

Martha Mitts 06/18
PO Box 523
Stratford, TX 79084

The Stratford Star

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Panhandle Disaster Relief Fund to help the top 26 counties as the drought conditions continue

Amarillo, TX - The Panhandle Disaster Relief fund, established to help those affected by natural disasters in the Texas Panhandle, is seeking donations as a devastating drought continues to worsen in the area. As disasters happen across the area, the Amarillo Area Foundation works with local and regional organizations to help offset the burdens left in the wake of the incidents.

In 2017, the fund helped cattle ranchers who were devastated by the March fires that spread across the Panhandle and High Plains. Those fires devastated hundreds of thousands of acres of ranch land and thousands of miles of fence, killed and maimed livestock and, worst of all, caused the loss of four lives. After the fires were contained, help was needed as quickly as possible.

100% of donations will be sent directly to those impacted by disasters and can be made on Amarillo Area Foundation's website (amarilloareafoundation.org). Donations are needed immediately as the region heads into the spring season and the extended forecast doesn't include rain. It's a critical time to receive donations in order to be able to meet any needs effectively should a disaster arise.

About the Amarillo Area Foundation

The Amarillo Area Foundation is a community foundation that serves the northernmost 26 counties of the Texas Panhandle. The mission of the Foundation is to improve the quality of life for Texas Panhandle residents. Since its inception in 1957, the Foundation has provided grants and a variety of other services to strengthen nonprofit organizations and the services they deliver.

Stalvey wins GoPro Camera as Top 4-H Salesman



Henry Stalvey (shown at left) was the top 4-H Salesman in the recent fundraiser and won a GoPro Camera for his efforts. Winners of the pistol, rifle and Big Screen Television was Matt Whittington, Chad Ely and Heather Braden. Sherman County 4-H members would like to thank everyone for their support.



McBryde Earns FSCP

FINANCIAL SERVICES CERTIFIED PROFESSIONAL DESIGNATION

Kaci McBryde has earned the Financial Services Certified Professional designation from The American College of Financial Services located in Bryn Mawr, PA. The FSCP program provides product and skills training as the foundation for career-long learning that helps advisors and agents succeed in their careers.

Candidates for the FSCP designation must complete a designation exam, rigorous coursework, and a series of individual course exams to earn the right to use this mark. Designees must also agree to adhere to The College's continuing education and ethics requirements. The curriculum addresses such topics as product solutions for meeting client needs, ethics and practice standards, retirement planning, long-term care, business insurance. Students completing the FSCP designation are well prepared to offer practical guidance to help their clients navigate the intricacies of insurance and financial planning.

Kaci works in Sherman County and was recently named as a MASTER AGENT for her outstanding work for Texas Farm Bureau in 2017. Congratulations, Mrs. McBryde. Shown above Kaci with her husband Brad McBryde

Three arrested on Burglary charges

On March 11, 2018 with information obtained by the Stratford Police Department Search warrants were served at two different locations. The first location was a residence located in the south east part of Sherman County. The second location was in the 400 block of North 4th Street in Stratford with the assistance of the Sherman County Sheriff's office, Hansford County Sheriff's and the Texas County Oklahoma Sheriff's office approximately \$20,000 dollars' worth of merchandise was recovered that had been taken during several burglaries that had occurred over the last month.

Daniel Rubio 25, Katrina Harkins 28 and Leonard Campbell 36 were taken into custody and placed in the Sherman County Jail on charges of theft over \$2,500 and engaging in organized crime.

The Stratford Police would like to say thanks to all the agencies that assisted in this investigation.



In a few months MAIN STREET ESSENTIALS will be moving to the Acquisitions building @ the intersection. Before that we're selling some things that won't be moving with us!! Discounts will be changing throughout the store!



Obituaries

Sara Guevara Ortega
 February 1, 1951-March 17, 2018

Sara Guevara Ortega, 67, of Stratford, passed away on Saturday, March 17, 2018. The rosary will be recited at 7 o'clock in the evening on Thursday, March 22, 2018 at St. Joseph's Catholic Church in Stratford. The funeral mass will be celebrated at 10 o'clock in the morning on Friday, March 23, 2018 at St. Joseph's Catholic Church. Interment will follow in Stratford Cemetery under the direction of Morrison Funeral Directors. Sara was born on February 1, 1951 in San Pablo Jerecuaro Guanajuato, Mexico to Pedro and Josefa Gomez Guevara. She had been a resident of Stratford for the last 37 years and was a homemaker. Sara married Mario on May 6, 1972 in San Pablo Jerecuaro Guanajuato, Mexico. Sara loved her family very much and will be greatly missed. She was a member of the St. Joseph's Catholic Church. She is survived by her husband Mario, of the home; daughters: Maria Ortega of Lewisville, TX, Catalina Ortega of Lewisville, TX, Sarah Ortega of Stratford, TX, Maryann Duran of Stratford, TX, Veronica Winkler of Florida and Lucero Ortega of Lewisville, TX; son: Mario Ortega Jr. of Dallas, TX; 10 grandchildren.

Stratford Hospital District

"Proudly serving the medical needs of Stratford and Sherman County"
 Stratford Family Medical Clinic

Stratford Family Medical Clinic

Mon. - Thurs 8 a.m. - 5 p.m. Fri, 8 a.m. - 2 p.m.
 396-5583 Tommy Brian, ANP & Krista Brown ANP

Elk Pharmacy

Mon.-Thurs 9 a.m.- 5:30 PM
 Friday 9 a.m. to 3 p.m.

"Check our Competitive pricing"
 "Compounding Available"

366-5505 Shelly Worley, PharmD, RPH

Coldwater Manor Nursing Facility

396-5568 Leo Sanders, LNFA

Stratford EMS

9-1-1 or 396-2844 Jimmy Lanning, Director

The Stratford Hospital District operates on a non-discriminatory basis, giving equal treatment and access to services without regard to sex, race, religion, age or ethnicity.

YEARBOOK

CELEBRATING MOMENTS THAT MATTER

Stratford High School

Please return orders with checks payable to SHS Annual to your campus secretaries or to Mrs. Shari Hudson at Stratford High School or order online at jostensyearbook.com. DEADLINE: APRIL 27, 2018. AFTER THIS DATE: \$70.00

We appreciate your continued support!

1

SELECT YOUR PACKAGE



YEARBOOK

\$55.00

2

PUT YOUR NAME ON THE COVER

Must purchase personalization.

PERSONALIZATION Use the space below to personalize your cover. (Must purchase personalization to customize.)

\$7.00

3

ADD ICONS TO YOUR COVER EACH

Must purchase personalization to add icons.

Enter 4 digit icon code from chart on the right into boxes provided above.

ICON 1	ICON 2	ICON 3	ICON 4
<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>

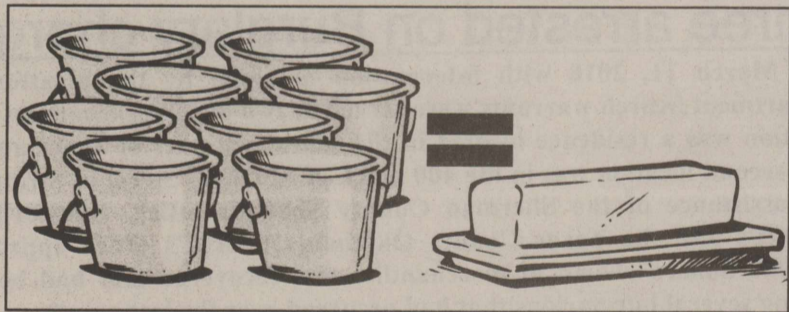
See more icon options at www.jostens.com/ybicons

4

ENTER YOUR INFORMATION

Student Name: _____
 Contact Email: _____
 Contact Phone: _____
 Home/room: _____ ID# _____ Grade: _____

TOTAL YOUR ORDER	
Enter Your Package Price	
Personalization	\$7.00
Icon(s), ea.	\$3.00 x QTY
Donate a Yearbook	\$55.00
HANDLING FEE	N/A N/A
SUBTOTAL	
Tax	N/A
TOTAL	



It takes just over 21 pounds of whole milk to make one pound of butter.

SCOT Monthly Activities

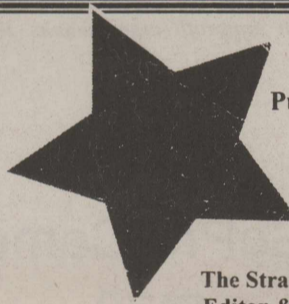
Men's Pool daily 1 p.m. M-F

Ladies Mexican Train Dominoes
 Monday at 1:30 p.m.

Yoga with Erin Tuesdays at 8:15 a.m.

Yoga with Cindy Thursdays at 9 a.m.

Monthly luncheon-4th Thursday-12 noon
 (covered dish Luncheon)



The Stratford Star

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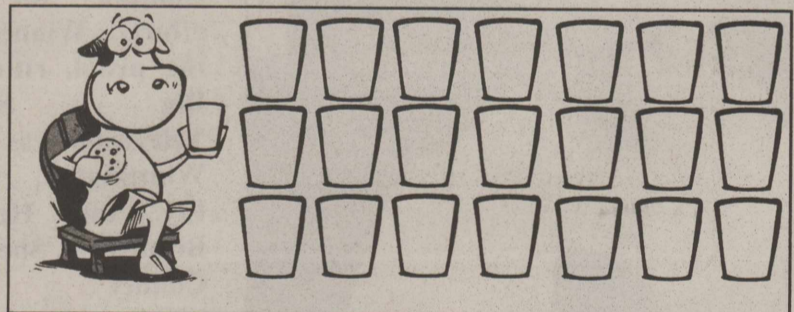
\$40.00 per year all others

\$27.00 per (9 months) College rate

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 PO Box 8-Stratford, TX 79084



One cow produces from 200,000 to 350,000 glasses of milk in her lifetime.

