THE STRATFORD STAR

35 CENTS

Published for 91 years in Stratford, Sherman County, Texas 79084 usps 523-108

Number 10 March 10, 1994

Local News

Medical Claim Service Has New

Betty Brown's Medical Claim Service telephone number has been changed from 396-2373 to 396-2623.

Meeting Planned For March 29th, 1994.

The Long Range Extension Program Study Group Meeting is scheduled for March 29, 1994. The date announced in last week's edition of the Star was incorrect.

Orders for windbreak trees now being taken

The Sherman County Soil & Water Conservation District is taking orders for windbreak trees now. Come by the office at 418 N. 4th St. for an order blank or call (806) 396-5517.

School Board Election Coming Up in May

The Stratford Independent School District will hold a School Board Election on May 7, 1994. Filing for a position on the Board will begin February 21, 1994 and continue through March 23, 1994. You may file at the Superintendents office at the Stratford High School, Monday through Friday from 8:00 a.m. to 4:00 p.m. Positions held oy Jack Rhoades, Jerry Dyess and Kenton Kimball will expire this term. Holdover members are Rick Reinart, Rusty Craig, Ken Wight and Barbara Chumley.

Stratford Hospital **District Election Coming In May**

The Stratford Hospital District will hold a hospital district directors' election on May 7, 1994. Filing for a position on the Board of Directors began February 21, 1994, and will continue through March 23, 1994. Interested persons may file at Stratford Hospital District offices at Coldwater Manor, Monday through Friday from 8:30 a.m. to 4:30 p.m.

Positions held by Kathie Altman, Gary Hudson, and Mary Lovett will expire. Holdover directors are Rick Keener and Jeanie Knight.

Sign Up Dates **For City Election**

The first day to sign up for City Election was February 21st. Last day will be March 23rd. Mayor and two councilmen will be what we will be electing on May 7th.

4-H Scholarship **Applications Due**

4-H Scholarship applications are due Thursday, March 10, at 5:00 p.m. in the County extension office. For assistance, call 396-2122.

Game Night At Scot Hall

Game night at SCOT Hall at 7 p.m. on Friday March 11. Refreshments to be served.

Stratford ISD **Testing TASS**

Stratford ISD Testing TASS 4, 8, 10 and exit level March 9, 10 and 11th.

Place Outreach representative, Phyllis Melton, will be in town, on Thursday's from 10 a.m. to 5 p.m. to assist victims of domestic violence and/or sexual assault. A Safe Place representative is always available to speak to civic clubs and organizations. Safe Place can be reached anytime day or night, by calling our crisis hotline 1-800-753-7553. Safe Place's services are free and strictly confidential. HELP IS A PHONE CALL AWAY!!

Annual Chamber Banquet Held

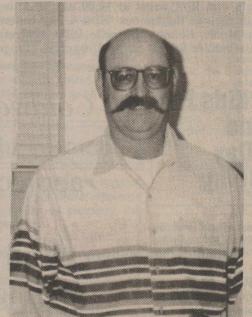
Citizen of The Year



Jeannie Knight The Stratford Chamber of Commerce Citizen of the year for 1993 was born in Idalou, Lubbock County, Texas in 1940. During the war, the family moved to Sunray where our citizen, at the age of four, decided to wash the family car with shampoo. The car ended up clean but with no paint on it. After completing Grammar School in Plainview, our citizen moved to Kress for Junior High and on to Stratford the second semester of their freshman year.

Cont. on page 6

Due to the Weather-Open House At School Has Been Changed To Thursday, March 10th-7 to 8:30



Farmer of the Year

Hal Bennett





Phillip Bain



Music was provided by "The Welfare Express" Thursday, March 3 at the Chamber of Commerce Annual Banquet. The group consisted of James Johnson, Kevin Payne, Mike Hare, and Allen Jones. They are normally called "High Plains Drifters".

Business

present.



Several Items of Reinart **Discussed At City Promoted Council Meeting**

Stratford City Council met in regular session, Thursday, Feb. 17, 1994, at 7:30 p.m. with Mayor Ken Forthman presiding and the following Council Members present: Sandy Williams, Claude Harlow, Johnny Garza, Andy Riffe and Ronnie Pickens. Attorney, Kyle Lewis, was also

Stratford

Congratulations Rick!!

Minutes of the last meeting were read and approved as read.

Carol Osborn met with Council Annie Mrs. Osborn that the City will

Johnny Mungia met with Council to discuss the progress of the road maintenance on Stickney. High School Girls-4th-75 pts.: Council assured Johnny that the Sladek, 3rd-75.84; 200 M. Dash: 3200 M. Run: Sarah Ortega, 3rd- maintenance will begin as soon as

No action was taken on

Claude made a motion and Shot Put: Jessica Sikora, 3rd- Relay: 3rd-1:57.62; 200 M. Dash: regarding SPS rate change

7th Grade boys-5th-74 pts.: Motion carried, Claude, Johnny,

Sandy made a motion and Day as a City holiday effective Cont. on page 8 Feb. 17, 1994. Motion carried.

promotion or Rick Reinart to the following March 1986. He and his wife, Riffe, and Ronnie Pickens. Connie, have four children; Jenny Carter of Lubbock, Marcus Reinart of Colorado Springs and Tiffany Reinart who is a senior at

At this time Mayor Forthman the meeting to the public. announced Council going into Executive Session under article Johnny second to hire Mike Hare 6252-17 sec. 2g to review Chief of as police chief on a 1 yr.

High

Police applications. No action was probation. Motion carried. taken. Mayor Forthman reopened the meeting to the public.

Bids were reviewed for a landfill attendant. They are as follows: Mary Brooks - 9.00/hr.; James Lowe - 100.00/wk.; Ray Thrasher - 60.00/wk. and Ben Hulen - 250.00/month. Andy made a motion and Ronnie Memorials wreaths since around second to table awarding the bids. Christmas time 1993. If you know Motion carried.

N.8th, N.5th and N. Pearl. Motion of up to \$1,000 will be given. carried. Bids were reviewed for a sewer machine. They are as Baker Equipment -\$24,960.00; demonstrator \$23,960.00; Underground, Inc. \$24, 950.00 and diesel unit -\$23,950.00. Andy made a motion and Johnny second to table the bids and have E.R. check on a lease/purchase of a machine and to have one demonstrated. Motion carried. Andy made a motion and Claude second to approve the financial statements. Motion carried.

Claude made a motion and Johnny second to pay all bills. Motion carried, Ronnie abstained.

A motion was made to adjourn, motion carried, meeting

Is Your Child Going To Be In Kindergarten

If you will have a child in Kindergarten for the 1994-95 school year, we would like to have their birth certificate, shot records and social security cards to copy before Spring Break, March 14-18, 1994. Please bring them by the Mary Allen Elementary office anytime from 8:00-3:30 Monday -Friday.

you Thank for your cooperation.

> Sincerely, Jim Bob Brown Principal

Notice To Downtown Merchants

Notice Downtown Merchants: Sherman Development Committee, Inc. will be hosting a meeting for all of the Downtown Merchants on Thursday, March 10th. The short informational meeting will be held at the Imagination Station building and will begin at 6:00 p.m.

Several issues will be discussed and information handed out which pertain specifically to downtown and mainstreet merchants.

Plans and objectives for the remainder of the year will be discussed.

The continued revitalization of our downtown is an important factor in the overall economic development of this community. Your input is very critical to the progress of this ongoing project.

City Council Meets In **Special Session**

Stratford City Council met in a special session, Tuesday, Feb. 22, The First State Bank of 1994, at 1:00 p.m. with Mayor Ken Stratford is proud to announce the Forthman presiding and the council position of senior vice president. present: Sandy Williams, Claude Rick has been with bank since Harlow, Johnny Garza, Andy

Minutes of the last meeting Heather Carter of New York City, were read and approved as read. At this time Mayor Forthman announced Council going into Executive Session under Article School. 6252-17 sec. 2g to consider a hiring a police chief. No action was taken, Mayor Forthman reopened

Andy made a motion and

A motion was made to adjourn, motion carried, meeting adjourned.

Crimestoppers **Needs Your Help**

any information that can help lead Claude made a motion and to the arrest and conviction of Sandy second to table putting stop these persons please call signs on Purnell at the corners of Crimestoppers 396-2600. Reward

PUBLIC SERVICE ANNOUNCEMENT

Need loan/grant on HOUSE REPAIRS, Make home improvements, remove safety hazards and remodel house. FARMERS HOME **ADMINISTRATION 310 Rock** Island (806) 249-5647.

Crimestoppers **Telephone** Number is 396-2600

Stratford Invitational Track Meet Results

Saturday, March 4th and 5th.

Ramos, 5th - 21'1.5"; Discus: Lacy Thomas, 2nd - 62'9.5"; Long 2:59.35; 100 M. Hurdles: Lacy 3rd-31.22; 1200 M. Dash: Mandi Thomas, 5th-22.0; 100 M. Dash: Bell, 1st-4:49.47; 1600 M. Relay: Erika Baeza, 2nd-15.10; 800 M. 1st-4:40.41. Relay - 2nd; 400 M. Dash, Amy 1600 M. Relay- 2nd.

8th Grade Girls-3rd-133 pts.: Bryson, 6th-25'1"; High Jump:

Hospital Report

Hinds McGowen is in High Aguilera, is in Northwest Texas Hospital in Mark Meil, 5th-4:26.10.

2nd-56.11; 800 M. Run: Odila to discuss the dogs running loose The Stratford Invitational Soto, 3rd-3:00.44, Jessica Bryson, and also speeding and noise of Track Meet was held this past 5th-3:04.66; 100 M. Hurdles: Kyla cars on S. Main. Council assured Helmuth, 3rd-19.82, The 7th Grade girls placed 2nd Ortega, 4th-20.10, Jessica Bryson, make an effort to patrol the area with 125 pts. Shot Put: Martha 5th-20.49; 800 M. Relay-3rd- for both dogs and speeding cars to 1:59.55; 400 M. Dash: Tami see if that will help solve the Davis, 4th-77.67, Keisha Naugle, problem.
5th-81.47; 200 M. Hurdles: Kyla Phyllis Melton representing Thomas, 2nd - 629.3; Long

Jump: Hillary Baskin, 1st - 5th-81.47; 200 M. Hurures. Type

13'2.75"; High Jump: Hillary

Baskin, 5th - 3'10"; 400 M. Relay - Bryson, 5th-36.72, Annie Ortega, make them aware of services

6th-36.97; 200 M. Dash: Megan offered by Safe Place. Phyllis will

1st 29.66. Ashley Stoy, be in Stratford on Thursdays.

