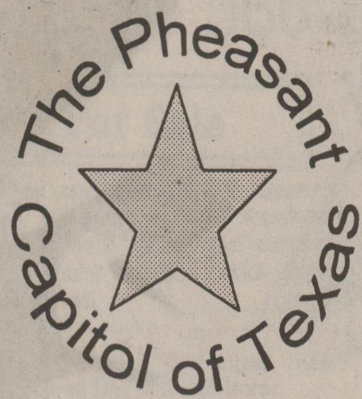


Sherman County Museum 7 /03
Box 1248
Stratford, TX 79084



THE STRATFORD STAR

50 CENTS

Published for OVER 100 YEARS IN STRATFORD, SHERMAN COUNTY, TEXAS 79084

usps 523-108

Number 35 August 29, 2002

Thornberry To Hold Meet & Greet Reception In Stratford

Amarillo, TX-U.S. Rep. Mac Thornberry (TX-13) is scheduled to hold a "Meet and Greet" reception in Stratford for the residents of Sherman County on Thursday, August 29, from 4:30 to 5:30 p.m. at the First State Bank of Stratford, 302 North Main.

Benefit Supper To Be Held

There will be a benefit calf fry supper Saturday, September 7th at 6 p.m. at the Boise City Park for Jonna (Trash) Lusk who is undergoing cancer treatments. Donations accepted.

Pantry Board To Have Meeting

The Pantry Board is having a meeting Thursday, August 29, 2002 at 7:00 p.m. at the XIT Building.

Fire Dept. Selling Chances On Half Beef

Stratford Fire Department is selling chances on a half beef. The beef was donated by the David Brown family with Brown's Meat Locker donating the processing. Proceeds will benefit the Fire Department's building fund. Tickets are \$1.00 each or 6 for \$5.00 and are available from any fire department member.

Early Deadline For Stratford Star

The Stratford Star office will be closed Monday, September 2, 2002 for Labor Day. Deadline for Thursday, September 5, 2002 edition is Friday, August 30 at 12 noon. Have a Safe holiday.

Drawing Date Changed For Playhouse

Due to football scheduling the drawing for the Playhouse to be held Friday, September 13, 2002 during half-time of Elks Football game. The original date for the drawing was planned for Sept. 6, 2002. So great news, this gives you one more week to purchase chances to win this playhouse for your children, grandchildren, great-grandchildren, nieces or nephews. Tickets can be purchased at the XIT Office, Lollipop Daycare and West Texas Electric. Chances are \$1.00 each or 6 for \$5.00. If you still have not seen the playhouse, drive by West Texas Electric, located next to Cold Water Thrift Store on U.S. Highway 287. Thank you for your support and good luck.

Tickets for 4-H members at West Texas A&M Football Game

West Texas A&M University is honoring Agriculture between July 31st and August 5 organizations at their first football game on September 7, 2002 at western Sherman Co., near the 7:00 p.m. All 4-H members and DALLAM Co. line and stole a saddle their families are invited to attend and saddle pad. Also on the night with reduced ticket prices of August 16th someone stole a (\$5.00/adult, \$2.00 students) with a new Polaris four wheeler from a coupon. All members interested in residence in southern Sherman attending this event should come Co. by the extension office anytime between now and September 6 to receive their coupon.

*** Education is the ability to listen to almost anything without losing your temper or your self-confidence. ***

—Robert Frost



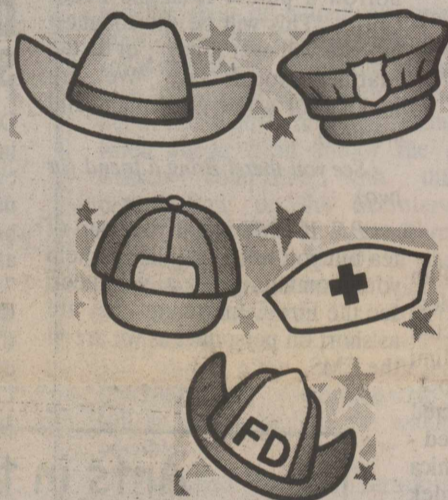
Mary Allen Named Exemplary Campus

Mary Allen Elementary was recently named a TEA Exemplary Campus. Congratulations to all the staff and all of the students who made this possible. This is exceptional and everyone is proud of our Stratford School system. It is definitely the best. Students—Take a bow, you deserve it!!!!

Labor Day

September 2, 2002

Have a Safe Holiday!!



Crimestoppers Update

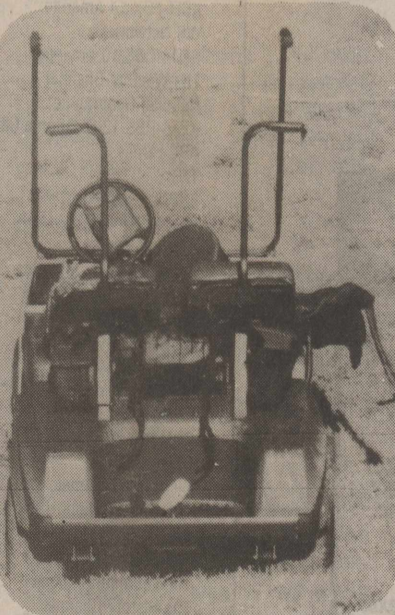
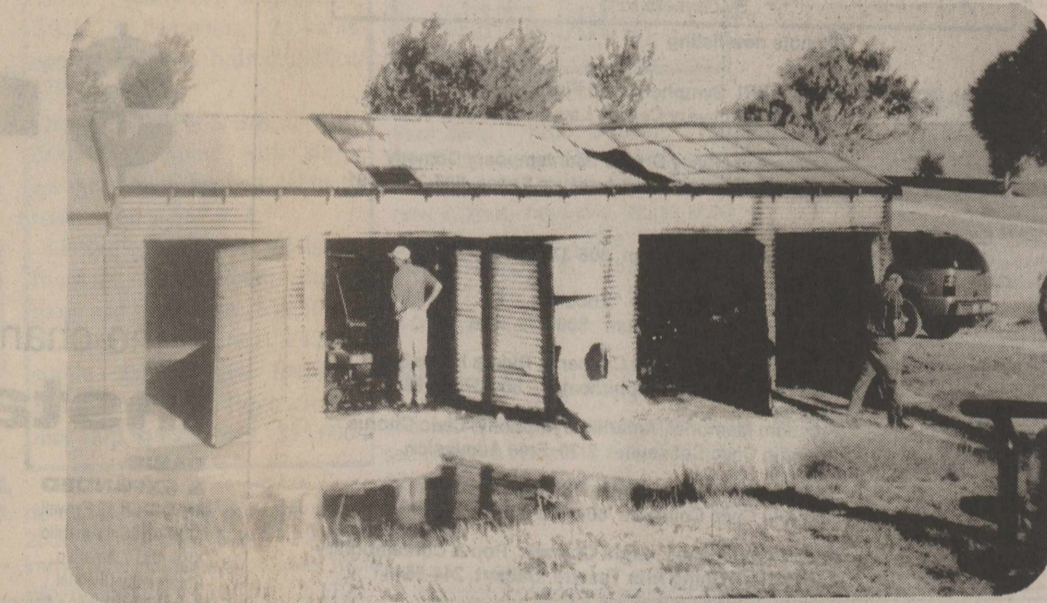
Sherman County Crimestoppers needs your help with several new felony crimes. Please remember that the Crimestoppers telephone number, 366-TIPS, goes to an answering machine to protect your identity, you must leave a call back number and code name so that we can contact you. If you need to contact a person call the Sheriff's Office at 366-5551 or the Police Dept. at 366-3051.

The four wheeler stolen was recovered but no arrests have been made. The person's responsible for the damage to Duckwall's have been arrested and cases are pending.

The new crimes Crimestoppers needs help with are identifying the person responsible for the attempted armed robbery at Allsup's on August 21, 2002 at app. 11:53 p.m. The subject was wearing a red bandanna covering his face, a ball cap pulled down over his eye's and wearing baggy pants and a dark colored baggy sweat shirt. The subject entered the store brandishing a small caliber fire arm and demanded money from the clerk. Someone drove up and the suspect left the store without taking anything.

On Sunday night the 25th of August someone burglarized a barn south of Stratford and stole a mini cutting torch and a saddle. On Tuesday night the 20th of August someone burglarized the tack room at a feedyard in central Sherman Co and stole two saddles, three bridles and one horse collar. And some time

If you have any information regarding the persons responsible for the above listed crimes or any other felony crimes please contact Sherman Co. Crimestoppers answering machine 806-366-TIPS (8477), the Sherman Co. Sheriff's Office or the Stratford Police Dept. Crimestoppers will pay up to \$1,000.00 for information leading to the arrest and conviction of the persons involved.



Fire Dept. Selling Changes On Afghan

Stratford Fire Department is sponsoring a drawing for a flag afghan made and donated by Bobbie Strong. Proceeds of the drawing will benefit the Fire Department's building fund. The afghan is on display at the First State Bank. Tickets are \$1.00 each or 6 for \$5.00 and are available from any member of the fire department. The drawing will be held September 11, 2002 and ticket holders need not be present to win. Please help the Fire Department by buying tickets and maybe you will win the flag afghan.

Ewers Awarded Scholarship

Marca Theresa Ewers, a graduate of Stratford High School, has been awarded a scholarship by the Texas Interscholastic League Foundation.

Ewers received a TILF Diamond Anniversary Scholarship in the amount of \$500, payable \$250 each semester of the first year. This year the TILF Diamond Anniversary Scholarship was awarded to 38 students who participated in the University Interscholastic League Academic State Meet and who have compiled an outstanding record of academic and extracurricular achievement. The Diamond Anniversary Fund also awarded seven other scholarships designated as Appreciation, Honorary and Memorial.

This year the TILF awarded 450 new awards and will renew approximately 260 awards for a total of 710 scholarships for 2002-2003 with an approximate value of \$1,386,000. Recipients may attend any approved college or university in Texas.

Ewers competed in Lincoln-Douglas debate at the 2001 and 2002 UIL Academic State Meets. She also participated in UIL tennis, cross country, one-act play, and persuasive speaking throughout her high school career. She was involved in student government, FCCLA, and FFA and was school mascot.

Ewers plans to attend Texas A&M University-College Station and major in political science.

Duke Wins Talent Contest

Miss Sherman County Farm Bureau Talent Find Tiffany Duke competed at the District Farm Bureau Talent Find contest and won on August 10, 2002 in Borger at Frank Phillip's College. Tiffany will now advance to the State Contest in December. Congratulations Tiffany and Good luck!

Suppose you had a car wreck and no one came to your aid?

By Larry Norris
I sometimes take for granted the privileges I enjoy from living in a small community. I would not trade the laid-back lifestyles here in Stratford for the high-pressure jobs and daily routines of the big city for all of King Solomon's wealth. We may be a podunk hick town in the eyes of some, but just in case you have missed it, we have emergency services here in Stratford that would surpass those of many of the big cities.

We are blessed, indeed, to have a select group of volunteers who willingly donate their time and talents to benefit their friends, their neighbors, and even total strangers. They are called upon in the middle of the day, at 2:15 in the morning, on weekends, on holidays, in the summer's blistering heat, during the cold of winter. Why do they do it? For money?—No, as they are volunteers. For the glory and glamour of it all?—No, for where is the glamour in the early morning hours when the crew members are the only other folks there?

