Management headquartered in Amarillo, Texas. He reported, as of April 14th, there were 632 positive COVID-19 cases and 31 fatalities reported within the Public Health Region 1. This region consist of a total of 44 counties, including Parmer County. Out of the 632 positive cases, 317 cases have been reported from Lubbock County. It's important for everyone to continue to practice safe distancing, wear a mask in public, and wash your hands often to prevent the spread of the virus. Stay safe.

The City of Friona is doing a great job getting the 2020 Census form completed. Currently, Friona stands at a 43.3% self-response rate. This equals the state self-response rate of 43.3%. The national average is currently at 46.2%. The 2020 Census Committee will meet this week to brainstorm ideas on how to get the remainder 56.7% self-response completed. Our goal is to be at 100% completion by the end of May.

The Community Center has been upgraded with the installation of a new central heating/air unit. This will make future events and activities held at the community center more enjoyable. Next, the roof will be replaced. Construction to begin this week.

The city council has considered and taken action on approval to award the

bid for the 2020 sealcoat project to G&G Operators, Dumas, TX for \$95,734.00. The city will annually review the conditions of streets within the city limits and make improvements based on rotation. Improvements this year will include, East 8th street, Ashland Avenue, North Main Street, Washington Avenue, North Columbia, and North Jackson.

Chief Jimenez and the officers responded to 131 calls in March. There were 119 stops, 72 warnings, 47 citations and 7 arrests (2-warrants, 2-no driver's license, 1-local warrant, 1-possession of controlled substance, 1-driving while intoxicated). The officers drove a total of 2,717 miles patrolling and protecting

Volunteer Department responded to five emergency calls in March. (March 1st) EMS and DPS assist - twelve firefighters and three trucks responded. (March 2nd) gas leak - five firefighters and one truck responded. (March 15th) vehicle accident - eleven firefighters and three trucks responded. (March 18th) vehicle accident - five firefighters and one truck responded. (March 23rd) kitchen fire - five firefighters and two truck responded. Volunteer firemen did a great job responding to and handling the emergency situations. As always, we say "thank you" for what each of you do for our community.

Emergency Medical Service responded to 22 calls in March. There were 10 calls for 911, 5 calls for transfers and 7 calls ended in a "no transport". Total billing equaled \$22,077.49 and the City collected \$166.70.

Accounts Payable totaled \$281,103.25 for the month of March. All bills are paid and the City continues to be in good standing. Two large expenditures were \$52,277.10, Bob's Heating & Air for completion of the central heating/ air unit at the Community Center and \$60,000.00, First Financial Bank. The bond that was due in 2021 is now paid in full. The city council approved money to finish paying off the 2021 bond early and saved the interest payment due in August. The city has one remaining bond which matures in 2022, a total of \$470,000.00. Once this bond is paid, the city will have eliminated all debt. This will be a great accomplishment for the

Judge Campbell had 40 new cases in March. There were 3 cases waived due to indigence. Total fines collected were \$14,881.29 and court cost equaled \$4,477.07.

Friona Public Library had 509 patron visits (including electronic visits) for an average of 36 visits per day and was open for 14 days. The library was closed on March 23rd due to the COV-ID-19 pandemic. There were 509 items circulated and 109 new items added to inventory.

Your Mayor

# Commissioners approve funds for Bovina ISD

The Parmer County Commissioners Court met in regular session on Monday, April 13th 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 March 23rd meeting were read and approved. Commissioners approved the payment of the accounts

payables as presented by County Treasurer Sharon May and the Treasurer's Report, which included a budget amendment to Precinct 1, was also approved.

Commissioners approved a request from the Bovina ISD to use their portion of the Permanent School Fund for a \$1.3 million construction project which will include remodeling and new construction at their campuses. Approximately \$1.1 million is available and will be released as bills are submitted. The first payment of \$25,052.28 was given to the BISD this week.

Discussion and consideration concerning a generator for the Law Enforcement Center was tabled. A grant of \$25,000 from the Panhandle Region Planning Commission (PRPC) is available to replace or upgrade the current generator. The generator is used to back up critical 911 operations and jail safety systems. Commissioners wanted more time to study the various options available

in order to make maximum use of the grant.

Judge Ellis has been working with Parmer Medical Center CEO/Administrator Gayla Quillin, Cargill Plant Manager Scott Pohlman, Friona Mayor Ricky White, Farwell Mayor Joe Stanton, Friona city manager Lee Davila, Bovina city manager Ceasar Marquez, Sheriff Randy Geries, and emergency management coordinator John Gurley to try to keep the county residents safe and be prepared for a possible outbreak of the coronavirus. Judge Ellis has also been in contact with the Texas Department of Emergency Management in order to obtain more testing kits, ventilators, gowns, gloves, masks, and shields.

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.



Watch the Parmer County 2020 Census video at frionaonline.com

**TEXAS** 

#### **ACROSS**

- 1 snakes found in the Houston Zoo 5 San Antonio mayor
- Cockrell in 1990 6 TX Pride tune:
- Can Be"
- 7 TXism: "I \_ that like a duck
- needs an umbrella" 8 TX B.J. Thomas hit: "I'm So Lonesome
- I Could 9 TXism: "passed me up like I was on
- garage" (fast)
- 16 TXism: "useless as a saddle on \_ \_\_
- 18 TXism: " blanket" (divorce) 20 TX Buddy Holly
- hit: "\_\_ Boy"
- 21 Happy, TX is "town with\_\_\_\_ frown"
- 22 Tex Ritter studied this at UT
- 24 Polo Center in San Antonio
- 30 Camp County seat 34 TX firefighter
- Adair (init.) 35 Big Lake is the seat
- of this county 36 TX fishing tech-
- nique: \_ line
- Scarecrow: "If \_ Had a Brain"
- 39 Lamb County birth
- town of TX Waylon 43 ice storm
- 44 TX Gene Tierney married this Oleg before a TX oilman

- 45 TXism: "let '\_\_ rip!" 46 Glen Rose, TX has
- saur tracks
  - 48 first garden or TX town 50 Bush to George

  - Live Here"
  - 56 TX Dan Jenkins wrote for "Golf
  - 39 59 ex-Cowboy
  - TXism: "fast as\_ \_ up a rafter" 61 O.J.'s judge
  - 62 early pay for TX Rangers: \$1.25 day

#### to Mineral Wells

- 1 Sierra\_
- NFL team 3 TX V.T. Hamlin's comic strip (2 wds.)
- Jaclyn (init.)
- 10 the chosen 12 11 a 9 iron, e.g.
- 12 Beaumont TV
- 13 TX Kris 1976 film: "A \_\_\_\_ Born"

- 47 TXism:"close but \_\_ cigar"
- 53 Davy's home state (abbr.) 54 TX Trini sang "\_\_ Bamba" 55 TX Buck Owens' "Love's

  - Noonan (init.)
- 63 dir. from Abilene
  - **DOWN**
- 2 once a Houston
- 4 TXism: " 'nuff 9 Houston actress

- \_\_ Health" 24 this Rogers married

in Texas

- **CROSSWORD** by Charley & Guy Orbison Copyright 2020 by Orbison Bros. 12 | 13 | 14
- 43
- P-1475 14 TX Bob Wills line: "take \_\_ away, Leon" 15 Dallas Stars' ice league (abbr.) 62

of a man"

17 this TX Mel won 63 gold in 1948 & 1952 19 this TX Brown won bronze in 1960 as female shot putter 27 TX Jimmy Dean's

30

- 23 old Mineral Wells "Big Bad John" was slogan: "Where America Drinks Its 28 this TX Randy won
- Uvalde's Dale (init.) 25 boot width 26 soft mineral found
- gold in shot put in 1968 29 TX pests
- 31 Amarillo hosts \_\_-State Fair" 32 foot digit
- solution on page 3 33 precious metals: \_\_\_ silver 38 TX \_\_\_ \_\_\_-Marcus 40 TXism: "a boldface " (big fib)
  - 42 Dr. Pepper began at a TX 49 Wayland Baptist

41 Jason Witten, e.g.

- athletic confer. 51 TXism: "\_\_\_ (whiskey)
- 52 Nolte of "North Dallas Forty" (init.) 57 TXism: "bellyache" July ach up by skeeters"

58 "got \_

All meetings are open to

#### **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

#### Texsas Ave. #219, Lubbock, TX 79401. Abilene District Office, 500 Chestnut St. #819, Abilene, TX 79602

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

Senator: Kel Seliger, P.O. Box 12068, Capitol Station, Austin, Tx 78711. 512-463-0131. Amarillo office; P.O. Box 9155, Amarillo, 79105. 806-374-8994. Representative: John T. Smithee, Room CAP1W.10, Capi-

tol P.O. Box 2910, Austin, Tx 78768. 512-463-0702. fax 512-476-

7016. Amarillo office; 320 So. Polk, 1st Floor, Lobby box 28, Amarillo 79101. 806-372-3327, fax 806-342-0327. THE FRIONA STAR (USPS 200-800) is published