Jasmin Sanchez, 1st-36.19, Tai 14:03.62, Anita Rapp. 4th-possible. Ann Brownlee, 5th-38.88; 200 M. 14:08.32, Gloria Aguilera, 6th-Dash: Hillary Baskin, 1st-29.28; 15:06.60; Long Jump: Chancey accepting tip-top bucks for 1200 M. Run: Lore Young, 3rd- Rhoades, 5th-13'4"; High Jump: 4:49.85, Lisa Horton, 4th-5:10.88; Cara Lavake, 1st-5'2"; 800 M. payment of a water bill. Run: Sarah Ortega, 3rd-2:42.62, Claude made a motion and Hillary Frank, 4th-2:50.99; 800 M. Johnny second to pass a resolution

Jennifer King, 1st-4'8", Ashlie 800 M. Run: Ross Davis, 1st- Andy & Ronnie for Sandy against. Lasley, 5th-4'4"; 400 M. Relay - 2:31.8, Ortiz, 2nd-2:33.31, Nathan Fire Chief Eddie Williams met Meil, 5th-2:44.19; 100 M. Dash: with Council to request \$400.00 to Eric Hernandez, 1st-13.25; 400 M. go to California to pickup 12 air

> Discus: 113'4"; 100 M. Dash: Oscar Motion carried. 2nd-12.70. Justin

23'9"; Long Jump: Ashlie Lasley, Chancey Rhoades, 3rd-30.12; 1600 application. Motion carried. 3rd-12'9.5", Megan Baskin, 5th12'2.75", Annie Ortega, 6thAnita Rapp, 4th-6:34.38; 1600 M. Johnny second not to revoke the livestock permit at 101 N. Wall

Dash: Paul Brown, 3rd-65.97, packs that are being given to the Brian Whatley, 6th-67.72. Fire Dept. Claude made a motion 8th Grade Boys-6th-25pts.: and Andy second to give the Justin Starnes, 2nd-\$400.00 and pay for the fuel.

Plains in Amarillo. Kathy Switser Starnes, 6th-13.43; 1200 M. Run: Claude second to add President's

Dear Readers By Marty Robertson

First off, congratulations to all the recipients at last weeks Chamber banquet. The choices made were excellent.

Well at presstime we have about 7 to 8 inches of snow on the ground and still snowing. The much needed moisture is so welcomed. Its been a long time since our last rain or snow.

Want to wish all the students and teachers a safe and enjoyable "Spring Break". Enjoy your weekly

Severe Weather Awareness Week



proclaiming March 6 through March 12, 1994 as Severe Weather Week Booths 11:00 a.m. to 5:00 p.m. in Sherman County. Commissioners David Hass, Tommy Asher, Organizations are invited to Wayne Cummings and Wayland Brown are in the background.

Governor Ann Richards has declared the week of March 6 through organization retaining 75% of 12, 1994, as Severe Weather Awareness Week in Texas, and the booth tickets and sharing 25% Sherman County Commissioners Court has joined Governor Richards with CASA. Organizations in declaring that March 6 through 12, 1994, is Severe Weather Week in participating in past "Kids for Sherman County. The Commissioners urge all citizens to participate in Kids" events 1993 in Dalhart, 1992 severe weather preparedness activities available through the Sherman in Dumas, 1991 in Stratford were County Emergency Management Office, including attention to watch given first consideration of booths. and warning instructions and their meanings, and the use of severe Opportunity for any organization weather awareness literature for all ages and needs.

Governor Ann Richards have declared that March 6-12 is to be declared that March 6-12 is to be and avoid devents in the made to the CASA office, training and detection equipment Dalhart 249-2684 or to Gaynelle have helped pilots to understand Riffe Stratford 396-5303. recognized as severe weather and avoid downbursts. awareness week. Due to vastness of our state and the many forms of downbursts typically produce Pies, Cotton candy, snow cones, experience, I will be updating you strengths and sizes. Frequently, Games: Basketball throw, dart in the coming weeks about the damage that is attributed to board, duck pond, ring toss Adult different forms of severe weather tornadoes is actually caused by the basketball throw, pony rides Mule and the precautions to take in the straight winds of a downburst. This wagon rides and jail, cake walk,

This first article emphasizes tornadoes and may produce a pond. hail and wind from severe roaring sound. thunderstorms. By definition a thunderstorm is classified as and downbursts makes it Gaynelle Riffe, General chairman; severe if it produces hail 3/4 inch imperative that the threat of laura Dahl, Texhoma contact; in diameter or larger and/or wind severe thunderstorms be taken as Mary Pat Williams, Charlene gusts 58 mph or stronger, seriously as that of tornadoes, If Dyess, 'Walk and Roll'; Steve Hailstones are precipitation in the you are outside when a severe Pemberton, Nancy Kimball, 'Kiss form of lumps of ice that form thunderstorm approaches, move a Pig'; Lynn Wells, Laverne during some thunderstorms, inside a strong building and stay Lasley, Hailstones are usually round and away from windows. If you are 'Entertainment'; Jo and Dick range from pea size to the size of a traveling, seek shelter in a building Davenport, 'tickets': Gaynelle Hail is most under an overpass (but out of devastating to crops but can also traffic lanes) or in some other Fedric, Randy Williams, 'Booths cause heavy damage to aircraft, substantial structure. automobiles, roofs and windows. There have been only 2 tornadoes, the most violent form documented hail deaths in the of weather. United States, but a 1976 hailstorm in China killed over 100 people.

One of the most severe thunderstorms in American history occurred in the Dallas-Fort Worth metroplex on April 28, 1992. Approximately 750 million dollars of damage occurred in that one storm alone, most of it from hail. Softball size hail not only went through the roofs of some houses but also through ceilings crashing into the rooms below. In addition, many automobile dealers suffered extreme damage to their inventories.

Wind gusts from severe thunderstorms can also be devastating. Downdrafts occur along the leading edge of a thunderstorm. Strong localized downdrafts are called downbursts. These are intense concentrations of sinking air which fan out once

they strike the ground producing damaging straight Downbursts are responsible for the hazardous "wind shear" which caused several commercial airliner

Bradley Reunion To Be Held

George and "Bit" Bradley lived in Sherman County about 45 years. Their daughter Ann Burton and her son still live on the Bradley land in SW Sherman County.

A James Fines Bradley and Louisa Ella Scott Bradley reunion will be held on June 25, 1994 from 12:00 - 5:00 at the Holiday Inn in Amarillo, Texas. Look for more in a later issue.

The Stratford Star

rates are \$13.00 per year in Sherman & adjoining counties; all ethers \$20.00 per year. Published weekly.

Martha Robertson Editor & Publisher

TEXAS PRESS ASSOCIATION

Member 1993

CASA 69, Inc. (Court Appointed Special Advocates in the 69th Judicial District) are making plans for game that you want to play. Also ir annual "Kids for Kids". 1994 "Kids for Kids" will be held in Stratford, Sherman County. April 30. A fun THERE WILL BE SOME their annual "Kids for Kids". 1994 "Kids for Kids" will be held in Stratford, Sherman County. April 30. A fun day in the park for families is planned with food booths, game booths and youth entertainment. The day will Entertainment will include the famous "Kiss A Pig" contest featuring local celebrities. Pictured Marilou Duncan (Dumas, Moore County) Gaynelle Riffe, chairman Sherman County) Laura Dahl, Texhoma-Sherman Co., Childwelfare Board) Stacey Urbanczyk (Program Director) Susia Hardley (D. II.) Sherman Co., Childwelfare Board) Stacey Urbanczyk (Program Director) Susie Handley (Dalhart-Dallam, both cake, Ice cream, and lots of

ALLSUP'S 1.5 LB. LOAF

CASA's "Kids For Kids" Fund **Raising Day Events Being** Planned

CASA's annual fund raising fund day "Kids for Kids" will be request booth participation with to request a booth is accepted The Sherman County accidents in the 1970's and early through April 1st. Request should Commissioners Court and Texas 1980's. Recent improvements in be made to the CASA office,

Booths at this date are: Thunderstorms which have Hamburgers, Hot Dogs, Frito that we several in succession of varying cokes, lemonade, tea, suckers. event we should experience them is because downburst winds can be sponge throw, facepainting, during the 1994 storm season. as great as those of strong petting zoo, football throw, fishing

> The following persons are in The occurrence of large hail charge of the following activities: LeRayne Donelson, Riffe, Lori Dietrich, Leonda and Grounds'. Please contact any of the above for questions or suggestions and if they don't have the answer they will find it for you.

Stratford Hospital District and

Next week I will report about

Moore County Hospital District WELCOME

Dr. Turhan I. Baykan, M.D. **Specializing in Obstetrics**

Dr. Baykan is now accepting obstetrical patients at the Stratford Family Medical Clinic, 1220 Purnell. For appointments call 396-5583.

Hunter Construction

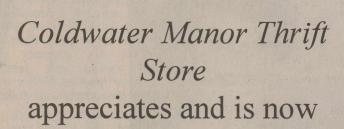
Residential & Commercial

Construction

Concrete Construction Dirt Work-Motor grader-Track hoe-Trucks Butler Steel Buildings

Butler Grain bins, Grain Legs 60' - 12 ton Crane Feedlot Construction Ditching & Backhoe Service

Jerry Hunter Bus. 249-5330 Home 249-5805 Hyw 54 West Dalhart, TX.



accepting all donations of Spring clothing items. **News From** SCOT By Jack Gore

Dance practice on Monday nights have sparked some new interest with some new people showing concern to come and learn new types of dance steps. We hope that there are others that will show up later and help make dancing a lot of fun for all. If you are interested in new dance steps or just practicing some of the old steps, then we encourage you to come. We don't promise you to learn every new dance, but we do promise that you can have fun.

Game night will be this Friday night, March 11th at 7 p.m. There will be dominoes and any other REFRESHMENTS FOR THOSE fun playing dominoes.

