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# **Ports-to-Plains Workshop Held**

Ports-to-Plains Workshop held March 9 at Imagination Station. L/R: Kay Aston, George Hardin, Tonya Detten and Mark Tomlinson with TXDOT, Amarillo District, Kim Crippen, Sherman County Judge, Billy Parks, Consultant project manager for Turner, Collie & Burden, Sean Hardman, Stratford City Manager.

### **Cowboy Church Held Wednesdays**

**Cowboy Church will meet** every Wednesday at the County Barn at 7:30 p.m. Everyone is welcomed to attend.

### PATRIOTS ON THE RUN

## **City of Stratford To Hold Election**

City of Stratford will hold an election Saturday, May 15, 2004 to fill three (3) two-year terms and one (1) one-year Trustee Election on May 15, term. Those terms expiring are 2004. Anyone interested in Mayor David councilmember Bryan Mungia and current vacated Council seat, and one-year term expiring councilmember Wanda Riffe. Anyone wishing to file for a place on the ballot may sign up at City Hall, 518 N. Third, Stratford, between the hours 8:00-12:00 p.m. & 1:00-5:00 p.m. Monday-Friday. Last day to file for a place on the ballot is March 15, 2004 at 5:00 p.m. Early voting begins April 28. 2004 between the hours as listed above. For further information contact city hall at (806) 366-5581.

### **School Board Election To Be** Held May 15<sup>th</sup>

The Stratford Independent School District' will hold a. Brown, applying for a place on the ballot may do so from February 14 through March 15, 2004 at



# One Act Play Thursday, March 18th

Stratford High School One Act Play Cast and Crew from top I to r, Whitney Garza, LaRissa Luna, Maira Argomaniz, Terri Teig-director, Nora Gomez, Jayme Wilhelm, Heather Robertson, Allison Baskin, Rhia Everett, Katelyn Reed, Merilee McDaniel, April Kautz, Carlos Jacquez, Rocio Molina, and Shiloh Dickenson. They invite you to attend their 2004 Dinner Theater on Thursday, March 18 at 7:00 p.m. at Mary Allen Elementary. Tickets are \$10.00 for adults and \$6.00 for children 10 and under.



Shown 'at left cast members Rhia Everett, Jayme Wilhelm, and Allison Baskin.

Number 12 March 18, 2004

The Stratford high School One Act Play Cast and Crew invite you to attend the 2004 Dinner Theater. The dinner and play will be on Thursday March 18 at 7:00 pm. The production this year is a historical drama entitled "Ladies of the Tower".

The play is set in the Tower of London and is about some of the women that met their death in this gruesome place. The characters are: Maudie- Whitney Garza, Laurette-Shiloh Dickenson, Anne Boleyn- Maira Argomaniz, Lady Catherine Howard- Jayme Wilhelm, Lady Jane Gray-Evan Haile, Lady Arabella Stuart- Allison Baskin, Lady Rochford- Rhia Everett, Queen Mother Elizabeth-Heather Robertson, and The Unknown Woman- Merilee McDaniel. The crew members are Carlos Jacquez, April Kautz, Staci Hays, and Katelyn Reed. The Understudies are Nora Gomez, Rocio Molina, and LaRissa Luna. The play is directed by Terri Teig. Ticket prices are \$10.00 for adults and \$6.00 for children 10 and under. Tickets will be available from OAP members and at the school business office. The money raised from the dinner theater goes toward scholarships for students to attend local speech and theater camps. For more information, call Terri Teig 727-4412.

Our Stratford Patriot Special Olympic team is under way again starting track and we will go right into swimming, golf and end the year with bowling, so we will be busy the rest of the year. We just wanted to take this time to thank the school for the use of the track and equipment, and swimming pool. Also thank the Country Club in advance for the use of the golf course. Your support is so very much appreciated.

Sometime this summer (June or July), we will be having our annual garage sale fundraiser to help with our expenses. We have had a lot of response from the public asking if we were going to do that again. Yes, we are, and we would very much appreciate More donations. your information about this will be coming in the future.

The Stratford Patriots did not have enough participants for a basketball team, but Matt Powers, Tyler Pickens, and Wade Plunk participated on Amarillo teams and won several medals. Congratulate these boys when you see them on a job well done! Watch for pictures and results of our team member in their upcoming events. Thanks again Stratford for all of your continued support.