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#### \$24 e-Star Online STAFF:

Clint Mears • Executive Editor Holly Campbell • Associate Editor Nathan Parson • Production Editor/IT

Evelyn Romero • Accounting

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**TEXAS PRESS ASSOCIATION** 

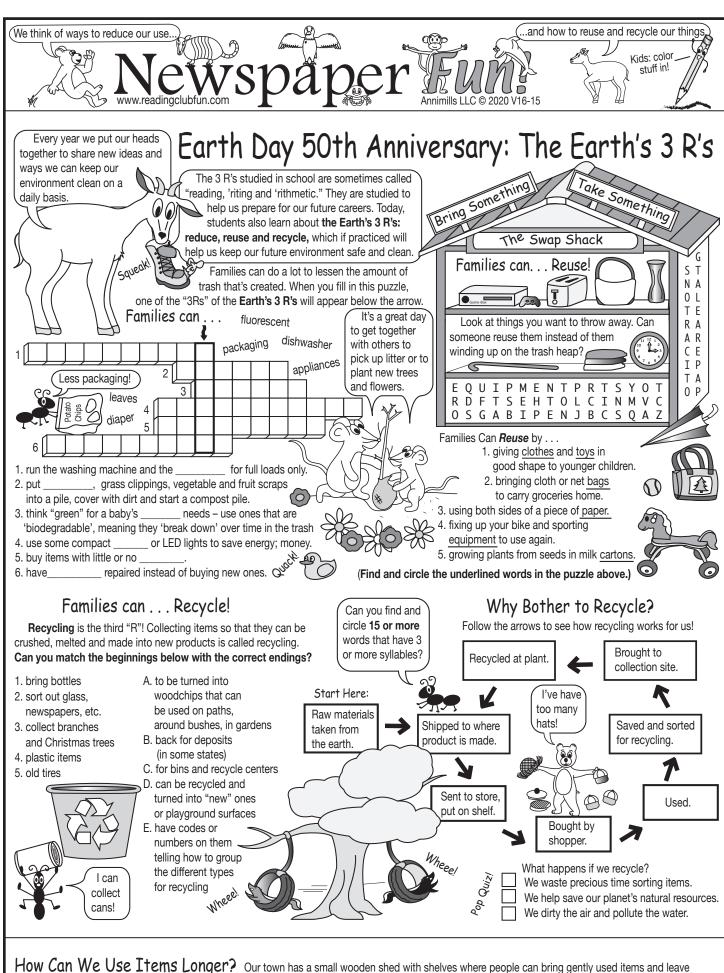
#### **COMMUNICATION:**

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

#### Friona Flashbacks

CONSUMERS' FIRE ... Fire Chief Ralph Shirley and fireman J. Sims are shown fighting the fire at Friona Consumers last Saturday, which resulted when a customer knocked the south pump from its concrete stand. The pump is aflame as the firemen approach the scene. Tyler Vance photo (Friona Star, July 27, 1967)





them for other people to pick up to fix, use, or enjoy for awhile. Follow the color key to see what your town could build:

G Y G G B G G G Y G Y

G В

Y YG G G G B B BG G Y

G G

 $Y \nearrow G G G B B G Y G Y G B B$ 

GY

G Y G

My wheels

\need to move.,

G

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I have some

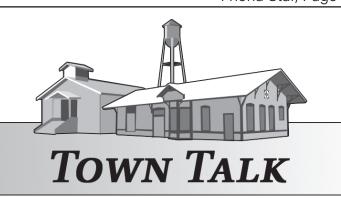
I'd like to collect

old food crumbs. hugs instead of dust.

Y | Y | G | B | B | B |

В

G B G B



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

Our local Dairy Queen held a "1/2 off" sale last Sunday afternoon and had a tremendous response. The Friona Dairy Queen Team would like to thank Friona for their great support!

The Friona Noon Lions Club held a Community Blood Drive last Thursday. The drive netted 41 units of blood and was considered a success due to the social distancing regulations and the need to keep everyone safe. The Lions Club provided hamburgers and fries for all donors. Thank you to all who donated!

One of the side effects of social distancing is the art of coffee shop talk. What is the number of coffee drinkers needed to form a quorum in order for the "coffee talk" to be valid heresay? Talk it over among yourselves, but not in a group and not in public. Good luck.

The 6th Annual Hi-Pro "Feeds the Future" dinner & auction benefit has been cancelled. This annual event helps fund the Snack Pak 4 Kids programs in Friona, Farwell, Texico, Muleshoe, and now Bovina.

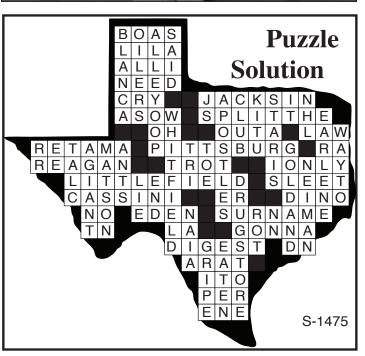
In a letter to contributors, Hi-Pro Feeds LLC representative Varla Wilcox stated that plans were made to host the event on April 25th, but with everything going on in the world, the plans stayed in the planning mode. Varla thanked everyone for their support in the past and emphasized that Hi-Pro WILL host the event again in the future.

If you would like to support Snack Pak 4 Kids, you may send your donation to Snack Pak 4 Kids, 701 Park Place Avenue, Amarillo, Texas 79101. Please indicate Friona, Farwell, Texico, or Bovina if you wish to sponsor a specific program.

#### **National Days**

April 16 — Wear Your Pajamas to Work Day April 17 — Clean Out Medicine Cabinet Day April 18 — Animal Crackers Day April 19 — OKC Bombing Commemoration Day April 20 — Cheddar Fries Day April 21 — Library Workers Day April 22 — Earth Day







GY

G Y

G

B B B G Y

# Bi-Wize is open!

However, to prevent the spread of coronavirus we are offering limited access to the store.

• Only the front part of the store is accessible

B = Blue

G Y GYYGY G B G B

Y G GBB B

В G

Y = Yellow G = Green

- Prescriptions are available for pickup at the front • We can get your over the counter products for you
- Please, no more than 1 person in the store at a time
- · Preferably, stay in your car and we'll bring your prescription out to you!
- · If you are staying home, call us about delivery

You can even still purchase furniture, but the showroom is closed. All of our fine Ashley selections can be seen at www.biwize.com

constantly monitoring the Covid-19 situation and taking prudent steps to guard your health and safety.

Thank you for your trust in us. Rest assured, we are

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

#### Store **Hours:**

Mon-Fri: 9am - 6pm

Saturday: 9am - 12pm

> Closed Sunday



2010

**EQUINOX** 





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

# **Beware of Stimulus Check Scams!!!**

Scammers use public health emergencies as opportunities for new fraud schemes. In fact, the Federal Trade Commission has already received complaints about stimulus checks scams.

As you may know, the government is preparing to distribute stimulus checks to help provide relief to households due to the COVID 19 crises.

Things you need to know:

Individuals with adjusted gross incomes of less than \$75,000 should expect to receive \$1200 with couples receiving \$2400, and \$500 per

The rate is adjusted if the gross income is more than \$75,000. This will be based on your 2019 tax return, or 2018 if you haven't filed yet for 2019. Please keep in mind that it is estimated to take weeks for these checks to be distributed.

Your stimulus check will be directly deposited into your bank account if funds you received from your 2018 tax return were directly deposited. Otherwise your paper check will arrive by mail. Social security beneficiaries will automatically receive a stimulus check via direct deposit. There is no need to complete any tax information. The IRS will automatically use what the Social Security Administration has on file.

Scammers are already using this opportunity to steal the money coming your way or your identity by getting access to your personal information. Keep in mind; no one has early access to these funds!

Beware of the following

Fake Stimulus Checks. There are fake checks circulating right now. It will take at least three weeks for direct deposits to land and up to 10 weeks for paper checks to arrive by mail. If you receive any checks now, it is a fraud. Telltale signs are checks written in odd amounts or include cents, or a check that requires you to verity receipt online or by calling a number.

Social media, phone calls,

or text messages claiming to get in touch with you. Scammers are reaching out to people online on social media platforms or by sending text messages with claims they are from the IRS or other government agency and are trying to get in touch with you regarding your stimulus check. Ignore/Delete these messages. The U.S. Government will never reach out to you via any social media platform or by text.

Scammers pose as a government agency and will send a link to this website or something similar for you to verify personal information. The government does not do this. The government already has the information they need and will not reach out to you for verification of your social security number or other personal identification.

Processing Fee. Scammers pose as the IRS or other government agency claiming you can receive your stimulus check faster if you pay a processing fee. There is no such thing and there is no way to speed up the IRS payment process.