What, then motivates these devoted volunteers to come to your aid when you have an accident, a structure fire, a medical emergency, an ammonia spill that empties half the town, a vehicle accident, a little grass fire that got outta hand? I'll tell you why they do it—it is the satisfaction of knowing they were able to help a friend (or a total stranger) when the chips were down and they were needed. The little pat on the back and a smile from one saying, "Thanks." The relief on a family member's face when help arrives for his/her loved one. The pure joy one feels when one makes a difference in the life of another human being. And occasionally, there is the exhilarating feeling of knowing that this person would not be alive right now if you have not been there to do your thing. That is the ultimate high!

Our EMS volunteer staff has really hit an all-time low number of personnel. Our city DESPERATELY needs YOU to get involved and get our numbers up once again. With such a shortage of folks on the service, those who are on the service run, and RUN, and RUN. This will lead to burnout, then more people stop running, then even fewer are left to carry the load. This community is blessed to have a Hospital District Board of Directors that has the foresight to employ two full-time paramedics to see that your emergency medical needs are met; however, we must have volunteers to make it work 24/7. What would you do if you needed help and no one came?

Please contact Stratford EMS at 396-2844, Jimmy Lanning at 366-2506, or Larry Norris at 396-2564 for information about an EMT class starting September 9 and lasting through December 18. Class will meet on Monday and Wednesday nights. You will receive excellent training and the

Cont. on page 2

Letters To The Editor

Obit

Barbara Bouldin

Barbara Bouldin, 74, of Amarillo died Wednesday, August 21, 2002 in Keller.

Services were held on Monday at First United Methodist church in Stratford, with the Rev. Mark Metzger, pastor, officiating. Burial was in Stratford Cemetery under the direction of Morrison Funeral Directors of Dumas.

Mrs. Bouldin was born June 6, 1928 in Sherman County. She was a Stratford resident most of her life. She married Orville H. Bouldin on Feb. 4, 1944 in Tucumcari, NM. He preceded here in death on Dec. 18, 1996.

She was a member of First United Methodist Church in Stratford and was a homemaker.

Survivors include two sons, Roy Bouldin of Gainesville, and Loren Ted Bouldin of Stratford; two daughters, Brenda McClellan of Stratford, and Kay Hawthorne of Keller; three sisters, Frances Moore of Pocatello, Idaho, Peggy Jo Coffman of Bradleyville, MO, and Patsy Miller of Eagle River, Alaska; two brothers, Homer Coffman of Munday, and Perry Coffman of Meridian, Miss.; five granddaughters, Deborah Zigler of Keller, Dana Dollar and Diana Bouldin, both of Gainesville, Kimberly Bouldin of Lubbock, and Briah McClellan of Stratford; three grandsons, Finnan McClellan of Stratford, and Tyler and Cody Hawthorne of Keller; and five great grandsons, Zach, Alexi, Collin, Liam and Reese.

The family suggests memorials be to First United Methodist Church, P.O. Box 1289, Stratford, TX 79084.

Pep Club Elects Officers

Stratford High School's Pep Club met on August 20th to elect officers. Katie York was elected president; Vice President - Mimi Ruiz; Secretary - Ashton Bullock. Two representatives were elected from each class. Seniors elected - Darcy Garza and Veronica Ortega; Juniors - Alisha Sladek and RoAnn Lopez; Sophomores - Kayla Robertson and Deidre Tarver; Freshmen - Heather Robertson and Haley Buckles. Pep Club is responsible for making signs, decorating the halls, decorating for pep rallies, holding the run-through sign at games, sales of spirit items, and promoting spirit at SHS. Go get'em Elks!!!

Study Club To Have Meeting

Prospectus Study Club will hold a meeting on September 4th at the Sherman County Library. Anyone interested in Study Club is invited to come. Study Club is sponsoring on September 4th a Bone Density Test from 1:30 to 4:30. There is no charge for this test.

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 or name on file. Name will appear in paper. We will not print statements that are obscene or libelous per se. This paper assumes no responsibility for content and all views are strictly the view of the writer. Copies of letters which have been submitted to other newspapers will receive a low priority for publication. The newspaper reserves the right to edit letters with respect to length or potentially libelous material.

Dear Readers,

You missed a treat if you did not see the musical production "1776" staged by Guymon Community Theater Aug. 15-24. It was spectacular. The commitment of 18 plus men's great voices was truly a wonder. When Guymon Community Theater presents a musical GO!

Gaynelle Riffe

Four Singers/Pianist At Dalhart LaRita Theater Sept. 13th

Four singer/pianist-a mom and three sisters will be in concert at the LaRita Community Theater in Dalhart, September 13 at 8:00 p.m. The Pummills do it all! Classical to Pop/Puccini to the Andrews Sisters/Brahms to Bernstein. A delightful evening is planned for you.

Volunteers Needed Cont. from page 1

rewards you will reap will far outweigh the inconveniences you encounter along the way. To borrow a phrase from the Peace Corps; "This will be the toughest job you will ever enjoy."; or as the Marines would say, "We are looking for a few good men (and women)."

See you there! Bring a friend (or two).

P.S. If EMS is not your cup of tea but you would still like to help your community as a volunteer, see the Fire Department--they are as short on personnel as we are in the EMS.

2002 Farm Bill Producer Meeting Held



Farmers of all ages were at the 2002 Farm Bill Producer meeting, August 21, 2002 at the Sherman County Barn.

Rebecca Hemphill, Sherman County Executive Director of Farm Service Agency is shown above speaking at the 2002 Farm Bill Producer Meeting held August 21, 2002 at the Sherman County Barn. This meeting was held to introduce area farmers and ranchers to the new provisions for the "Farm Security and Rural Investment Act of 2002". Producers were introduced to the new farm base and yield provisions associated with the Act. Another producer meeting will be scheduled the last of September to discuss Price Support (loans and LDP's), Payment Limitations, and Conservation Program Provisions.

DISCOVER! Sept. 2, 2002

Don Harrington Discovery Center invites you to an unforgettable evening under the stars for food, music and fireworks. The food booths and entertainment begins at 5:30 p.m. Skydiver's entrance at 7:50 followed by the Symphony Orchestra Concert until dusk and then accompanying the fireworks display. A great way to spend Labor Day and end the summer.

Arts in the Area

By Gaynelle Riffe

*** note new listing

- Sept. 2***** DISCOVER! Symphony and Fireworks
Amarillo Discovery Center Lawn open at 5:30 p.m.
- Sept. 5-8*** "As Bees in Honey Drown" Contemporary Comedy
Amarillo Little Theatre Adventure Space 806-355-9991
- Sept. 6-8 Khiva Shrine Circus
Amarillo Civic Coliseum 806-378-3096
- Sept. 7 Stars of the Panhandle "Encore"
Amarillo Civic Auditorium 806-378-3096
- Sept. 7 Lone Star Legacy 2002 Concert Riders in the Sky
Palo Duro Canyon Amphitheater 806-378-3096
- Sept. 11 Freedom Memorial Amarillo Symphony, Civic Chorus
Amarillo Civic Coliseum 7:30 Free Admission
- Sept. 12 "America" (Tin Man, Horse with No Name)
Amarillo Civic Coliseum 806-378-3096
- Sept. 13 Four Grand Pianos -Light Operatic, Pop & Contemporary
LaRita Performing Arts Theatre, Dalhart 244-5646
- Sept. 19 Cowboy Poetry with live entertainment
Amarillo Barnes & Noble 6:30 p.m.
- Sept. 21 "Pirates of Penzance" Amarillo Opera
Amarillo Civic Auditorium 806-372-7464
- Sept. 22 Bebo Norman
Amarillo Civic Auditorium 806-378-3096

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KETA-PBS 13 Oklahoma City
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FX
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USA
Nickelodeon
Univision
Lifetime Television
MSNBC
TNN
CNN HN
CNN
Discovery Channel
TBS Superstation
GAC
Arts & Entertainment
The Learning Channel
The History Channel
Animal Planet
Sci-Fi
Fox News
Fox Sports Southwest
Cartoon Network
QVC
C-SPAN
TV Land
VH-1
Home & Garden Television</p> <p>PREMIUM CHANNELS
HBO
Showtime
The Movie Channel</p> | <p>DIGITAL
A&E Biography
BBC America
Discovery Kids
Game Show Network
Goodlife TV
Home & Garden Television
Inspirational Life
Ovation
Sci-Fi
Trinity Broadcasting Network
Trio
Style
MuchMusic
Lifetime Movie Network
WE TV
Turner Classic Movies
Bloomberg
Discovery Civilization
Discovery Health
Discovery Home & Leisure
The Science Channel
Discovery Wings
Health Network
The History Channel
History Channel
International
Tech TV
Fox Sports Digital Atlantic
Fox Sports Digital Central
Fox Sports Digital Pacific
ESPN 2
ESPN Classic
ESPNNews
Fox Sports World
The Golf Channel
Outdoor Channel
Outdoor Life
Speed Channel
Shop NBC
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Retro Dance
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Soft Hits
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In 1994, Charles Walker played 306 simultaneous games of checkers at Dollywood in Tennessee—winning 300, losing one and drawing five.

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END OF GAME NOTICE

Don't Delay, Play Today!

Game #230 (\$2)
Money Machine
*Overall Odds are 1 in 4.45

Game #248 (\$2)
Weekly Grand
*Overall Odds are 1 in 4.56

Game #262 (\$2)
Yellow Rose of Texas
*Overall Odds are 1 in 4.77

10th Anniversary Game

Game #280 (\$10)
10th Anniversary Game
*Overall Odds are 1 in 2.46

10th Anniversary Game

Game #290 (\$1)
Straight 8's
*Overall Odds are 1 in 4.77

DOUGH IN A ROW

Game #279 (\$1)
Dough In a Row
*Overall Odds are 1 in 4.67

LOOT PURSUIT

Game #281 (\$1)
Loot Pursuit
*Overall Odds are 1 in 4.81

These games will close on
September 30, 2002.
You have until
March 29, 2003
to redeem
any winning tickets
for these games.

You can claim prizes of up to \$599 at any Texas Lottery retailer. Prizes of \$600 or more are redeemable at one of the 22 Texas Lottery Claim Centers or by mail. Questions? Call the Texas Lottery Customer Service Line at 1-800-37-LOTTO (1-800-375-6886).

NOTICE: A Scratch Off game may continue to be sold even when all the top prizes have been claimed. *The odds listed here are the overall odds of winning any prize in these games, including break-even prizes. Must be 18 years or older to purchase a ticket. © 2002 Texas Lottery.

Lollies Lines

By Lorelyn Powers

Howdy! This last week was a large one with the 100th anniversary of the Baptist Church. There were lots of out of town guests and lots of home town people attending the park and the Church services and then the dinner at the school house. There were lots of video and lots of snap shots. Hope everyone has recovered. We hope that our big blue football team is OK. They did great against Clarendon so they will go along ways with the town supporting them. The temp is a warm 90 so will everyone take care, stay in the house in the middle of the day. Will everyone take patience with all that we come in touch and also be kinder to one another.

