

NPBR All-Stars Win West Texas State Tournament
The North Plains Babe Ruth All-Star baseball team of Dumas won the $\mathbf{1 4 - 1 5}$ year old division of the West Texas State Tournament with a 9-7 win over Pampa. The two games prior to the finals resulted in wins of $21-5$ against Yoakum County and $3-2$ over Levelland. This tournament win advances them to the
Regional Tournament which will be August $2-7$ in Monticello, Arkansas. NPBR will play South Arkansas Regional Tournament which will be August 2 -7 in Monticello, Arkansas. NPBR will play South Arkansas
on Friday, Ausust 2. There are 13 teams in the the Babe Ruth World Series to be held in Indiana. NPBR team members are (front I-r): Josh King
Stratford, Aaron Raymond - Sunray, Marcus Sartain, Daniel Cueros, Daniel Corrao, IIerbie Martinez, Stratiord, Aaron Raymond - Sunray, Marcus Sartain, Daniel Cueros, Daniel Corrao, IIerbie Martinez,
Kevin Montoya, Eddie Salazar. (Back I-r): Chad Colls . Coach, Allen Trayler, Miguel Garcia, Juardo
Raez, Chris Porter - Coach, Sean Blanton - Dallhart, Brady Bynum, Ross Colls, Ricky Bynum - Manager Raez, Chris P
Good Luck!!

Stratford Jamboree August 9th \& 10th
See you There!!!!!
 e Texas Department of Entries Due

## Circle of Friends To Host Golf Tournament

 The Sherman County Circle o Friends Seventh Annual BenefiGolf Tournament will be a Stratford Country Club August 24 . 25, 2002.
Couples Scotch Scramble Tee-
Time 9 a.m. Time 9 a.m.
Dinner and Fund Raiser
Saturday at 6:30 Contact: Pat Johnson 396-2243 or Kris Lasley J53-4421 or Nelda Entry Fee is $\$ 120$ per team.

## North Plains Research Field Ag Day

## Ag Day will Research Field

 Research Station in Etter at the August 7, 2002 starting at $8: 30$a.m. Topics will be on current research involving sorghum, corn,
sunflowers, sunflowers, coton, soybean,
potatoes, manure management potatoes, manure management, chemical drift and integrated pest
management. Three CEU's will be
offered as well as a lunch offered as well as a lunch
sponsored by North Plains Water sponsored by North Plains Water
District. A 4-County Corn Tour
will conclude the afternoon. For more information altease contact Leslie Neve, Sherman County
Extension Agent-Ag at (806) 366 Extension Agent-Ag at (806) 366 -
2081 . Breast Cancer
Screening Clinic The Don and Sybil Harrington
Cancer Center Comprehensive Cancer Center Comprehensive
Breast Center will Breast Center will conduct
Breast Cancer Screening Clinic a Breast Cancer Screening Clinic a
Stratford Family Medical Clinic 1220 Purnell in Stratford on
August 13,2002 .
Breast cancer affects one in
$\qquad$ eight women. The key to winning
the battle against cancer is early detection by having an annual breast exam, mammogram and performing a breast self-exam
each month. Participants will receive a low-
cost screening mammogram.
Each woman screened will receive a breast health risk appraisal and individual instruction by a
registered nurse in breast selfexamination. Funding is available through the Texas Department of Health for Texas residents who qualify for assistance. All exams
are done by appointment only. are done by appointment only.
Call $356-1905$ or 1 (800) $377-4673$ for more information.