The IRS will never call or email you to verify any personal information. This includes your social security number, bank account number, or anything that allows access to your identity.

As soon as you receive a call or email saying they are from the IRS or U.S. Treasury, hang up or delete it. These scammers are professional criminals and will use a variety of methods to steal your personal identification and your money.

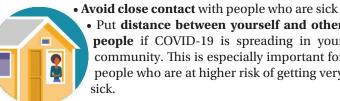
Texas SMP is ready to provide you with the information you need to PROTECT yourself from Medicare fraud, errors, and abuse; DETECT potential fraud, errors, and abuse; and REPORT your concerns. Your SMP can help with your questions, concerns, or complaints about potential fraud and abuse issues. It also can provide information and educational presentations. Texas Senior Medicare Patrol at 1-888-341-6187

#### 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**



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

#### 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 face-

and they should be saved for caregivers.

mask 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

#### Clean and disinfect

• Clean AND disinfect frequently touched surfaces daily. This includes tables, doorknobs, light switches, countertops, handles, desks, phones, keyboards, toilets, faucets, and

• If surfaces are dirty, clean them: Use detergent or soap and water prior to disinfec-

#### Reference

www.texastribune.org/2020/03/05/texas-coronavirustests-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



Warranty Deeds recorded at the Parmer County Clerk's Office from April 2, 2020 to April 9, 2020

(4/3/20) Jeremy Hart, Marla Hart — Dale Hart — A 4 acre tract out of NE 1/4 of Sec No 25 Township 1 N Range 3 E Parmer

(4/6/20) Julema Solano — Javier Castillo Solano — 1.032 acre tract out of NE/4 of Sec 84 Kelly Subdivision in Parmer County (4/6/20) Juanita Campos — Johnny Alvarez — All of L 4 B 5

Drake Addition to Friona (4/6/20) Child Support Office — Nemesio Velasco Jr — See

(4/7/20) Peggy L. Sudderth — Daren Sudderth — All of L 21, 22, and 23 of B 12 of the Original Township of Farwell in Parmer All of S 43' of L 8 B 4 Ridgecrest UIT No 3 Addition to the City of Farwell in Parmer

(4/7/20) Peggy L. Sudderth — Daren Sudderth — L 17-19 B 35 Original Town of Farwell All of L 17, 18, and 19 of B 16 Original Town of Farwell All of L 15 4 of MIMO Addition to Farwell

(4/7/20) J. B. Sudderth Realty Inc. — Daren Sudderth, Peggy Sudderth, Angela Sudderth — Of the County of Parmer S 12 of L 9 and all of L 10, 11, and 12 of B 5 of Original Town of Farwell

(4/8/20) Kelly Mimms, Estate of Anna Marie McDonald — Hector J. Martinez — A tract of land in Garden L 28 Sec 31 T9S, R1E Capitol Syndicate Subdivision in Parmer

(4/9/20) Francisco Dominguez — Maria D. Reyes — A part of L 1 B 36 Original Town of Bovina in Parmer



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

(4/9/20) — Jose Vasquez, 24, of Friona was arrested by the Farwell PD on a MTR (possession of marijuana < 2 ounces), pending County Court.

(4/10/20) — Armando Newton, 40, of Bovina was arrested by the Bovina PD on a charge of assault, pending County Court.



#### **Happy Birthday Friona Folks!**

#### **April 16**

**Chuck Rector** Renae Rapp Kimberly Avila Hannah (Carthel) McCart

#### April 17

Carolyn Wiseman Holly Easley Whitney Ellis **Beverly Bailey** Kendall Neill Robbie Francis **Phillip Tinner** Elizabeth Campbell

#### April 18

Erma Brownd Dwayne Bauer **Brayden Potts** Cash Van Burney Angela Fitzgerald Stephanie Jones **Emily Barraza** Blane Parker Randa Reeves

#### April 19

Danny Campbell Karene Bass Clint Hand Monica Davis

#### April 20

Beverly Ingram Mike Chaney Kyle Wiseman Kathy (Anthony) Borchers Krystal Rios Amy (Osborn) Laing

#### April 21

Rex Blackburn Riley Rector Brooklyn Elam

#### April 22

Sandy Fuentes **Hayley Herring** Stan Miller **Andy Carthel** Rita Barrios Brian LeRoy

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

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  - Free Internet Banking with Free Bill Pay • Mobile App
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    - VISA Money Cards
    - Commercial Loans
    - Mortgage Loans
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403 N. 25 Mile Ave.

710 W. 11th Friona, Texas (806) 250-2900 Open Monday Through Friday 8:30 a.m.-4 p.m. Drive thru open Friday until 6 p.m.

#### Xcel Energy gets approval for \$39.4 million fuel refund

A Texas administrative law judge has approved an Xcel Energy plan to refund \$39.4 million in fuel costs to Texas customers starting in May.

The refund reflects a continued drop in prices for power plant fuel and the increased use of low-cost wind energy resources. The refund will be based on the amount of electricity customers use in May. For a typical residential customer using 1,000 kilowatt-hours a month, the refund will show as a credit of \$35.60. This credit could be spread over two months depending on when a customer's meter is read.

The approved refund will mark the third time Xcel Energy has refunded fuel costs since January 2019. This and the previous two refunds amount to approximately \$70 million. The latest refund is in addition to an April 1 ongoing reduction in monthly fuel factors that lowers billings to customers by more than \$58 million annually, resulting in a 4.3% monthly reduction on a typical residential bill of 1,000 kilowatt-hours.

Electricity generated at natural gas-fueled power plants and from area wind farms is currently cheaper than electricity from coal-fueled power plants. New wind energy plants in the area have no associated fuel costs because they capture the region's free and abundant wind in the production of electricity. In June 2019, Xcel Energy began producing electricity at the Hale Wind Project near Plainview, adding 478 megawatts of wind energy capacity to the region's generating mix and contributing to a 5% overall drop in residential bills last summer.

Construction continues on a second regional wind energy plant that will be owned by Xcel Energy - the Sagamore Wind Project near Portales, New Mexico, in Roosevelt County. Sagamore is expected to reduce fuel costs further in 2021. Hale and Sagamore also will play large roles in helping Xcel Energy reduce carbon emissions by 80% by 2030.

# **Attractive Sin**

#### By Brett Hoyle, Pastor, First Baptist Church

Rarely do people go headlong into sin looking forward to the reality that it has the potential to wreck their life, ruin their relationships and alienate them further from God, instead, they approach the attractiveness of sin with a mindset that their actions aren't that bad and they can handle it. This is the case with you and me today, and this was also true with Adam and Eve in Genesis 3. Genesis 3 shares the story of humanity's first sin, and displays the slippery slope

of temptation the serpent led them down to take the first bite.

Satan's strategy was one of doubt, denial then demise. He cast doubt on God's word. planted seeds of denial in regards to the consequences of disobeving God's word, and happily watched their demise as they sank their teeth into the forbidden fruit. Interestingly, 1 John 2:15-17 warns against three elements of temptation that tend to draw one into sinful action, just as happened in Genesis 3. "Do not

love the world or the things in the world. If anyone loves the world, the love of the Father is not in him. For all that is in the world-the desires of the flesh and the desires of the eves and pride of life-is not from the Father but is from the world. And the world is passing away along with its desires, but whoever does the will of God abides forever." May your love for the Lord be clear, growing and abiding as you stand against temptations that come your way and live with him.



our community during the coronavirus crisis. Further, if you need prayer,

encouragement or other assistance we will do our best to help meet your

need or get you connected to the right person or agency who can.

BC Friona, fbcfriona.com

# Send your church news to the Friona \*Star

frionastar@wtrt.net

# **Kindness is Such a Good Thing!**

#### By Teena Hughs

I was reminded this morning that kindness doesn't take much time, effort, or money.

Feller and I haven't exchanged birthday gifts in forever. Neither one of us needs or really wants anything, so we just have a good meal and call it good. He does take the time and effort to get me a card, but I am not even that

Feller's birthday is March 30th. Before I went to bed the 29th, I had the idea to make him a birthday "card." So, I spent about five minutes writing a truly silly little poem on a notepad I was trying to use up, and I put it by the coffee pot so he would find it the next morning before he went to work.

When we talked on the phone later the next day, he made a pretty big deal about

the birthday "card." I was surprised because it was not a big deal at all to me. I put no effort or time into it, and I spent no money on it.

This morning, I was putting some clothes in a drawer, and I found the "card." This is the drawer where he keeps things he treasures. I couldn't believe he kept it!!!

As I went about cleaning house, I kept thinking about how something that seemed like nothing to me, meant so much to someone else. Sometimes, we never know what someone is going through, so we don't know what will touch their heart; we don't know what will provide the peace, hope, or encouragement they need; we don't realize God is using us to help others into a better place.