Breast Cancer Screening To Be Held

The Don & Sybil Harrington Cancer Center Comprehensive Breast Center will conduct a Breast Cancer Screening Clinic at Stratford Family Medical Clinic, 1220 Purnell in Stratford on September 10, 2002.

Breast cancer affects one in 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 self-examination. Funding is available through the Texas Department of Health for Texas residents who qualify for assistance. All exams are done by appointment only. Call 356-1905 or 1(800) 377-4673 for more information.

Take CARE this Labor Day Weekend

The Texas Department of Public Safety will join other state police agencies across the nation in promoting traffic safety through Operation CARE during the upcoming Labor Day holiday.

Operation CARE-Combined Accident Reduction Effort-focuses on strict enforcement of speed limits, alcohol and drug-related offenses, and occupant restraint laws. The increased presence of law enforcement on the state's highways will run from Friday, August 30 to Monday, September 2.

"During holidays, people sometimes think that tragedy won't strike them or their loved ones, but it can," said DPS Director Col. Thomas A. Davis Jr. "If you're speeding, driving while intoxicated or not properly restrained, you put your life and the lives of others at risk."

Holiday drivers are sometimes tempted to drink and drive. They justify their illegal behavior by believing that their actions won't affect themselves or others. Drivers must remember that even one drink can diminish driving ability and there are no quick ways to "sober up."

DPS has a zero-tolerance policy for drunk driving. Vehicles that are being driven in a manner that indicates the driver is intoxicated will be stopped in every case, and appropriate action will be taken. Drunk drivers are a hazard to themselves and everyone who shares the roadway with them. "We realize that not every driver will follow our suggestions for safe driving," said Col. Davis, "and that's why our troopers and agencies across the state are stepping up holiday enforcement. We'll do our best to make the roadways safer for Labor Day weekend travel."



In 1963, the New York Titans were renamed the New York Jets. In 1999, the Tennessee Oilers became the Tennessee Titans.

A Musical Of Hope In Memory & Honor of the 911 Tragedies

There's something about looking to the Lord, even in the middle of our struggles that changes everything. In every situation, there are people who are facing trials, loss, illness, and grief. Through the new musical, *Lift Up Your Eyes*, everyone can be encouraged with the message that God is unchanging and His grace and peace are limitless.

Presented by the Paramount Terrace Christian Church Worship Choir, *Lift Up Your Eyes*, is offered as a memorial honoring those who suffered loss during the tragic events of September 11th. Throughout the day on Sunday, September 8th, Paramount Terrace Christian Church worship services will be transformed into memorial worship services honoring all who serve or have served in the fire department, law enforcement, emergency services, and the military. The evening musical completes a day of memorial and honor by offering the message of hope found by lifting our eyes up to the Lord.

Lift Up Your Eyes will be presented at 5:00 p.m. in the Worship Center at Paramount Terrace Christian Church, 4000 Mays which is 2 blocks south of 34th and 1 block east of Western. Admission is free and childcare and Sunday School classes for children are provided. For further information, call the Music Department at (806)353-6615.

Card of Thanks

I am blessed to live in this community. Thanks for your prayers, cards, flowers, phone calls, visits & food. Just keep on praying.

J.A. Lasley

Thank you to the EMT's and Jimmy Lanning and all those that helped get me to the hospital. To my family and friends for all their help and support and especially to Bob Sweeten for being there for us and our new babies-they are doing well!

Thanks again,
Shannon and Jode

Historic Decision For Girl Scouts

Girl Scouts of Yucca Council based in Guymon, Oklahoma: voted on August 17, 2002, to dissolve their corporation and merge with Girl Scouts-Texas Plains Council, based in Amarillo Texas. The Yucca Girl Scout Council board of directors and delegates took this historic step in order to provide greater Girl Scout membership and program opportunities to all girls within their jurisdiction.

While this was a difficult decision according to Terri Hein, Yucca Council Board President, it was the right thing to do in order to help Girl Scouting grow within the 14 counties Yucca currently serves. "The membership believes that girls who reside within both councils will benefit from combining the resources of the two councils." Karen Davis, Board President of the Texas Plains Council stated that "all girls will have valuable opportunities to interact with girls from five different states and 31 countries."

Yucca Council, founded in 1962 has proudly served thousands of girls and adults over its forty year history in portions of Oklahoma, Texas, New Mexico, Colorado and Kansas.

The Texas Plains Council was selected because Amarillo offers many cultural opportunities and is accessible to the members of the Yucca Council. "Combining the two councils makes sense and it will increase our capacity to serve more girls more cost effectively through maximizing our collective resources," according to Maria DeBrango Stickel, Executive Director. "We are excited that we were chosen. Together we will build a new council with a common vision so that Girl Scouts continues to be the preeminent organization for girls across these five states."

All administrative business will be conducted from the Amarillo office under the direction of Maria DeBrango Stickel, Executive Director. However, the office in Guymon will remain open and two membership staff will serve the girls and adults within that region.

Within the next year the combined membership will help to select a name for their council that more aptly describes their new identity. For more information about Girl Scouts, call 806-356-0096.

STRATFORD ELK FANS

Tommy's Embroidery will be staying open until 6:00 p.m. this Thursday, August 29th So Come On Over Early and Check Out Our Selection of Royal & White Items for Football Season.
210 Hwy 54 West
580-423-7718

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Is Buying High Moisture Corn For Fall Delivery To Cactus Feedyard, Cactus, TX. Please Call Randy at 806-371-4710 for Contract Details.

AgriPartner Report Week of August 19, 2002 Dallam, Sherman, Hartley & Moore Counties

Corn borer and spider mite problems in corn have subsided. Most corn is mature enough that there is little likelihood that a pest problem could develop between now and harvest.

Reports indicate that greenbug infestations have declined. They did not reach economic threshold levels in very many fields. Predators, parasitoids and rain can be credited for keeping greenbugs below economic threshold levels.

Keep a close watch on sorghum for headworms. Corn earworm moths that cycle out of corn will be attracted to sorghum that is in the bloom and milk stages to lay eggs. Economic threshold for headworms in sorghum is an average of 1 to 2 per head.

Whorl feeding damage in sorghum continues to cause some concern. Fall armyworm and corn earworms are most often the pests that cause this type of damage, but they cause little impact on yield while feeding in the whorl.

Check soybeans for podworms. Corn earworms leaving corn fields will be attracted to soybeans with developing pods. The economic threshold for podworms in soybeans is an average of 3 per foot of row.

Grasshoppers, fall armyworms and beet armyworms are capable of causing considerable stand loss in wheat. Monitor wheat particularly field edges for these pests.



A Shower for Gloria Hernandez, daughter of Chris & Jesse Hernandez was held Sunday, August 11, 2002. Pictured at left (L to R) Patty Tims, Jessie & Gloria Hernandez, Mary Hernandez & Kristine Olsen. Hostesses for the shower were: DeDe Dewees, Barbara Dewees, Dorothy Dewees, Patty Melton, LaRita Butler, Kristine Olsen, Lindsay White, Patty Tims and Mary Hernandez.



The United States produces more energy from various sources than does any other country.

As daylight can be seen through very small holes, so little things will illustrate a person's character.

—Samuel Smiles

Please Join Mayor David Brown to Meet and Greet 13th District Congressman Mac Thornberry at the

First State Bank of Stratford
302 N. Main
Thursday, August 29, 2002
4:30 to 5:30 p.m.

Paid for by Thornberry for Congress, P.O. Box 9392, Amarillo, TX 79105

STRATFORD DAIRY QUEEN is NOW OPEN

7:30 a.m. - 9:00 p.m. - Weekdays
7:30 a.m. - 10:00 p.m. Weekends
Now Serving Breakfast Burritos & Sandwiches
366-2433

First Assembly of God

Terry Callis, Pastor
921 Fulton
Sunday School 9:45 am
Morning Worship 10:45 am
Evening Worship 6:00 pm
Wed. Bible Study 7:00 pm

First Christian

Rev. Bob Sweeten
5th & Main
Sunday Coffee Fellowship 9:00 am
Sunday School 9:45 am
Morning Worship 10:45 am
No Sunday Evening Worship
Wed., Adult Choir 8:00 pm

First United Methodist

Rev. Mark Metzger
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
5:00 pm Cable Ch. 3 for
Morning Worship Service - Ev. worship - 7:00

St. Joseph Catholic

Father Darryl Birkenfeld
6th & Pearl
Rectory - 366 - 5687
Sunday morning: 8:30a.m. (English), 10:30 a.m. (Spanish)
Sacrament of Reconciliation: Before Mass.
Christian Formation Classes: K-6th Grade, Sun. - 9:00 a.m.
Jr. & Sr. High, Wed. - 6:30-8:30 p.m.

Church of Christ

N. 3rd & Chestnut
Sunday School 9:30 am
Morning Worship 10:30 am
Evening Worship 6:00 p.m.
Wednesday Bible Study - 7:30 p.m.

Calvary Baptist

James Washburn
302 S. Main - 806-396-5335 lv. message
Sunday School - 10 a.m.
Morning Worship - 11 a.m.
Evening Service 6 p.m.
Wed. Service - 7:30 p.m.

First Baptist

Brent Farney
702 N. 3rd
Sunday School 9:45 a.m.
Morning Worship 10:50 a.m.
Church Training 6:00 p.m.
Evening Worship 7:00 p.m.
Wednesday Bible Study 7:00 pm

La Mision Bautista

Mision Bautista
401 S. Wall 396-5376
Domingo-(Sunday)
Estuela Dominical 9:45 am
Miercoles (Wednesday)
Servicio De Adoracion 11:00 am Estudio Biblico &
Servicio De Oraction 6:00 pm
Servicio De Adoracion 6:00 pm Se Cuidamos
Susninios Durante El Servicio.

The Churches of Stratford Welcome You

Comfort From Judgment

You've heard this saying, "There is nothing as certain as death and taxes." We make this comparison to show that just as it is impossible to escape death so we will always have to pay taxes of some sort. But there is something else just as inevitable as death and taxes. The Bible puts it this way, "It is appointed for man to die once and after this comes judgement" Hebrews 9:27. Yes, physical death comes just once to every person. The Bible knows nothing of reincarnation. There will be no second or third or fourth life in this world. Why? Because death is followed by judgment. "For we must all appear before the judgement seat of Christ that each one may be recompensed for his deeds in the body according to what he has done whether good or bad" 2 Corinthians 5:10. You see, you will be judged according to what you have done in and with your life. The standard of judgement will be the righteousness and holiness of God. If your life has not measured up to the high standard of God's holiness, strict judgment will be pronounced against you and the fact is no human being has ever met God's standard for holiness. "All have sinned" Romans 3:23. As a result, although they laugh it off, a lot of people fear judgment. But if you embrace the love of God, if you trust in Jesus Christ as the only adequate payment for your sins, you need not fear judgment to come. In fact, the Bible says, "You may have confidence in the day of judgment" 1 John 4:17. How about you? Do you recognize your lack of holiness? Have you trusted in Jesus Christ? Do have confidence as you face judgement?

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Walter Lasley & Sons, INC
753-4411

Templo Hispano Eben-Ezer
Pastor Roberto Frescas
205 N. Poplar - Hwy 287
Escuela Dominical 10 a.m.
Servicio De Adoracion 5 p.m.
Meir Co Les Serv De Ador 5 p.m.