Main Street FITNESS

We're excited to announce our
 Open House for the new
 Main Street Fitness

At 211 N. Main Street

Friday, March 30th 5-8 p.m.

Saturday, March 31st 9 a.m.-5 p.m.

Drop by, look around and check out our facility!

Owners Stephanie Hartman & Courtney Hartman Copley

USDA Offers Renewal Options for Expiring Conservation Stewardship Contracts

TEMPLE, Texas, March 9, 2018—Agricultural producers wanting to enhance current conservation efforts are encouraged to renew their Conservation Stewardship Program (CSP) contract.

Through CSP, USDA's Natural Resources Conservation Service (NRCS) helps private landowners build their business while implementing conservation practices that help ensure the sustainability of their entire operation.

Participants with existing CSP contracts expiring on Dec. 31, 2018 can access the benefits of the recent program changes through an option to renew their contracts for an additional five years if they agree to adopt additional activities to achieve higher levels of conservation on their lands.

NRCS will mail contract renewal notification letters to all participants whose contracts expire in 2018, which will contain instructions on how to apply for renewal.

Applications to renew expiring contracts are due by April 13.

NRCS recently made several updates to the program to help producers better evaluate their conservation options and the benefits to their operations and natural resources. New methods and software for evaluating applications help producers see up front why they are or are not meeting stewardship thresholds, and allow them to pick practices and enhancements that work for their conservation objectives. These tools also enable producers to see potential payment scenarios for conservation early in the process.

Producers interested in CSP can contact their local USDA service center or visit www.tx.nrcs.usda.gov.

The USDA is an equal opportunity provider, employer and lender

Allsup's makes announcement

Allsup's, one of New Mexico's largest privately-owned companies, announced today that all full-time, non-executive employees that have been employed at least one year with the company prior to 2018 will receive a \$1,000 one-time bonus as a result of the recent Tax Cuts and Jobs Act passed in December 2017.

The new tax reform legislation provides tax cuts for individuals and companies and should result in positive economic growth. "Mark and I are pleased to announce this special, one-time bonus to our hard-working employees", said Barbara Allsup, co-founder and owner with her late husband, Lonnie D. Allsup who had endorsed the plan shortly before his death.

Allsup's operates 317 convenience stores throughout New Mexico, West Texas, and Oklahoma and employs more than 3,200 full and part-time employees. All stores are open 24-hours per day and 365 days per year. "We have what our customers' want, when they want it" the late Lonnie Allsup would say. "Thanks to our loyal employees, we fulfill that promise each and every day" said Mark Allsup, President and Chief Executive Officer.

Beauty & Ideas

Look Your Best For Less

(NAPS)—You can look like a million while spending much less if you heed these eight hints:

1. **Shop in your closet—and your friends'.** There may be pieces you've forgotten you had that you can repurpose for yourself or someone else.

2. **Take steps to stay fit.** Walk wherever you can. You'll save on transportation costs and it's good for your waistline and your health, so you may save on medical costs, too.

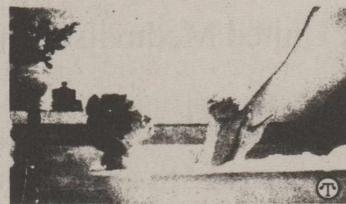
3. **Check out thrift shops and vintage clothing stores,** especially the ones in wealthy neighborhoods. You can get some great looks—sometimes there are items that have never even been worn—for very little. Then, take them home and make them your own with assorted inexpensive accessories.

4. **Become an old sew and sew.** Learn to alter, redesign and even create your own clothes so they'll suit your style and your figure just right.

5. **Drop any bad habits.** If you quit smoking, drinking or fast food, you can save money while looking and feeling better.

6. **Keep it simple.** Go for timeless, basic clothing pieces that mix and match well.

7. **When you shop for food, buy**



Top-quality personal grooming products don't have to be expensive to be effective.

what's in season; it costs less and is often better for you.

8. **When it comes to looking and feeling clean and fresh,** you don't have to spend a lot to get great results. In fact, you can get body sprays, shower gels, body wash, shampoo, antiperspirants and deodorants for men and women at a great price. Just try the brands Power Stick and Soft Whisper by Power Stick; effective, long lasting at an affordable price, and available at Dollar General, Family Dollar and Dollar Tree stores. Made in America and never tested on animals, these are the leading brands in the value-priced market for a reason.

Learn More

You can find more about these great products and further information at www.power-stick.com.

Attention to all subscribers!!

Rate change

The Stratford Star is no longer sending out notices when your paper is due. Check the label on the paper and see what month your subscription expires. **I will be putting "Stars" on the current month" If you have a Star on your label it means that your sub expires that month. If you are not sure the amount you owe if you live out of the area call 753-7373 and double check. Locally is \$33.00 and out of the area \$40.00. If you are paying for someone else's sub, you will be billed for that person. The Stratford Star, PO Box 8, Stratford, TX 79084**

Thanks-Marty



AUCTION



MONDAY, MARCH 26, 2018 - SALE TIME: 10:00 A.M.
(Bad Weather Date : Monday, April 2, 2018 - Sale Time: 10:00 A.M.)

LOCATED: FROM STRATFORD, TX (SHERMAN COUNTY) 10 MILES NORTHEAST ON HWY 54, THEN 2 1/4 MILES NORTH ON CR 15 THEN 1 MILE EAST ON CR D THEN 1 MILE NORTH ON CR 16 OR FROM TEXHOMA, TX 10 MILES SOUTHWEST HWY 54 THEN 2 1/4 MILES NORTH ON CR 15 THEN 1 MILE EAST ON CR D THEN 1 MILE NORTH ON CR 16

DURAN FARMS — OWNER

For info phone: Ricky (806) 339-6405 or 5 Star Auctioneers: Jim Summers (806) 292-2149 or Cris Ingram (806) 265-7646
LOADING FURNISHED SALE DAY ONLY - PLEASE BRING CHECKS OR CASH - NO CREDIT OR DEBIT CARDS - Lunch by Cowboy Gelato

TRACTORS, WHEEL

LOADER, ROAD GRADER, GPS —

- 1 - 2013 J.D. 9510 4 W.D. DSL TRACTOR, CAB, A/C, I.V.T., 5 HYD., 710/70R42 DUALS (2523 HRS.) - SN 8025 - (1 OWNER)
- 1 - 2003 J.D. 8420 MFWD DSL TRACTOR, CAB, A/C, P/S TRANS., 380/80R 38" FRONT, 480/80R50 RUBBER, DUALS, 3 PT., Q.H., 4 HYD., WTS. (6107 HRS.) - SN RW64200010778 - (1 OWNER)
- 1 - 2000 J.D. 9400 DSL TRACTOR, CAB, A/C, 3 PT., 4 HYD., Q.H., 24 SPD QUAD RANGE, (9380 HRS.), 3 YEARS ON TRANS. OH., 710/70R42 DUALS. SN RW9400P00185 - (1 OWNER)
- 1 - 1995 J.D. 8400 M.F.W.D. DSL TRACTOR, CAB, A/C, HTR, P/S TRANS., 3 PT., 4 HYD., WTS., Q.H. (10,104 HRS.), 18.4 X 46 RUBBER, DUALS, 380/85R34 FRONT RUBBER, SN 8400P001341 - (1 OWNER)
- 1 - 1984 J.D. 4650 2 W.D. DSL TRACTOR, CAB, A/C, P/S TRANS., 2 HYD., 3 PT., WTS., Q.H., 18.4 X 42 RUBBER W/ DUALS (400 HRS ON ENG. O/H) - SN RW4650P003165
- 1 - 1978 J.D. 4640 DSL TRACTOR, CAB, A/C, P/S TRANS., 3 PT. 3 HYD., WTS., Q.H., 18.4R42 RUBBER, DUALS - SN RW4640D12686R
- 1 - 1993 J.D. 644 DSL WHEEL LOADER, CAB, A/C, HDR, BUCKET & FORKS, CAT. 3 FRONT HITCH, 1 YR. ON O/H, (2576 HRS.) - SN WG44CB5443390
- 1 - 1970 CAT 12E DSL. ROAD GRADER, 12' BLADE
- 1 - J.D. 2600 GPS, RTK STARFIRE 3000 GLOBE
- 1 - J.D. GS2 GPS, RTK, SWATH CONTROL, STARFIRE 3000 GLOBE
- 3 - J.D. GS3 GPS, RTK W/ STARFIRE 3000

COMBINES, HEADERS, GRAIN CARTS, AUGER, TENDER -

- 1 - 2014 J.D. 5670 DSL COMBINE, CAB, A/C, MONITOR, SPREADER, DUALS, 1083 ENGINE HRS., 832 SEP. HRS., REPLACED ENG. AT 678 HRS. (400 HRS. ON NEW ENG.) - SN 766011 - (1 OWNER) - SHEDDED
- 1 - 2008 J.D. 9770 STS DSL COMBINE, CAB, A/C, MONITOR, BIN EXT., SPREADER, DUALS, (3230 ENG. HRS., 2470 SEP. HRS.) - SN HO9770526556 - (1 OWNER)
- 1 - 2014 J.D. 6350 DRAPER HEADER
- 1 - 2014 J.D. 612C CORN HDR, 12 ROW, 30"
- 1 - 2008 J.D. 612C CORN HEADER W/ KICKER
- 1 - 2009 J.D. 6350 DRAPER HEADER - SN HO09730343
- 1 - 2014 AFD AH35 HEADER TRANSPORT TRAILER
- 1 - 2009 ABF HEADER TRANSPORT TRAILER
- 1 - 2004 ORTHMAN 1096 GRAIN CART
- 1 - 2002 ORTHMAN 996 GRAIN CART
- 1 - 2000 ORTHMAN 1096 GRAIN CART
- 1 - 2011 CRUSTBUSTER SPEED KING BULK SEED TENDER
- 1 - WESTFIELD WR80-41 GRAIN AUGER
- 1 - 2004 PETERBILT 379 TRUCK TRACTOR, 13 SPD, SLEEPER, C15 ENG., 550 H.P.
- 1 - 2003 IH 4300 D.T. 466 FLATBED TRUCK W/ KNUCKLE BOOM, 12570 CAP. LIFT, 70,387 MILES
- 1 - 1999 IH 4900 D.T. 466E FLATBED TRUCK

W/ KNUCKLE BOOM, 11,000 LB. CAP.