During this time of quarantine, people have been creative in doing things for others: making masks, making sure people have enough to eat, running errands for people, writing letters to the elderly, calling and visiting with people to see how they are doing, etc. A friend in San Angelo posted a picture of the gifts some of her friends left on her front porch for her birthday! What might seem insignificant to us may mean the world to someone else.

If God gives you an idea for an act of kindness, I encourage you to follow through with it, no matter how silly or trivial it might seem. You never know the good you might do. God is counting on you, and so is the person you are being kind to. Take care and have a great week!!!

#### **Panhandle Parables**

# **Beyond The Blue Revisited**

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

I started sharing my articles with the Friona Star around February of 2011. What you are about to reread is one of the first ones shared. I wanted to revisit this idea as a reminder and I will add a little at the end.

There was a time in the history of the world that it was believed that the world was flat. There was a time that man did not even fathom flying like a bird, yet this too has come to pass. How about television, telephones, electricity, heart transplants, computers, Internet... These too have come to pass. In all the changes mankind has seen, one thing can be recognized about the past...God

We marvel at the latest medical technologies. We live a life with daily schedules

that boggle the mind. We attempt to do 48 hours of work in 24. Life is in perpetual motion. What happens in a life full of change, busy schedules, crisis, and unrest? In all this there is one thing that remains the same... **God is.** 

As we look to the future many things have yet come to light. We prepare for space travel to become part of everyday life. We look to new frontiers to conquer, whether it is a final cure for cancer or a space colony on Mars. Nations will rise and fall. In the uncertainty of the future, there is one thing that is for sure... God is to come.

God knew man would need history for reference, present for experience, and future for vision. That is why He is in all three. When you look at yourself, has God

been in your past? Is He in your present? God was, God is, God is to come! Is He in your future?

There are times in life when the past, present and future collide. I often see these times when a family is dealing with the loss of a loved one. They reflect on the past, are in a state of shock at the present and are rattled about the future. I have sat with families praying for some word of inspiration that did not come. I have listened to the stories of happier times and even a future now uncertain, and although I may find few words to comfort what I believe and know is that God has not moved. He still can be found in the past, present and future. God was, God is, God is to come!

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

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Website-www.fbcfriona.com

FRIONA UNITED METHODIST CHURCH 8th & Pierce • 806-250-3045

Rev. Skip Hodges Email-frionoaum@wtrt.net Website-www.frionaumc.com

**GRACE BAPTIST CHURCH** North end of Congregational Church 1601 Euclid

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

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

SIXTH ST. CHURCH OF CHRIST 502 W. 6th • 806-250-2769

Jeff Procter, Minister

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

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

#### TEMPLO DE ADORACION 620 Washington • 806-250-5929

Pastor Roy Dominguez

TENTH ST. CHURCH OF CHRIST 10<sup>th</sup> & Euclid • 806-250-5236 Gerall Wyly

UNION CONGREGATIONAL CHURCH 1601 Euclid • 806-250-3635

**VICTORY FAMILY WORSHIP CENTER** 9th & Washington • 806-250-2207

Pastor Robert Kerby

Website-www.thevictory.tv FRIONA PARA CRISTO LLAMADOS A CONOCERLE

1007 w. 11th • 806-247-2217 Pastor Aurelio & Cynthia Silva

#### **Bovina**

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

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

**FIRST UNITED METHODIST CHURCH** 205 4th Street 806-251-1124

Pastor Larry Mitchell

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

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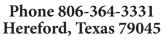
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# **State Capital Highlights**

By Ed Sterling



## State-private partnership to speed up production of masks

AUSTIN — Gov. Greg Abbott on April 8 announced a partnership between the Texas Military Department and Prestige Ameritech to increase production of personal protective equipment for health care workers.

Prestige Ameritech, with a 220,000-squarefoot plant in North Richland Hills near Fort Worth, is the United States' largest domestic surgical mask manufacturer. The company's 24-hour operation will be staffed in part by members of the Texas National Guard 36th Infantry Division, enabling the production of an estimated 2 million surgical face masks per week

Joining Abbott in making the announcement were Texas Department of State Health Services Commissioner John Hellerstedt, Texas Division of Emergency Management Chief Nim Kidd and University of Texas System Executive Vice Chancellor for Health Affairs John Zerwas.

Abbott announced on April 6 that Texas had received 2.5 million masks in the previous 24 hours and would receive an additional 3 million masks by April 11. The governor's office also provided a region-by-region weekly breakdown of personal protective equipment that had been distributed: masks, face shields, gloves, gowns and coveralls.

In other action, Abbott announced on April 9 an emergency rule adopted by the Texas Health and Human Services Commission to temporarily allow more nurse aides to serve residents in long-term care facilities during the COVID-19 response. Under the rule, nursing facilities may hire people to provide nurse aide services without having to complete a full certification program in their first four months of employment. This action will expand the eligible pool of direct-care workers and help long-term care providers who may face critical staffing shortages, Abbott said

According to figures posted by the Texas Department of State Health Services at noon on April 12, some 13,484 people in Texas had been diagnosed with deadly coronavirus -- COVID-19 -- and 271 deaths resulting from the disease had been confirmed.

#### Governor closes parks

Gov. Abbott on April 7 directed the Texas Parks and Wildlife Department and the Texas Historical Commission to close all state parks and historic sites indefinitely as part of the state's efforts to strengthen social distancing practices and prevent gatherings of large groups of people.

Historic sites and state parks will reopen at the direction of the governor.

"Social distancing is our best tool to curb the spread of COVID-19 and save lives," Abbott said. "The temporary closure of our state parks and historic sites will help us achieve this goal by preventing the gathering of large groups of people. I urge all Texans to continue to stay at home except for essential services as we respond to COVID-19. By following these social distance practices, we will overcome this challenge together."

#### Care access to increase

Gov. Abbott on April 6 announced that Care. com, a private business that enables families to find, manage and pay for care and provides employment opportunities for caregivers, is increasing in-home child care access for frontline workers responding to the COVID-19 emergency.

As part of this initiative, Abbott said, Care. com is offering 90 days of free, premium access to their services, along with specific portals for frontline workers and caregivers in Texas.

Frontline workers looking for child care, as well as prospective caregivers, can enroll at https://texasfrontline.care.com/.

Potential caregivers are subject to Care. com's extensive background and safety checks. While child care services are not typically free of charge, the Texas portal gives residents the ability to waive their fees and volunteer as caregivers, providing additional support to frontline workers, Abbott added.

Hegar distributes revenue

Texas Comptroller Glenn Hegar on April 8 announced he would send cities, counties, transit systems and special purpose taxing districts \$701.8 million in local sales tax allocations for April.

The amount is 0.5 percent less than the amount distributed in April 2019.

Revenue allocations are based on sales made in February by businesses that report tax monthly.

Next month's allocations, which will mostly reflect sales made in March, will begin to show the impact of pandemic-related business shutdowns. The agency, therefore, expects local allocations in May to be lower, and June allocations will likely deteriorate further, Hegar said.

#### Lawsuit amicus is filed

Texas Attorney General Ken Paxton and Minnesota Attorney General Keith Ellison on April 6 led 40 attorneys general in an amicus brief filed with the U.S. Supreme Court in support of injury lawsuit decisions by the Supreme Courts of Montana and Minnesota.

In the brief, Paxton and Ellison said those state supreme courts correctly ruled in favor of allowing individuals to file personal injury lawsuits in the states in which they reside and were injured, regardless of where the defendant was located.

The friend-of-the-court brief opposes an effort by large corporations to prevent individuals from filing lawsuits in their own local courts and to potentially prevent states from filing lawsuits to enforce their own laws, Paxton said.

#### Jobless urged to reapply

The Texas Workforce Commission on April 4 encouraged Texas residents previously deemed monetarily ineligible for unemployment benefits to reapply now, at the beginning of a new fiscal quarter.

The agency invited applicants who were denied unemployment benefits due to insufficient wages and who worked during the January 2019-December 2019 base period to visit the unemployment benefit services portal to reapply online.

# **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 parents raised two sons. Scotty, the firstborn, was the all-star athlete in four sports. The fine arts chose Shane. There were 11 years separating them in age; a million miles distancing them in most every other area.

I have always found myself protective of both. Scotty just wanted to be encouraged, not chastised. Shane wanted to be accepted, not bullied. I never endured what the two of them experienced. I just adored them as my brothers whom I saw as intelligent, passionate, and oh so gifted. At the ballparks,



I followed my brother's every move from the stands. In the audience, my attention was honed in on Shane's lines on



stage. Both were/are musically talented—Scotty with instruments and Shane with song and dance.