## 5th Annual Ranch Rodeo To Be Held

The Stratord Chamber of
Commerce is ready to host the Commerce is ready to host the
Annual Ranch Rodeo scheduled Annual Ranch Rodeo scheduled
for Aug. 9 \& 10,2002 . The Rodeo for Aug. 9 \& 10, 2002. The Rodeo
schedule has been changed to
Friday and Saturday Friday and
Performances. Saturday Night
The Rodeo Performances. The Rodeo
performances will be at $7: 00$ p.m.
each evening. The Calcutta will performances will be at $7: 00$ p.m.
each evening. The Calcuta will
be held at $6: 00$ p.m. on Friday the eat hevenid at 6:00 p.m. on Friday the
be
9th. Gate Entrance fees will be
adulss $\$ 3.00$, Children - School adults: $\$ 3.00$, Children - School
Age: $\$ 2.00$ and Programs will sell
for $\$ 1.0$. Age: 1.00 and Pograms wif sell
for $\$ 1.00$ each. The Chamber of
Commerce General Board Members and the Women's
Division Members will manage the Division Members will manage the
entrance gate. The gates will open
for the general public at $6: 00$ each for the general public at 6:00 each
fores. Currently, eleven teams from the area have registered. The
livestock will be supplied by
Robert Elbauer, Randy McCracken, and Ricky Elliotli.
The events will be: The events will be: Double
Mugging (sponsored by Stratford Grain Company), Tcam Doctoring Grain Company), Tcam Doctoring
(Sponsored by
Veterinary
Servebaces)
Verailer Velerinary Services), Trailer
Loading (sponsored by XIT
Communications), Bronc Riding (sponsored by lowa Veterinary
Supply), Wild Cow Milking
(sponsored by Allen Insurance \& sponsorcd by Allen insurance \&
Jack Haile), and Tcam Branding
(sponsored by Scaboard Farms,

The award buckles have been designed and created by
Wildorado $\begin{aligned} & \text { bilverworks }\end{aligned}$ of Amarillo. The buckles have been
sponsored by Detle Fecdyard, sponsored by Detlle Fecdyard,
Firs State Bank, Coronado Feeders, Cattlemen's Livestock
Commission Company, and Commission Com.
Cimarron Feeders.
Other sponsors include Micro-
Beef Technologics, Brown's Meat
Beef Technologiss, Brown's Meat
Locker, Coolingwood Grain, Locker, Collingwood Grain,
Betly's Queen O Creme (Kid's
event calf scramble), Doug's event - calf scramble), Doug's
Saddles, Tack, \& Trailers, and
Ted Allen \& Moorman's
Manufacturing (Hard Luck
Award). The concession stand will be in the capable hands of Mayrene
Aduddell and the Angel Tree
Project Volunteers.
The Stratford Jamboree
Roping has also had a change. Roping has also had a change.
The new date is Wednesday, August 7, 2002. The entry time is
$6: 00$ p.m., and the roping will begin at $\overline{6}: 30$. All of the roping
will take place that evening; and the finals will NOT carry
during the Ranch Rodeo.
Last year during the first
night's performance, the first cold
front of the year arrived, and
everyone 'Froze to Death!'
Maybe this year, this will not
happen and each night will be a Mappen and each night will be a
glorious Texas Panhande
ent evening. Make plans to join with
your friends and neighbors for two your friends and neighbors for two
evenings of fun and fellowship. For more information please Commerce Stratford Chamber of lommerce Office (366-2260

icensed drivers in the U.S.

## Subscription Rates To Be Increased

Due
rates it
1 increase in postage
become necessary to rates it . become necessary to The Stra d Star effective September 2002. Cover price will be .75 cents each week.
Receiving the paper through Re mail the rates will beStudent rates $\$ 20.00$ a year ocal Rates $\$ 25.00$ a year Jut of area $\$ 32.00$ We have not had to raise our
rates since 1994 and wish we did not have to at this time, but it has become necessary. We thank you for your past support and look
forward to your continued
Diller Attends Texas Lions Camp Thanks to the Lions Clubs of Texas, many children with physical
disabilities can look forward to an disabilities can look forward to an about-going to summer camp! The offers special camping programs hat serve children who have ant
diabetes.
This summer, Bethany Diller Stratford attended the Texas
ions Camp in Kerville; Bethany was sponsored by Doak Crabtree The Texas Lions Camp offe seven through 16 who have visuat hearing, or physical disabilities. The camp offers a wide variety of activities for camper's enjoyment,
including arts \& crafts, field sports, including arts \& crafts, field sports,
riding horses, swimming, theater,
and camping out overnight. The amp is a nonprofitit organization, funded by the Lions of Texas and
private donations. Children attend the camp at no cost to themselves or their families.
Further information and
camper applications may be btained by coplications may be Club member in your area or by
ontacting the Texas Lions Camp at P.O. Box 290247, Kerville,
Texas $78029-0247$ V/TDD ( 830 ) 896-8500; fax: (830) 896-3666. The Texas Lions Camp can also be we can get them for you with an
found on the World Wide Web at address or phone number of the
www.lionscamp.com
school last attended.
The first day of class is
Monday, August 19, and classes
begin at 8:15. begin at $8: 15$.
Alien Elementar
Sheoo I Iupplyist
$2002-2003$