Kerrick Community Church
Pastor Roy Harris
Community Building
Sunday Morning - 11:00 a.m.
Sunday Evening - 6:00 p.m.
Prayer Meeting - 7:00 p.m. Wednesday



Leslie Neve was honored with a baby shower on Saturday, August 24, 2002 in the home of Lisa Crabtree. Shown from left, Kristal Hager, Kay Hager, Leslie, Jill Faulks, Dinah Horsford, and Betty Neve.



Jode Lasley Anderton was honored with a baby shower in the home of Kathy Riffe on Saturday, August 24, 2002. Shown from left, Lana Anderton, niece Rebecca of Spearman, Elsie Lasley, Jode, Karen Anderton, Joyce Ann Lasley, Orlanda Garoutte. In front, McKenzie Anderton. The babies have arrived and our doing well, they are Slate Ethan - 4 lb. 9 oz and 16 1/2" long, and Lashala Janne - 3 lb. 9 oz and 17" long.

You know you're getting old
when the candles cost more
than the cake.

—Bob Hope

Health

(NU) - Differences between men and women span beyond personal habits. How women and men are differently affected by pain is gaining attention from medical experts. Is universal relief in sight? Because women and men may respond differently to oral pain medicines, external pain relievers such as Joint-Ritis may be a universal answer, at least for treatment of some arthritis pain. For more information, visit www.jointritis.com.

Health

(NU) - Baseball great Babe Ruth died of lip cancer from chewing tobacco. So did Ty Cobb and Bill Tuttle. A tobacco chewer has a 400 percent greater chance of getting lip cancer than a non-chewer, according to the U.S. Department of Health and Human Services. In 1985 Bill Geiger developed Mint Snuff non-tobacco chew as a replacement for tobacco to help him through the withdrawals. Today, Geiger provides his non-tobacco chew to professional sports teams throughout the United States and Canada. And via the Internet (www.mintsuff.com), he educates chewers and offers strategies for quitting.

Beauty

(NU) - Is a facelift surgery procedure for you? If cost is an issue, one option is to call a company that manages plastic surgery discounters, such as Looks for Less Inc. at 1-800-842-8424. Remember, when considering cosmetic surgery, it's imperative that you choose a qualified plastic surgeon that is willing to answer all of your questions and demystify the process to help you make an informed decision.

Internet

(NU) - When we think of e-mail, we think we sent it off into cyberspace and it was delivered to the person intended and to no one else. A more realistic view would be to think of your words as written on a postcard. To protect online security, MDM Group, Inc., offers trusted products that provide security solutions to anyone looking to securely communicate or transact over any network. For more information, log on to www.mdmgroupinc.com.

Travel

(NU) - Imagine this: You're visiting a town in Taiwan and you need medical care. Without the right medical coverage, getting your bills paid could be quite difficult. Those who are enrolled in a Blue Cross and Blue Shield Plan also are enrolled in its BlueCard Program, in which they have access to medical assistance services, hospitals and doctors in more than 200 countries. To learn more, visit www.bcbs.com or call 1-800-810-BLUE.

Blood Clots — Are You at Risk?

NewsUSA

(NU) - Did you know that about two million people in the United States develop deep-vein thrombosis each year according to the American Heart Association? Deep-vein thrombosis refers to the formation of a blood clot (thrombus) within a deep vein, commonly located in the thigh or calf. If the blood clot breaks free and travels through the veins, it may reach and become lodged in the lungs and may lead to a pulmonary embolism, a life-threatening condition that can cause sudden death. It is estimated that up to 200,000 people die in the United States per year from a pulmonary embolism.

Blood clots form when circulation to particular parts of the body is abnormally sluggish and/or damage to the blood vessel wall has occurred. Patients who are immobile, such as those bedridden due to severe infections, surgery, arthritis or back conditions, are particularly at risk for developing blood clots.

A study published in The New England Journal of Medicine found that acutely ill medical patients with restricted mobility are especially at risk for developing blood clots:

- Cancer: patients are often immobile for a long period of time, resulting in slower blood circulation. Patients with certain types of cancers, such as stomach and pancreatic, are more prone to develop blood clots.
- Obesity: it may be associated with a sedentary lifestyle.
- Varicose veins: these veins are distended, lengthened and twisted, making blood flow slower than normal in the vein.
- Estrogen (hormone) therapy: a major component of oral con-

traceptives, estrogen is also used to treat hormone-dependent cancers thus, increasing blood clotting.

- Chronic heart or respiratory failure: two serious conditions requiring prolonged immobility.

- Thrombophilia: this condition refers to defects in the normalizing mechanisms of the blood (hemostasis), which results in a predisposition to blood clots.

Advanced age also contributes to the formation of blood clots, as blood flow is slower and blood vessels are often narrowed and damaged in older individuals.

The most common symptoms of deep-vein thrombosis are swelling, tenderness, redness, and pain in the affected leg. The most common warning signs that a blood clot has traveled to the lung include shortness of breath, sudden onset of chest pain or localized chest pain with coughing.

"Deep-vein thrombosis can be prevented. If patients have risk factors, there are treatments to prevent it effectively and things to do to modify the risk," said Franklin A. Michota, Jr. MD, section head of hospital and perioperative medicine at the Cleveland Clinic Foundation in Cleveland, OH.

Conventional treatments to improve circulation include elevation of the feet, leg exercise and wearing elastic or compression stockings to support the leg muscles and prevent pooling of the blood. Anticoagulants, or blood-thinning drugs, such as low-molecular-weight heparins, help to reduce the risk of deep-vein thrombosis and pulmonary embolism by impairing the body's normal blood clotting process. Lovenox® (enoxaparin sodium) injection is the only low-molecular-weight heparin ap-

proved by the Food and Drug Administration for the prophylaxis of deep-vein thrombosis, which may lead to pulmonary embolism in medical patients at risk for thromboembolic complications due to severely restricted mobility during acute illness.

These treatment regimens are essential to reduce the risk of a fatal pulmonary embolism and reduce the complications associated with deep-vein thrombosis.

Lovenox® (enoxaparin sodium) injection cannot be used interchangeably with other low-molecular-weight heparins or unfractionated heparin.

When epidural/spinal anesthesia or spinal puncture is employed, patients treated with Lovenox® are at risk of developing an epidural or spinal hematoma (blood clot), which can result in long-term or permanent paralysis.

As with other anticoagulants, use with extreme caution in patients with conditions that increase the risk of hemorrhage. Bleeding can occur at any site during therapy.

Cases of heparin-induced thrombocytopenia have been observed in clinical practice.

Lovenox® should not be used in patients with hypersensitivity to enoxaparin-sodium, heparin, or pork products, and in patients with active major bleeding.

The use of Lovenox® is not recommended in patients with artificial (prosthetic) heart valves, including pregnant women.

Common side effects include mild local reactions or irritation, pain, hematoma, bruising, and redness of the skin.

Please visit www.lovenox.com for full prescribing information, including boxed WARNING.

Kitchen Korner

Serious Gadgets For Serious Chefs

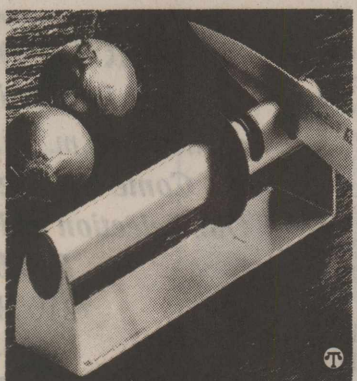
(NAPS)—One of the sharpest ideas in equipping or upgrading a kitchen is to choose cutlery made by manufacturers who don't cut corners.

Whether you are buying basic equipment for a college dorm or a well-stocked kitchen, gadgets should be practical, durable and well-crafted.

Kitchen basics such as those found in Zwilling J.A. Henckels Twin Select Gadgets offer superior craftsmanship and design. They were created for those who love to cook and enjoy experimenting in the kitchen.

Gadgets of this caliber can be a lifetime investment, since they are all made from 18/10 stainless steel and are dishwasher safe. What gadgets should a well-stocked kitchen have on hand? Here are a few suggestions from the experts at Zwilling J.A. Henckels:

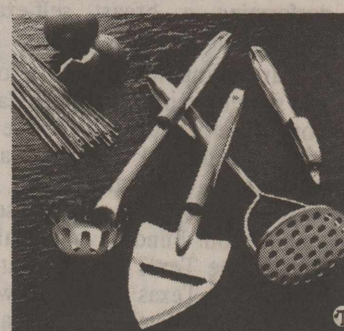
- The high-quality Twin Duo stainless steel knife sharpener designed with user comfort in mind. The best sharpeners come



Choose a knife sharpener that offers superior craftsmanship and design.

with two sharpening modules—steel for sharpening blunt knives and ceramics for polishing and quick resharpening. Works well for both left- and right-handed users.

- A mincing knife with board is



Some tools are not just practical cooking devices. They are also a feast for the eyes.

an easy way to mince. Just rock back and forth and the curved blades mince herbs, spices or nuts with speed and precision.

- A vegetable peeler easily removes thin layers of peel.
- A nylon turner turns and lifts without scratching pans.
- A can opener with a gear-driven cutting blade cuts a smooth edge on the lid of a can quickly and easily.

- A garlic press includes two interchangeable grids for coarse or fine mincing of garlic, onions or shallots. Grids are removable for easy cleaning.

- A cheese grater grates whole spices, hard cheese types, lemons or orange rinds.

- A potato masher mashes potatoes and other vegetables to a smooth texture.

- A lemon zester produces fine shavings of lemon, orange or chocolate.

- A soup ladle stirs and serves.
- A slotted spoon serves and removes large cut vegetables or whole items without liquid.

The above list represents only a few of the full range of items available to meet each cook's specific needs. For information on Twin Select Gadgets and other J.A. Henckels products, call 1-800-777-4308.

COLLEGE CORNER

Cutting Loan Payments—Quick

(NAPS)—It shouldn't take an advanced degree to understand student loan forms. That's the lesson many students have taught colleges and lenders. As a result, steps have been taken to make the loan application process easier and faster.

Today, students can use the Web to apply for loans, check the balance owed on a loan or "shop" around for lenders. A group called Consolidation Assistance Program™ (CAP) even lets students sign their Federal Student Loan Consolidation applications online with a secured electronic signature.

The technology can help speed the borrowing and consolidating process, helping students borrow at the rates they want, when they want. In addition it reduces paperwork significantly.

Loan consolidation has become a popular choice for students burdened with heavy student loan payments. Students can consolidate loans without paying a fee or needing a credit check.

As of July 1, Federal Consolidation Loan interest rates are at 4.125 percent—their lowest point in history—and in some cases, even lower. With CAP borrower benefits, those rates could drop as low as 2.25 percent. Even parents consolidating Parent Loans for Undergraduate Students (PLUS loans) can get rates as low as



New technology helps student borrowers lock in the loan rates they want, when they want.

3.625 percent (including borrower benefits). For some borrowers, the new rates could reduce their monthly loan payments by more than half.