#### +++++++++++

Scotty grew up a teenager in the late 60s, early 70s. That should be enough said as to how challenging a time was for parents and young people alike. Social issues were polarizing at church, in politics, in music, and even in athletics. He could not be who he was then-a boy who was drawn to the music of the time, wanted to wear his hair a little longer, and still play the sports he had been born to play. He and I were only 17 months apart, and the two of us had a game going for as long as I could remember. We dug holes in the yard and made a golf course. On 33rd Street and Hill Avenue in Snyder, Texas, I was his catcher and punt receiver. He schooled me in h-o-r-s-e because he never missed a left-handed free throw. Never. Then came jr. high: girls, team athletics, and the Beatles and while I missed the old days of his undivided attention, it was a highlight of my week to attend his games and cheer him on with his new teammates. Through the walls, I could listen to him play the guitar (self-taught) and piano (by ear).

After his Seventh-Grade year, things changed. At school, boys' hair length and sideburns were measured by a ruler. Conformity and structure had their place, but in retrospect the messaging could have been



delivered so much more diplomatically. The next few years saw Scotty walk away from the gym and the field. His passion for baseball motivated a haircut, but in so doing, resentment among coaches lingered. His grades dropped, his heart hurt, and Scotty lost himself in his music and girls and apathy. It did not help that teachers compared him to me, the sister who made good grades, could wear her hair any length she wanted, and was one of those darn rule followers.

#### \*\*\*\*\*

From day one when Shane came home in a blue blanket in a blue outfit, he was coached to follow in his brother's steps. We bought him Dallas Cowboys jerseys (I still remember the #35 Pete Gent sweatshirt we put on him). Dad took him dove hunting at an early age, but Shane could not sit still so that did not last long. His attention deficit disorder and hyperactivity did not make him uncontrollable, just restless and distracted. There was no behavior issue, just an early sign that he was not going to rough house with his older siblings. He worked with our mother in the kitchen, wrote plays for the neighborhood kids, and was basically an eight-year-old Kramer from "Seinfeld" before that character came into existence. But Shane's preference for activities that did not involve a ball or uniform made him a target all through school.



#### \*\*\*\*\*

While I was waltzing through most of my adolescence with only typical teenage girl angst, my brothers' days were much longer, darker, and underachieved. It would be baseball and theater that provided some fulfillment to their education. As is often the case, athletics and fine arts represent more than extracurricular—they are

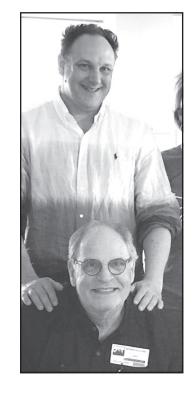
the core for many students. In these retirement years, I want to be my brothers' keeper of their stories. To do justice would require many chapters be written. Giving voice to Scotty and Shane's juxtaposed experiences might help parents, siblings, classmates, and

anyone who works with children examine the importance of how to deliver a message, how to interact with diversity, and how to admonish. Edification is necessary but doing so with love and respect can make for a happy ending to anyone's narrative.

April is National Poetry Month. Langston Hughes "Dreams" carries the somber words of a cautionary verse when it comes to a child's vision.

"Hold fast to dreams, for if dreams die, Life is a broken-winged bird that cannot fly."

May we be careful not to clip the flight of anyone who wants to soar.



#### another and guests/staff were limited to reduce the number of attendees. There were no public comments. Mayor Ricky White is-

The Friona City Council met

in regular session on Mon-

day, April 13th 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. All

those present at the meeting

were seated 6 feet from one

sued a proclamation naming April 19th – 25th "National Library Week" in Friona and recognized the efforts of the Friona Public Library.

The Council approved to award the sole bidder, G&G

Operators from Dumas, the 2020 Sealcoat Project. This year, the City has decided to make improvements to 14 blocks within the city limits of Friona. East 8th Street, Ashland Avenue, North Main Street, Washington Avenue, North Columbia and North Jackson are included in the project area.

City Council awards 2020 sealcoat project

The Council also approved a one-time transfer from the Interest & Sinking Fund to the General Fund in the amount of \$75,000 to assist with the construction costs of the new EMS building located at 604 East 11th Street.

In other City business, the Council approved the Accounts Payable and Financial also approved the 2nd quarter (January thru March 2020) financial statement. Approval was given to the annual review of the City's investment policy.

All meetings are open to the public. The City Council reserves the right to go into Executive session at any

Statement for March 2020

as well as the minutes of the

March 9, 2020 City Council

Regular Meeting. The Council

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.

# Xcel Energy donates an additional 192,000 surgical masks to frontline workers battling COVID-19

Xcel Energy is donating an additional 192,000 surgical masks, including over 4,000 N95 masks, in the eight states it serves, including Minnesota, Colorado, Wisconsin, Michigan, North Dakota, South Dakota, Texas and New Mexico. Earlier this week, Xcel Energy also announced plans to give more than \$20 million in short- and long-term corporate giving, including COV-

ID-19 relief efforts. The masks will go to healthcare workers and other first responders on the frontlines in the fight against COVID-19. Last month the company donated an additional 130,000 surgical masks. "We are all in this together and it's important that we do what we can to support the healthcare workers and first responders who are on the frontlines of this pandemic," said

Ben Fowke, chairman and CEO of Xcel Energy. "We are equally committed to doing all we can to protect our employees who are doing essential work in our plants, transmission facilities and in the field." Xcel Energy stocks protective masks to keep employees safe when working on heavy construction, in dusty condition and during wildfires. During the pandemic the

company is supplying employees with nonsurgical masks and other face coverings to help protect them while doing critical work to keep electricity and natural gas flowing to our communities.

More than 46,000 masks, including 925 N95 masks, will be donated in Texas and New Mexico. Last week Xcel Energy donated an additional 30,000 masks to hospitals

in Texas. "These donations are going where they are needed most," said David Hudson, president, Xcel Energy -

New Mexico, Texas. "They will be divided up between our local hospitals in Texas and New Mexico where healthcare workers are doing the critical work to keep us all safe." The masks will be shipped and distributed later this week.



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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 Friona Police **Department Building** 





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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 timpo 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.

FRIONA **B** InterBank





#### **HELP WANTED**

Tractor Driver — Farm Worker **Hub & Friona Area** \$12 per hour Call 806-922-4853

# **Help Wanted**

Cook Assistant For Friona Senior Citizens Please Contact Susan Gonzales PHO# 250-2713 OR 806-626-8602





# **Broker/Owner:**

## **Holly Campbell** 806-250-2745

#### frionarealestate.com **Sales Associates:**

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Realtors

**Kevin Cooper 806-240-5468** Karla Rector 806-382-7465 **George Rushing 806-265-7037** 

#### **FRIONA**

4/5/3 Brick w/cent. h&a, basement, fp, close to high school, \$25,000 cash allowance at closing......**\$291,775** 

NEW: 3/2/2 Brick w/cent. heat, 2 living areas, basement, sprinkler f&b, shop with electricity, large lot .....Cont Pend

4/2/1 Siding w/central heat & air, new carpet, new granite counter tops, fenced backyard, corner lot ......Cont Pend

#### BOVINA

NEW: 3/2/2 Brick w/cent. h&a, fp, 2 living areas, open floor plan, stone coated metal roof, large yard. Cont Pend

Commercial Building in Bovina: Brick w/cent. h&a, 7 offices, large waiting room, extra lot ......\$79,000

4/4/3 Brick Two story w/central heat & air, Western Addition, two fireplaces, large fenced backyard......Cont Pend

In an effort to keep EVERYONE safe from COVID-19 our lobby is closed. We are asking you to call and make an appointment for listings and/or showings at this time.

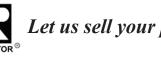


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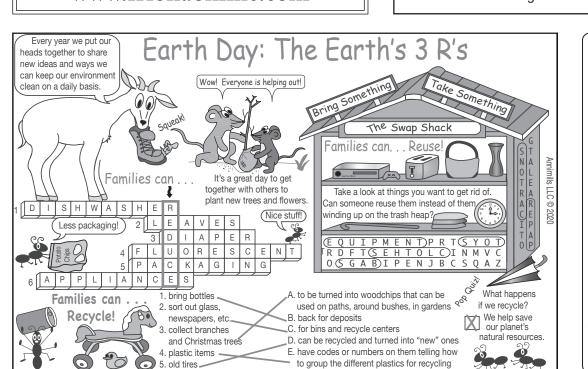
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Call 806-250-2211 or email frionastar@wtrt.net

# ~OBITUARY~

#### Eva Lou Jones Rector

Eva Lou Jones Rector, 90 of Denton, formerly of Friona passed away April 9, 2020 in Denton. There will be no services. Cremation and Friona Cemetery burial arrangements by HANSARD FAMILY Funeral Home of Friona.

Eva Lou was born June 29, 1929 in Friona to O.C. and Ruth Roberson Jones. She grew up and attended Friona schools, graduating from Friona High School in 1947. She then attended Draughns Business School in Lubbock. She was then asked by the late Charles Allen to work for the Friona State Bank as a bookkeeper. She later worked for Zola Cranfil Tax Service.