Activities for the rest of the onth: March 14th-Dance practice at 7:30 p.m.; March 17th-Bingo at 7:00 p.m.; March 22nd-Board meeting at 10 a.m.; March 24th-Luncheon at noon; March 26th-Dance with the music of Marie Howard, 8 - 11 p.m. Eating out for this month will be posted later in the week....

Scot Quilters are out of work and need your help desperately! If you have quilt that needs pieced together or know someone that needs quilting done, PLEASE CONTACT ANY OF OUR QUILTERS OR CALL SCOT HALL AT 396-2377.





Timi's Tidbits By Timmie Brown

Cheerful greetings to ALL this gloomy Monday a.m. March 7, 1994 with temperature of 42 degrees F.; crisp NNW wind at 5 mph; Humidity 78% Optimism and cheerfulness is our strength for today after three days of perfect. Texas Panhandle "shirt Carelessly weather! quoting the newly arrived Baptist for her. That she expects to be pastor, Rev. Stewart, "Stratford with us again soon, because she is must been doing something right still "kicking" but not very high. when High School young people Alice is living in her own home in can have a track meet with no Stratford with help provided by wind, no sand and grit." Of course health agencies and friends. some. Of course some cynic said. "Wait 15 minutes."

Congratulations and blessings pheasant from out of the blue from Sherman County Old Timers crossed her path causing her to to Mr. and Mrs. Joe Engelbrecht, fall. She is being stoic about the Amarillo, on the occasion of their matter-hasn't seen a doctor to seventieth (70) wedding date. Bill's opinion is that she has anniversary. May we add a a broken arm. Now, Selma! Will wedding date. Bill's opinion is that she has "Shoulder pat and luv"?

Director Jack Gore, who has had when it is time to go? his commercial drivers license for years. We referred in last weeks Borger, proudly announces the respiratory problems. If it tidbits to Activity director at birth of their son Chase Brian, only give us some moisture. Coldwater Manor, Sharon Suttles, who was born March 3, 1994 and who will soon have HER license weighed 9 lbs. Grandparents are and can drive the bus.

usual number playing bingo at Borger. Scot Hall Thursday evening due to Great grandparents are Fern County Livestock Show last C of C banquet. Fellowship was Gupton, Stratford and Ernest and weekend. That's doing great, good, tho.

Special best wishes and Michell, Borger. congratulations from Senior Phillip Bain, Farmer Hal Bennett. wishes to all. Judy Diamond and

visiting their children in Plano and Sunday p.m.

Betty Lou O'Brien and fellow Bob Pendelton et al this a.m. parents Saturday. travelers were stranded in New Harold "Tiny" Wilson a former along the Atlantic seaboard. Betty Mildred Thursday, March 3rd.

Marvin Cotton, son-in-law of the Jim Taylors, told Mary Peach blown. Time to quit. Let O.T's via post card that he was enjoying remember to improve our a lifelong wish to go dogsledding. opportunity to pass out shoulder Domnick and family of Stillwater, Seems Mary Sue was enjoying the pats and luv! Michigan vacation resting

Alice Lollis asked us to say "hello" to old Timers and Scotters

Chamber **Executives Have Some Questions** For You?

From the Chamber Executives **Eugene Griffin-President** Jack L. Beery-First Vice-

Kay Aston-Second Vice-President

March 3, 1994

President

Personal Questions:

Are you proud of the economic growth that Stratford has had recently? (New businesses, population growth, more jobs). Are you enjoying the education that you, your children or grand children are getting? Can you think of a city with a crime rate lower than ours? Do you like where you live? Are you proud of the cleanliness of our community?

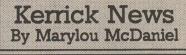
Would you like to invest in something that will be reinvested to pay dividends for your children or grandchildren or your friends children? Your local Chamber of Commerce is a non-profit organization that advertises your city to other businesses and communities. Your Chamber of Commerce sponsors an annual agricultural scholarship. Your local Chamber promotes the youth basketball tournament coming up this month. Your local Chamber supports the annual July 4th celebration. These are only a few events that your local Chamber supports.

The month of April is Chamber membership month. Why should you become a member of the Chamber? It's your community, it's your children's future.

First Christian Church

Luke 21:5-38 "Watch and Pray!" A Friendly, Accepting Church

The cash register was invented by American restaurateur James Ritty in 1878.



It's Mexican Supper time for Kerrick Community on Friday March 18, 7 p.m. Bring a Mexican covered dish or something to go with it, salad or dessert. Enjoy eating and visiting. Hosts are Brady & Trisha Schoonover, Mike be hot sauce on the table!

Spending Sunday with the Kayo and Jo June McDaniel Leonard Hawkins family were helped his sister, Beth McDaniel, Steve & Richard Holladay and Debbie Hatfield, all of Houlka, Dumas, Mississippi. They bring cattle to Cimarron Feeders regularly. The Hawkins daughter, Brandi Brown, unhappy experience last week. She will arrive Saturday by plane from first, was walking for her health when a Houston, MS., She will be on spring break.

Selma Pendleton had an

Pendleton,

Jack Barton

Attorney at Law

Monday - Friday

Evenings

The Ben Tom James family returned Sunday from Houston Livestock show. Thea James was third in her class and Trew was ninth. There were 40 in each class. you be able to go to Mayo Clinic Both made the Secondly an apology to Scot Scottsdale, Arizona with Dale Congratulations, Kids!

Hank & Mabel Rogers are Heather and Bryan Tracey, getting better after a bout with respiratory problems. If it would

April Avent, Daughter of Donna & Bevin Avent, had Mary and Tommy Vanover, Fritch Reserve Champion Lamb, won There were about half the and Gean and Rickey Spencer, Junior Showmanship and the Herdsman Award at Cimarron Margie Vanover, Fritch and Doris April!

Bill & Pat Boren were in The young man missed g.g. Garden City, Ks., Thursday to Citizens to Person of the Year, Mother Fern's 79th birthday attend a sub-state girls basketball Jeannie Knight, Business Man: March 4th by about 7 hours. Best game between Moscow and Claflin. Moscow lost 79 to 70. The Homer L. Hailes are Fern called on Chase Brian Kerry Carlisle has a coaching

Betty Henry, Pat Boren and helping with the classes. York March 2nd by the storms Stratfordite, married the late Marylou McDaniel bowled in Bill Dalhart Women's Bowling Lou arrived in Stratford late Pendletons only sibling. Personal Tournament over the weekend. Will report any "good news" next Will report any "good news" next The 10 o'clock whistle has week.

> Visiting with Franny Taylor Ok. The Domnick family will visit

Stratford Hospital District

and

Moore County Hospital District

WELCOME

GARY MATHEWS, M.D.

FAMILY PRACTICE MEDICINE

Dr. Gary Mathews is now accepting patients

at the Stratford Family Medical Clinic, 1220

Purnell. For appointments call 396-5583.

Private Practice Law Office

Hours By Appointment Only

For Appointments call 8:00 - 5:00

396-2270

396-2140

with her mother, Donna Baker, in Colorado City, Co., then go on to Denver. Mary Hill was a visitor Sunday afternoon.

Bill Gillenwaters went to Pauls & Marylou McDaniel. There will Valley, Ok., on a cattle trip over the weekend.

celebrate her birthday Sunday in

The Kerrick garage sale was a Church in Oklahoma. success Saturday.

Hauser & Rhoades To Attend Seminar

New York City and Washington, concept-widening high youth group, Christian Youth world. Affairs Seminar is a joint ministry confronted with new ideas and of the Christian Church in the concepts. Southwest and the Christian

The will attend the International Affairs Seminar is to International Affairs Seminar in provide and eye-opening and D.C., March 12-19. Both Dean experience of the world outside and Elly are seniors in Stratford the southwestern United States. High School, and both are members of First Christian larger world view with a focus on Church, and of the church's senior Christian responsibility in the Stress is laid on Fellowship. Dean is the son of understanding the world as an Ray and Lynda Hauser. Elly is the interdependent community to be daughter of Jack and Gayle cared for and ministered unto. The International Participants can expect to be

IAS participants will spend Cont. on page 7



CPR Classes Given To Students

CPR Classes were taught February 14 through the 18th to 36 seniors and 37 sophomores. Classes were record of 70 wins and seven losses taught by Kenny Bumpas, Tammi Bumpas, Jeanne Bell and Jimmy Lanning. February 21 through the 25th, The sad news of the death of in her three years as coach. Kerry 37-8th graders took the class with Kenny and Tammi teaching. The high school received cards from Our traveling Stratfordite, son-in-law Harold Wilson reached & husband Kelly visited with her American Heart Association and the 8th Graders received certificates. On February 21, ten Mary Allen Elementary teachers took the course that was taught by Kenny, Tammy with Larry Norris and D'Lynn Reed

Assembly of God

Rev. Mike Leonard

921 Fulton Sunday School 9:45 am Super Church 10:45 am Morning Worship 10:45 am 4:00 Cable Ch. 3 for **Morning Worship Service Evening Worship 6:00 pm** Wed. Youth Service 6:30 pm Wed. Bible Study 7:00 pm

First Christian

Rev. David Harker

5th & Main Sunday Coffee Fellowship 9:00 am Sunday School 9:45 am Morning Worship 10:45 am **Evening Worship 6:00 pm** Wed., Adult Choir 8:00 pm

First United Methodist

Rev. Brian Adams

520 N. Main Sunday School 9:40 am Morning Worship 10:50 am Junior High UMY 5:30 pm Senior High UMY 6:00 pm **Evening Worship 6:00 pm** 5:00 pm Cable Ch. 3 for **Morning Worship Service**

St. Joseph Catholic **Father Richard Schully**

6th & Wall **No Saturday Mass** Sunday English Mass 9:00 am Sunday CCD 10:00 - 11:00 am Sunday Spanish Mass 11:00 am

Church of Christ David Stites

N. 3rd & Chestnut Sunday School 10:00 am Morning Worship 11:00 am **Evening Worship 6:00 pm** Wednesday Bible Study 7:30 pm

Calvary Baptist **Tony Roe**

302 S. Main Sunday School 10:00 am

Morning Worship 11:00 am **Evening Worship 6:00 pm** Wed. Prayer Service & Bible Study 7:30 pm

First Baptist Bro. Jerry Stewart

702 N. 3rd Sunday School 9:45 am Morning Worship 10:50 am Church Training 6:00 pm **Evening Worship 7:00 pm**

Wednesday Bible Study 7:00 pm La Mision Bautista

Roca De Salvacion 219 Texas (Hwy 54) **Domingo-(Sunday)**

Estuela Dominical 9:45 am Servicio De Adoration 11:00 am Servicio De Adoration 6:00 pm

The Churches of Stratford Welcome You

CONCERNING INNER DESTRUCTION



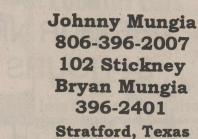
Sponsored by; Thriftway 396-5586 Smith & Smith Well Co. 396-2111 Stratford Grain 396-5541 Lautz 769-4485 North Plains Savings & Loan 396-5534 Ellie's 396-2092 Stratford Star 396-5885 Walter Lasley & Sons, INC. 753-4411

Miercoles (Wednesday) Estudio Biblico & Servicio De Oraction 6:00 pm Se Cuidamos Susninos Durante El Servicio.