Dear Editor,
This is a copy of what I read to July meeting City Council at the
July meeting. Gentlemen:
I am here tonight to represent a group of Strattord citizens in communityents. The youth or our Police Department. The civil answer to the The following is my Police Department. The civil answer to the comnent made:
ights of citizens are being violated n a regular basis being violated hey are making unjustified sto and harassing people, mainly our youn. Just to name a few of these allegations: wide right turn-didn't cross the yellow line, failure to
vield-the yield was made, rear license plate light out-it wasn't, failure to stop-a legal stop was made, minors told to "low was into
this "(handheld breathalyzer)- not this "(handheld breathalyzer)- not
asked or told that they had an option and this machine is still being used today, though I was
old in June that it was broken told in June that it was broken.
Then when it still reads a negative read-the minor is given an ticket anyhow for Minor Consumption. I realize that a minor can be given a
ticket for just smelling it on ticket for just smelling it on their
breath-but evidently this wasn't the case. Unlawful searches have been made-both with the person present and not. Singling out specific kids for harassment has
also been a claim. "You've been given a ticket for this before and you got out of it--"Not just asked once, but several times and each
time denied because it wasn't true This is just the tip of the iceber when it comes to the civil rights violations these men have ommitted
These men that we have hired uphold the law seem to have
ittle respect for it. Many times hey are sited without seatbelts totally lost all respect from a grea deal of our youth. They feel that it is the officers' word against them
and because they are minors, they lose in all aspects.
We respectfully demand tha action be taken to correct these problems or

Thank you for your tim
Thank you for your time.
After the parents walked out of
the meeting a comment was
reportedly made that the incident
reportedy made that the incident
should just be "chalked up" to kids
lying to their parents and the
matter should be dropped. This matter should be dropped. This
problem will not just go away. It problem will not just go away. It
must be addressed. Had there only been 1 or 2 parents there, I can see why the mayor might have
thought that they were lying, but thought that they were lying, but
we had 20 people there voicing we had 20 people there voicing
their concerns about the police department. There were others who had voiced their desire to
attend the meeting, but had prior attend the meeting, but had prior

## Dear Editor:

This letter is in reply to David
Bown and the city council'
 July 18th. They were wheere they
always are during the summer on
Tuesday and Thursday nights; the Tuessay and Thursday nights; the
cirls were in the gym playing girls were in the gym playing basketball and the boys were at conditioning for the upcoming season. Some of the younger Stizens of our town were at work. Silll others were so afraid of
etaliation from our Police Detaliation from our Police
Department that they didnn't wan Do show up at the meeting. Just because they couldn't attend the the
meeting does not mean that they meeting does not mean that they parents the truth about what is appening in our town. Becky Adams

failing to come to a complete sto at a stop sign and numerous othe
violations. There are even repor of failing to use the protective child seats in vehicles. They have

The Plainview Alumni Reunion at Griggs, Oklahoma will be held Sunday, August 4 . Registration begins at 12:00 noon with the dinner beginning at 1:00 p.m.
All alumni, former students, family, and friends are invited.

## DOWNTOWN

 SUPER SUMMER SALETuesday, August 6th 8:00-5:30 p.m. Come early $\mathcal{E}$ enjoy our
Continental Breakfast!!