"Consolidation is a process that makes sense for graduates seeking affordable education payments," says Ellen Frishberg, Director of Student Financial Services for the John Hopkins University. "Even though students are counseled on the importance of repaying an education loan, many are still overwhelmed by the size of their monthly payments when they get out. For those students, consolidation can be a positive alternative."

To apply for a consolidation loan or for more information on consolidation rates visit the Web site www.mycaploan.com.

Guides For Brides

New Ways To Tweak Wedding Traditions

(NAPS)—For many engaged couples, the quest for a unique wedding is entering new territory.

These days, couples may showcase bits of personal history on their wedding day. For example, they may play CDs of their favorite music or compose slide shows with scenes from their courtship. They may also find small ways to involve guests, such as having each one sign a fabric square for a quilt.

One traditional wedding practice, however, remains pretty much intact. Fresh flowers still epitomize the beauty and symbolism of the occasion. Even in this area, tradition is being gently challenged. While many brides follow tradition with an all-white bridal bouquet that's simple but lavish—perhaps 200 stems of lilies of the valley—other brides are tossing out the all-white bouquet in favor of color.

Consider these ideas:

- An autumn wedding that reflects the season with the rusty oranges, purples and reds of novelty roses, dahlias, and lilies.

- A wedding that can recall a Tuscan afternoon with warm burgundy and wine flowers interspersed with green foliage.



Photo and bouquet courtesy of Teleflora

Brides today are finding new ways to express their personalities in their wedding bouquets.

- To unite sentiment and sophistication, brides are blending several types of red roses in a harmony of cranberry, wine and scarlet.

- Most brides agree on one point: The rose is the quintessential wedding flower.

"Brides love the look of roses, but they want to have other flowers with them, such as lilies,

hydrangea and specialty flowers from California," says Lynn McLean, a Houston designer.

- Orchids are prominent on the list, particularly for brides seeking a distinctive style.

- Cymbidiums are enjoying a rebirth as brides discover the lustrous colors of this flower. Green cymbidiums inject color into white bouquets, while orange and burgundy blooms add singular beauty in fall tones.

"The cymbidium is the newest, most requested flower," says McLean.

- The yellow, mango and aubergine tones of the elegant Calla lily will also lure brides, in bouquets or with a single bloom at each place setting.

- Cost-conscious brides are discovering the value of stock, designing entire weddings around this scent-filled flower, including a "floral icing" for the wedding cake.

Wedding flowers are now a medium through which each bride expresses her unique personality. California cut flower growers are attuned to this trend. For a vast and continually changing palette of floral information, visit the California Cut Flower Commission Web site at www.cffc.org.



Gladys Evans was the lucky "Beauty Pageant" winner held Friday at Coldwater Manor. Congratulations Gladys, you were a doll.



The three lucky winners in the Coldwater Manor Beauty Pageant held last Friday were 2nd place Mae Plunk, Third Place Violet Krueger and first place Gladys Evans. Congratulations to all the winners. Everyone who participated was a winner.



Ina Vandiver was named "Resident of the Month" At Coldwater Manor. Congratulations Ina!!!



Two couples recently celebrated Anniversaries at Coldwater Manor. Shown above are Verlie and Tubby Henson who celebrated 66 years and Branch and Mallie Sheets who celebrated 53 years of "Wedded Bliss"

CHICKEN PAPRIKA
Serves 4

- 1 teaspoon olive oil
- 2 cups onion, sliced finely
- 1 tablespoon sweet paprika
- 1/2 cup chicken stock
- 4 chicken breasts halved, boned and skinless
- 1 14-oz. can plum tomatoes, seeded and chopped
- 1 sweet red pepper, thinly sliced
- 2 tablespoons sour cream
- 1 tablespoon unbleached flour
- 1 tablespoon cold water

1. Preheat a T-Fal Encore 4.4-qt. covered deep sauté pan over medium heat until the Thermo-Spot visual heat indicator turns a solid red. Add olive oil, heat for a minute, then add onions and sauté over medium heat for five minutes. Stir in 1/2

tablespoon paprika and mix well.

2. Add stock, chicken, tomatoes and peppers. Bring to a boil over medium heat. Close steam-vent knob, cover and simmer for 15 minutes. Remove the chicken and vegetables with a slotted spoon and set aside. Continue cooking sauce until reduced to one cup.

3. In a cup, mix sour cream, flour, water and remaining paprika until smooth. Stir into the sauce and simmer, without boiling, for 5 minutes or until lightly thickened. Return chicken and vegetables to pan, heat briefly and serve at once.

HEALTH

Are You Better Rested After Vacation? Gallup Survey Says No

NewsUSA

(NU) - Have you ever returned from a vacation feeling more tired than when you left? If so, you are in good company.

A new Gallup survey reveals that the majority of Americans return from vacation tired. In the survey, 54 percent of vacationers said that they were tired upon their return, including 19 percent who said they returned feeling either "very tired" or "exhausted." Only 20 percent of vacationers returned home well rested, one-third fewer than those who felt well rested before they left for vacation.



Survey says most Americans return from vacation tired.

"One would expect that vacation would dramatically reduce the number of people reporting tiredness, but instead there was a moderate increase," said Dr. Roger Cadieux, clinical professor of psychiatry at Penn State University's College of Medicine. "Clearly, vacations are fraught with obstacles to sleep and relaxation, and the problems often begin before you leave home."

The survey identified several behaviors that contributed to vacation-related sleep loss. Nearly half of vacationers said they packed the night before and many lost two or more hours of sleep before their trip. During their vacations, many respondents disrupted their normal sleep habits. The majority stayed up later than usual on at least one night.

Some also had trouble sleeping as a result of unfamiliar surroundings, uncomfortable accommodations, or indigestion, chronic sleep problems or other

medical conditions.

"Vacation is not going to resolve a chronic sleep condition, such as insomnia," Cadieux said. "If you're having sleep problems, consult a physician."

Some tips to make your next vacation more sleep-friendly include:

- **Start packing several days before your trip.** Don't wait until midnight the evening before.
- **Eat and drink moderately.** Overindulging in food or alcohol can disturb sleep patterns, particularly late at night.
- **Stop worrying.** Don't put work, family or financial problems on the itinerary. You'll have time to address those issues upon your return.
- **Plan to get a full night's sleep.** You don't have to sacrifice fun for sleep. You can conquer every monument in Washington, D.C., and still get a full night's sleep. Don't approach vacation like a marathon.

For resources on sleep and making vacation more sleep-friendly, visit www.shuteye.com or www.sleepfoundation.org.

dollar day savings

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4' x 6' Broadloom Carpet.
Assorted styles and colors.
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• Storage Tower. #147
• TV Cart. #144/145
• Student Desk. #141
READY TO ASSEMBLE

\$1 HOMETOWN VALUES
Selected Heinz Products.
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• Sweet Relish Or Gerkins. 16 oz.
• Baby Dills. 16 oz.
• Mustard. 15.75 oz.
• Ketchup. 20 oz.
• Hamb. Slices. 16 oz.

\$1 HOMETOWN VALUES
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15 oz. to 30 oz.
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\$4 Values Up To \$5
Storage Totes.
Stackable totes with tight lids.
Various colors.

\$1 HOMETOWN VALUES
Paper Plates. 80 ct.
Foam Plates. 40 ct.
Asst. Plastic Storage.
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3/\$10 Reg. 4.88
Selected Heavyweight Bath Towels.
Asst. styles and colors.
SLIGHTLY IMPERFECT

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Twin Country Manor Sheet Sets.
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• Queen. Reg. 21.00 \$17

\$2 Reg. 2.39
Red Heart Super Saver Yarn.
6 oz. variegated or 8 oz. solid colors. 52 colors.

3/50 Sale
Zap!
Orange Clean. Spray bottle.
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Chunk style with complete nutrition.
36 lb. bag.

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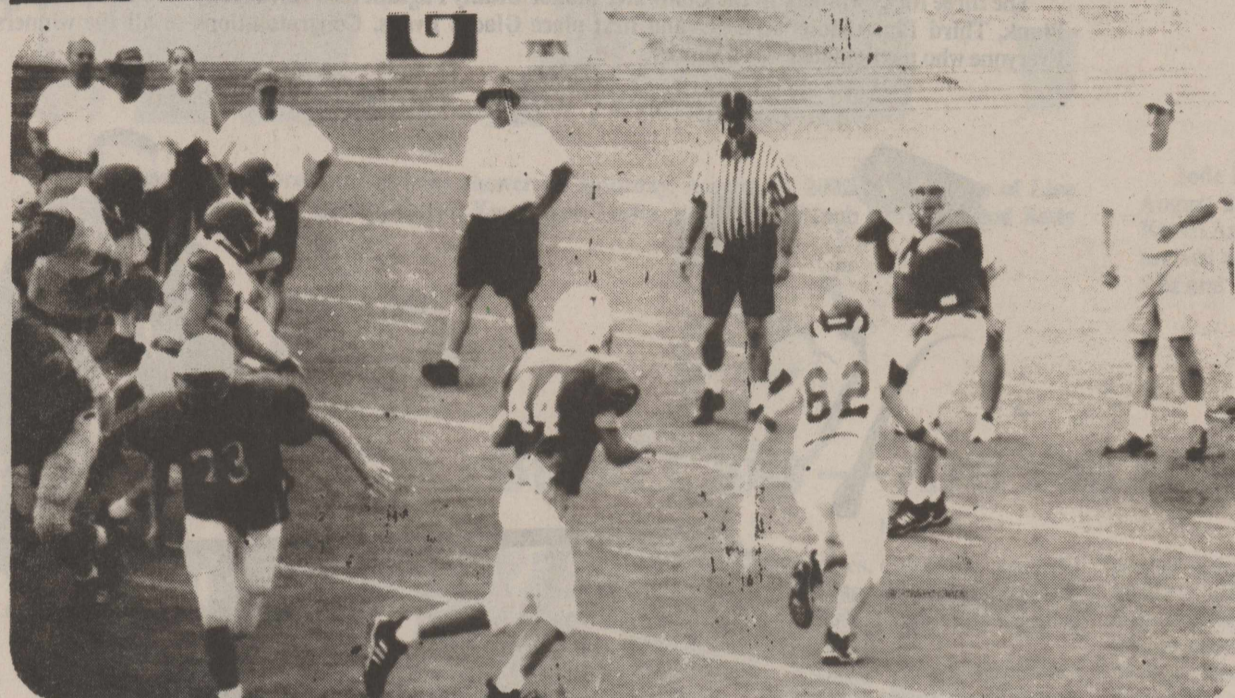
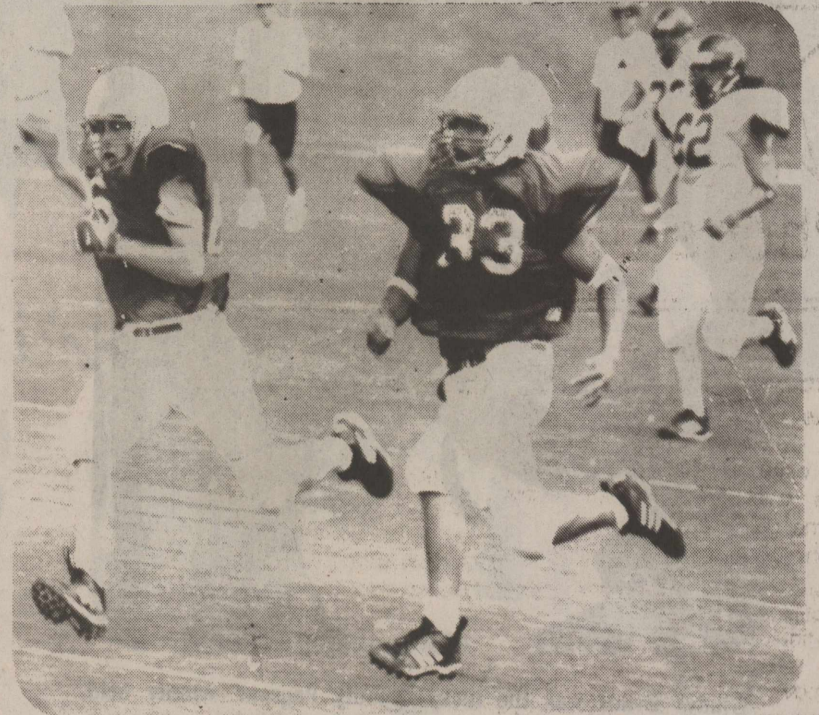
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Asst. styles of backpacks.
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DUCK WALL'S
HOMETOWN VARIETY STORE

Mon. - Sat.
9:00 - 6:00 p.m.
Sun. - 1-5 p.m.