- 2 - 1996 PETERBILT 379 T.A. TRUCK TRACTORS, SLEEPER, - 1-525 H.P., 1 - 550 H.P., C-15 ENG., 15 SPD.
- 1 - 1985 PETERBILT 370 T.A. TRUCK TRACTOR, SLEEPER, 855 BIG CAM CUMMINS, 400 H.P., 13 SPD.
- 1 - 1986 MACK T.A. SILAGE TRUCK, BURLINGTON BOX, 13 SPD., 297 MAXIDINE ENG., BED EXTENSIONS
- 1 - 1975 MACK T.A. TRUCK TRACTOR, 855 CUMMINS, 13 SPD.
- 1 - 1971 GMC FERTILIZER SPRAY TRUCK W/ 1200 GALLON TANK
- 1 - 1970 FORD 2 TON WELDING TRUCK W/ WELDER
- 1 - 1972 GMC 1200 GALLON FUEL TRUCK
- 1 - 1974 IH S.A. CAB & CHASSIS, RUNS, NO TITLE
- 1 - 1979 KW T.A. GRAIN TRUCK, 855 CUMMINS, 13 SPD, 24' BED, HOIST
- 1 - 2001 DODGE 3/4 TON 4X4 PICKUP, FLATBED W/ DEWEZE HAY BED, CUMMINS 5.9 DSL ENG., 5 SPD.
- 1 - 1996 FORD 1 TON 4X4 PICKUP, FLATBED, 7.3 DSL, 4 SPD, W/ AIR COMPRESSOR
- 1 - 2006 SULLAIR 210 HJD PORTABLE AIR COMPRESSOR W/ J.D. ENG., 388 HRS.
- 1 - 2013 HONDA ATV
- 1 - 2001 DODGE PICKUP BED

TERRA GATOR, SPRAY

EQUIPMENT -

- 1 - 2013 TERRA GATOR 8400 S/P DSL, LIQUID FLOATER/SPRAYER, CAB, A/C, HTR., 1800 GALLON S/S TANK, 90' BOOMS, GUIDANCE, RAVEN CONTROL (1982 HRS) - SN 81066
- 1 - 1985 GMC BIG WHEELS FERTILIZER TRUCK, 30' BOOMS, 12 GALLON S/S TANK, A/T, 3208 CAT ENGINE
- 2 - 2014 FERTILIZER TANKS, 6100 GALLON
- 1 - WYLIE 200 GALLON SET SADDLE TANKS
- 1 - WYLIE 2-3000 GALLON S.A. FERTILIZER TANKS, W/ HONDA ENGINE & PUMP, CONE BTM
- 1 - KRAUSE 3 PT HOODED SPRAYER, 200 GALLON TANK, 12 ROW, 30"
- 1 - WYLIE 300 GALLON SET SADDLE TANKS
- 1 - AG CHEM 250 GALLON SET SADDLE TANKS
- 1 - WYLIE 3 PT TANK, 300 GALLON
- 1 - WYLIE 500 GALLON SET SADDLE TANKS

FARM EQUIPMENT -

- 1 - J.D. 1890 N.T. AIR DRILL DEPTH WHEELS, P.W. 7 1/2" SPACE W/ 1910 SEED CART DUAL TANKS, 350 B.U., 42"
- 1 - WYLIE GLADIATOR D.T. STRIP TILL PLOW W/ HITCH
- 1 - WYLIE D.T. 3000 GALL NURSE TRAILER
- 1 - J.D. 637 D.T. TANDEM DISC, HYD FOLD, 23' FRONT DISC, 24" BACK DISC, 3500 ACRES ON NEW DISC & BEARINGS, 45"
- 1 - J.D. 650 D.T. TANDEM DISC, HYD FOLD, 30"
- 1 - GREAT PLAINS D.T. TURBO TILL 40"
- 1 - ORTHMAN 3 PT CULTIVATOR, HYD. FOLD, COULTERS, 12 ROW, 30"
- 1 - KENT SERIES V FIELD CONDITIONER, HYD. FOLD, 42"
- 1 - 2014 DEGELMAN 7200 D.T. ROCK PICKER, LIKE NEW
- 1 - SUNFLOWER 7252 D.T. CRUMBLER, 45"
- 1 - FLEXICOIL 75 D.T. COIL PACKER, 40"
- 1 - DAMMER DIKER 3 PT. INNER ROW RIPPER W/ PADDLE DIKERS, 12 ROW, 30"
- 1 - BLUE JET D.T. CHISEL PLOW, D.G.W. 9 SHANK

1 - BAKER 3 PT. DISC BREAKING PLOW, 9

- BTM, SWITCH
- 1 - J.D. D.T. SWEEP PLOW, HYD FOLD, 28'
- 1 - PHARIS WILKINS 3 PT SANDFIGHTER, HYD. FOLD, 16 ROW, 30"
- 1 - J.D. CX20 D.T. SHREDDER, HYD. FOLD
- 1 - J.D. 400 3 PT ROTARY HOE, 30"
- 1 - J.D. CX20 D.T. SHREDDER, HYD. FOLD
- 1 - J.D. 1418 3 PT SHREDDER
- 1 - S.M. D.T. LAND FLOAT, HYD LEVEL, 25'
- 1 - J.D. 3 PT. TRACK FILLER W/ D.T. ROLLER, 10'
- 1 - LINDSAY 3 PT. TRACK CLOSER W/ D.T. ROLLER
- 2 - 3 PT. COTTON BALE MOVERS, HYD.
- 1 - HANCOCK 964H D.T. PADDLE DIRT MOVER
- 1 - LANEY D.T. BOX BLADE, 12'
- 1 - KELLY 3 PT BACKHOE
- 1 - EVERSMAN D.T. V DITCHER, HYD.
- 1 - 3 PT. GOPHER MACHINE

TRAILERS -

- 1 - 2013 LEE 1000 GAL. FUEL TRAILER, PUMP
- 1 - 2002 WILSON 32' X 6' CATTLE TRAILER
- 1 - 1988 MORLAND 28' MANURE SPREADER
- 1 - 2005 CIRCLE M 20' T.A. BUMPER PULL ENCLOSED TRAILER W/ AT5505 HIGH PRESURE WASHER (ALKOTA BRAND), 4500 PSI
- 1 - 1975 LOAD KING 32' BELLY DUMP TRAILER, TA
- 1 - 5000 GAL. S/S T.A. FERTILIZER TRAILER, 100 X 24.5 BUD WHEELS
- 1 - CM 16' X 5' T.A. BUMPER PULL STOCK TRAILER, 1/2 METAL ROOF
- 1 - TRADEWINDS 18' GRAIN BED, NO HOIST
- 1 - 5 X 10' S.A. BUMPER PULL UTILITY TRAILER
- 1 - 5 X 8' S.A. BUMPER PULL UTILITY TRAILER
- 1 - 1991 WHEELER 'STEEL' H.B. 40' T.A. GRAIN TRAILER, R/O TARP
- 1 - 2008 TIMPTE SUPER HOPPER 42' T.A. HOPPER BTM GRAIN TRAILER, R/O TARP, HI-SIDE, AIR RIDE
- 1 - 2008 CTS STEEL 42' T.A. HOPPER BTM GRAIN TRAILER, R/O TARP, AIR RIDE
- 1 - 1974 HAWKEYE 38' T.A. HOPPER BTM GRAIN TRAILER, R/O ELEC. TARP, STEEL, AIR RIDE
- 1 - J & R 32' GN T.A. DUAL WHEEL IMPLE-MENT TRAILER

IRRIGATION ENGINES -

- 2 - CAT. 3406 IRRIGATION ENG., NEW O/H
- 1 - CAT. 342 IRRIGATION ENG., NEW O/H
- 2 - CUMMINS 855 IRR. ENG., NEW O/H
- 1 - CANYON WALK BEHIND CADDY CART (TRACKS & MOTOR)

CATTLE EQUIPMENT -

- 18 - FEED BUNKS, 12'
- 4 - 24' ROUND BALE FEEDERS, D.T. S.A.
- 1 - WIRE ROLLER, D.T., HYD., 2 WHEEL

HAY EQUIPMENT -

- 1 - 1988 J.D. 530 ROUND BALER
- 1 - 1998 J.D. 945 DISC MOWER SN-E00945R127084
- 1 - J.D. 74 HAY RAKE
- 1 - J.D. 75 HAY RAKE
- 1 - GRASS TRACKER HAY RAKE CADDY

TANKS -

- 1 - OIL VAC TRAILER T.A., 300 GAL. TANKS, COMPRESSOR
- 2 - 6000 GAL. DSL TANKS
- 2 - 1000 GAL. A.A. FERT. TANK
- 1 - 1000 GAL. DRIP OIL TRAILER, T.A.