## Elk Pharmacy, Hair Creations,

 Let's Make Arrangements, Ellies, Duckwalls

Cratis Bazaar promises Arts and bigger and better than ever. Exhibitors include both local According to Rown craftsman Mike Breitling, this year's co hairmen, items range from arden accessories and children
dge
Hours are from 10 to $6: 00$ Friday, August 2 and 11:30 to 4:30Wilfred Benitez is the y world champion in boxing history He was $171 / 2$ when he won the Rico in 1976 .
$\qquad$ The Stratford Star Published Every Thursday
t 309 N. Main Stratford Teva $7908+$
Second Second Class Postage paid at
Stratford TX Stratford, TX 79084 Martha (Marty) Robertson Editor \& Publisher
Shari Hudson - Advertising Darkroom Subscription Rates
$\$ 18.00$ per year in Sherman an Adjoining Counties $\$ 25.00$ per year all others $\$ 15.00$ per year college rate The Stratford Star P.O. Box 8 $\underset{\text { Fax 1-806-366-5885 }}{\substack{1-806-366858 \\ \hline}}$

Stratford Jamboree
AUGUST 9,2002 - AUGUST 10,2002





$\qquad$
 pens, pencils, sis keep track of lighters, but also to free up precious
desktop space for more efficient desktop space for more efficient
and productive studying. To clear
the space used ane spaceu used by bulky. tape dis-
tensers, try the Duck brand Multipensers, try the Duck brand Multi-
Mount Tape Dispenser. Its speci MircoSuction base allows it to stay
firmly in place yet removes cleanly and easily from smoth surfaces,
even vertical ones, like computer monitors, file cabinets, desktops,
refrigerators and doors,

- Get rid of that pile of used - Get rid of that pile of used
books-and get money for them
too avoid cluttering your room too! To avoid cluttering your room
with highlighted, used textbooks that can't be sold back at you bookstore, mark textbooks wit
an erasable highlighter like th an erasabe high-Lighter. Thi
Duck brand Dry when you finish the semes
wat way, when you finish the semes
ter, you can oo back and easily
erase your highlights so the book eoks as good as new! - Hang it-Use suction cup
and hooks to hang items on wi dows and walls. You can han your brush, loofah or sponge in
the shower or tub for convenient, the shower or tub for
out-f-t-the-way storage.
For more information on Duck
brand products for
brand products for college stu-
dents call (800) $321-0253$ or vis dents call 8000 321-028
www.fuckproducts.com.

| Arts in the Area |
| :---: |

Seeking


Many residents have few or infrecuent visitors and are truly alone in the world

You can offer them:
A friendly face.
A kind word,
Help in resolving complaints.
To learn more about a unique volunteer opportunity, please contact the Nursing Home Ombudsman Program at: 372-3381 or (800) 642-6008

## News of Education

## Learning The Art Of Hair Design

$\begin{array}{cc}\text { by Leo Passage } & \text { selection of hair designs that are } \\ \text { (NAPS)-If you are thinking of } \\ \text { virtually endless. The results are }\end{array}$ becoming a hair designer, it's important to be sure your teach
er's style really cuts it. That's er's style really cuts it. That's
because the approach an educator
takes when instructing students
selection of hair designs that are
virtually endless. The results are competent-and confident-hair stylists.
stylists.
Today, Pivot Point is considered
to be one of the most respected to be one of the most respected
leaders in hair and beauty edu leaders in hair and beauty educa-a-
tion. It is a family-owned company tion. It is a family-owned company
which prides itself in developing which prides itself in developing
the very best educational materials, programs, and systems for
every facet of the beauty industry.
The program uses DVD technol The program uses DVD technol-
ogy to help teach hair designers ogy to help teach hair designers
the Pivot Point techniques.
The program now has four corThe program now has four cor-
porate cosmetology research cenporate cosmetology research cen-
ters and a network of over 2,000 member schools and graduate cen--
ters in 50 countries. The teaching ters in 50 countries. The teaching
style is considered a success and style is considered a success and
has helped thousands and thouhas helped thousands and thou-
sands of salons-and millions of salon clients-be their best. www.pivot-point.com.
www.pivot-point.com.
Mr. Passage is a respected
hair designer, creator of Pivot
hair designer, creator of Pivot
Point educational system for hair
design and chairman of Pivot



At $870^{\circ}$ Fahrenheit, Venus has
he hottest average surface tem-
perature of any planet in the solar system. The coldest average surface surface temperature is that of Pluto ( $370^{\circ}$ Fahrenheit).