Eva Lou married Floyd L. Rector on June 16, 1948 in the United Congregational Church that now houses The Parmer County Pioneer Heritage Museum. She was a lifetime member of the United Methodist Church and was active in WSCS, as well as being a Sunday school teacher of small children. Eva was a Brownie leader and a Girl Scout leader. The Rectors lovingly adopted two children, Gary in October 1957 and Donna in September 1960.

After her children were older, she worked with the late Opal Baxter at the Friona Ford Company. They later moved to Lubbock and then to Denton.

She is preceded in death by



her parents, 1 brother Thomas Jones and a daughter-inlaw-Robin Rector.

Those to carry on her legacy include her husband Floyd of Denton, 1 son-Gary Rector of Little Elm, Texas, 1 daughter-Donna Rector of Rhome, Texas, 1 granddaughter-Lauri Ragland and husband Jeff of Flower Mound, Texas, 1 grandson-Jonathan Rector and wife Stephanie of Highland Village, Texas, 6 greatgrandchildren, and 1 sisterin-law- Clara Trowbridge of Amarillo.

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



# Census News

#### Statement on 2020 Census Operational Adjustments Due to COVID-19

**U.S. Department of Commerce Secretary Wilbur Ross** U.S. Census Bureau Director Steven Dillingham

APRIL 13, 2020 — The 2020 Census is underway and more households across America are responding every day. Over 70 million households have responded to date, representing over 48% of all households in America. In light of the COVID-19 outbreak, the U.S. Census Bureau is adjusting 2020 Census operations in or-

- · Protect the health and safety of the American public and Census Bureau employees.
- Implement guidance from federal, state and local authorities.
- Ensure a complete and accurate count of all communities.

The Census Bureau temporarily suspended 2020 Census field data collection activities in March. Steps are already being taken to reactivate field offices beginning June 1, 2020, in preparation for the resumption of field data collection operations



as quickly as possible following June 1.

activities, In-person including all interaction with the public, enumeration, office work and processing activities, will incorporate the most current guidance to promote the health and safety of staff and the public. This will include recommended personal protective equipment (PPE) and social distancing practices.

Once 2020 Census data collection is complete, the Census Bureau behundreds of billions of dollars in public and private sector spending per vear. In order to ensure the

completeness and accuracy of the 2020 Census, the Census Bureau is seeking statutory relief from Congress of 120 additional calendar days to deliver final apportionment counts.

Under this plan, the Census Bureau would extend the window for field data collection and selfresponse to October 31, 2020, which will allow for apportionment counts to be delivered to the President by April 30, 2021, and redistricting data to be delivered to the states no later than July 31, 2021.

2020 Census Self-Response Rate Information - April 15, 2020

gins a lengthy, thorough

and scientifically rigorous

process to produce the

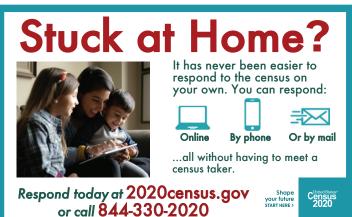
apportionment counts,

redistricting information

and other statistical data

products that help guide

National Response Rate	48.6%	
Texas Self-Response Rate	44.2%	
Parmer County Self-Response Rate	27.6%	
Friona Self-Response Rate	44.0%	
Bovina Self-Response Rate	4.1%	
Farwell Self-Response Rate	10.9%	





Puedes responder al Censo 2020 en el Internet en 2020census.gov.

responder por teléfono y por correo.

"YoCuento" a 313131

# **Brent Beene featured** in national newspaper

Brent Beene was featured in the March 19th edition of the Wall Street Journal newspaper. He was listed by Bar*ron's* as one of America's Top 1200 Financial Advisors for 2020. Barron's is an American weekly magazine/newspaper that covers U.S. financial information, market developments, and relevant statistics. The Wall Street Journal is one of the largest newspapers in the United States by circulation, with a circulation of about 2.8 million.

The Top 1200 rankings are based on data provided by around 4,000 of the nation's most productive advisors. Factors included in the rankings are; assets under management, revenue produced for the firm, regulatory record, quality of practice and philanthropic work. Investment performance isn't an explicit component because not all advisors have audited results and because performance figures often are influenced more by clients'

risk tolerance than by an advisor's investment-picking abilities.

Brent is a partner and wealth advisor with Regent-Atlantic Capital in Morristown, New Jersey. He has been with the firm since 2005. He counsels and advises individuals and families on financial planning and investment management. His particular focus is on the unique needs of business owners. RegentAtlantic Capital has total assets of \$4.8 billion and its typical client is worth \$5 million and the average account is \$2 million.

Brent is a CERTIFIED FI-NANCIAL PLANNER™ certificant and holds a BBA in Finance and a MS in Personal Financial Planning and Business Administration from Texas Tech University. He is a 1995 graduate of Friona High School. His parents are Sue Wells and the late Jay Beene. Brent, his wife Tamela, and their son, Locklan, live in Westfield, New Jersey.

# AMERICA'S TOP 1200 FINANCIAL ADVISORS 2020

Wall Street Journal feature article on Brent Beene as one of America's Top 1200 Financial Advisors. Article written by Karen Hube with photography by Benedict Evans.

### Look up past issues of the Friona★Star on our website!

1.) Go to frionaonline.com 2.) Click on the "newspaper archives" link 3.) Search

# **Comptroller Glenn Hegar Distributes \$702 Million** in Monthly Sales Tax Revenue to Local Governments

Texas Comptroller Glenn Hegar announced he will send cities, counties, transit systems and special purpose taxing districts \$701.8 million in local sales tax allocations for April, 0.5 percent less than in April 2019. These allocations are based on sales made in February by businesses that report tax

Next month's allocations, which will mostly reflect sales made in March, will begin to show the impact of pandemicrelated business shutdowns. The agency, therefore, expects local allocations in May to be lower, and June allocations will likely deteriorate further.

The City of Friona will receive \$31,013.60 for April 2020 as compared to \$28,143.96 which was received last year. This represents a 10.19% increase. The year-to-date payment total is \$154,206.79 which is a 19.26% increase over the \$129,297.64 received last year during the same time frame.

#### Governor Abbott Prepares State Resources As Severe Weather Approaches Texas

Governor Greg Abbott placed numerous resources on standby across the state in anticipation of severe weather expected to impact Central Texas on Wednesday.

The Texas Division of Emergency Management (TDEM) will be rostering Texas A&M Forest Service Saw Crews, Texas Parks and Wildlife Water Rescue Boats, Texas A&M Engineering and Extension Service Urban Search and Rescue and Swift Water Rescue Boat Squads, and a Texas Department of State Health Services Ambulance Strike Team. The Texas State Operations Center remains activated at Level II in support of the ongoing response to CO-

"As severe weather approaches, the Lone Star State is taking necessary pre-

cautions to ensure the safety of Texans," said Governor Abbott. "I urge all Texans to heed the guidance of local officials and pay attention to weather alerts to keep themselves and their loved ones informed and safe."

Texans are encouraged to follow these safety tips:

- When severe storms threaten, the
- safest place to be is indoors.
- Avoid areas already flooded and avoid any fast-flowing water.
- Be extremely cautious of any water on roads or in creeks, streams, storm drains, or other areas - never attempt to cross flowing streams or drive across flooded roadways and always observe road barricades placed for your protection. Remember, Turn Around Don't Drown.
- Dangerous waters can seem deceptively calm, and if you encounter flooding, move to higher ground.
- Keep in mind that flood dangers are even harder to recognize at night.
- Stay informed by monitoring weather radios and news broadcasts for updated information on current and anticipated severe weather in your area.

State agencies involved in the response effort include the Texas Division of Emergency Management, Texas Department of Public Safety, Texas Department of Transportation, Texas Military Department, Texas Parks and Wildlife Department, Texas Department of State Health Services, Texas A&M Forest Service, Texas A&M Engineering and Extension Service, Texas A&M Task Force One and State Mass Care Team.

## Sales Tax Holiday for Emergency Supplies is April 25-27

As the nation continues to shelter in place because of the COVID-19 pandemic, Texas Comptroller Glenn Hegar is urging Texans to shop online or practice strict social distancing measures for in-store purchases during the sales tax holiday for emergency preparation supplies. The primary intent of the law that established this holiday, which begins at 12:01 a.m. on Saturday, April 25, and ends at midnight on Monday, April 27, is to help Texans prepare for events like hurricanes and turbulent spring storms.