SHOP EQUIPMENT

The Churches of Stratford Welcome You

First Assembly of God

Kevin Anderson, Pastor
921 Fulton
Sunday School 9:45 a.m.
Morning Worship 10:45 a.m.
Evening Worship 6:00 p.m.
Wed. Bible Study 6:30 p.m.

First Christian Church

5th & Main
Tim Boyer, Pastor
Sunday School 9:45 a.m. (Nursery)
Morning Worship 10:45 a.m. (nursery)
No Sunday evening Worship Service

First United Methodist

Rev. Damon Stalvey
520 N. Main
Sunday School 9:20 a.m.
Morning Worship 10:30 a.m.
Junior & Senior High UMY 5:00 p.m.

St. Joseph Catholic Church

6th & Pearl
Rectory 366-5687
Sunday morning 8:00 a.m. (English) 9:30 (Spanish)
Sacrament of Reconciliation Before Mass or t.
Christian Formation Classes K-6 Grade Wed. Afternoon Jr. & Sr. High. Wed. 6:30-8:30 p.m.

First Baptist Church

Pastor Ron Whitt
702 N. 3rd
Sun.-Coffee 8:30 a.m.
Sunday School 9:30 a.m.
Worship Service 10:30 a.m.
Wed. Children 6 p.m. youth 7 p.m.

Heritage Bible Baptist

Pastor Mark Looney
302 S. Main
For more info-call 396-2212
Morning worship 11:00 a.m.
Evening Service 6 p.m.
Thurs. Service 7:00 p.m.



La Mision Bautista

Mision Bautista
401 S. Wall 396-5376
Domingo (Sunday)
Estuela Dominical 9:45 a.m.
Miercoles (Wednesday)
Servicio De Adoracion 11 a.m. Estudio
Biblico & Servicio De Oracion 6 p.m.
Servicio De Adoracion 6 p.m. se Cuidamos
Susunos Durante El Servicio

Eben-Ezer Templo Hispano

Asambleas De Dios
Pastor: Juan M. Valenzuela
806-366-3071
205 N. Poplar-Hwy 287 268-2188
Escuela Dominical 10 a.m. - 12 noon
Servicio De Adoracion 5 p.m.-7 p.m.
Miercoles: Servicio De Adoracion 6-8 p.m.

Kerrick Community

Pastor Roy Harris
Community Building
10 a.m. Worship Service

Church of Christ

N. 3rd & Chestnut
Sunday School 9:30 a.m.
Morning Worship 10:30 a.m.
Evening Worship 5:00 p.m.
Wednesday Bible Study 7:00 p.m.

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COUNTY REPUBLICAN CONVENTION MARCH 24

The Sherman County Republican Convention will be held 3:00 p.m., Saturday, March 24, 2018 at 308 Kay, Stratford.

Anyone who is a registered voter, who has affiliated with the Republican Party, either by voting in the Party Primary or by taking an oath of affiliation may attend the convention. The convention is a place to define shared beliefs and how to promote them with the creation of a platform and elect people to run the party between conventions.

At the March 24 convention, Primary Election results will be reviewed along with changes in primary election funding and selection of delegates to the State Convention to be held in San Antonio June 11-13th.

For more information, contact Susie Spurlock at 806-753-7214.

MEXICAN PILE ON

HELD BY
STRATFORD LIONS CLUB



Sunday, March 25, 2018

11:30 a.m. to 1:00 p.m.

Location – County Barn

A free will donation will be requested.
Come and support the Lion's Club programs!



COMMUNITY EASTER EGG HUNT

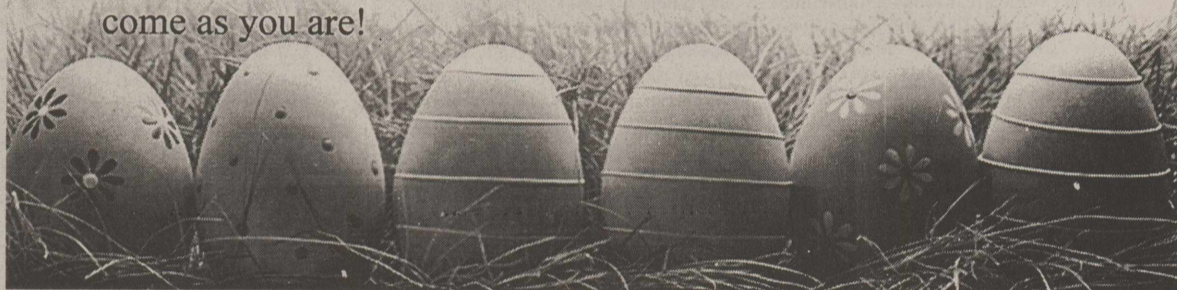
Easter Sunday, April 1 @ 9:20am

Little ones up to kindergarten - First Christian Church courtyard

1st-3rd Grade - First United Methodist Church courtyard

4th-6th Grade - First United Methodist Church Youth House
(on corner of 5th and Main)

Let your little ones hunt for eggs, then join either First United Methodist Church at 10:30 a.m. or First Christian Church at 10:45 a.m. as we share the true story of Easter. All are welcome, come as you are!



Business Directory

PO Box 510
Stratford, TX 79084
Phone: 806-366-5557

Duncan Chevrolet

www.duncanchevrolet.com
E-mail: duncanch@xit.net

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**The Sherman County Livestock
Association would like to invite the
community to their 2018 Annual
Meeting.**

Stratford ISD Ag Classroom

April 2, 2018

7:00 pm

*All with an interest in the Sherman County Stock Show
are encouraged to attend*

Updated Property Tax Information Now Available for Texas Taxpayers

New and updated property tax information has just been compiled by Sherman County Appraisal District and is available now to assist taxpayers. This property tax information is current and covers a wide range of topics such as taxpayer remedies, exemptions and appraisals, and has information for select groups, such as disabled veterans and persons age 65 or older.

Whether you are a homeowner, business owner, disabled veteran or taxpayer, it's important you know your rights concerning the property tax laws. You can contact the Sherman County Appraisal District with full confidence that we will provide you the most complete, accurate and up-to-date available information to assist you.

This includes information about the following programs:

- **Property Tax Exemptions for Disabled Veterans** – The law provides partial exemptions for any property owned by disabled veterans or surviving spouses and surviving children of deceased disabled veterans. Another partial exemption is for homesteads donated to disabled veterans by charitable organizations at no cost or not more than 50 percent of the good faith estimate of the homestead's market value to the disabled veterans and their surviving spouses. The exemption amount is determined according to percentage of service connected disability. The law also provides a 100 percent homestead exemption for 100 percent disabled veterans and their surviving spouses and surviving spouses of U.S. armed service members killed in action.
- **Property Tax Exemptions** – Non-profit organizations that meet statutory requirements may seek property tax exemptions and must apply to their county appraisal district by a specific date. Businesses that receive tax abatements granted by taxing units; ship inventory out of Texas that may be eligible for the Freeport exemption; store certain goods in transit in warehouses that are moved within 175 days; construct, install or acquire pollution control property; own and operate energy storage systems; convert landfill-generated gas; or store offshore drilling equipment while not in use may also be eligible for statutory exemptions.
- **Rendering Taxable Property** – If a business owns tangible personal property that is used to produce income, the business must file a rendition with its local county appraisal district by a specified date. Personal property includes inventory and equipment used by a business. Owners do not have to render exempt property such as church property or an agriculture producer's equipment used for farming.
- **Appraisal Notices** – Normally, taxpayers receive a notice of appraised value from the appropriate local county appraisal district. The city, county, school districts and other local taxing units will use the appraisal district's value to set property taxes for the coming year.
- **Property Taxpayer Remedies** – This Comptroller publication explains in detail how to protest a property appraisal, what issues the county appraisal review board (ARB) can consider and what to expect during a protest hearing. The publication also discusses the options of taking a taxpayer's case to district court, the State Office of Administrative Hearings or binding arbitration if the taxpayer is dissatisfied with the outcome of the ARB hearing.
- **Homestead Exemptions** – A homestead is generally defined as the home and land used as the owner's principal residence on Jan. 1 of the tax year. A homestead exemption reduces the appraised value of the home and, as a result, lowers property taxes. Applications are submitted to the appropriate local county appraisal district.
- **Productivity Appraisal** – Property owners who use land for timberland production, agricultural purposes or wildlife management can be granted property tax relief on their land. They may apply to their local county appraisal district for an agricultural appraisal which may result in a lower appraisal of the land based on production, versus market value.
- **Residence Homestead Tax Deferral** – Texas homeowners may postpone paying the currently delinquent property taxes due on the appreciating value of their homes by filing a tax deferral affidavit at their local county appraisal district. This tax relief allows homeowners to pay the property taxes on 105 percent of the preceding year's appraised value of their homestead, plus the taxes on any new improvements to the homestead. The remaining taxes are postponed, but not cancelled, with interest accruing at 8 percent per year.
- **Property Tax Deferral for Persons Age 65 or Older or Disabled or Disabled Veteran Homeowners** – Texans who are age 65 or older or disabled, as defined by law, or who qualify for a disabled veteran exemption may postpone paying current and delinquent property taxes on their homes by signing a tax deferral affidavit. Once the affidavit is on file, taxes are deferred, but not cancelled, as long as the owner continues to own and live in the home. Interest continues to accrue at 5 percent per year on the unpaid taxes. You may obtain a deferral affidavit at the appraisal district.
- **Notice of Availability of Electronic Communication** – In appraisal districts located in counties with a population of more than 200,000 or that have authorized electronic communications, and that have implemented a system that allows such communications, chief appraisers and ARBs may communicate electronically through email or other media with property owners or their designated representatives. Written agreements are required for notices and other documents to be delivered electronically instead of mailing.
- **Protesting Property Appraisal Values** – Property owners who disagree with the appraisal district's appraisal of their property for local taxes or for any other action that adversely affects them may protest their property value to the appraisal district's ARB

For more information about these programs, contact **Sherman County Appraisal District at 402 N 3rd Street, PO Box 239, Stratford TX 79084 or call 806-366-5566.** Information is also available on the Comptroller's Property Tax Assistance Division's website at comptroller.texas.gov/taxes/property-tax/.