The Straford Fair and Jamborece invite you to show off y you
the Stratiord Jamboree Parade, Salurray, Auguss 10.2002
The parade theme will be of a partiotic nature.




 Stratorord Grain Feed Store parking lot.
Please fill out his sinty form below and recturn
Stratord Fair \& Jamboree Parade Enly
Stratord Fair \& Jamboree Parade Enly
lol
lol

$\qquad$ Circle Entry Type and Indicate Sumber in Group
Automobile
Riding Club

Theme Float - Commercial/Adult Organization Junior Organization
Kiddie Enry - Themelopen Class Marching Organization

For publicity purposes, please give a descriplion of your contry and idenifiy the
participants

Organization Name
Conatact Person:
Conatac Person:
Mailing Address:
Telephone:

Man's capacities have never been measured; not are we to judge
of what he can do by any precedents, so little has been tried.
of what he can do by any precedents, so little has been tried.
-Henry David Thoreau

| Business <br> Directory | COLDWATER MANOR <br> "LOVE SPOKEN HERE" 1111 BEAVER RD., STRATFORD, TX (806)396-5568 |
| :---: | :---: |
| WALTER LASLEY \& SONS <br> INC. <br> THE Feedyard <br> Since 1953 <br> 753-4411 |  |
| Stratford Grain Co. Stratford 396-5541 Lautz 769-4485 4 North Main | Robert's Service Center 400 S. Poplar 396-2882 <br> Auto Repair \& Lawn Mower Repair |
|  |  |
| Stratford Auto Electric 119 S. Wall, Stratford, Texas 79084 Phone 366-5941 366-585 Alternator, Starter,-Magneto Repair Since 1964 | Allen-Tarver Insurance Agency Carolyn A. Tarver Auto Home $\bullet$ Life $\bullet$ Commercial Bus: (806)396-5810 $७$ Res: (806)396-2393 |
| Betty Brown's Medical Claim Service 401 N. 3rd, P.O. Box 7 Stratford, TX 7908 4 806-396-2623 | Joe Flores Farm Bureau Insurance $396-5538$ office $396-5389$ home |
|  |  |
|  |  |
|  |  |
|  | Westside Laundry/Stratford Laundry <br> \& Dry Cleaners <br> 410 N. 4th - Stratford, Texa 396-2841 <br> Owners - Jerry \& Janie Smith <br> Operators - Bob \& Keri Harris |

Phone 366-5885
For Sale Rervices

## Rentals avaiable of THE General Store. Applance dolly, sheetiock


 Maile Ant Raxideny. Guymon or


Is your House or Foundation Settling? Cracks in brick or walls? Doors won't
close?...Call Chiders Brothers
Stabilizg \& Foundation Leveling. 1 . stabilizing \& Foundation Leveling.
$800-299-9563$ or $806-352-95$ Amarilo, IX.





$$
\begin{aligned}
& \text { Fat } 935-7687 \text { or call our } \\
& \text { Stratford Agent }
\end{aligned}
$$ ${ }_{8-1-1+1 m}$

$$
\begin{aligned}
& \text { Stratford Agent } \\
& \text { Arnita Lane } 36,-5853
\end{aligned}
$$


For Rent: 1 Bedroom furmished apt
6th $\&$ Fultion. Call 390.5541 6 th \& Fulton. Call $396-5541$ daytime,
$396-5692$ of nights. 1-28-tno-.
2 Bedroom Trailer House for rent.
305 s . Wall. Call $935-6702$.