MUNGIA'S HEATING & AIR CONDITIONING Call

hryant

to the rescue







Carrie Brown, bride-elect of David Austin was honored with a bridal shower Saturday March 5th in the home of Elaine Lundberg. Shown from left, Ashley Anderson, Nan Austin, Carrie, Timmie Brown, Betty Brown, Sharon Perkins, Dean Smith, Laura Smith and Patty Brown.



A baby shower was held in the home of Mary Pool on Sunday March 6th for Miss Matisen Hjelvik, daughter of Becky and Michael Hjelvik. From left, Becky holding Matisen, Marie Young, great-grandmother, Julie Young, Aunt and Linda Young, grandmother.

Focus On Nutrition and Wellness

The Sherman County Family Living Committee has selected, "Nutrition and Wellness," for educational programming efforts for 1994. The Committee will be helping the Extension Program Council with the Health Fair on March 22. Over twenty health related organizations and agencies will be offering educational

information and/or low cost or free screening services. All residents are encouraged to

"Noonlighting," a weight control program will be offered on Mondays beginning April 4. The weekly meetings will be held from 12 noon to 12:30 p.m. at the County Exhibit Building.

"Noonlighting" encourages sensible food selection and walking to achieve desired weight loss. The course fee will be \$20.00 for all materials. For more information, contact Spurlock at the County Extension





Layne Sims, son of Lynn Horton and Larry Sims, Jr. was honored with a baby shower in the home of Jolene Skaggs on Saturday March

A wedding shower was held Sunday March 6th in the home of Viola 5th. From left, Gale Sims, grandmother, Lindsey Sims, Aunt, Lynn and Kautz for Misty Aldavez, nee Misty Zaricor. Shown left is Marie Layne, Wilma Ireland, great grandmother.

Opening Soon "Pat's Outlet"

High Quality Fashions **Outlet Prices**

Downtown Stratford 301 Main (Across from Bank)

TOPS #897

Zaricor, mother of bride and Misty.

TOPS #897 met on Friday, Feb. 25 with 6 members present. We had a net gain. The fruit basket was won by Joyce Harper and Rose Wells. A thank you not was read from the Raymond Albert family.

At our meeting held on Thursday, March 3, 7 members were present. Myrtle Ellison led us in our TOPS pledge. discussed the health booth we will have at the health fair to be held March 22. The financial report was given by Genevieve Wilson. Rose reported that the new contest will begin with the next meeting. Each member is to bring one gift to the first day of the contest. After that, we will bring a gift-Country Basket theme-for each time we gain weight until the contest is over. Berline Baker won the fruit basket. Pauline is to receive an angel pin for having the best weight loss for February.

Geneva Bell gave a program called "Acts on Arthritis". It was an exercise program for people with arthritis.

The meeting adjourned.

Star Club

Star Club met at 12:00 noon Tuesday, March 1, with Jane Smith as hostess.

Luncheon was served to Jane Smith, Doris Dyess, Leona Kelp, Melba Keener, Joyce Irlbeck and Susie Spurlock. Sherman County Home Economist. Nina Jurada was welcomed as a guest.

After luncheon, a short business meeting was conducted by chairperson Joyce Irlbeck.

Mrs. Spurlock then presented a program entitled "A New Style For Old Staples.:

Star Club will meet Tuesday, March 15, for a covered dish luncheon in the home of Leona Kelp.



The earth averages an annu al precipitation (rain, snow hail) of about 34 inches.

Anyone who stops learning is old, whether at twenty or eighty -Henry Ford

Fashion Show Ellie's Thursday March 24 6:30

Models Provided by Girl Scouts and Sororities



On Sale at Dairy Queen® March 7-20, 1994

®Reg. TM Am. D.Q. Corp. ©Tx. D.Q. Op. Coun. At participating Dairy Queen stores





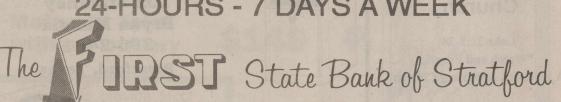


TO BETTER SERVE YOU **OUR NEW DRIVE-UP HOURS**

7:45 - 4:30 MONDAY THRU THRUSDAY 7:45 - 5:30 FRIDAY

OR

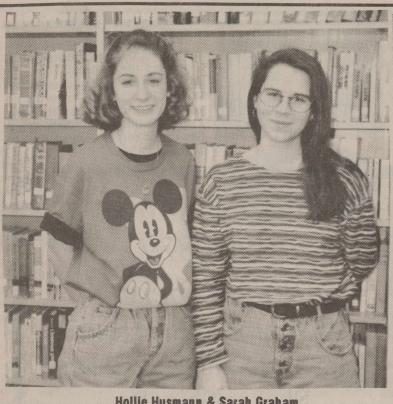
USE OUR NIGHT DEPOSITORY 24-HOURS - 7 DAYS A WEEK



P. O. BOX 48 STRATFORD, TEXAS 79084 Member F.D.I.C.







Hollie Husmann & Sarah Graham

Debaters To Compete in State Meet

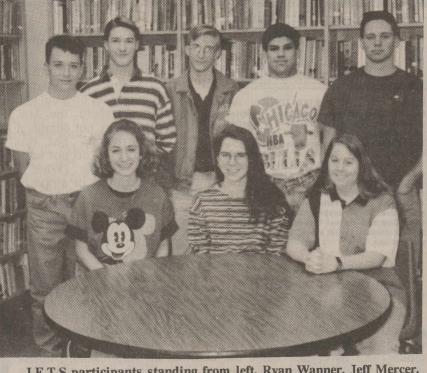
Sarah Graham and Hollie "Resolved: Husmann placed first in the government should guarantee Debate tournament held on insurance to all United States

Students from Stratford High
February 12, 1994, in Spearman. citizens." In debate, each team School competed in the regional
The two earned the right to must create their own plan to J.E.T.S. competition held March 5, district 1-2A Cross-Examination comprehensive national health compete at the state debate provide health insurance to 1994, in Canyon. J.E.T.S. is an tournament. The state meet will everyone in the country. Teams acronym for Junior Engineering be held in Austin, Texas, on must also be prepared to defeat Technical Society. The March 14-15, 1994.

deals with the issue of a national and we're looking forward to the for state. The two will compete at health care system. The topic is trip to Austin."

That the federal

Cross-Examination Debate is Ms. Woolsey has been the areas: Biology, Chemistry, Physics, sponsored by the University debate sponsor for the past two Interscholastic League. It is held years and is pleased with this earlier than the spring academic year's success. She says, "I feel meet so that the debaters can that Sarah and Hollic have done as Jeff Mercer placed first in computer science and the spring academic year's success. compete in other events as well. top quality job in debating this computer Science, qualifying for Ms. Cathy Woolsey is the debate year and will represent Stratford state competition. Kimberly onsor in Stratford. well at the state level. It has been Bouldin placed second in The 1993-1994 debate topic a pleasure to work with these girls computer science, also qualifying



J.E.T.S participants standing from left, Ryan Wanner, Jeff Mercer, Brian Husmann, Oscar Baeza and Clint Vincent. Seated from left, Hollie Husmann, Sarah Graham and Kimberly Bouldin.

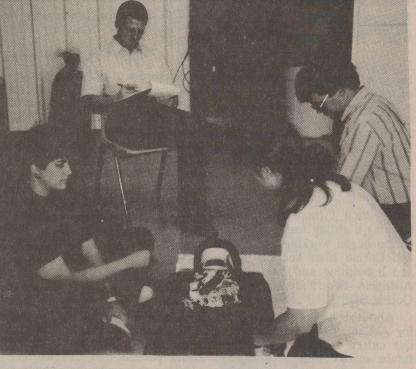
Two Qualify For State J.E.T.S. Competition

competition includes tests in six

Texas A&M University in College Station on April 9, 1994.

Placing on the regional level the Oscar Baeza-4th place chemistry, Service. A grant proposal of 4 place Biology; Kimberly \$9000.00 was awarded for two Bouldin-3rd place physics; Sarah basic trauma life support classes Vincent, Hollie Husmann, Brian Husmann, and Ryan Wanner.

designed to encourage interest in medical sponsors.



Stratford Hosts BTLS Class

trauma life support class for Area cooperation of Stratford Emergency Medial services and Graham-4th place physics. Other for the education of area team members included Clint emergency medical personnel. technicians,

Stratford Emergency Medical free class. Instructors came from Services at 1109 Beaver Road in Hereford, Amarillo, Canadian, Stratford hosted a 16 hour basic Perryton and Stratford to teach the class. Participants from Emergency Medical Personnel.

Stratford acted as patients for the two day class. The class consisted of causes of trauma and treatment lectures in the mornings and Sunray volunteer fire hands on patient assessment skill but not qualifying for state were: Department and Ambulance stations in the afternoons to sharpen these technicians skills. This was the first of two classes that were scheduled. The second for the education of area class will be held May 14-15, 1994. If enough grant money is left over, without a grant it would have cost about \$150.00 per student to The J.E.T.S. competition is attend the class. Thirty Emergency personnel in the eastern panhandle. Stratford emergency the field of engineering. Mrs. intermediates, and paramedics medical services would like to Linda Young and Mr. Cagle and R.N.s from Borger, Pampa, thank all participants of the class Kendrick serve as the team Fritch, Dumas, Gruver, Boise City for their rolls in making the class and Stratford benefited from the such a success. Our community depends upon your support.