Mary Allen 4th six weeks A & B Honor Rolls

3rd Grade A Honor Roll

Elizabeth Alvarez
Kamia Baston
Jenell Boyer
Madison Braden
Jonathan DeCasas
Brylynn Hauser
Hudson Holland
Tate Hudson
Hagan Johnson
Chase Lantelme
Jessy Lara-Castro
Abigail Murphy
Mario Niave
Tristan Ortega
Emerson Pool
Luz Ruedas
Daniel Sauzameda
Kooper Walden
Maylee Wells
Jackson Wyatt

3rd Grade AB Honor Roll

John Aguilera
Sam Audrain
William Blake
Ripsey Blankenship
Johnny Bravo
Ellie Clift
Avery DeAnda
Ambrocio Favela
Joseline Gonzalez
Natalie Gonzalez
Vanessa Gonzalez
Lorenzo Gutierrez
Charisse Henderson
Brody Hensley
David Hernandez
Turley Howell
Jessica Lux
Ricardo Martinez-Garcia
Makena Meiners
Sebastin Montoya
Genesis Neave
Mario Orrantia

Steve Ortega

Avery Roberts
Kennedy Rogers

4th Grade A Honor Roll

Istel Barajas
Jesus Canez Duarte
Cash Wheeler

4th AB Honor Roll

Paul Aguilera
Lexy Cortez
Josue Duarte
Miranda Esquer Molina
Marize Howell
Mason Lavake
Matthew Marisca;
Diego Olson
Matthew Rodriguez
Narely Soto

California Avocado Cardamom Ice Cream

*Recipe created by Jessica Koslow
of SQIRL for the California*

Avocado Commission

Serves: 4

Prep Time: 10 minutes

Cook Time: 40 minutes

Total Time: 50 minutes

Ingredients

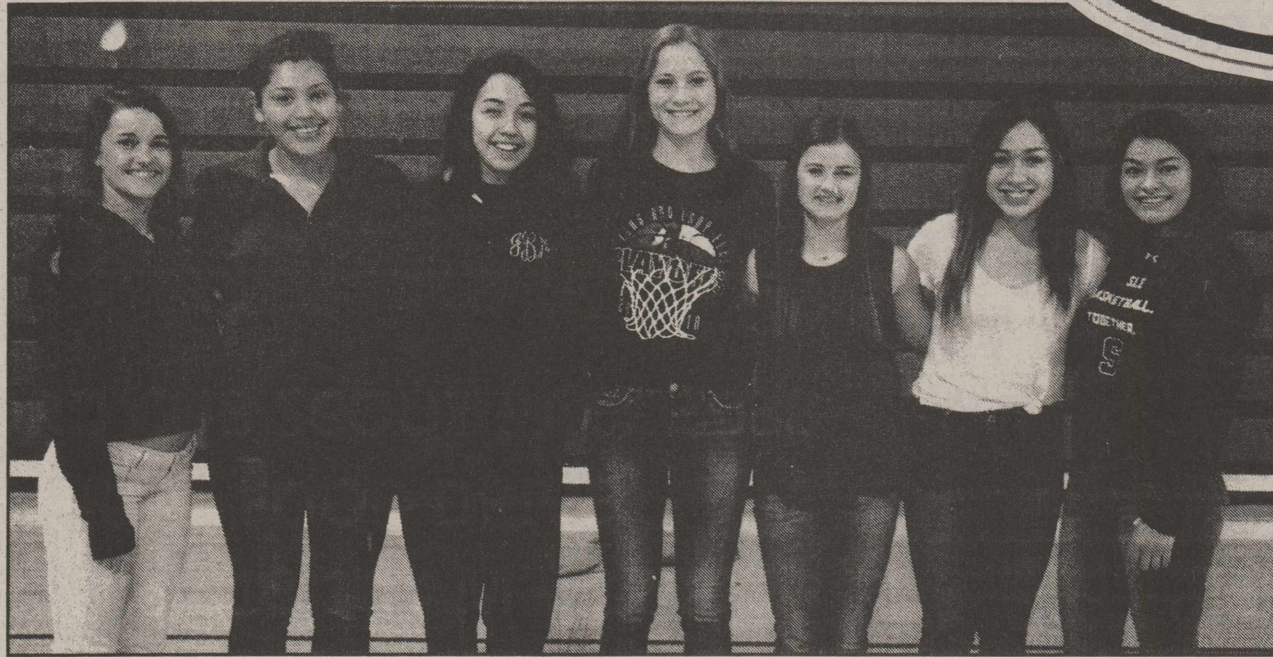
1½ tsp. cardamom seeds
3 ripe, fresh California
avocados, seeded and
peeled
1 cup organic sweetened
condensed milk
1½ cups heavy cream
½ cup whole milk

Instructions

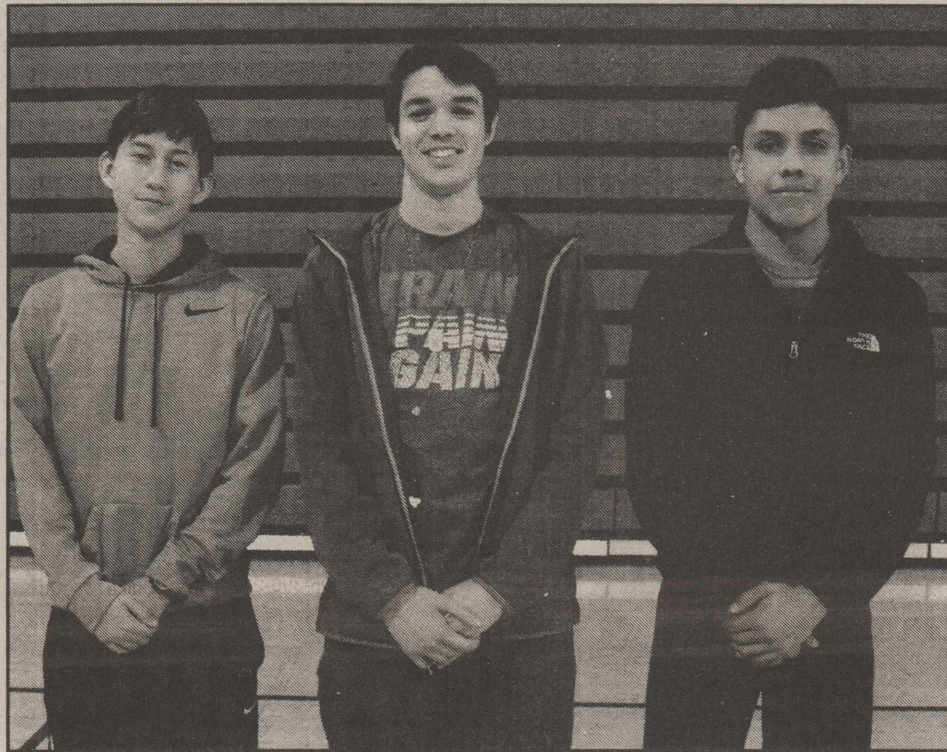
1. Heat oven to 350° F.
2. Toast cardamom seeds for 5 minutes.
3. Grind cardamom in a spice grinder and set aside.
4. Place avocado, condensed milk, cream, milk, and ground cardamom seeds into a blender. Turn on to lowest setting and puree until smooth.
5. Transfer to an ice cream maker and freeze per machine's instructions.

Note: Large avocados are recommended for these recipes. A large avocado averages about 8 ounces. If using smaller or larger size avocados adjust the quantity accordingly.

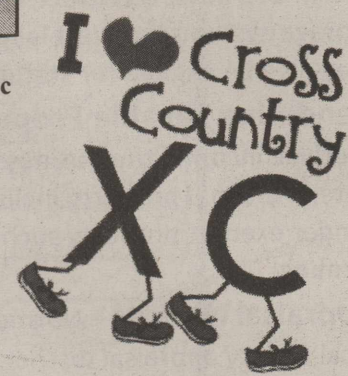
For more unique ways to enjoy California avocados, visit CaliforniaAvocado.com.



2017 Academic All-District Cross Country from left: Reagan Audrain, Astrid Valenzuela, Janeht Bravo, Lashala Anderton, Ashton Lavake, Jazmine Castaneda, Vanessa Gonzalez. Not Pictured Rese Schoonover.



2017 Academic Boys All-District Cross Country from left: Justin Duran, Baruc Ortega, Carlos Almandariz.



STRATFORD CUB SCOUT PACK 3038 ANNUAL FOOD DRIVE MARCH 24, 2018 10 AM – 12 PM

Our boys will be going door to door, or you can place your items on the porch for us to pick. The items will stay in Stratford for the food pantry or you can call **JESSE MARISCAL 806-753-6587**.

Nuestros muchachos van a ir de puerta en puerta, o usted puede colocar sus artículos en el pórtico para que nosotros escojamos. Los artículos se quedarán en Stratford para la despensa de comida O llame a Jesse Mariscal al 806-753-6587.



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HEART HEALTH

Atrial Fibrillation: When The Heart Skips A Beat

(NAPS)—Every heart has a built-in pacemaker that ensures it beats regularly. When that natural pacemaker doesn't do its job, however, a person may experience an irregular heart rhythm, the most common and undertreated of which is atrial fibrillation (AF). This irregular heartbeat isn't always noticeable at first but can cause chaos over time.