## Help Wanted

 Fist State Bank is seeking a self-motivated, energetic individual to fill an Operations position. Individual
should be proficient in vo-key
operation, have above average operafion, shive, be a good time
computer skils
manager with multi-tasking abilifies. Also, individual needs to be a good
team player, as well as flexible. If you fit this description, please see
Suzanne Ashley or Mary Cross for an application. EO/Affirmative Action
Employer.

| Puppies For |
| :---: |
| Sale |

$\begin{array}{ll}\text { For Sale: } & 6 \text { week old Boston Terier } \\ \text { screw-tail } & \text { puppies. } \\ 2\end{array}$ $\$ 175.00,396-2860$.
If you would persuade, you m
appeal to interest, rather th
intellect.
-Benjamin Frank

Normal and fight risא pregnancies Gynecologic cancer screening Breast caricer screening Infertility and family planning Menopause and hormoic problems Specializing In

Monday - Saturday 9a.m-6p.m.

## Land For Sale

Land for Sale: One (1) 640 Acre ract cultivated land; 306.7 actes in
CRP, 276.3 acles in CRP, 250.3 in
RPP. CRP.
Ceparment/Martha Mitts, Fist Tust DepartmentMa
Bank $396-5521$.
$3-12-$-fn

 $8-2-$-fn - heat/Ac. $806-659-2345$. double car garage, fenced in
backyard, acaros from city Park. 702
N. 7 th. call $396-2425,396-2845$,
396-5841, or $396-1050$ for more
information. intormation. or $396-1050$ for more 5
int

$$
3,600 \text { sq. It } 3,000 \text { living, } 3 \text { bedroom, } 3
$$ bath, 2 iving areas whouble tirepplaces,

coveredlighted patio, 2 car garage, corner Dt, near both schools, 1220 N . Chestnut.
or more info. call $1-903-732-5402$.
 office. Lots of storage! Atlliched garage, 1000 sa. fr. brick garage
with game eoom or shop out back
Bick fence, ssinkler

## $\mathbb{R}^{\text {Rd Rem Lant } C o .}$

$$
\begin{aligned}
& \text { Office } \\
& 801 \mathrm{~S} \text {. Bliss } 107 \text {, Dumas } \\
& 035.73 .61
\end{aligned}
$$

$$
\begin{aligned}
& 935-736 . \\
& \text { Fax } 935-767 \text { or call }
\end{aligned}
$$

## Arnita Lane $36,6,5853$ New Listing - B B/R

 reasonable$753-6991$.
$8-1-4 \times 0-1$


$$
\begin{aligned}
& \text { House for sale: } 604 \text { S. Fulton, } \\
& \text { nice yard. slorage bldg. ssistion }
\end{aligned}
$$

$$
\begin{aligned}
& \text { House for Sale: } 604 \mathrm{~S} \text {. Fuiton, } 3 \\
& \text { bodm, } 2 \text { both, } 1716 \mathrm{l} \text { ling. brickssleel } \\
& \text { siding, central heat/air, alc new, vinyl }
\end{aligned}
$$

$$
\begin{aligned}
& \text { odim, } 2 \text { beth, } 1716 \text { livig, bricksteel } \\
& \text { siding, central heat/aiin, ol/ new, vinyl } \\
& \text { windows, fireplace, large fenced }
\end{aligned}
$$

$$
\begin{aligned}
& \text { siding, central heat/air, alc new, vinyl } \\
& \text { windoos, fireplace, large fenced } \\
& \text { backyyard, new ceramic cook-top, }
\end{aligned}
$$

15 years, 4500 Babies In Dumas
Women's Health Center

Dr. Turfan I. Baykan, M.D.

OBSTETRICS-GYNECQLOGY

## Wanted

 Custom work wanted: Shredding,reasonable rates. Call $396-2305$ or


In 1874, the men of Harvard
charged admission to a foottall
game between Harvard and game between Harvard and
McGill University. This marked the first time that admission was
charged for a collegiate sporting
event. The money went toward entertaining the McGill team.