Check Out The Library By Dorothy Haile

In the native American series, are these titles: The Pueblo, The problems that the child or Nes Perce, The Inuit, The Navajo, teenager may face are When A The Ojibwe, The Comanche, The Pawnee, The Shawnee, The Creek and The Blackfoot. This set is written for the middle reader.

to parents on how to read through creative play and is aimed at children up to seven years of age. Another book along this line if How To Maximize Your Child's Learning Ability.

Children With mental Retardation, A Parent's Guide, answers a myriad of questions while offering reassurance and direction.

Diabetic Cookbook Microwave

Sweet Tooth and Diabetic Cookbook have

New books about Indians: recipes that pay strict attention to Indians of the Plains, Indians of the medical equipment necessary the Southwest, Indians of the for diabetic diets. With help the Plateau and Great Basin, and diabetic can please the sweet tooth Indians of the Pacific Northwest. and maintain good health.

> Two books that deal with Parent Dies or Stepfamilies.

Hank The Cowdog: The Case of the Vampire Cat and The Phantom In The Mirror are two Growing Up Reading gives tips new mysteries for "Hank" fans.



The first edition of Shakespeare's collected plays is called the First Folio.



Story Time children from left, Tiffni Drake, Harrison Walden and Scott Hudson

Happy Birthday Carson, Dorland, Martha, P.J., Chad, Adam, Dawg Tarver, Gregg, Jessica, Julio, Max, Orville, Si, America, Brock, Joey, Rinda, Susie, Diane, Marcus, Ted, Carrolle, Joyce, Robbie, Roger,

Johnny and Leona.

County Agent By Jim Allison County Agent

Amarillo-Texas University scientists studying a Kansas. new virus being reported in wheat

The virus first appeared last This could also indicate the June in silage and sweet corn in virus may not ordinarily have a the Texas Panhandle. Infected major economic impact on wheat, plants were yellowed and severely although it had a serious effect last stunted. Diseased corn samples year on infected sweet corn. But were sent to several laboratories scientists stress this is purely for diagnosis. Tests ruled out speculative at this point. maize dwarf mosaic, wheat streak Initially, plant pathologists in

found on plants in many Texas tenuivirus. Laboratory tests of Panhandle wheat fields. Plants infected corn specimens showed appeared yellowed or streaked some similarities to tenuivirus. and stunted. Incidence also has

A&M been reported in a wheat field in

The fact that the virus was and corn fields scattered across found on some plants in corn and the Great Plains say it doesn't wheat fields in so many states may readily fit existing groups of known indicate it has been present for plant viruses. And there isn't some time but was favored last enough information to tell the Spring by a particular set of economic impact of the disease, environmental conditions in corn which made it obvious, they s aid.

mosaic and several other viruses.

Nebraska, Kansas and Texas By October, the virus was attentively labeled the virus as a

Cont. on page 8

If you don't want to work you have to work to earn enough money so that you won't have to work.

Joe Flores

Farm Bureau Insurance

396-5538 office

396-5389 home

-Ogden Nash

This Page Sponsored by The Following Rusiness

Vi's Beauty Salon - Nails by Ruby Full Service Salon 401 N. 3rd 396-2133 Open Tues. thru Fri. 9:00 to 5:00 Saturday by appointment

Les Dodson Appraisals Real Estate Appraisals

Cattle Inspections/Evaluations

Late appointments welcome

P.O. Box 838 Phone 806-396-5608 Stratford, Texas 79084

> Stratford Grain Co. Stratford 396-5541 Lautz 769-4485

> > Ellie's

4 North Main

For all your gift and floral needs Baby & Bridal Registry

209 S. Main

396-2092

All Points Travel

A Full Service Travel Agency Joan Bell 1-800-735-2792 396-5958

Do all your travel plans at no cost to you.

Betty Brown's

Medical Claim Service

401 N. 3rd. P.O. Box 7

Stratford, TX. 79084 806-396-2623

Wide Selection Frozen Food

COUNTRY CUTS

301 N. Main 396-2424

Leah Oakley

Tues - Sat 9:00 - 6:00

Late appointments also

Brown's Meat Locker

Custom Wholesale & Retail Meat

Federally Inspected

Fresh Produce

396-5586

396-2513

Quality Foods

Hwy 287 South

Hwy 54 East

Nina C. Lavake Bookkeeping & Income Tax Service



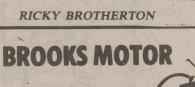
396-5874

N. 3rd & Chestnut (North plains Savings & Loan Building)

For Your Moorman Mineral & Feed Products Come by **THE General Store or**

call Ronnie at 396-5308 MILO CORN

ALFALFA BROWNING SEED, INC. P. O. BOX 905 STRATFORD, TEXAS 79084



COMPANY 396-2470



(806) 396-2841

THIS SPACE AVAILABLE Call 396-5885

This Space Available Call 396-5885



North Plains Savings & Loan Stratford - 396-5534

401 N. 3rd

Dumas 935-4184 Dalhart 249-5513



ELK PHARMACY

317 N. Main

Stratford, TX 79084 806-396-5505

We Honor ... P.C.S. P.A.I.D. BC/BS Texas Medicaid Gifts & Decorative Accessories Helium Balloons

 UPS'Shipping Center One-Day Photo Processing Visa and MasterCard Welcomed

Bridal Registry

Baby Shower Registry
Toys

Banquet winners Cont. from page 1

During that semester our citizen of of their Dad, a full year credit in hosting and cooking for nearly all math. While in high school, there were president of F.H.A., F.T.A., Stratford I.S.D. Her students hold and was the editor of the only red her in high esteem for not only her from Stratford High School.

learning a strong work ethic, our citizen began working for Demas and Corine Eller keeping house Don have four grandchildren so and babysitting and later on for far, 2 girls and 2 boys. A tribute to

moved to Lubbock and worked at Dunlaps. During this time, a daughter was born and a move took place back to Stratford where her husband went to work for King Equipment. The 1993 citizen King Equipment. The 1993 citizen

of the year worked in the most pioneer family to Sherman County honored profession of housewife to homestead and acquire farm and mother, later working for the tax office at the school. After some years, our honoree went to work our community "The Farmer of for Stratford I.S.D. as a teacher's aide, and quickly decided to finish her higher education by receiving degree into the Home department Stratford High School where she is currently employed.

Our Citizen of the year is a lifelong member of the Stratford Church of Christ where she has taught Sunday school to all ages and is on the committee to select Sunday School Curriculum. She once taught a community Bible class attended by 23 women from all denominations. She has a beautiful singing voice, and uses it to glorify God. Her devotion to her Lord is unwavering as is her Christian example to all of us.

Community efforts by our nominee are beyond number wheat, and running a cattle ranging from Election Judge to operation. His supportive helper is President of the Stratford Hospital his wife who descends from District. The many long hours Hansford County farmers. spent on that board and eventually leading that board have been a great service to this community by helping to secure a qualified doctor and Health Administrator.

Honor Roll

honor roll-Matthew Taliaferro, Harold Bennett and the late Dylan Everett, Robin Daniels, Penny Bennett. Scott Zak and Eric York.

honor roll Tiffany Duke, Andrea and his wife Kris. Also two Hendrick, Aracely Perez, Levi grandchildren are Scott and Houston, Jon Starr, J.R. Tobais, Chelsie. Robert Walton and Valeria Zubia.

Mrs. Larson honor Roll Marca of the Year" Ewers, Matthew Houtwed, Wesley Hunsaker, Michael McAlister, Tony Ruiz, Erich Taylor, Skyler humble, when you are perfect in Walden, Lori Wilhelm.

Mrs. Williams Honor Roll-Adam Bell, Ashley Brown, Meagun Campos, Wes Kimball, Carly Mathews, Jesse Porras, Justin Starr, Trisha Teig.

Six weeks honor roll 1993-1994.

Pool & Sid Resendes.

Carla Bell, Cody Brotherton, Lynz grandmother. From those who Browning, Ginger Crabtree, Terri knew this good looking kid-he Daniels, Cody Hamilton, David really kept his grandmother on her Hunsaker, Veronica Leyva, Roy toes. McCracken, Manuel Ortega, Megan Roberts, Barrett Shafer, the Ford Tractor place. In 1949 he Missy Sikora, Brock Swain, Jesica graduated from Stratford High Walton, Keri Wight, Brent School, then attended West Texas Wilhelm, Tye Young.

Baskin, Mandi Bell, Paul Brown, attended an auto diesel school. On Brownlee, Ann Ginger Burkhalter, Barbra Dewees, Julie Kimball, Vincent formed a partnership and Scott McAlister, Carrie Newcomb, operated the Exxon Station on 54, Jeremy Pool, Amanda Rapp, that partnership dissolved and Jasmin Sanchez, Jenifer Lack went his way, but our humble Sanchez, Velasquez & Lari Wells.

Megan Baskin, Christopher Bell, Tire since 1969, 35 years and a Jessica Bryson, Tami Davis, trillion gallons of gas pumped, a Wendy Gray, Kyla Helmuth, jillion tractor and combine tires Jennifer King, Ashlie Lasley, Mark repaired. He knows every field Meil, Anna Montoya, Keisha and every farmer anywhere Naugle, Amy Reinart, Jessica around.
Sikora, Odila Soto, Justin Starnes,

He and Marty have three Ashley Stoy & Wyatt Young.

The important thing is not to stop questioning.

This Educator's dedication to her students at Stratford High School is apparent in not only her daily activities, but in the many

the year completed, with the help unseen duties of her job, including ELK yearbook. Our honoree knowledge of the subject, but the graduated salutatorian in 1958 genuine concern and care with which it is taught.

After working in the home and her husband Don have 3 during their formative years and children, Valerie Voogt of Dallas, Daron Knight of Stratford, and Galen Knight of Dallas. She and Alvin and Alene Judd at the Dairy this woman would be somewhat een. lacking without mentioning her About six weeks before leaving love of family. Her unshakable for Abilene Christian University, faith in God, and gift she was able our citizen began to date their to cultivate by the example of two future mate. After receiving 34 loving parents, has enabled her hours of credit in one year at and Don to pass to their children ACU, our honoree returned to the example of an upright, ethical, Stratford, worked at the Dairy and self disciplined way of living Queen and was married in August we all could do well to emulate. And besides all of this, have you As a newlywed, our citizen ever tasted her toffee? Ladies and Gentleman, it is my pleasure to present to you, the 1993 Stratford Chamber of Commerce Citizen of the year: Mrs. Jeannie Knight.