Understanding AF

AF, which affects more than 33.5 million people worldwide, occurs when the upper chambers of the heart beat significantly faster than a normal heartbeat or quiver irregularly. Some people with AF have no symptoms, while others have chest discomfort or pain and experience fainting or light-headedness, as well as fatigue, shortness of breath or weakness.

"When I was young, my heart did funny things. It fluttered, it skipped a beat, but mostly it resolved by itself," said Sue Halpern, a lifelong AF patient. "When it didn't resolve by itself, I somehow learned how to make it stop. I began to notice in my 20s and early 30s that it was getting harder to make it stop, but I still didn't know anything was wrong with me."

Because the heart isn't pumping normally, blood can pool in the heart and clot; these clots can also make their way through the bloodstream. If left untreated, people with AF have a much higher risk of stroke and an increased risk of heart failure.

AF is typically caused by damage to the heart from disease, an abnormality from birth, surgery or a heart attack. However, adopting healthy behaviors such as monitoring cholesterol and blood pressure, avoiding smoking and excessive caffeine, and not abusing alcohol can help prevent disease.

How To Tell If You Have AF

As with so many diseases, early detection of AF is important. Physicians may obtain an electrocardiogram (ECG) or stress test, or recommend short-term monitoring with a cardiac event recorder or Holter monitor. Unlike these short-term methods, a small insertable cardiac monitor (ICM) automatically detects and records abnormal heart rhythms for up to three years, while remaining barely detectable under the patient's skin. For example, the Medtronic Reveal LINQ ICM is approximately one-third the size



Atrial fibrillation, an irregular heartbeat, can cause chaos over time—but there are ways to treat it—just as Sue Halpern did.

of an AAA battery, yet it can accurately detect AF.

What To Do If You Have AF

Once diagnosed, living with AF doesn't have to be a burden. While treatment options vary, many people respond well to medications. For those whose natural pacemaker needs an extra boost to keep the beat, treatment may include an implantable cardiac defibrillator (ICD) or a pacemaker that can respond to and reduce the duration of AF episodes. An ICD can also detect a dangerous and potentially life-threatening heart rhythm and send a lifesaving therapy to correct it.

Another treatment for paroxysmal (fleeting) atrial fibrillation (PAF) is cryoablation, a minimally invasive procedure that isolates the pulmonary veins, which are a source of erratic electrical signals that cause PAF. The device used in the procedure uses cold energy to interrupt these irregular electrical pathways in the heart.

In Halpern's case, cryoablation greatly reduced her PAF episodes and has given her a new outlook on life.

"For someone who was having episodes every seven to 10 days for eight to 12 hours at a time, I wouldn't have dreamed of having a life free of AF," Halpern said. "My advice is, if you feel something off with your heart, do something about it."

Learn More

Those who are living with or who suspect they may have AF can get further facts about therapies that may help get their heart back in sync and find a physician by visiting www.medtronic.com/us-en/patients/conditions/atrial-fibrillation-afib.html.



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Help Wanted

Stratford ISD is seeking applications for Payroll Clerk. Applications available on school website or in the administration office. For more information, please call (806)3300. Applications will be accepted until March 30th.

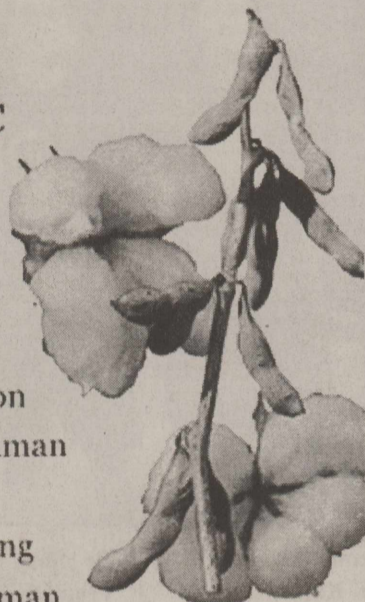
19th Annual Crop Production Clinic

April 4th, 2018 from 8 to 3:30

Hunny's BBQ
103 N. Main St. Guymon, OK

RSVP by April 2nd with OPREC
580-349-5440

Big Data, Dr. Shannon Ferrell
Crop Economics, Trent Milacek
Soil Fertility, Dr. Brian Arnall
Soybean Production, Dr. Josh Lofton
Cotton Production, Dr. Todd Baughman
Cotton Insects, Jerry Goodson
Sprayer Technologies, Dr. John Long
Dicamba Training, Dr. Todd Baughman



Crop Production Services



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STRATFORD 640
Farmland

Location: S of Stratford, TX
Acreage: ±640 Acres

All of the acreage is currently under cultivation and just produced a very good dry land cotton crop. ±320 acres is historically planted in cotton and while the rest is kept in summer fallow. The farm is surrounded by irrigated farms providing a great possibility to further develop this section of ground. The ground is mostly flat and readily available for general farming uses. The property is in a great location set back about 1/2 mile from Highway 287 just 3 miles south of Stratford, Texas.

SMITH RANCH
Irrigated & Grass

Location: E of Stratford, TX
Acreage: ±2,926 Acres

Situated on the Coldwater Creek breaks providing stunning views of canyon terrain. While there is rolling ground on the ranch, the majority of the acreage is flat, great for ranching and farming. ±500 acres are currently under center pivot irrigation. Three wells combine to produce about 2,100 GPM. Additionally, there are very good pens and corrals setup, plus several traps. There is an abundant source of water for livestock with 11 water tanks. The wildlife are also in abundance.

To Look And Feel Your Best, Just Add Blueberries

(NAPS)—The path to better eating can be bumpy. Our best-intentioned, health-conscious plans sometimes go out the window on hectic days. Finding easy, go-to favorites may help.

One smart option: blueberries. If you're looking to satisfy a sweet tooth and stick to healthy eating goals, blueberries can help you do both. They're very flavorful, but they're also packed with nutrients and are a good source of fiber.

Portable, low-prep foods also encourage good choices. Blueberries fit that bill. Once you've rinsed them, they're ready to eat—and you can eat the whole berry. No peels, pits or other parts to contend with. It's why blueberries fit easily into most routines, no matter what your day holds.

What Blueberries Offer

Beyond great taste, blueberries bring plenty of healthful benefits.

- Blueberries contain 80 calories per cup, are low in sodium and have virtually no fat.
- With 3.6 grams of fiber per serving, blueberries help you meet your daily recommended intake of fiber.
- Blueberries are an excellent source of vitamin C. Vitamin C plays an important role in immune function.

Carton-a-Week Challenge

Here's a simple, straightforward challenge: Eat a carton of blueberries every week. Eating more blueberries is the easiest, most delicious way to look and feel our best, no matter what life throws our way.

Fresh and frozen blueberries are available year-round. Just buy the fresh on your regular grocery run and keep the frozen stocked in your freezer. Then,



Quick and easy to make, this delicious take on a breakfast favorite fuels you for a busy day.

you can eat blueberries anytime of day, in your favorite dish or as a snack. This flexibility matters when you're busy.

Blueberries show that smart choices can be delicious choices. Here's a fresh take on a breakfast staple:

Gluten-Free Blueberry Oat Pancakes with Lemon Maple Syrup
Yield: 8 small (about 3-inch-diameter) pancakes

1 banana (½ cup), mashed
2 large eggs
½ cup gluten-free oats
½ cup fresh blueberries
½ cup maple syrup
1 teaspoon lemon zest (optional)

Combine banana, eggs and oats and let stand 10 minutes to thicken. Spray a large nonstick skillet with cooking spray and heat over medium heat. Spoon mixture, 2 tablespoons at a time, onto skillet and top with some of the blueberries. Cook until browned, 1-2 minutes. Turn and cook additional 1 minute or until cooked through. Combine maple syrup and lemon zest and serve with pancakes.

Feeling Good Every Day

In the middle of our busy lives, every small victory matters. Sometimes you do all your push-ups, beat traffic and meet your calorie goals. Sometimes you don't. For every smart choice, you should feel good. Here's a few small ways blueberries can help you make the most of your day.

Take a field trip to a farm for fresh blueberries. Looking to get outside more? Heading to a farm doesn't just mean delicious, fresh produce to eat—it also means enjoying the fresh air.

Sneak vitamins and minerals into a milkshake or smoothie. We all have cravings. Throw in some blueberries to get your treat and some healthful benefits, too.

Give your lemonade the blueberry treatment. Whether you're sipping on the porch or helping the kids run a roadside stand, you get a pop of color and extra nutrients.

Shake up your dinner routine. Do you prefer sweet or savory? Either way, blueberry-based sauces pair well with chicken or pork and bring unexpected flavor to your plate.

Support your favorite community organization. If you want to contribute to a good cause and enjoy some blueberry treats, plan a bake sale. Everyone benefits.

Replace your candy bowl with a berry bowl. At the office or around the house, it's easy to eat mindlessly all day. Measure out your preferred serving of blueberries and snack guilt-free.

Learn More

For other recipes and further tips on making the most of life, go to www.blueberrycouncil.org.

Fitness Made Easier

Stay Motivated To Stay Fit

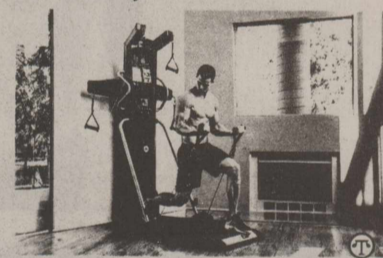
(NAPS)—Staying motivated to work out can sometimes seem like a daunting task. It's easy to prioritize other things ahead of your fitness routine. It's no surprise that researchers have found that lack of motivation is one of the leading causes of inactivity.