Stratford Elk Shots!!



The J.V.-Varsity Stratford Elks scrimmaged Clarendon on Thursday, August 22 in Amarillo at Dick Bivins Stadium. They will scrimmage Texhoma, there at 6:30 p.m. this Thursday, August 29th. Let's support our Stratford Elks!!



Some rural residents of Maryland once believed that the cackling of geese foretold rain.

Education News & Notes

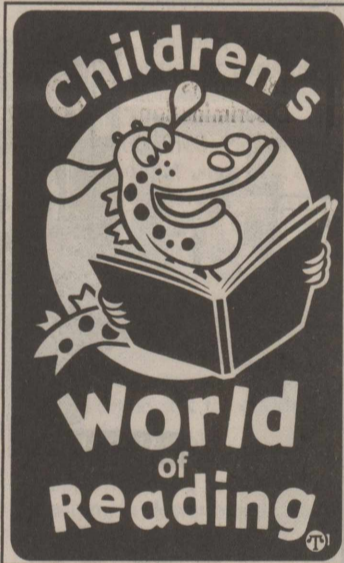
Read All About It: A School-To-Home Literacy Connection

(NAPS)—National studies indicate that 40 percent of children entering kindergarten are not prepared. To help improve those statistics, Children's World and Scholastic have teamed up to develop a school-to-home literacy program. "One of the most effective forms of parent involvement is helping to create more book-reading opportunities in the home," says Judsen Culbreth, editorial director of Scholastic. "So we worked with Children's World Learning Centers to create a program that makes it easy for parents to connect to the school curriculum and participate in developing their child's literacy skills."

Every three months, families enrolled at Children's World will receive age-appropriate Scholastic books and literacy activities direct to their home as a gift. In addition, the centers will receive the same shipments of books and will integrate the books into classroom curriculum.

Teachers receive a teacher's guide with each shipment with activity ideas to enrich the stories. Once each month, each center will hold a "Children's World of Reading Day," where children bring in one of their new Scholastic books to review in the classroom.

"We know that it takes more than schools and teachers to assure academic success," says Jeff Wheatley, president of Children's World. "Parent involvement and literacy skills are essential to learning. In fact, by first grade, literacy is a key predictor of academic achievement in the 11th grade. It's critical, therefore, that



From kindergarten on, children need to learn about 5,000 words a year.

literacy begin in early childhood. Experts suggest the following ways to encourage reading:

- **Read Early.** The years from birth to age eight are the most important period of literacy development. Reading aloud and using interactive language are the most important activities that build a foundation of literacy.

- **Read Often.** Reading stimulates brain development in important ways. Experts suggest 20 minutes every day.

- **Read Over and Over Again.** Children learn something new every time they experience a book. It often takes four readings for a child to master the subject matter.

- **Showcase Books At Home.** Homes where books are present

familiarize children with their use and importance.

- **Model Reading.** Let your child catch you reading. Read the mail, newspapers and recipes out loud so that your child knows that reading is a useful skill.

- **Make Reading A Family Value.** As President and Mrs. Bush suggest, put reading first—before TV and sports activities. Visit the library as often as you do the park.

- **Build A Vocabulary of 13 New Words A Day.** From kindergarten on, children need to learn about 5,000 words a year, that's 13 words a day. They need everyday words and academic words that will help them comprehend science, math, history and geography.

- **Steal Reading Time From TV.** The typical television show uses a vocabulary list of about 400 simple words. That doesn't provide the rich vocabulary children need for school.

- **Make Reading Fun.** A parent's job is to make reading so enjoyable that a child will want to read all life long. Make it a warm, shared experience that connects love and learning. Parents provide the cozy lap, the good book and the attention.

For more information on Children's World visit the Web site at www.childrensworld.com.

Children's World Learning Centers is a leading provider of quality infant, toddler, preschool, pre-kindergarten and school-age learning programs in the United States. The company has been providing quality early childhood and elementary educational programs since 1969.

Web Watch

(NAPS)—There's a new Web site that answers optic questions for kids. The site, www.OpticsForKids.org, is the first dedicated to optic science for grades K to 12. It lets students explore the field of optics through interactive experiments covering such topics as vision and color. The site was created by the Optical Society of America.

Treating yourself to a weekly manicure is important to good grooming. You can use a moisturizing body wash such as Olay Complete Moisturizing Body Wash to soften cuticles. Push cuticles back with a cuticle stick, and then file and buff the nails. Follow with a nail strengthener as a base, two coats of your favorite nail color, and a final top coat to prevent chipping. For additional information on Olay skincare products, visit www. olay.com.

This summer, the Noah's Ark waterpark in Wisconsin Dells,



Wis., is making it even easier and more affordable to enjoy waterpark fun. Unlimited-use season passes are available for only \$79. Visitors just coming for the day pay \$26.99 and they can extend the fun with a "Double-Splash Pass" adding a second day at half-price. Park goers can also get a 10 percent discount for tickets purchased online at www.noahsarkwaterpark.com.



By 1997, New York City's Rainbow Room had sold out all 200 advance seats for New Year's Eve 1999.



On November 28, 1929, Ernie Nevers of the Chicago Cardinals celebrated Thanksgiving by scoring all 40 points (6 touchdowns, 4 points after) in the team's 40-6 win.

<p><i>Business Directory</i></p>	<p>COLDWATER MANOR "LOVE SPOKEN HERE" 1111 BEAVER RD., STRATFORD, TX (806)396-5568</p>
<p>WALTER LASLEY & SONS INC. <i>THE Feedyard</i> Since 1953 753-4411</p>	<p>STEVENSON & SONS PEST CONTROL Termite & Pest Control • Rat Control • Bird Control • Yard & Tree Spraying Residential • Commercial • Farms • Ranches "Professionals in Pest Control Technology" Licensed & Insured 249-4202 Dalhart • Stratford • Hartley</p>
<p>Stratford Grain Co. Stratford 396-5541 Lautz 769-4485 4 North Main</p>	<p>Robert's Service Center 400 S. Poplar 396-2882 Auto Repair & Lawn Mower Repair</p>
<p>CONSUMERS 208 Texas <i>We Sell Seed & Fuel</i> Farmland, Acco, & Moorman Seeds & Diamond Shamrock Products 366-2261</p>	<p>Blue Stuff of Stratford Texas Betty Chamberlain 802 N. Pearl St. Stratford, TX 79084 (806)366-2843 E-Mail: rjb@xit.net</p>
<p>Stratford Auto Electric 119 S. Wall, Stratford, Texas 79084 Phone 366-5941 366-5857 Alternator, Starter, Magneto Repair Since 1964</p>	<p>Allen-Tarver Insurance Agency Carolyn A. Tarver Auto • Home • Life • Commercial Bus: (806)396-5810 • Res: (806)396-2393</p>
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Star Classifieds

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Rentals available at THE General Store. Appliance dolly, sheetrock jack, cement mixer, and rototiller, airless paint sprayer, and rotary hammer drill.
8-1-1fn

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4-18-1fn

We have Holland Barbecue Grills and Commercial Front Deck Lawn Mower. Call for more information.
727-4671.
5-2-1fn

For Sale: King Trombone with case.
Call 366-5398 or 366-5885.
8-8-1fn

For Sale - Hot Springs Hot Tub - Good Condition. \$1500, 366-3296 or 753-6496.
8-29-1xp

High Definition Big Screen TV for sale. Take on small payments. 1-800-398-3970.
8-29-2xp

For Sale: 1992 Glasstron I/O Fish & Ski Boat, depth finder, custom tarp. daytime call 753-7740, after 5 p.m. 753-4556.
8-1-1fn

For Sale: Nice shopmade BBQ/Smoker grill on trailer, \$800.00 obo. Daytime - 753-7740, after 5 p.m. 753-4556.
8-1-1fn

For Sale: 6x20 Shelby Gooseneck horse trailer, new tires. \$2000.00, daytime 753-7740, after 5 p.m. 753-4556.
8-1-1fn

For Sale: 2 good lawn mowers, 402 S. Maple. J.D. Smith - 396-2572.
8-8-4xc

Are you getting close to your 65th birthday? Remember with Medicare Parts A and B, you can take out a Medicare Supplement policy that will help fill in the gaps with your medical claims. Contact us for quotes and information that will help you in this transition. Allen-Tarver Insurance Agency, 205 N. Main, Stratford, TX 806-396-5810.
8-22-8xc

Now offering a 12 month rate guarantee with an A-rated health insurance company if you make application and are accepted from August through December 15, 2002--come in for questions and a quote. Allen-Tarver Insurance Agency, 205 N. Main, Stratford, Texas, 806-396-5810.
8-22-8xc

Fresh Garden Vegetables. Call Candice 396-2051 or Merilee at 396-5692.
8-29-1xc

Drop Leaf Table with four chairs, \$100.00, baby bed with mattress \$35.00, antique high chair needs repair, \$20.00, Small - 9 drawer dresser - \$40.00. Call 396-2042.
8-29-2xp

HAY FOR SALE: Silo Buster hay grazer round bales. (806)659-5661.
8-29-3xp

Services

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Reliable Home Repair at Reasonable prices
Drywall, Plumbing, Painting, Electrical, Roofing, Floor Coverings, Ceramic Tile. Almost anything...
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6-29-1fn4p

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Is your House or Foundation Settling? Cracks in brick or walls? Doors won't close?...Call Childers Brothers Stabilizing & Foundation Leveling. 1-800-299-9563 or 806-352-9563 Amarillo, TX.
1-4-1yrpd

Will do your hard cleaning work around your house. Call Araceli Guillen. (806)966-3499, cell: 662-1344.
8-29-3xc

Wanted

Custom work wanted: Shredding, reasonable rates. Call 396-2305 or 753-6691.
8-1-4xc