> and ranch land. The third generation of this family has given

> Their grandson attended Stratford school, he was active in FFA. He farmed as a young boy and made his irrigation sets before and after school. He attended Panhandle State University, West Texas State University and served in the Army.

After his fathers retirement, he has carried on the faming tradition. Many improvements have been made including several center pivot sprinkler systems. He has farmed sunflowers, soy beans, popcorn, Indian corn, pinto beans and milo. At the present time, he farms 5 sections. This takes early and late hours planting and putting up hay from hay-grazer, planting and harvesting corn and

He serves on the board of the year and to our Business Consumers Company, The Gas Person for 1993, Phillip Bain, All Users Association and is past most deserving. president of the Sherman County Farm Bureau. He and his wife are members of the First Baptist invitational tournament. Right

Our "Farmer of the Year" is a descendant of the founders of the Pronger Ranch located southwest Mrs. Ragsdales 4th grade of Stratford, his parents are

He and his wife Jeanie have 3 century we will watch them at the Mrs. Brownlee's 4th grade children, Piper, Cody and Roger Olympics.

Hal Bennett, you are "Farmer keep giving me your happenings

"O,Lord it is hard to be every way" and for us, in the selection of the Business Person you informed. thought that just about sums up our 1993 Business Person of the Year.

Who! was born in Long Beach, California, on March 18th, 1932. Stratford Middle School 4th However Humble this man is, or was, he certainly knew where the 5th Grade- Beau Brown, Kara grass was alot greener and at an Brownlee, Thea James, Corey early age ended up in the great Naugle, Edgar Ortega, McLain state of Texas and the Panhandle. In 1944 he and his brother came 6th grade-Martin Acevedo, to Stratford to live with their

He worked for Consumers and ilhelm, Tye Young. State College, now known as West 7th grade-Erika Baeza, Hillary Texas A&M University, also Joy August 10, 1951 he married Marty Daniels, McMahen. In 1954 he and Jack Jack went his way, but our humble business person hung on and has 8th Grade-Maggie Acevedo, been the sole proprietor of Bains

> He and Marty have three daughters, Areace Jones, Linda Stein, and Karen Kempf. All have graduated from Stratford High. They have four grandchildren.

Yes sir! we felt that he was "Perfect in everyway-humble in a —Albert Einstein very positive way." Our 1993 Business person of the year is Phillip Leblue Bain.

Letters To The Editor

LETTERS TO THE EDITOR POLICY FOR PUBLICATION: All letters will be accepted provided they are not anonymous & a bonafide address is given. We will not print letters in the Star anonymous anymore or name on file. Name will appear in paper. We will not print statements that are obscene or libelous per so. This paper assumes no responsibility for content and all views are strictly the views of the writer. Copies of letters which have been submitted to other newspapers will receive a lew priority for publication. The newspapers reserves the right to edit letters with respect to length or potentially libelous material. Letters should be limited to 500 words or less.

Dear Editor:

What has happened to "Don't Mess With Texas"???

Litter"! Second "Pick'Up"! Let's your dog. Keep America Beautiful by starting in Stratford.

Chamber

Chatter

By Joyce Ann Lasley

Bouquets to everyone who

attended, helped, gave, Mc'd, sang, played, decorated, cleaned up to make 1994 annual Chamber

Banquet the success that it was. It

was first for the silent auction and

it did very well thanks to the

generous folks who gave of their talent. I was on a high at 10 p.m.

Last Thursday, but my balloon soon ran out of gas. Stratford is

definitely a most caring and

gracious town. It is just my

problem of worrying until it is all done and done well (and it was),

and everything returned and

neatly put away. Again my

problem. Thanks to all of you for continued

Knight, 1993's Citizen of the Year,

to Hal Bennett, 1993 Farmer of

Coming up the later part of this

month will be the 5th, & 6th grade

now looks like we are going to

have alot of basketball. Keyes,

Boise City, Spearman, Dumas,

Gruver, and Stratford boys and

girls. We need to support these

young people, who know they may

be Olympians and in the 21st

and I promise that the calender of

events is definitely top priority.

and we will be posting the

remainder of March and Have

April on the wall. Stratford is a

busy place and we need to keep

grand opening of DeBec's,

Gophers Travel Center and the

Munden CPA Office, and the

outlet. Build it, open it-"They will

Coming up soon will be a

The air is beginning to clear

Congratulations to

Gaynelle Riffe

Letter Inconsiderate People Who Allow Their Dogs to Roam:

As you no doubt know the Star has carried a notice the last two weeks to confine your dog, but you continue to disregard the law. Your neighbor may not complain for different reasons, but two come to mind, They do not want to cause you trouble (Who is causing the trouble?) or afraid of

My reason is different, it includes the entire town. You are digging into my small profit, and we do not deliver the papers for

I recently lost a customer because he believes us to be the Are people being more cause of the dog taking his paper. careless about throwing their Once the paper has been thrown garbage on the roadways? Are the on the customers property, it groups who have their name on becomes his responsibility, unless the sign not doing their job or is we have not taken steps to protect that program no longer in it before it is thrown. In any case fashion? The old adage" The we will take the victim another Persons who finds the gate open one. As you may not know I buy and doesn't close it is as guilty as each Amarillo Daily News and the person who left it open." The Sunday Globe Times paper, same applies to litter. First "Don't including the extra paper stolen by

> It does little good to complain to the City, so I am appealing to you as owners to take

responsibility for this matter, if you the don't maybe your neighbor.

Shirley Armstrong'Ind.

P.S. I may be mistaken about complaints by customers. A man just called this morning about his Thank you paper, he said he had complained to the City Manager, but it did no Distributor good. Most of us understand what a dirty job this is, but I believe it is Amarillo Daily News one of the responsibilities that go with the position.

Big 4 Roofing 396-2879

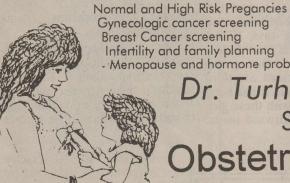
Ron Solberg

All Your Roofing Needs Hot Tar, Shingles, Cedar Shakes/Shingles

All Work Guaranteed

Outside Stratford call 800-317-2444

Vomen's Health Center



Dr. Turhan I. Baykan M.D. Specializing In Obstetrics - Gynecology

Monday-Friday 9 a.m. to 6 p.m. 110 South Bliss

Appointments 935-6599 Emergencies 935-7171



We would like to invite all of our Panhandle customers to our "GRAND OPEN9NG" celebration in Dumas.

WHEN: Saturday, March 19 · 8 am 'til 5 pm **IERE:** Bartlett's Ace Hardware 915 Dumas Ave. Dumas, Texas

KDDD/KMRE Remote Broadcast * Prize Drawings & In Store Specials Serving Hot Dogs & Cokes Dallas Cowboy's JAY NOVACEK (In person autograph signing from 2:30 'til 4:30)

"Continuing To Serve Our Community With Friendly Sales People and Quality Products at Affordable Prices."







Motorola 2600 Permanent Mount

> **Motorola Tote** without battery

It's no blarney!!! XIT Cellular can take care of all your cellular

XIT Cellular has 3 business offices to provide local service to our customers...

Hwy. 87 North Dalhart, Texas (806) 384-3333

1545 S. Dumas Ave. Dumas, Texas (806) 935-8777

1009 W. Park Ave. Hereford, Texas (806) 364-1426





It Pays To Look In The

Star Classifieds

Cards of

Thanks

With your help my 102 birthday

was the best ever. I hope each

of you get to try it. A special

thanks to Coldwater Manor staff,

the hospital board, Kerrick ladies

J.R. (Bob) Pendleton

and my many friends.

Phone 396-5885

For Sale

LEG SILK THIGH CREAM By Royal Body Care (as presented on Channel 7 news). For more information call 396-2436.

3-10-c--Buyer backed out-For sale once again 1984 Nashua 16 x 76 Mobile Home, 3 bedroom, 2 bath, located at 320 S. Maple. Call 396-2383 after 5 p.m. or leave message. 3-10-tfn-

For Sale: 3 Evaporative air coolers, good shape. Call 396-5668. 3-10-c--

Must Sale: Lowrey Teenie Genie Organ, custom voicing, Genie chords with automatic rhythm and beginner books. Has plug for headphones. Was \$1400.00 new. Will sale for \$400.00. 396-2508 219 S. Wall. 1-27-tfn--

For Sale: Case 580C w/loader, Case 530, JD 5020, Ford 5000, Hesston 6450 Swather. Need John Deere 2 cylinder tractors 806-435-3968 or mobile 806-435-0350 2-24-c-

For Sale: 1 used pool table, 1 used ping pong table and 1 coffee table. Call 396-3-10-c-

For Sale: Combines: 1680 - 1991 Model, 1460 - 1982 Model, 1 grain cart, 16 row corn head - 30, 1 baler - 855 New Holland - 88 Model. Call 753-4467

It's time to get your crab grass control from The General Store. Free use of spreader with purchase. 3-3-tfn--

For Sale: JD-B, JDG, JD 430 w/loader, JD 720 w/loader, CASE 530, MF 1500, Case 930 w/loader. 806-435-3968 or 806-435-

3-24-c-New Spring & Summer arrivals at Ellie's. Come in and see.

Craftsman Riding Lawn Mower for Sale, Like New, call Margie Bryson at 396-2069

For Sale: couch, 4 chairs, console T.V. 396-5316 after 5 p.m. 3-10-c--

Super sofa savings at Keatons Furniture in Dalhart. Save 25 to 50% on all sofas, love seats and sofa sleepers during March.

For Sale: Beautiful Registered Sheltie puppies. Call Carolyn, daytime at 396-5513 and nights at 396-2393.

Come in & See New Arrivals; Furniture, gift items, children's toys, lot's of Easter, new music and pictures at The Hummingbird.

For Rent

For Rent: 401 N. 5th. 3 bedroom house. 396-5541 days or 5692 nights.