"Committing to a healthier lifestyle doesn't have to be as challenging as it might seem," explained exercise physiologist and Bowflex Fitness Advisor Tom Holland. "Trying different motivational techniques is crucial to living a healthy lifestyle, as fitness isn't one size fits all. Finding what inspires you can help set you on the path to success."

Here are four ways to stay motivated to live a healthy lifestyle:

1. Mix up your workout routine. Do you get bored doing the same workout day after day? Varying your routine and incorporating new and different exercises can refresh and re-energize your workout. You'll also be less likely to hit a weight loss plateau. For example, you can switch up your routine by adding the Bowflex HVT machine (www.bowflex.com/hvt) to the mix. The HVT machine offers hybrid velocity training, which combines cardio and strength training into one effective workout. In about 18 minutes, this machine can deliver the calorie burn of running 1.5 miles, and up to five times more muscle activation than traditional strength training.

2. Bulk up your health and fitness knowledge. Knowing how to exercise properly and being educated on nutritious foods are essential to fitness success. One way to stay focused is to ensure that you're effectively working toward your health goals. In fact, the recent Bowflex Customer Success and Motivation Survey found that health and fitness tips were one of the most important tools for fitness success. These can be found through a variety of resources—from personal trainers and doctors to fitness magazines and healthy-living blogs. One example is the Bowflex Insider blog



Trying new workouts, such as hybrid velocity training, is one way to drive healthy habits.

(www.bowflex.com/blog), which offers expert advice to help readers lead a healthy, active lifestyle. The blog covers topics such as workouts, fitness tips and healthy eating for readers in every phase of their fitness journey.

3. Set goals and track your progress. Setting attainable and measurable goals is key. For example, try starting out with a 20-minute workout, three times a week. Tracking your progress also helps keep you excited and working toward your goals. This can be as easy as using a machine that features tracking software or downloading a fitness app. The Bowflex BXT216 treadmill (www.bowflex.com/treadmills) features Bluetooth connectivity that lets you track your progress, set goals and win awards with the Results app. The app also integrates with other popular fitness apps such as MyFitnessPal, Apple HealthKit, UA Record, MapMyRun and Endomondo.

4. Work out with a friend. Studies show that people who work out with a partner are less likely to skip workouts and more likely to work out harder. Having a workout partner can keep you accountable and encourage you to push yourself further. The next time you head to the gym, try taking a friend or family member. If you can't find someone to work out with, sign up for a community sports team or talk to someone new during your next group fitness class.

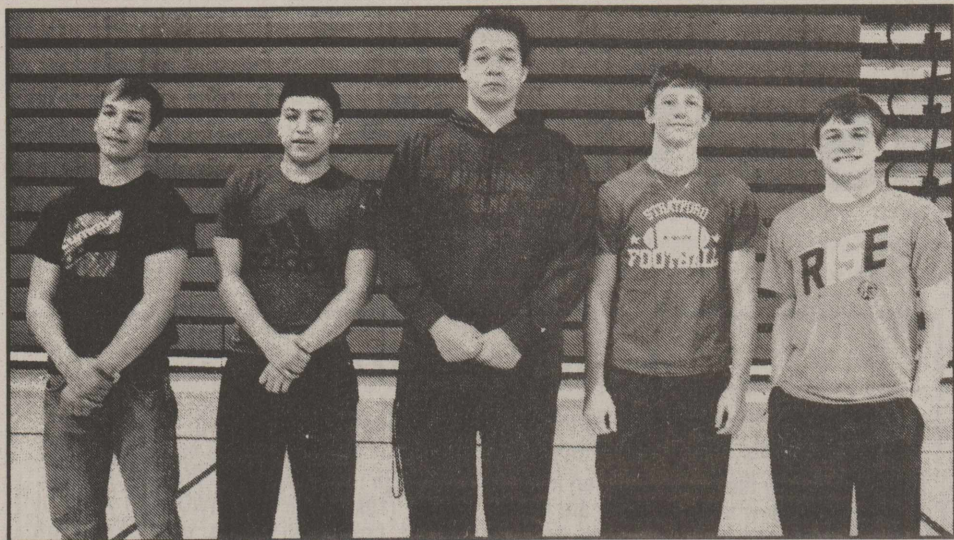
If knowledge can create problems, it is not through ignorance that we can solve them.

—Isaac Asimov

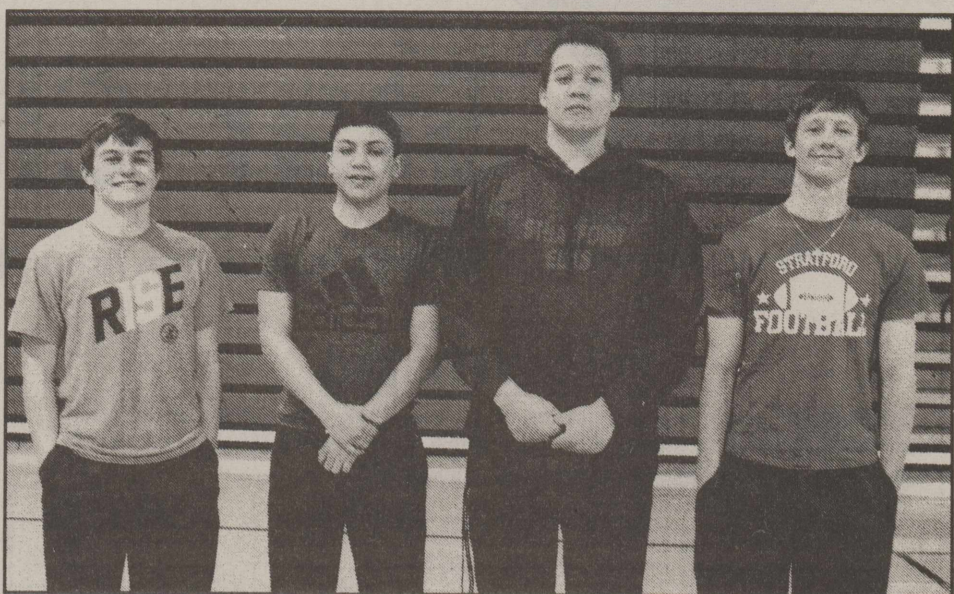
A pessimist is one who makes difficulties of his opportunities and an optimist is one who makes opportunities of his difficulties.

—Harry Truman

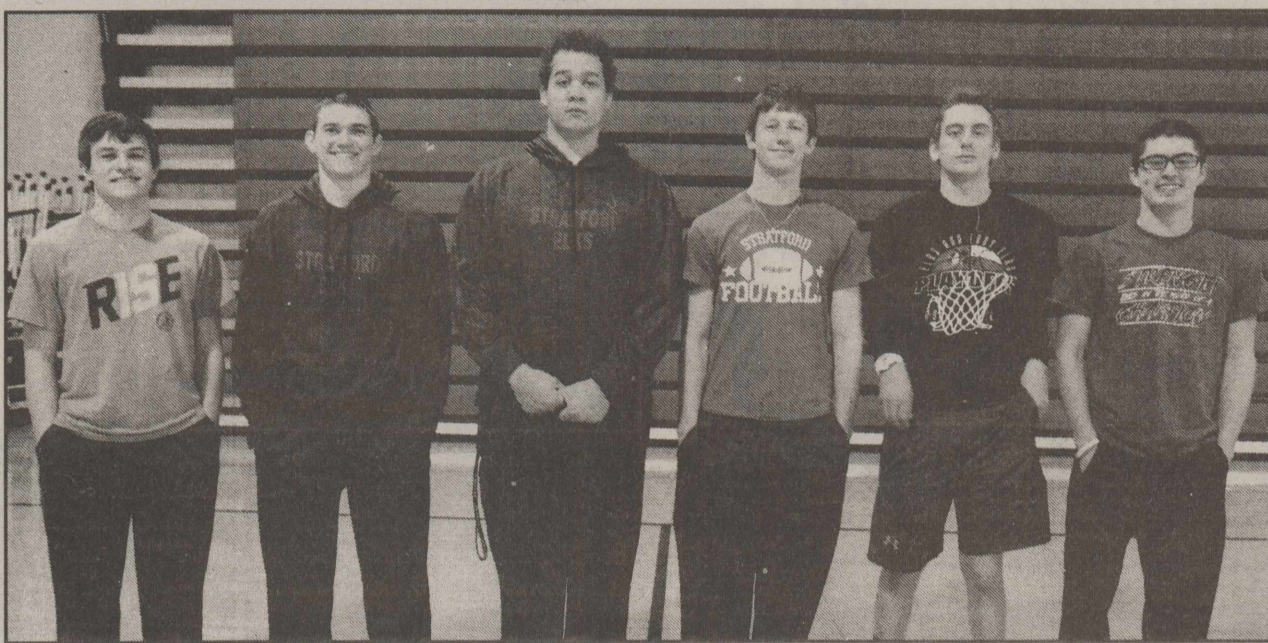
Football



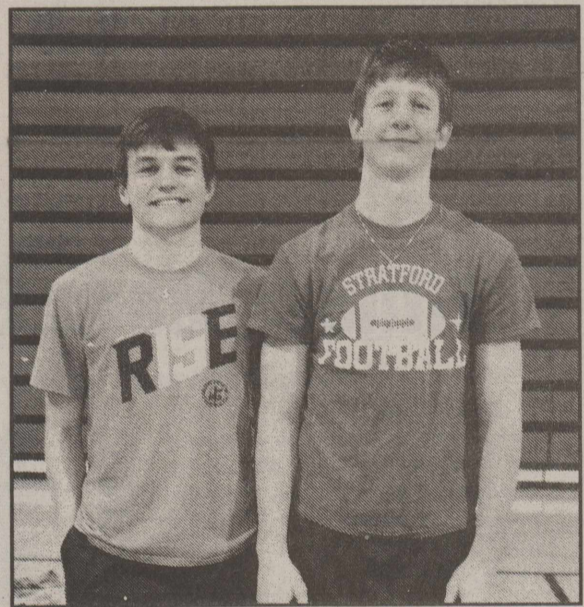
Padilla Poll 2A All-State Football Team 2017 L/R: Bronc Hodges – Defense Linebacker; Pedro Ortega – Defense Linebacker; Noah Harris – Offense Tackle, Defense Tackle; Kade McBryde – Defense Linebacker and Shay Hess – Offense H Back, Defense SEC, Special Teams Kick Returner.