Land For Sale

Land for Sale: One (1) 640 Acre Tract cultivated land; 306.7 acres in CRP, 276.3 acres in CRP, 250.3 in CRP. Contact Trust Department/Martha Mills, First State Bank 396-5521.
3-12-1fn

Youth is not properly definable by age. It is a spirit of daring, creating, asserting life, and openly relating to the world.
—Malcolm Boyd

For Rent

2 Bedroom Trailer House for rent. 305 S. Wall. Call 935-6702.
6-14-1fn

For Rent: 1 Bedroom furnished apt. 6th & Fulton. Call 396-5541 daytime, 396-5692 at nights.
1-28-1fn

For Rent: 2 bedroom, 1 1/2 bath trailer house. Call 727-4664.
8-29-1fn

You must look into people, as well as at them.
—Lord Chesterfield

Houses for Sale

House for Sale: Great Location, beautiful corner lot, 2 large bedrooms, 1 large bath, garage, central heat/AC. 806-659-2345.
8-2-1fn

For Sale: 3 Bdrm, 2 bath brick home, double car garage, fenced in backyard, across from City Park. 702 N. 7th. Call 396-2425, 396-2845, 396-5841, or 396-1050 for more information.
6-14-1fn

3,600 sq. ft. 3,000 living, 3 bedroom, 3 bath, 2 living areas w/double fireplaces, covered/lighted patio, 2 car garage, corner lot, near both schools, 1220 N. Chestnut. For more info, call 1-903-732-5402 or 396-2498.
1-3-1fn

For Sale: Perfect location! Close to school, town & park. 3 bedroom, 2 bath, big kitchen, large utility & office. Lots of storage! Attached garage, 1000 sq. ft. brick garage with game room or shop out back. Brick fence, sprinkler system. 701 N. Pearl. 366-5684.
6-6-1fn

Ad Rem Land Co.
MLS Office

801 S. Bliss 107, Dumas 935-7364
Fax 935-7687 or call our Stratford Agent
Arnita Lane 366-5853

New Listing - Heartwarming, - Full of Comfort! 2 story, 4 B/R, 2 baths, basement, detached 2 car garage, storage throughout, rock exterior, metal roof. Come with 1 year home warranty. Corner Lot. \$89,900.

New Listing - Nice home on corner. Nearly new shop/garage, Brick 3 bedrooms, 2 baths, den/living room, bedroom/office. \$79,500.

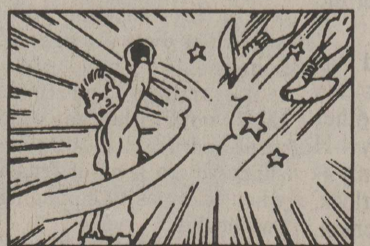
New Listing - 3 B/R, 2 bath, nice brick home with single garage. Nice kitchen cabinets, ready to go at \$57,000.

Listing - 3 B/R, 1 3/4 baths, fireplace, living room, dining room and gameroom. \$38,500.

Listing - Nice 3 B/R, 1 3/4 bath, single garage, gas fireplace, central heat/air. Huge closets, nice yard, storage bldg. \$55,000

House for Sale: Recently remodeled, 2500 sq. ft house. 3 bdrm, 2 baths. Immediate possession. Call for more information. 244-2155 or 333-7120.
8-8-1fn

Home for Sale: 3 Bdrm, 1 3/4 bath, 1475 sq. ft - \$55,000. Completely remodeled, new furnace/AC, Sprinkler/drip system, large fenced yard. Phone: 366-3081. Cell: 806-753-6103.
8-8-4xc



Wilfred Benitez is the youngest world champion in boxing history. He was 17 1/2 when he won the light-welterweight title in his home country of Puerto Rico in 1976.

Legal Notices

STATEMENT OF NONDISCRIMINATION

XIT Rural Telephone Cooperative, Inc. is the recipient of Federal financial assistance from the Rural Utilities Service, an agency of the U.S. Department of Agriculture, and is subject to the provisions of Title VI of the Civil Rights Act of 1964, as amended, Section 504 of the Rehabilitation Act of 1973, as amended, the Age Discrimination Act of 1975, as amended, and the rules and regulations of the U.S. Department of Agriculture which provide that no person in the United States on the basis of race, color, national origin, age, or handicap shall be excluded from participation in, admission or access to, denied the benefits of, or otherwise be subjected to Discrimination under any of this organization's programs or activities.

The person responsible for coordinating this organization's nondiscrimination compliance efforts is Doug Schoppe, Comptroller. Any individual, or specific class of individuals, who feels that this organization has subjected them to discrimination may obtain further information about the statutes and regulations listed above from and/or file a written complaint with this organization; or the Secretary, U.S. Department of Agriculture, Washington, D.C. 20250; or the Administrator, Rural Utilities Service, Washington, D.C. 20250. Complaints must be filed within 180 days after the alleged Discrimination. Confidentiality will be maintained to the extent possible.

Published in The Stratford Star, Thursday, August 29, 2002.

Legal Notice

Notice is hereby given that on Tuesday, September 12, 2002, at 8:00 a.m., Sherman County will hold a public hearing regarding the proposed 2002-2003 budget. The hearing will be held in the Commissioners Courtroom, Sherman County Courthouse, 701 N. 3rd, Stratford, Texas. Published in The Stratford Star, Thursday, August 29, 2002 and Thursday, September 5, 2002.

Help Wanted

EARN EXTRA INCOME \$200-\$500 weekly mailing travel brochures. For more information send a self-addressed stamped envelope to: AmeriLink Travel, P.O. Box 612290, Miami, FL 33261.
11-28-c

Coldwater Manor, a 39-bed nursing facility in Stratford, TX is seeking R.N. for Director of Nursing. Long term care experience a plus. Excellent long-term opportunity. Train with current D.O.N. before he retires. Excellent salary and benefits package. Submit resume or apply in person at Coldwater Manor; 1111 Beaver Road; P.O. Box 1189; Stratford, TX 79084. 806/396-5568; 806/396-5930 FAX EOE.
8-22-4xc

R.N. Week-end position available at Coldwater Manor. Apply in person or send resume to Coldwater Manor; 1111 Beaver Road; P.O. Box 1189; Stratford, TX 79084 (806)396-5568. EOE
8-29-1eow

RN or LVN needed at Stratford Family Medical Clinic. Must be able to draw blood and must have excellent people skills. Full time position with benefits. Fax resume to Richard Fowler at 806-463-5223 or call 806-463-5111.
8-29-2xc

Nurse Aid Positions available at Coldwater Manor. Excellent benefits including health insurance after 90 days. Apply in person at Coldwater Manor; 1111 Beaver Road; P.O. Box 1189; Stratford, TX 79084 (806) 396-5568. EOE
8-29-2xc

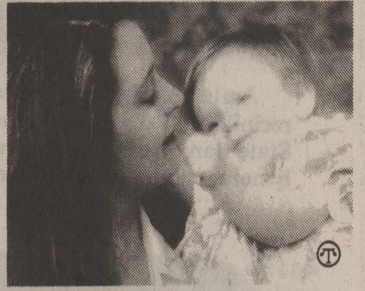
Dietary position now available at Coldwater Manor. Excellent benefits including health insurance after 90 days. Apply in person at Coldwater Manor, 1111 Beaver Road, Stratford, TX. EOE.
8-22-2xc

Help Wanted: Need semi-truck driver for corn harvest. 727-4263 or 753-7263.
8-29-2xc

Pointers For Parents

Babysitter Smarts

(NAPS)—Taking a few simple steps before they walk out the door can help many parents have more peace of mind when they leave their little ones with a babysitter.



When a babysitter is certified in CPR and first aid, parents can breathe a little easier.

First, make sure the sitter has important information such as a phone number, where the parents can be reached, and an alternate emergency number in case they can't. He or she also ought to know how to reach the police, fire departments and poison control center. The sitter should be alerted about whether the child has any allergies or other medical conditions and what to do about them. He or she should also know two ways out in case of fire and where to find fire extinguishers and a first aid kit.

In addition, parents may want to request that the sitter have certification in CPR, such as is offered by the American Safety and Health Institute (ASHI). It's a leading first aid training and safety organization, dedicated to designing and delivering programs in health, safety and emergency medical care.

For more information about CPR and babysitting training or any first aid and emergency courses offered in more than 3,000 ASHI-authorized training centers, see www.ashinstitute.com or call 1-800-246-5101.

Check Out These Web Sites:

- The United States Fire Administration at www.usfa.fema.gov.
- Florida's Beach at www.FloridasBeach.com.
- American Eagle Outfitters at ae.com.
- Pentair Products at www.pentairpool.com.
- Orlando vacation information at www.orlandoinfo.com.
- Coinstar at www.coinstar.com.
- The Principal Financial Group at www.principal.com.
- Explore the Highway with Hampton, Save A Landmark at www.hamptoninn.com.
- The Alliance for Affordable Services at www.affordableservices.org.
- Wilson Jones at www.wilsonjones.com.

THRIFTWAY HIGHWAY 54 STRATFORD TX

THURSDAY SEPT. 5

PHOTO HOURS 10-6

\$12.99 plus tax due at pick-up

- 1 - 10X13
- 1 - 8X10
- 2 - 5X7s
- 2 - 3X5s
- 16 King Size Wallets
- 8 Regular Size Wallets



Shugart's inc.
WE USE KODAK PAPER, FILM & CHEMISTRY

Garage Sales

Garage Sale: 9:00 - ?, 518 N. 4th, Saturday, August 31.
8-29-1xc

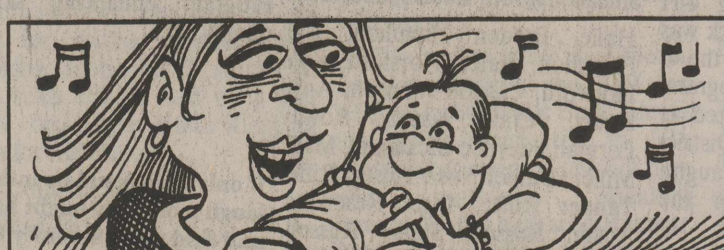
15 Years, 4500 Babies In Dumas

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Berceuse is another term for "cradle song" or lullaby.

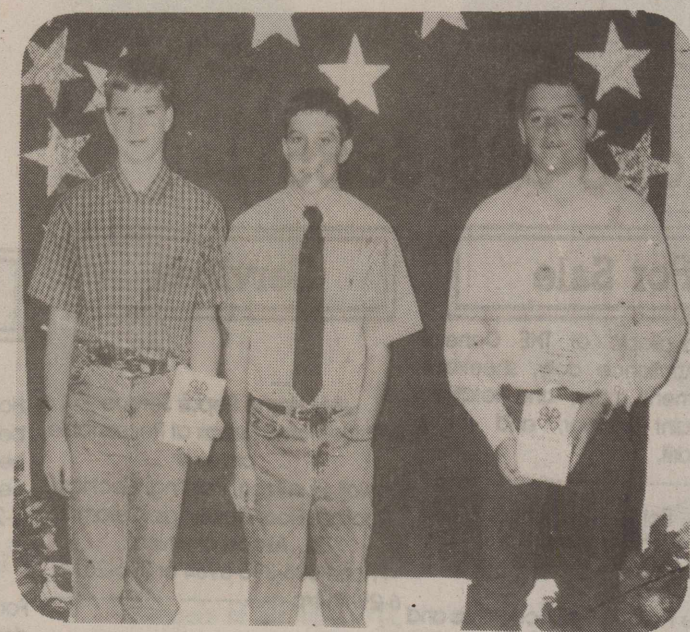
"Centennial Celebration" Honored 4-H'ers at Banquet



Amie Witcher and Carson Buckles were named Gold Star recipients at the 4-H Achievement Banquet. Doak Crabtree of First State Bank and State Representative David Swinford presented the honorees with recognition certificates and pins.