Mobile home space for rent, Call 396-2487 after 6:00 p.m. 2-24-tfn---

Miscellaneous

Need 1200 Sq. Ft. storage area for pallet material, fork lift accessibility. Call 396-3-3-tfn-

Services

Free estimates, carpet laying and repairs of all types, remodeling and flatwork. Call Randy Godsey 396- For Sale: 8 x 32 mobile home \$2,000 or 2332. Local references.

"Independent Insurance Agent"

Life Insurance, Retirement planning, Burial insurance, Medicare Supplement, Disability Income Insurance

Molly Griffin, LUTCF 396-5612

"Mighty Clean"
Dry Cleaning Carpet Service
\$55.00 Any Size 1-story home
Call 353-9483

All Points Travel Joan Bell Stratford-1-800-753-2792 Dumas-1-800-658-2780 396-5958

Dumas Family Services, Counseling and Psychiatric Services. Free screenings and referrals. 1-800-687-5691.

Daniel & I were hurt in a truck, pickup accident. We will be back on the job as soon as the Doctor releases us. Thanks to all our customers.

Leo Russell Best Termite Control

Mary Kay Cosmetics. Call Tami King 396-

2-10-tfn-

The Place For Lunch! Just Good Home Cooking! Our Daily entree will satisfy the biggest appetite. 3-31-c-

Attention Farmers and Ranchers. Used pickup and car parts. Mechanical and body parts. Cash for salvage cars and pickups. Call in your order today. Musscat Auto Salvage, Inc. Hwy 54 West, Hooker, Oklahoma 1-405-652-2400 or 1-800-405-2515.

VISA

VETERANS - Housing and Land Purchase now funded by bond issues sold by Veterans Land Board are available to Texas Veterans. For assistance in applying for these and other VA Benefits Contact Max Stephenson CSO at 396-5348.

> **Domingo Vasquez's Listing** and Putting Down of Anhydrous Ammonia will be continued by Mario Vasquez.

Contact Blake & Sons 753-4485 Oscar at 753-7070 Felix at 753-7050

The Texas Maid Dry Cleaners & Coin-op Laundromat 396-2151 412 N.4th

> **Dry Clean Pants** 15% Off March 14-18

Dry Cleaners M-F 7:00 - 5:00 Sat. Closed Sun. Closed

Laundromat 7:30 - 9:00 8:00 - 9:00 8:00 - 9:00

Homes For Sale

will trade 396-5988 after 6:30 p.m.

For Sale: 28 x 60 mobil home on 3 corner lots. 3 bedroom, 2 bath, large living area, separate utility area, 6 ft. privacy fence, large storage building is insulated with electricity. Call 396-2508 or see at 219 South Wall. 2-10-tfn--

For Sale: 14 x 72 Mobil Home with built on dining room and large garage with work area, 3 bedroom, 2 bath. 3 corner lots, fruit trees, storage buildings. Fenced back yard 402 S. Wall. 396-2405 ask for Ed.

Help Wanted

Help Wanted: Full time farm hand, Irrigation experience necessary. Sprinkler experience would be helpful but not necessary. Call 396-5373 after 7 p.m. 3-10-tfn-

Nurse Aide positions are now available at Coldwater manor. Excellent benefits including health insurance, after 90 days of employment. Apply in person at Coldwater Manor, 1111 Beaver Road, Stratford, Tx. 3-31-c--

Maintenance person position available at Coldwater Manor. Excellent benefits including health insurance, after 90 day of employment. Apply in person at Coldwater Manor, 1111 Beaver Road, Stratford, Tex.

3-24-c-----RN's needed for Home Health and Hospice. Sign on bonus available. Great benefits. Please send resume to Deloris Ellibee at 224 E. 2nd, Dumas, Texas

PCA Holds Annual Meeting

At the 60th annual meeting of Amarillo. Our Salad Bar, sandwiches, soups and the Amarillo Production Credit Come in early to place orders for Easter variety plates are perfect for a light lunch. Association last month in stockholders Baskets and Easter Balloons at The Lunch Buffet served 11:00 - 1:30 Monday Amarillo, Howard Beauchamp, Jr. association's association's board of directors. Tom McDonald, Environmental Mr. Beauchamp farms and Manager of the Texas Cattle Counties and has been an association stockholder for 22

Beauchamp

XIT CELLULAR **SERVICE**

THE GENERAL STORE 806-396-5308

Authorized Dealer

ROUTE SALES SCHWAN'S HOME FOOD SERVICE STARTING PAY \$500.00 WHILE IN TRAINING. FOR APPOINTMENT CALL: 1-800-437-2068

Munden & Munden

Certified Public Accountants Accounting * Auditing * Tax Service

Hours: 9-5 Mon. - Fri.

220 N. Main

(806) 396-2177 Stratford TX

WE ARE NOW OPEN FULL-TIME WITH THE **NEW PHYSICIANS ASSISTANT**

Lynn Lavia P.A.-C., Ph.D.

Hours: Mon.-Tues.-Thurs.& Fri. 9 to 5 Wed. 9 to 12

Dr. Rita Slater Tuesday 9 to 12 Dr. Chris Slater Thurs. 9 to 12 Phone 405-423-7551

Texhoma Family Clinic Texhoma, Oklahoma

Legal Notice

.. The Best Salesperson Around

NOTICE OF SALE

required to present them within the time and in the manner prescribed by law.

DATED March 2, 1994.

THE STATE OF TEXAS **COUNTY OF SHERMAN**

Notice is hereby given that by

virtue of a certain WRIT OF

EXECUTION issued out of The

the oil, gas and other minerals in

and under a tract of section #35,

the property of Mack Hoel and

that on the first Tuesday of April

1994, the same being the 5th day

of said month, at the court house

door of Sherman County, in the

city of Stratford, Texas, between

the hours of 10 a.m. and 4 p.m., by

virtue of said levy and said Writ of

Execution, I will offer for sale and

sell at public venue, for cash, to

the highest bidder and all the right

property, and in compliance with

law, I give this notice by

publication, in the English

published in Sherman County.

of March of 1994.

Honorable 84th Judicial District We will be forever grateful for on the 13th day of December the many prayers offered in our behalf. We feel that is why 1993, by judgement of said 84th Judicial District Court, for the sum Richard made it through his surgery successfully. After 35 days in the hospital he moved to hundred eleven dollars and seventy two cents (\$22, 711.72) Austin to a convalescent home and cost of suit, under a judgement in favor of The Gruver for recovery. Marillyn is working, and walking just fine. Without the support of our friends and relatives we could never have State Bank in a certain cause in said court, no. 2868 and styled The Gruver State Bank, Gruver, Texas, Richard and Marillyn Albert 9971 Quail Blvd #206

Thanks so much for the cards. visits, calls, and especially the prayers, we know they made the

difference.

Don and Glennes

Thank you for the cards, flowers, phone calls and visits on my birthday! Stratford is a wonderful place! God bless you all!

Fern

Morris Hunt of Dumas who retired from the board after fourteen years of service, the past five of which he served as board

Mr. Mike McLain of Gruver was selected as board chairman,

and vice chairman is Charles R. Hoover of Hereford. Other board members are Joe Everett, J.D. Kelly, Jr., Stratford; Panhandle; and Pat Messenger,

A large representation of of Dumas was elected to the territory attended the meeting. ranches in Moore and Hartley Feeders Association spoke to the group on environmental issues and pending legislation. The group was entertained by cowboy replaces Poet Baxter Black.

SALES &

Published in The Stratford Star Thursday, March 10, Thursday, March Thursday, March 24.

Estate of Bertha V. Oquin, Phantom of the Opera." Dec'd, in the County Court of **Sherman County, Texas**

Notice to all persons having V. Oquin, Deceased

original Letters Testamentary for 18.47. the estate of BERTHA V. OQUIN were issued on March 2, 1994, in Cause No. 1899, in the County Court of Sherman County, 6th-100; 400 M. Run: Julian Licon,

against this Estate which is Fabian Cruz, 3rd-24.11; 1600 M. currently being administered are Relay: Julian Licon, 2nd-5:33.70.

Louis T. Dubuque P.O. Box 1085 Dumas, Texas 79029 806-935-6451

State Bar No. 06154000

Court of Hansford County, Texas, Star, Thursday, March 10, 1994. Published in The Stratford

#1900

Estate of Raymond H. Albert, of twenty two thousand seven Dec'd, in the County Court of **Sherman County, Texas**

> Notice to all persons having claims against the estate of Raymond H. Albert, Deceased

Notice is hereby given that VS. Mack Hoel, and placed in my original Letters Testamentary for estate of RAYMOND hands for service. I, Jack Haile as the Sheriff of Sherman County, Texas ALBERT were issued on March 2, did, on the 14th day of February 1994, in Cause No. 1900, in the 1994, Levy on certain real County Court of Sherman County, property or interests, situated in Texas, to MARY LOU ALBERT.

Sherman County Texas described as follows, To Wit: Any and all is Box 1106 Stratford, Texas interest of Mack Hoel in and to 79084.

All persons having claims Block 1-c, G H & H RR Co. against this Estate which is Survey, of Sherman County Texas, currently being administered are said tract consisting of two required to present them within hundred fifty four point three the time and in the manner (254.3) acres and levied upon as prescribed by law.

DATED March 2, 1994.

Louis T. Dubuque P.O. Box 1085 Dumas, Texas 79029 806-935-6451 State Bar No. 06154000

Published in The Stratford and title and interest of the said Star, Thursday, March 10, 1994.

Seminar Cont. from page 3

language, once a week for three four days in Washington, D.C., consecutive weeks, immediately preceding the said day of sale, in their the Stratford Star, a newspaper congressional representatives and other government officials. There will be briefings with the State Witness my hand this first day Department, political activist Jack Haile groups and foreign embassies.