"Unfortunately, strong spring storms, wildfires and the upcoming hurricane season will still threaten Texans in the months ahead, and

so it's important that homes and businesses have the supplies they need to face these emergencies," Hegar said. "As this pandemic continues to spread, I want to remind all Texans this sales tax holiday applies to qualifying items they purchase online, from the safety of their homes. If visiting your local retailer to purchase items, please practice appropriate social distancing as described by the Centers for Disease Control and Prevention."

There's no limit on the number of qualifying items you can purchase. These include:

• household batteries, fuel containers and flashlights priced at less than \$75;

• hurricane shutters and emergency ladders priced at less than \$300; and

• portable generators priced at less than \$3,000.

For purchases made online, note that delivery, shipping, handling and transportation charges are part of the sales price. If the emergency preparation supply being purchased is taxable, the delivery charge is also taxable. Consider these charges when determining whether an emergency preparation supply can be purchased tax free during the holiday. For example, if vou purchase a rescue ladder for \$299 with a \$10 delivery charge, the total sales price is \$309. Because the total sales price of the ladder is more

than \$300, tax is due on the \$309 sales price.

Unfortunately, the list of tax-free items is established by law and does not include items such as masks or personal protection equipment.

Other purchases that do not qualify include:

- batteries for automobiles, boats and other motorized vehicles;
- camping stoves and camping supplies;
- chainsaws;
- plywood;
- · extension ladders and stepladders; and

A list of emergency preparation supplies that may be purchased tax free can be found on the Comptroller's website.

# **Small Town Cookin'**

By Jeri Lynn White

#### **Pecans**

**Ingredients** 

1 egg white

1 Tbsp. water

4 cups spinach

¼ tsp. salt

1 cup pecans halves

2 Tbsp. cider vinegar

1/4 tsp. black pepper

Chinese five spice powder

2 Tbsp. strawberry preserves

¼ cup pecan or vegetable oil

I was not a fan of pecans when I was little, but I have several memories from my childhood that involve pecans. At our house in the country outside of Olton, there was a large pecan tree just to the north in our yard. My grandmother was proud of that tree, and I remember helping pick up the pecans for her. I don't remember specifically but I assume we took some of those pecans to my grandparents, Glen and Ruth Stevick, here in Friona. They had one of those bowl contraptions that held pecans and had a nutcracker and other tools stored in the middle of the bowl. My Pop Pop would spend hours cracking and eating pecans.

Although I did not eat pecans when I was little, I have come to appreciate them more. I especially like them cooked or toasted. This seems to take away the bitter aftertaste for me. Eating more pecans would be a good habit for me since they have much to offer nutritionally. Pecans have high levels of antioxidants and omega-6 fatty acids which aid in heart health. They are also high in protein and fiber as well as low in saturated fat. Pecans also have many vitamins and minerals which include thiamin, magnesium, phosphorus and manganese.

Pecans are truly a North American product and play an important role in the culture and traditions in the southern United States. It is the only tree native to North America and is one of the most valuable nut species. Most of the pecans grown worldwide are grown and harvested in either the United States or Mexico. Native Americans were the first to cultivate and utilize pecans beginning as early as the 1500's. They relied heavily on the pecan as a staple food. In fact, the word pecan derives from the Algonquin word "pacane" which means "nuts requiring a stone to crack." Pecans were even used as currency by the Native Americans.

Beginning around the 18th and 19th century, pecan trees became popular first along the Atlantic Seaboard and were grown by George Washington and Thomas Jefferson. Along that same time, the Spanish and French colonists along the Gulf Coast began cultivating, selling, and eventually exporting the popular nuts. New Orleans was in the heart of the pecan tree's natural habitat and became a major player in the pecan market.

In 1822 Abner Landrum discovered a grafting method to utilize the qualities of the wild pecan tree in the trees in pecan orchards. A former slave named Antoine was the first person to successfully graft a wild pecan to a seedling. This development led to superior nuts and consistent quality. The modern method of processing pecans began in the early 1920's and along with improved storage technology allowed the nuts to be shipped around the world while maintaining their quality.

There are more than 1,000 varieties of pecans. Many of them are named after Native American tribes. They come in a variety of sizes that include mammoth, extra-large, large, medium, small, and midget. In 1919, Texas adopted the Pecan Tree as its state tree. However, the Pecan capital of the United States is in Albany, Georgia where they hold the National Pecan festival. April is National Pecan month and April 14th, is National Pecan

No one will argue much about the nutritional value, the taste, or the cultural implications of the pecan. However, there is much controversy about how to pronounce the word itself. Webster's Dictionary lists three acceptable pronunciations of the word, but most people are split between either pee-can or puh-kan. It is commonly believed that this split is based on geography, but research has shown that the pronunciation is spread throughout the north and south no matter where you grew up. This is most likely a point of contention, or annoyance at the least, for those reading this article. Nonetheless, there really is no right way to say pecan.

For more information and recipes, you can search uspecans.org, ilovepecans.org, or thespruceeats.com.

#### Spiced Pecan Spinach Salad with Strawberry Vinaigrette

www.ilovepecans.org

3 green onions, thinly sliced. 1/4 cup crumbled feta cheese

**Pecan Spice Blend** 2 Tbsp. salt

3 Tbsp. sugar

3 Tbsp. smoked paprika 21/2Tbsp. powdered garlic

2½ Tbsp. dried lemon peel

1½ tsp. ground cumin 34 tsp. crushed rosemary

Instructions: Preheat oven to 375 degrees F. In a large mixing bowl, whisk egg white until frothy. Add the pecan halves and toss to coat well. Sprinkle evenly with spice blend and toss to coat well. Spread pecans in a single layer on a foil lined baking sheet sprayed with cooking spray. Bake, stirring once or twice, until browned, crisp and well toasted, about 12 minutes. While pecans are toasting, whisk together the strawberry preserves, the vinegar, water, salt and black pepper. Whisk in oil in a slow and steady stream until incorporated. To serve Spiced Pecan Spinach Salad, plate

the spinach onto a serving platter. Top with spiced pecans, green onion and feta cheese. Drizzle with Strawberry Vinaigrette. Pecan Spice Blend: In a small bowl, whisk together all spice ingredi-

ents. Store in a jar or other airtight container.

1½ Tbsp. Pecan Spice Blend (recipe follows) or

#### **Butter Pecan Cookies**

sallysbakingaddiction.com

\_\_\_\_\_\_

#### **Ingredients**

- 1 and 1/2 cups (195g) chopped pecans
- 1 cup (230g) unsalted butter, softened to room temperature
- 1/2 cup (100g) granulated sugar
- 1 cup (200g) packed dark or light brown sugar 2 large eggs, at room temperature
- 2 teaspoons pure vanilla extract
- 2 and 1/2 cups (312g) all-purpose flour (spoon & leveled)
- 1 teaspoon cornstarch 1 teaspoon baking soda
- 1/2 teaspoon salt
- Optional

1/3 cup (67g) granulated sugar, for rolling sea salt, for sprinkling

Instructions: In a 300°F (149°C) oven, toast the chopped pecans on a large parchment paper or silicone mat-lined baking sheet for 15 minutes. Stir twice during this time. Turn oven off and set pecans aside. In a large bowl using a hand-held mixer or stand mixer fitted with a paddle attachment, beat the butter for 1 minute on medium speed until completely smooth and creamy. Add the granulated sugar and brown sugar and beat on medium high speed until fluffy and light in color. Beat in eggs and vanilla on high speed. Scrape down the sides and bottom of the bowl as needed. In a separate bowl, whisk the flour, cornstarch, baking soda and salt together until combined. On low speed, slowly mix into the wet ingredients until combined. The cookie dough will be quite thick. Add the toasted chopped pecans, mix on low

for about 5-10 seconds until evenly distributed. Cover dough tightly with aluminum foil or plastic wrap and chill for at least 3 hours and up to 3 days. Chilling is mandatory for this cookie dough. Remove cookie dough from the refrigerator and allow to sit at room temperature for 20 minutes- if the cookie dough chilled longer than 3 hours, let it sit at room temperature for about 30 minutes. This makes the cookie dough easier to scoop and roll. Preheat oven to 350°F (177°C). Line two large baking sheets with parchment paper or silicone baking mats. Set aside. Once chilled, the dough might be slightly crumbly, but will come together if you work the dough with your hands as you roll into individual balls. Scoop and roll balls of dough, about I lablespoon of dough each, into balls. You may roll the cookie dough balls into the 1/3 cup of gran-

ulated sugar listed under the "optional" ingredients. It's optional because I merely did this for looks- the sugar gives them a pretty sparkle. Or you can bake the cookies without the sugar rolling and sprinkle with a little sea salt when they come out of the oven. If you love salty/sweet, do the sea salt. Bake the cookies for 11-12 minutes (13 minutes for crispier cookies), until slightly golden brown around the edges. My oven has hot spots and yours may too- so be sure to rotate the pan once during bake time. The baked cookies will look extremely soft in the centers when you remove them from the oven. Allow to cool for 5 minutes on the cookie sheet. If the cookies are too puffy, try gently pressing down on them with the back of a spoon. They will slightly deflate as you let them cool. Transfer to cooling rack to cool completely.