Public Hearing
Notice is hereby given to
Notice is hereby given that original Letters Testamentary for
the Estate of James C. Johnson owners of the property hereinafter
described or referred to an all Deceased, were issued on July 22 described or referred person as provided by law, that the City of
Stratford will hold a Public Stratford will hold a Public
Hearing on the 1st day of August,
2002 at $1: 00$ p.m. in the Council Chamber of the Stratford City
Hall, 518 , Hall, 518 N . Third, Stratford,
Sherman
County,
Texas to Sherman County, Texas to
consider final appeals concernin the demolition of the structures located at 101 S . Main St.
Stratford, Texas. Stratford, Texas.
For more information call City
Hall at $806-366-5581$
Published in The Stratford Published in The Stratfo
Star, Thursday, July 25,2002
Thursday, August 1, 2002. Thursday, August 1, 2002. 002, in Cause No. 2048 pending County, Texas, to : Donna A Johnson, who resides at 620 N .
Main, stratford, Sheman Main, Stratford, Sherman County, Cexas. Claims may be presented in
care of the attorney for the Estate addressed as follows:

Estate of James C. Johnson Estate of James C.
Deceased c/o Kimberly L. Allen Hunter \& Oelke, L.L. C 507 Denrock Ave., P.O. Box

$$
\text { Dalhart, Texas } 79022
$$

All persons having claims
gainst
this Estate which is against this Estate which is
currently being administered are currently being administered are
required to present them within required to present them within
the time and in the manner
prescribed by law prescribed by law. DATED the 22nd day of July,
2002.

Hunter \& Oelke, L.L. C. By Kimberly L. Allen Attorney for the Estate Published in The Stratford
Star, Thursday, August 1,2002 .

ters

## Food Idease? <br> \section*{Pucker Up: Lots Of Uses For Lemon Juice}

(NAPS)-Lemonade, marinades
and salad dressing arent the only and salad dressing arent the onl
things you can make with tha
bottle of lemon wice in your refvi bottle of lemon juice in you
erator; it can do a lot more. erator, the next time life gives you
lemons, don't make lemonade. lemons, don't make lemonade.
Instead, try some of these handy household cleaning tips and
health-and-beauty uses that have
been collected been collected over the years.
Some are true, while others may
be old be old wives tales, passed do
from generation to generation. Create blond highlights.
Rinse your hair with one-quarter Rinse your hair with one--quarter
cup lemon juice and three-quarter
cup water Follow it up by sittin cup water.
in the sun.
Whiten, brighten, strengthen
fingernails. Soak fingernails in fingernails. Soak fingernails
ReaLemon juice for 10 minutes then brush with a mixture of equal
parts white vinegar and warm parts white vine
water. Rinse well. Get rid of dandruff. Apply one
tablespoon lemon juice to your hair. Shampoo, then rinse with
water. Rinse again with a mixture water. Rinse again with a mixture
of two tablespoons lemon juice and two cups water. Repeat every ot.
day until dandruff disappears. ReaLemon over blackheads before going to bed. Wait until morning
to wash off the juice with cool
water Repeat wutil you see a big improvement
in the skin Clear up facial blemishes.
Dab lemon juice on the blemish a Dab lemon juice on the blemish a
few times a day. After six to eight
weeks the blemish weeks the blemishes should disap-
pear. The acidity of the juice is enough to safel
layer of skin.
Tooth whitener. For an occasional whitener for your teeth,
mix together one teaspoon baking mix together one teaspoon baking
soda and $1 / 2$ teaspoon lemon juice. Apply a coat of this paste to your teeth, using a cotton swab. Brush
clean with water and rinse. Be clean with water and rinse. Be
careful not to do this too often as careful not to do this too often as
lemon juice is very acidic and may damage tooth enamel.
Relieve constipation
Relieve constipation. Before
breakfast, drink four tablespoons breakfast, drink four tablespoons
ReaLemon in one cup warm water. Sweeten with honey. Deodorize a cutting board.
To rid your cutting bard of the To rid your cutting board of the
smell of garlic, onions or fish,
wash it with lemon wash it with lemon juice. Clean a microwave oven.
Add four tablespons ReaLemon to Add four tablespoons ReaLemon to
one cup water in a microwave-safe, one cup water in a microwave-sare,
four-cup bowl. Boil for five minutes in the microwave, allowing the