They will see the sights and Sheriff, Sherman County, worship at National City Christian Texas Church. They will also spend four By days in New York City. There they will visit the United Nations Jim Dewees Building and meet Deputy, Sherman County, representatives from the Middle Texas East, Soviet Union, South America and Africa. They will visit with leaders from various social organizations, including Amnesty International and the World Council of Churches. They will also see the sights and attend a Broadway musical,

Track cont. from Pg. 1

J.V. Boys-6th-40pts.: Vault: Dorian Stewart, 1st-10'6", claims against the estate of Bertha Justin Sims, 3rd-10'0"; 800 M. Run: Coby Galla, 2nd-2:21.52; 110 Notice is hereby given that M. Hurdles: Dorian Stewart, 3rd-

High School Boys-5th-57.5pts.:

Pole Vault: Ben Pigman, tie for 6th-10'0"; 400 M. Relay: 2nd-The address of such Executor Cruz, 1st-11.54, Ben Pigman, 3rd-5th-2:21.7; 100 M. Dash: Fabian is Box 811 Stratford, Texas 79084. 11.86; 300 M. Hurdles: Clint All persons having claims Vincent, 3rd-43.76; 200 M. Dash:

Redi Mix Concrete Concrete Products & Construction



Hours 8:00 - 5:00 Mon. - Fri. 1106 N. 5th, Stratford, TX 753-7700

Jerry Davidson - Manager

Birthday Party At Coldwater Manor

Birthday honorees from left, Wanda Craig, Bob Pendleton, Zoro Hudson and Minnie Cox.

County Agent Cont. from page 5

Scientists believe they are seeing a virus protein which has a molecular weight within the range tenuivirus. Electron microscopy also showed a structure similar to some tenuiviruses.

But Dr. Nancy Robertson, virologist with the Agricultural Experiment Station at College Station, says subsequent tests have failed to positively link the "new" virus to the tenui group.

"The only connection is that the coat protein fits the size of a tenuivirus," she said.

Scientists at A&M, the University of Nebraska, and Kansas State University haven't been able to mechanically transmit the disease to healthy plants. This suggests it is transmitted by an

To date, the insect which actually vectors the virus is unknown. All diseases caused by tenuiviruses are vectored by plant hoppers.

Panhandle, large infestations of It was a big birthday party at from Kerrick were the hostesses leaf hoppers, a totally different Coldwater Manor March 1 as for the event with Coldwater be associated with the disease noted Dr. Brent Bean, Texas Agricultural Extension Service agronomist in Amarillo.

"Virologists working with tenuiviruses say only planthoppers can vector the disease, but I suppose there's always a first item," Robertson added.

The late appearance of the disease last season handicapped research according to Dr. Charles Rush, Experiment Station plant pathologist at Amarillo.

"By the time we knew there was something different in corn, all the sweet corn had been harvested," he said. And, wheat had gone dormant only a few weeks after Dr. Robertson began finding specimens in scattered fields, noted Rush.

Dr. Harold Kaufman, Extension Service plant pathologist at Lubbock, suggested that the virus might be endemic and that the more obvious appearance of symptoms last year might have been due to environmental conditions that favored the virus or vector.

"Not all the yellow wheat in Texas is because of a new virus, Worrall, said Dr. David **Experiment Station wheat breeder** at Vernon. "We've had a relatively warm, breezy winter with little or no precipitation and when moisture is limited, wheat plants tend to sluff off older vegetation,' he explained. Older leaves turn yellow before they die. Other factors, such as greenbug feeding and leaf rust, another diseases, also cause yellowing.

"It has been amazing how rapidly our yellow wheat 'much of which was assumed to be virusinfected' turned green following recent meager showers of only one-tenth-to-three-tenths-inch," Worrall said.

Scientists are watching the situation closely and will continue monitoring and characterizing the virus. They are saying simply not enough is known about the disease to make predictions about its economic impact.

The slot machine was invented by Charles Fey of San Francisco in 1895.



Bob Celebrates "102"

Bob Pendleton had the fun of releasing 102 balloons in honor of his birthday at the March birthday party at Coldwater Manor. Earlier in slipper socks and hand lotion from the day he had talked on the radial the day he had talked on the radio!

insect than planthoppers, were around 75 persons gathered to found in fields with diseased help Bob Pendleton, Minnie Cox, speculate that leafhoppers might celebrate March birthdays. Ladies cakes and a chocolate cake made Engelbrecht.

A large birthday cake baked by plants leading some people to Zorro Hudson and Wanda Craig Jeanie Knight and two angel food adopted

Tips & Topics By Susie Spurlock **County Extension Agent**

EAT RIGHT campaign has begun March 1. National Nutrition Month is a nutrition education and information campaign sponsored diastolic less than 85mmHg annually by the National Center (millimeters of mercury). No way for Nutrition and Dietetics of the exists to predict who might American Dietetic Association develop high blood pressure. Diets and its Foundation.

provide the public with basic and excessive drinking of alcoholic nutrition knowledge needed to beverages. make informed food choices and developing sound eating habits. your blood cholesterol level as it Also, in support of making indicates the amount of informed food choices and cholesterol in the blood. A developing sound eating habits is desirable blood cholesterol level is those risk factors that you canyour local county Extension agent below 200 mg/di (milligrams per Susie Spurlock.

Fuels Fitness." Diet is one of cholesterol level association with a several risk factors for developing diet that is high in saturated fatty chronic conditions such as heart acids, total fat, and cholesterol. disease, obesity, osteoporosis or Heart disease risk is also increased some cancers. Because it is by high blood pressure, cigarette unknown precisely which people smoking, will benefit most from specific inactivity, diabetes, age, being a dietary changes, the Dietary male, and family history of heart Guidelines are today's best lisease. general advice to help you and your family choose a healthy diet.

To reduce your health risks, check your weight and shape. If you are too fat or too thin, you are more likely to develop health problems. Either refer to a weight chart or check with your physician or dietitian to see if you are at a

by Virgie Mathews, Pat Boren and Nita Taylor were served with ice cream and punch.

The serving table was covered in white with an arrangement of spring flowers and pink tapers. There was a "bouquet" of pastel balloons, 102 to be exact, plus other balloons around the room.

Prior to the refreshments, Marihoward Engelbrecht at the piano and Marylou McDaniel led everyone in a sing-a-long of old familiar songs. The birthday Kerrick community.

Servers from Kerrick were for the event with Coldwater JoJune McDaniel, Pat Boren, Manor also assisting. Virgie Mathews, Lynn Wells, Marylou McDaniel and Kerrick's Marihoward

healthy weight. Another check is compare your be a greater health risk than hips measuring more than the waist.

The National Nutrition Month the United States, one in three AMERICA adults has high blood pressure. Normal blood pressure foe adults; systolic less than 140mmHg (millimeters of mercury) and high in salt can increase blood The campaign is designed to pressure, as can obesity, heredity,

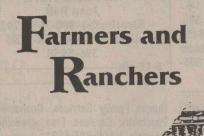
Another wise move is to check deciliter). Risk of heart disease is The 1994 theme is "Nutrition increased by a high blood obesity, physical

Think before you drink waist alcohol. Some people should not measurement to your hip drink alcohol at all: pregnant measurement. A waist measuring women children adolescents, more than the hips is believed to people taking certain medications or people whose activities require attention or skill, and individuals who cannot keep their drinking moderate.

Another lifestyle change is to use the Food Guide Pyramid as your dietary guide. Get the nutrients your body needs by eating a variety of foods from the five major food groups each day and not too much fats, oils and sweets. Many Americans consume too much fat, saturated fatty acids, and cholesterol and not enough complex carbohydrates and fiber. Recent surveys show that over periods of several days many Americans eat no fruit, fruit juice, or vegetables.

So, it is good sense to control maintain healthy weight, don't smoke, exercise regularly, use alcohol moderately or not at all, and choose a healthy diet. Some risk factors such as age, sex, and heredity cannot be controlled.

Celebrate this month by changing your eating habits to better informed choices. Let "Nutrition Fuel Your Fitness" says Susie Spurlock.



Farmers and ranchers may not always be able to depend on the weather for support in their business, but they can rely on the agricultural specialists at their LAND BANK

For more than 75 years, the LAND BANK ASSOCIATION has been a reliable source of long-term credit for the Texas farmer and rancher.

To discuss the various loan options, stop by and visit the LAND BANK ASSOCIATION.



We're dedicated to helping you.

Land Bank Association

The Federal 201 West 5th Street Dalhart (806) 249-2616



You asked for it!

Weight Watchers is coming to your area!

Now you can see for yourself how so many people are looking better, feeling better and leading healthier, more satisfying lives with Weight Watchers. So don't miss out.... join Weight Watchers today!

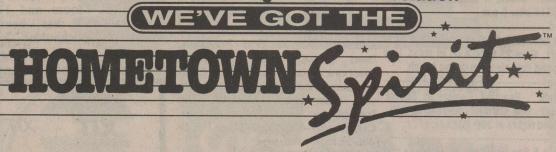
Come See What Weight Watchers Is All About!!

Attend A FREE Meeting At Stratford! First United Methodist Youth Cottage 520 North Main—Thursday, March 10—5:00 p.m. Pre-Registration required on MARCH 10 for the next 8-Week Series beginning March 24. MUST HAVE AT LEAST 20 MEMBERS FOR A COMMUNITY MEETING

For more information call: 1-800-359-3131

Weight Watchers is a trademark of Weight Watchers International, Inc. 1993.

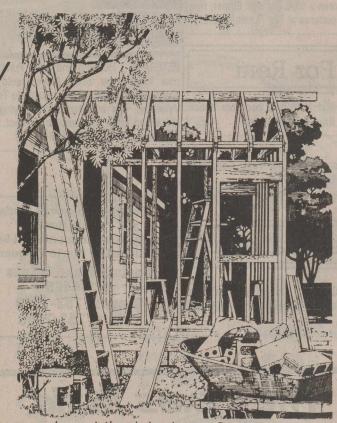
North Plains Savings & Loan Association



Improve the quality of your

When you improve your home, you improve the quality of your life. It's a great investment.

So, add a room, build a deck, get new carpet, or whatever your home needs.



We can loan you the money to get the job done. Our local merchants can provide you with the know-how and materials.

See Jerry Dyess Today At North Plains Savings & Loan Located At 401 N. 3rd or call 396-5534.

We've got the Hometown Spirit ... nothing else comes near it!

We Are Now Opening Our Lobby At 8:30 A.M. To Better Serve You OFFICE HOURS

Lobby Monday - Thursday 8:30 a.m. - 3:00 p.m. Friday 8:30 a.m. - 5:00 p.m.

Drive Up Monday - Thursday 8:00 a.m. - 3:00 p.m.

Friday 8:00 a.m. - 5:00 p.m. North Plains Savings & Loan