Cheyenne Ziemann presented the Friend of 4-H Award to Steve McAdams. Steve has assisted the 4-H Horse Club in numerous ways and has generously extended his time and talents to the youth organization.



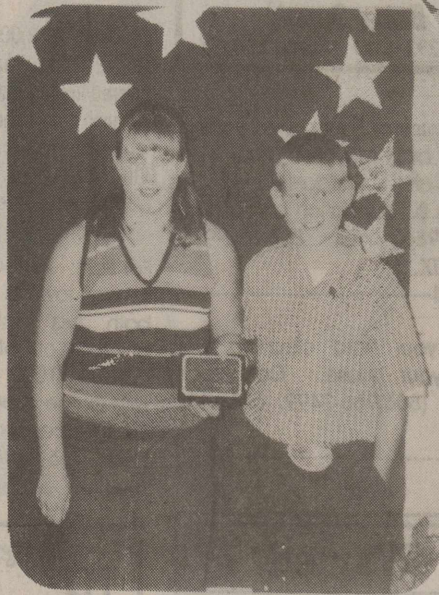
Rustin Russell and Nathan White received the Silver Star Awards from Walter Spurlock at the 2002 4-H Achievement Banquet. The Silver Star Award recognizes members ages 12-14 for continued project accomplishments, leadership, and community service.



Bronze Star Award winners were Eric Burton and Jennie Spurlock. These awards honor 4-H members ages 9-11 for outstanding work in a variety of projects and activities. Cheyenne Ziemann presented the awards.



Wesley Spurlock was presented the Outstanding 4-H Leader Award at the 4-H Achievement Banquet from Hunter Buckles. Wesley serves as a leader for Shooting Sports project and supports 4-H as a buyer at the county Livestock Show and donor to the county Gold Star Scholarship Fund.



Receiving Rookie of the Year honors were Brittany Beattie of the Texhoma 4-H club and Kyle Horsford of Younger Texans 4-H Club. Calli Hamilton and April Kautz made the presentations.



Business Friend of 4-H honor was extended to Collingwood Grain Company represented by Kay Ochoa. Candie Bell presented the award to Kay citing the support to Sherman County youth through the county Livestock Show and Sale and sponsorship of the 4-H Bake Show.



Doak Crabtree of First State Bank presents 2001 Gold Star recipient Trisha Teig with her portrait that was displayed this past year in the bank lobby.



Assisting with the honoring of Frank Vaughn as Distinguished 4-H Leader were Carson Buckles, Nathan White, and Rustin Russell. Frank was honored at the recently held 4-H Distinguished Service Leader Award luncheon sponsored by the Panhandle District 4-H Program and Amarillo Globe News.

From a little distance one can perceive an order in what at the time seemed confusion.
—F. Scott Fitzgerald

A gentleman is the one who never hurts anyone's feelings unintentionally.
—Oscar Wilde

It's not your blue blood, your pedigree or your college degree. It's what you do with your life that counts.
—Millard Fuller

Carson Buckles and Amie Witcher were named 2002 Sherman County 4-H Gold Star Winners at the annual Achievement Banquet held August 19th. State Representative David Swinford and Doak Crabtree, Sr. Vice-President of First State Bank presented pins to the recipients and announced sponsorship of a framed portrait. Sherman County 4-H members were recognized at the banquet which celebrated the 100th anniversary of national 4-H programs.

Brittany Beattie and Kyle Horsford of the Younger Texans and Texhoma 4-H Clubs were recognized as Rookies of the Year. Eric Burton and Jennie Spurlock received the Bronze Star Awards and Rustin Russell and Nathan White received Silver Star Awards.

During the banquet, Collingwood Grain was recognized as the Business Friend of 4-H for their contribution to numerous 4-H educational activities. Steve McAdams received the Friend of 4-H citation for assisting the 4-H program in particularly the horse project. Also, Wesley Spurlock received recognition as Outstanding 4-H Leader for the year. Spurlock was cited for his leadership with the 4-H Shooting Sports program. Frank Vaughn was recognized as one of the Panhandle District Distinguished Leaders. Vaughn has provided direction for the Shooting Sports project in Sherman County for over 33 years.

Sherman County Extension Education Council presented a certificate of support to the Judge Bill Frizzell Memorial 4-H Scholarship Fund. Under the leadership of Jesse Resendes, the

county Parent Leaders Association elected officers for 2002-2004. New officers will be Lem Russell, President; Scott Buckles, Vice-President; Teresa Edmond, Secretary; Tammy Blain, Treasurer; and Scott Buckles and Susie Spurlock, District Adult Leaders Representative.

Other volunteer leaders recognized at the banquet were Steven Myers, Cindy Russell, Dinah Horsford, David White, Malcolm & Amy Long, Ted & Diede Ziemann, Donna Allen, Tammy Blain, Garland Dahl, Belinda & Glen Hamilton, Sheri Ingham, Johnny James, Mandy Lomax and Kay Ochoa. Margaret Bell, Connie Burton, Lisa Crabtree, Logan Neve, Jesse Resendes, Jean Everett, Reyna Everett, Cindy Russell, Linda Swain, and Anna Witcher were also recognized for their dedication to the county 4-H Program.

4-H members receiving recognition at the banquet were Brittany Beattie, Candie Bell, Katelyn Blain, Carson Buckles, Haley Buckles, Hunter Buckles, Eric Burton, Case Crabtree, Peter Dahl, Ryan Dahl, Robin Daniels, Nicole Davis, Jacob Edmond, Sinead Everett, Evan Haile, Luke Haile, Braden Hamilton, Cal Hamilton, Kaleb Horsford, Kyle Horsford, Clayton Johnson, April Kautz, Craig Kautz, Rowdy Lerman, Merilee McDaniel, Mark Miller, Daniel Nusz, Austin Riffe, Tanner Riffe, Angel Resendes, Rustin Russell, Sunny Russell, Jennie Spurlock, Walter Spurlock, Trisha Teig, Nathan White, Zachary White, Dilyn Williams, Amie Witcher, Jennie Witcher, Channing Ziemann, and Cheyenne Ziemann.

Hostess for the banquet were Jean Everett, Reyna Everett, and Dortha Allen members of the Sherman County FCE clubs. 4-H adult leaders serving on the committee were Charissa Beattie, Sheri Ingham, and Cindy Russell. Beef served at the dinner was donated by Stratford Feedyard and prepared by Ed Bryson. First State Bank and First Ag Credit of Dalhart also were sponsors of the banquet.

Carson Buckles served as Master of Ceremonies for the banquet assisted by other members of Sherman County 4-H Council. Members of the county 4-H Council are Walter Spurlock, Mark Miller, Channing Ziemann, Hunter Buckles, Katelyn Blain, April Kautz, and Calli Hamilton. Susie Spurlock and Leslie Neve, County Extension Agents are advisors to the group. They are assisted by Roxie Newcomb, and Jennifer DeAnda, Sherman County Extension Office secretarial staff members.

The 4-H Achievement Banquet supports the state Extension goal of development of life skills and leadership qualities of youths and adults and the county Long Range Extension Program enhancing skills for quality life.

If only men could be induced to laugh more they might hate less, and find more serenity here on Earth.
—Malcolm Muggeridge

Health Trends

Boomers Fight Aging But Only Take Baby Steps to Health

(NAPS)—While they express anxiety about aging, America's 75 million Baby Boomers are only taking baby steps to good health. Half of them confess they aren't eating as well as they should, and one in three say they will act to alter their diets if diagnosed with a disease.

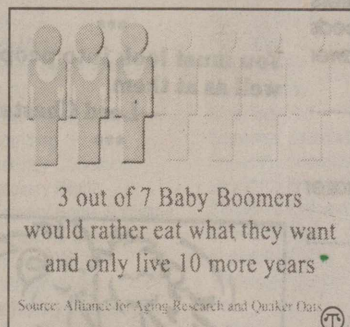
A startling 43 percent claim they would rather eat what they want and live just 10 more years, suggesting a level of frustration when it comes to managing their own health.

These are findings from "A New Age of Aging—A Study of Baby Boomer Behaviors on Growing Older," a survey released today.

The study was conducted by the Alliance for Aging Research, a Washington, D.C.-based not-for-profit group, that promotes medical research into aging, and sponsored by an educational grant from Quaker Oats, a leader in heart health research. In addition to Boomers, the study surveyed "Matures," Americans 57 years and older.

"The Boomers are filled with denial about aging and are overwhelmed on how to translate nutrition information to benefit their own health," says Daniel Perry, the Alliance's executive director. "Unfortunately for many Boomers, they are about to have a close encounter of the most serious kind with diseases associated with aging. Mentally and physically, they're not ready."

Previous research has indicated that Boomers feel youth is slipping away and, increasingly, are receptive to anything that makes them feel younger—



whether it's vitamins or vacations.

Boomers are making modest changes in their eating and lifestyle habits but they don't stick to the healthy practices. For instance, 89 percent of Boomers say they've done something to fight getting older and 86 percent say they've made dietary changes in the past year. Two-thirds report they've eaten healthier food—fruits and vegetables and more foods with fiber such as oatmeal and whole grain bread—and 57 percent say they've taken vitamins, minerals and dietary supplements to look or feel younger. Forty-two percent say they've dieted.

"But given the incidence of obesity, high blood pressure and other health-related problems among Boomers, this generation knows they should be doing more," said Perry. "Good nutrition is always important, especially as people age."

Eating whole grains and oatmeal, for instance, can lower cholesterol and improve heart health.

Thirty-two percent say that being told by a physician they have a medical condition or disease would prompt them to alter

their diet. Seventeen percent would eat differently if their physician advised it.

Take Charge
"Obviously, when it comes to the 'wake-up call' about their health, many in the 'me' generation turn into the 'show me' generation," says Dr. Vaillant. "Yet, the good news is that at age 50, you are in control of your future health and well being—and diet is an easy way to take charge."

Emerging evidence suggests Boomers feel most at risk for high blood pressure, heart disease and cancer, but they feel more threatened by diabetes and cancer than do those 57 years and older. Nutrition and diet choices can help quiet some of those fears, and Boomers appear to understand that.

Fifty-four percent of them, significantly higher than the 40 percent of Matures, agree that their generation has more health-related information available than their parents' generation did.

Founded in 1986, the Alliance for Aging Research is an independent, nonprofit organization dedicated to improving the health and independence of aging Americans through public and private funding of medical research and geriatric education. For more information, visit www.agingresearch.org.
Quaker Oats is a leader in helping Americans reduce their risk of heart disease and has supported research in this area for nearly 40 years. To learn more about the role of Quaker Oatmeal in a heart-healthy diet, log on to www.quakeroatmeal.com.