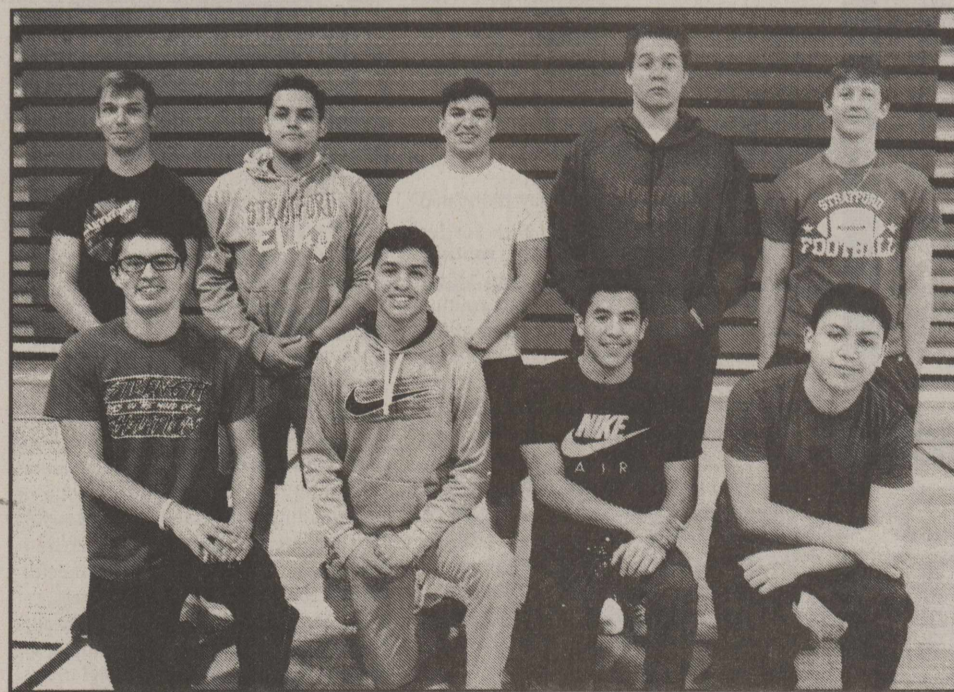
Texas Sportswriters 2A All-State Football Team 2017 L/R: Shay Hess – Offense All-purpose back, Defense SEC, Special Teams – Kick Returner; Pedro Ortega – Offense Fullback; Noah Harris – Offense Tackle; Kade McBryde – Defense Linebacker.



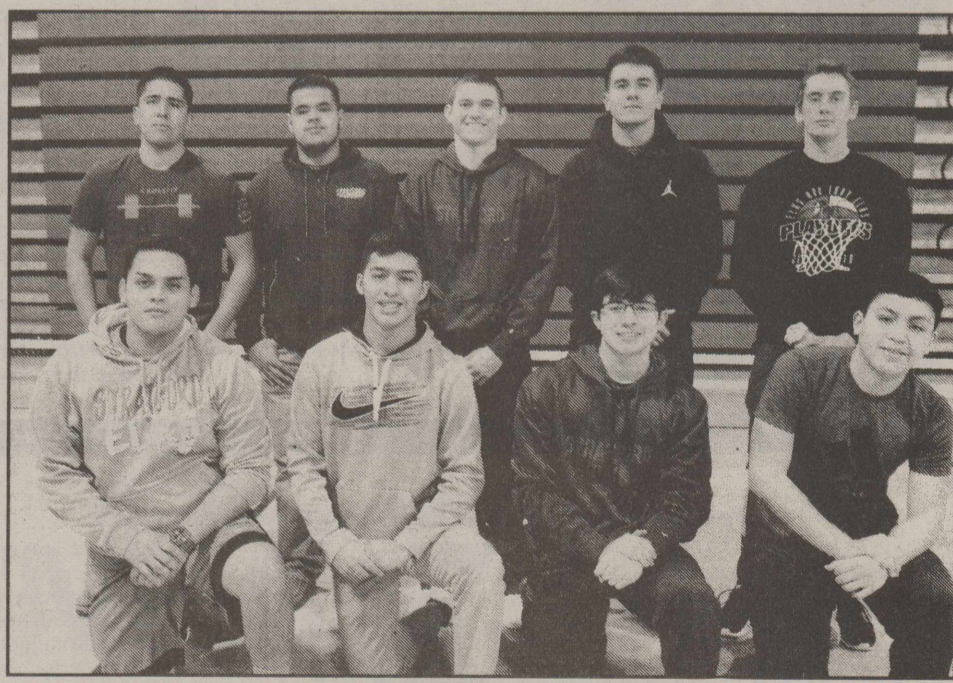
Texas High School Coaches 2A Football Academic All-State 2017 L/R: Shay Hess – 2nd Team, Colten Lanning – 1st Team, Noah Harris – 1st Team, Kade McBryde – 1st Team, Scott Thompson – 1st Team, and Daniel DeCasas – 2nd Team.



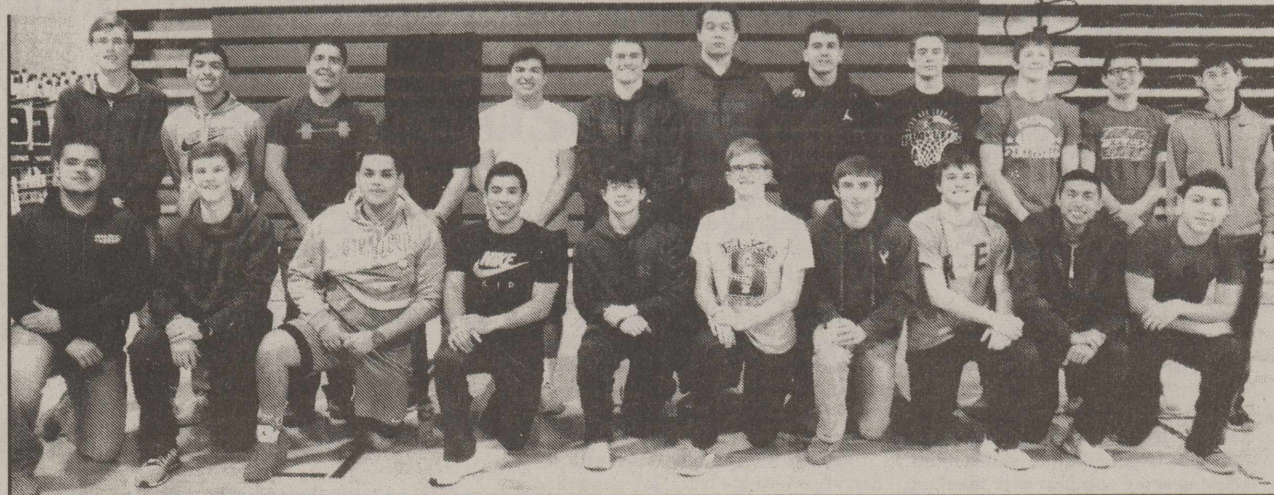
All-District 1-2A Team: L/R: Shay Hess – District MVP and Kade McBryde – Defensive MVP.



All-District Team 1-2A standing from left: 1st Team Defense – Bronc Hodges – LB, Ruben Gonzales – 1st Team OL, Luis Mendoza – 1st Team TE and Kicker, Noah Harris – 1st Team OL and 1st Team Defense DL, Kade McBryde – 1st Team QB. Kneeling from left: Daniel DeCasas – 1st Team Offense RB and 1st Team Defense – SEC, Sergio Guerrero – 1st Team Defense – SEC, Iuden Romero – 1st Team Defense – SEC, and Pedro Ortega – 1st Team Defense LB.



All-District Team 1-2A standing from left: Angel Guerra – 2nd Team Offense OL and 2nd Team Defense DL; Carlos Gonzalez – 2nd Team Offense OL; Colten Lanning – 2nd Team Offense TE; Luis Carrillo – 2nd Team Defense DL and Scott Thompson – 2nd Team Offense OL. Kneeling from left: Ruben Gonzalez – 2nd Team Defense LB; Sergio Guerrero – 2nd Team Offense – REC, Abraham Villegas – 2nd Team Defense – SEC; and Pedro Ortega – 2nd Team Offense RB.



SHS Academic All-District Football 2017 Standing L/R: Turner Smith, Sergio Guerrero, Angel Guerra, Luis Mendoza, Colten Lanning, Noah Harris, Luis Carrillo, Scott Thompson, Kade McBryde, Daniel DeCasas, Justin Duran. Kneeling L/R: Carlos Gonzalez, Walker McBryde, Ruben Gonzalez, Iuden Romero, Abraham Villegas, Ty McBryde, Brit McQuitty, Shay Hess, Blake Rios and Pedro Ortega. Not pictured Francisco Ortega.