The Stratford Patriots

### Sherman Co. Child **Welfare Board**

To report Suspected Child Abuse, Call

Kathie Altman-366-5611 David Cross-396-2396 Ken Forthman-366-2586 Patsy Harland-827-7568 Michal Meyer-827-7453 Jesse Resendes-769-4454 Larry Evans-366-2242

> **Austin Hotline** 1-800-252-5400 **ALL CALLS**

### **First Baptist Youth Needs Your Help**

First Baptist Youth group has taken on a yearlong project to help Faith City Mission in Amarillo, Texas. One item this mission is short of and desperately in need of, are paper bags. Each day they use paper bags to take food to those in need and are now currently having to buy them at \$200 a month. First Baptist Youth would like to begin collecting your bags over the next year to take to this mission. Please call Marsha Wright at 366-2482 or Carolyn Tarver at 396-5810 if you would like for a youth to come pick up your bags. Also, you can begin bringing them to The Allen-Tarver Agency where we will store them for delivery each week. Please spread the word about this worthwhile project.

> ATTENTION **8TH GRADE & JUNIOR** PARENTS IT'S PROM TIME

**We Need Extension Cords and Spotlights** to help with the setup. If you have any, please call Shari Hudson at 366-5398 or Mary Carter at

366-2571

:00 p.m. You may apply at the Superintendent's Office, 503 N. <sup>a</sup> Street, from 8:00 a.m. until 4:00 p.m. Monday through Friday.

School will be closed for Spring Break March 12 through 15, 2004 and candidate applications may be filed at The Sherman County Public Library with Sandy Baskin. Hours are as follow2s: Monday 10:00 a.m. 5:00 p.m. Friday-Closed, Saturday 9 a.m. to 12 p.m. Early voting by personal appearance will begin on Wednesday, April 28, 2004 and continue through May 11, 2004. Early voting will be conducted in the Administrative Office Monday through Friday, from 7:30 a.m. until 4:00 p.m. each dav

Board members whose term will expire are Steve Johnson and Ted Allen. Holdover members are Joe Reinart, Ricky Reed, Gared McBryde, Patti Vincent and Brent Spurlock.

# Election Results

**Election results in last week's** election are as follows: **Democrat-Jack Haile 84 Republicans-David Hass-27** Valerie McAlister-226 **Kim Allen-209** Sandy Tillery-49 **Steve Pemberton-49** Run off election will be held on April 13<sup>th</sup>.

## Scot Hall Needs **Items For Garage Sale**

It's not too late to donate items to the Scot Garage Sale. Call 396-2011 and we'll pick up your items. Garage sale is Saturday March 20th from 9 a.m. to 1 p.m. at Scot Hall.

# **SCDC To Host** Annual Membership **Meeting April 7**

The Sherman County Development Committee will host its Annual Membership Meeting with a Hamburger Lunch, Wednesday, April 7., 2004 at 12 noon. At the Sherman County Exhibit Building. The guest speaker will be Jarrett Atkinson of the Panhandle Regional Planning Commission. Mr. Atkinson will be bringing updates on the water issues and how they relate to all who live and work in Sherman County. The SCDC Board invites all member and interested members of the community to attend.

### **Study Club To Have**

### **Brisket Dinner**

A Brisket and all the fixins' dinner is Sunday, March 21, at Sherman County Exhibit **GFWC/Prospectus** Building. Study Club will be serving 11:30 a.m. to 1:30 p.m. Remember how good it was last September?

Menu is brisket with Haile's barbecue sauce, potato salad, beans, cole slaw, pickles, sliced onions and jalapenos, bread and a large variety of desserts, tea and coffee. Adults \$7.00, 10 and under \$4.00.

Money raised is for scholarships and the many club projects.

\*\*\*

Wealth consists not in having great possessions but in having few wants. -Esther de Waal

\*\*\* -

# Fire Dept. To **Have Garage** Sale May 1

Stratford Volunteer Fire Dept. is planning a huge garage sale on May 1, 2004 for the purpose of raising funds to help finish the inside of Stratford's new fire station. We want to make it huge but we need your help. If you have any garage sale items you would like to donate we would love to have them. We will even pick up your items. If you have a donation call either 366-5330 or 366-2291 or contact any fireman.

# Farm Bureau Observes National Agriculture Week

Waco-The American

Agriculture Council has designated March 14-20, 2004 as the 31<sup>st</sup> Annual National Agriculture Week, a celebration of the work ethic and efficienty of American Farmers.

"National Ag Week is a time for Texans to reflect and appreciate the agriculture industry, which we sometimes take for granted," said Kenneth Dierschke, president of the Texas Farm Bureau. "Texas farmers and ranchers and their partners in agribusiness have made America the best fed nation in history."