Lemon juice has lots of uses,
from cleaning sinks to from cleaning sinks to soothi
and smoothing the skin. steam to condense on the in
walls of the oven. Wipe clean Clean brass, copper and
stainless steel kitchen stainless steel kitchen sinks.
Make a paste of lemon juice and gently, then rinse with ? Eliminate odors in your
humidifier. Pour three or humidifier. Pour three or four
teaspoons of ReaLemon into the
Remove rust and mineral discolorations on cotton T T-:
shirts and briefs. Use one cup. lemon juice in the washer.
Remove fruit/ber. Remove fruit/berry stains
or garlicky and fishy odors emon juice. Relieve a cough. Mix four
tablespoons ReaLemon, one cup Heat five minutes, then stir vigorously for two minutes. Relieve rough hands or sor eet. Apply lemon juice, r
then massage with olive oil. Write with invisible ink. Use
a $Q$-tip as a pen to write in leman juice on a piece of white paper Once it dries, hold the paper near a hot light b.
turn brown.
Remove Remove ink spots from
clothing. While ink is wet, apply ReaLemon liberally to the spot then wash the garment on norma cold water. For more information and
家

Pinning Down Ways To Stay Fit


Bowling has become a popu-
Iar way for older Americans to stay fit and have fun.

Americans, the road to health has led to bowling lanes. Bowling has hecome a popular-and fun-way
for adults to keep their minds and for adults to keat
Doctors say regularly lifting and rolling a bowling ball provides
many of the same health benemany of the same health bene-
fits-such as improved balance
and endurance and endurance-as some weight
bearing exercises, yet it is less hearing exercises, yet it is less
stressful on older people's joints
than higher imeat stressful on older people's joints
than higher impact sports such as
running or speed-walking running or speed-walking. In addition, the aerobic bene-
fits of bowling can help older peo-
ple burn calories fits of bowling can help older peo-
ple eurn acolories, lose weight and
feel invigorated. peel invigorated.
Peraps Perhaps just as important, however, going bowling can serve
as a fun social activity. Studies
show older Americanct. show older Americicans who remain
socially active tend to live longer, socially active tend to live longer,
more healthy lives than those who more hea For more in
www.amf.com.


Scratch these Games before we Scratch 'em for Good!
 You can didimp rizes of tp to 5599 a tany Texas Lotitery teteiler. Prizes of 5600 or more



## And, First State Bank wants to help you send your kids back "looking cool!"

Don't Miss Out!


Take advantage of Tax-Free weekend and First State Bank!! Get your back-to-school loan! Make 9 monthly installments at the great rate of $7 \%$ ( 7.04 APR)! Hurry!! Tax free weekend is August 2, 3 and 4, 2002! Loans from \$500-\$2000 Offer ends August 31, 2002! Offer good with qualifying credit.


Hog operation in Oklahoma There are 2400 hogs in each of these buildings. The massive fans ventilate the buildings - and pump out the stench. These operations are NOT farms and create odors that are overwhelming.


Hog carcasses in open pit -Missouri.

Big Pig has targeted the Texas Panhandle - primarily due to weak regulations and lack of enforcement of environmental, worker health and safety and food safety laws and standards. Multi-national agribusiness corporations are proposing to raise millions of hogs in the Panhandle.

These operations WILL have a detrimental impact on clean air, clean water, water quantity, and the rural quality of life in the Panhandle. Don't let anyone claim otherwise.

Speak now or forever hold your nose (and filter your water - if there is any leff).
More information: www.sierraclub.org/factoryfarms
This ad paid for by the Sierra Club on behalf of family farms and the environment.