#### **Pecan Crusted Salmon with Lemon Glaze**

damndelicious.net

Ingredients:

- 4 salmon filets
- 2 tablespoons unsalted butter 1/4 cup honey
- 2 tablespoons reduced sodium soy sauce
- 1 tablespoon brown sugar, packed
- 1 tablespoon freshly grated ginger 2 cloves garlic, minced

Juice of 1 lemon 2 teaspoons cornstarch

For the pecan crust 1/2 cup pecan halves

1/2 cup Panko breadcrumbs

1/4 cup fresh parsley leaves

Kosher salt and freshly ground black pepper, to taste

Directions: Preheat oven to 400 degrees F. To make the pecan crust, combine pecans, Panko and parsley in the bowl of a food processor until mixture resembles coarse crumbs; season with salt and pepper, to taste. Dredge each salmon filet with pecan mixture. Melt butter in a large oven-proof skillet over medium high heat. Working in batches, add salmon to the skillet and sear both sides until golden brown, about 1-2 minutes per side. Place into oven and bake until fish flakes easily with a fork, about 10-12 minutes. To make the lemon glaze, combine honey, soy sauce, brown sugar, ginger, garlic, lemon juice and cornstarch in a small saucepan over medium heat. Bring to a boil; reduce heat and simmer until slightly thickened, about 3-4 minutes. Serve salmon immediately with lemon glaze.

#### **Xcel Energy and its Foundation to donate \$1.5 million for COVID-19 relief**

Xcel Energy announced that as part of its plans to dedicate more than \$20 million to new corporate giving, including COVID-19 relief, Xcel Energy and the Xcel Energy Foundation will donate the first \$1.5 million in the eight states it serves before the sale of the Mankato Energy Center closes later this summer. The company announced last week that the net proceeds from that sale, expected to be more than \$20 million, will go to short- and longterm corporate giving, including COVID-19 relief. "At Xcel Energy we're doing our part to support our customers and communities during this very challenging time" said Ben Fowke, chairman and CEO of Xcel Energy. "I'm so proud of our employees, who are not only doing critical work to keep the lights on, they've also embraced our commitment to community

by joining our effort to support our neighbors in need." As part of the donation, the Xcel Energy Foundation is matching employee donations up to \$1,000 at a rate of two dollars for every dollar donated, tripling the amount of the gift, up to \$300,000. Within a week, employees donated \$112,000 dollars. With the Foundation match of more than \$223,000, that's a donation of nearly \$335,000. One million dollars of the money donated by Xcel Energy and its foundation is designated for existing nonprofit partners along with organizations that address food insecurity and those that provide disaster relief, including local chapters of The United Way and regional food banks. Xcel Energy serves communities in Minnesota, Colorado, Texas, New Mexico, Wisconsin, North Dakota, South Dakota and Michigan.

#### NOTICE TO CREDITORS

Notice is hereby given that original Letters Testamentary for the Estate of Steven Ray Clark, Deceased, were issued on March 30, 2020, in Cause No. 3200, pending in the County Court of Parmer County, Texas, to David Henry Clark.

All persons having claims against this Estate which is currently being administered are required to present them to the undersigned within the time and in the manner prescribed by law.

c/o: Betsy S. Clark Attorney at Law PO Box 236 FRIONA, TX 79035

DATED the the day of April, 2020.

Betsy S. Clark Attorney for David Henry Clark State Bar No.: 24078346 PO Box 236

FRIONA, TX 79035 Telephone: (806) 250-5345 Facsimile: (806) 250-5346 E-mail: bclark@wtrt.net

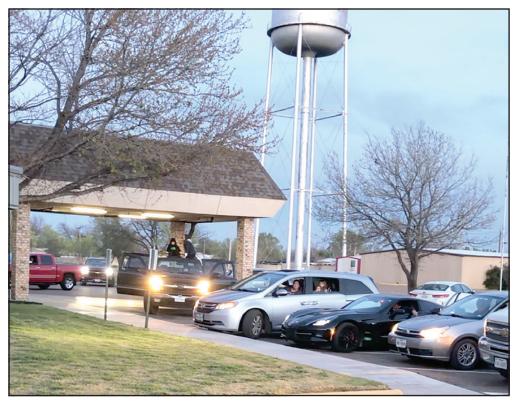


Mike & Reta at A-1 going above and beyond regarding COVID-19 masks. Courtesy photo



Work has begun on the new housing project at 6th and Ashland. Phase 1 calls for the building of one (1) triplex residential property and one (1) quadplex residential property on Lots 10-12. Completion date for Phase 1 is scheduled for the end of October 2020. Stay tuned.

#### **Thank You & Stay Safe**





Local residents turned out Friday night, April 3rd to celebrate our Hospital and Nursing Home Workers with flashing lights and honking horns. Carmen Putman would like to thank those that took the time to join the celebration. **Courtesy photos** 







## **Coronavirus COVID-19 Impact Assistance for Small Business Owners**

Due to the outbreak of COVID-19 and its impact on small business owners, the staff at America's SBDC at West Texas A&M University are putting in extra work to help small business owners in the Texas Panhandle continue operations.

Small Business Development Centers are the nationwide public outreach arm of the U.S. Small Business Administration and work directly with business owners at no cost to them. The SBDC has shifted gears from their

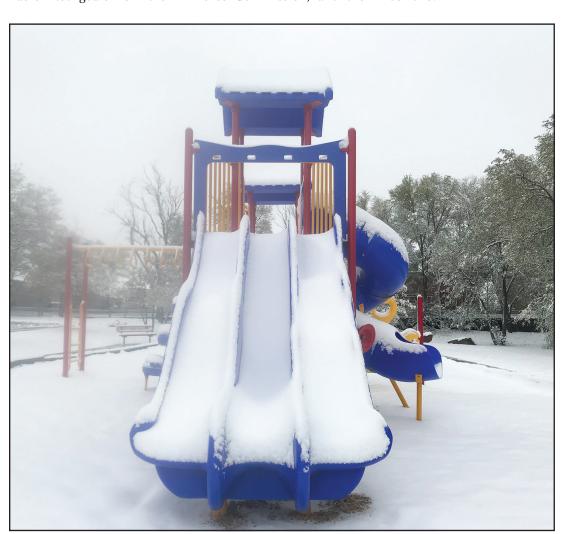
usual operations, and is currently focused on offering COVID-19 specific assistance to area business owners. Business owners who want to learn more about or apply for the SBA's Economic Injury Disaster Loan or the new Paycheck Protection Program are encourage to contact the SBDC for guidance.

In addition to one-on-one consulting, the SBDC is also co-hosting live webinars with Workforce Solutions Panhandle, the Texas Workforce Commission, and the

Amarillo EDC that allow attendees to receive up to date information on loan and unemployment options.

All consulting is currently offered remotely via video, email, or phone in either English or Spanish.

The SBDC can be contacted by email at info@wtsbdc. com or phone at 806-651-5151. Further information about webinars and an email list for COVID-19 updates can be accessed via the SB-DC's website at wtsbdc.com/



A new ride was created this week at the Reeve Lake playground. After the 5 inch snow on Monday night, a new ride called the "Avalanche" was created. However, it is a lot like Frosty the snowman. When the sun comes out, it goes away to return another day.





Jesus Mendoza, Homer Haile, Martin Lopez

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# **Diabetes During Covid-19**



# Register here

https://lamb.agrilife.org/family-consumer-sciences/



- May 5th- Carb Counting Your Own Recipes and **Eating Out**
- **May 12th- Physical Activity**

Extension programs of Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.



TIPS FOR MINDFUL EATING IN THE MIDST OF TODAY'S CHAOS

#### **HEALTHY SNACKING**

Are your kids eating/snacking all day?? Mindlessly walking back & forth to the fridge?? Here are some tips to try to get your kids and the whole family to develop some better eating habits...

1. Stick to a schedule, for example:

8am Breakfast -- 10am Snack -- 12pm Lunch -- 3pm Snack -- 6pm Dinner

2. Keep busy! Don't let them eat out of boredom. Plan plenty of activities to keep them busy and distracted.

3. Limit the number of snacks you offer. Let them open 2 or 3 packages and make them eat those before moving on to something different.

4. Prep ahead - wash & slice bell peppers, carrots, and cucumbers. Make a favorite dressing. Make a batch of healthy muffins. Hard boil eggs. Slice a cantaloupe.

5. Keep water bottles in the fridge, ready for them at any time.

Source: EatRight.org

Created by Kathy Carr, FCH Agent - Bailey County



"Extension Programs of Texas AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or ational origin. The Texas A&M University System, U.S Department of Agriculture and the County Commissioners Courts of Texas Cooperating