National Agriculture Week ends with National Agriculture Day on March 20, the first day of spring, symbolizing the

beginning of the new planting season.

Dierschke, a grain and cotton farmer from San Angelo, said Texas Farm Bureau encourages statewide recognition of Texas agriculture for its role in the state economy. Twenty percent of all Texas jobs are related to agriculture. which also generates more than \$60 billion of economic activity in the state.

"The primary beneficiary of Texas agriculture is the consumer," Dierschke said. "Many people are losing touch with the agriculture industry. We hope National Agriculture Week provides greater understanding of our national food and fiber success story."

### **Mark Stringer**

**Obits** 

Sunray-Mark<sup>3</sup> Stringer, 42, died Thursday, March 11, 2004 in California.

Memorial services were held at 2 p.m. Tuesday. March 16. 2004 in Sunray Baptist Church with the Rev. Philip Hilton, pastor, officiating. Burial was in Northlawn Memorial Gardens in Dumas by Morrison Funeral Directors.

Mr. Stringer was born April 24, 1961 in Dumas. He lived in Moore County most of his life. He was a 1979 graduate of Dumas High School. He attended Baylor University. He was a member of Sunray Baptist church and was very active in all aspects of the church. He was a member of the Dumas Noon Lions and was active in Emmaus Community. He married Brenda Baker Hicks on March 13, 1999, in Dumas. He was a lifetime farmer before opening Stringers Appliance and Automotive Store in Dumas in July 2003. Survivors include his wife; three sons, Dallas Stringer and wife, Heather, of Amarillo, Brock Stringer of Dumas and Austin Hicks of Sunray; two daughters, Alyssa Hicks and Madison Hicks, both of Sunray; his parents Berkley and Charlotte Stringer of Dumas; two brothers, Reid Stringer of Tallahassee, FL, and Blake Stringer of Dumas; and a sister, Kendra Beene of Greenville.

The family suggests memorials be to Sunray Baptist Church Building Fund, Box 550, Sunray, TX 79086.

# Spring Equinox Festival

With all this cold weather we reasonable have been having, everyone is accommodate these needs. looking forward to spring. The Springfield Chamber Commerce is also more than 2004. ready for spring with this year's Spring Equinox Festival. Lots of activities will be planned for everyone to enjoy. The festival is slated for March 19th-March 21<sup>st</sup> and this year's equinox is on Saturday, the 20th. The U.S. March 11-21

forest Service will have the

# **Public** Notice Department Texas

Transportation will host an Informational Meeting on March 23, 2004 concerning planning of future the projects.

of

This informational meeting is held to explain how the department plans transportation projects. We would like to receive the public's input Agency records, the Texas regarding the Transportation Improvement Plan for the district.

The meeting will be Tuesday, March 23, 2004 at 7:00 p.m. It will be located at the Borger Chamber of Commerce, 613 Main Street, Borger, Texas.

The meeting will cover ballots must be postmarked on transportation plans for all areas of the Panhandle and the city of Amarillo. An overall view of the planning process will be presented, as well as the criteria used for selecting individual projects. Draft versions of current transportation plans will be presented at the meeting for public comment.

The public is invited to speak regarding projects currently planned or any additional projects that might be proposed. Speakers will be limited to five minutes. Verbal and written comments from the public regarding any project may be submitted at the meeting. Written statements and other exhibits may be submitted to, the District Office at 5715 Canyon Drive (P.O. Box 7368) Amarillo, Texas 79114-7368. Comments must be received no later than April 6, 2004.

All interested citizens are invited to attend this public meeting. Persons interested in attending the meeting whom have special communication or accommodation needs are encouraged to contact Cheryl Luther at 806-356-3249.

TxDOT will made every effort to Published in The Stratford of Star, Thursday, March 18,

# TDA to Mail Ballots for April 1 **Regional Boll Weevil Vote**

Austin-Cotton farmers and landowners with cotton production are eligible to vote in an April 1 referendum that will determine whether to establish a boll weevil eradication program in the 13 counties of the Panhandle Boll Weevil Eradication Zone.

Based on Farm Service current Department of Agriculture had mailed 147 ballots. Eligible voters in the Panhandle Boll Weevil Eradication Zone should receive an official ballot by mail after March 15. A postage-paid return envelope will be included. Completed

or before April 1 to be counted. Producers who planted cotton in 2003 but do not receive a ballot should contact TDA at (512) 463-7593.

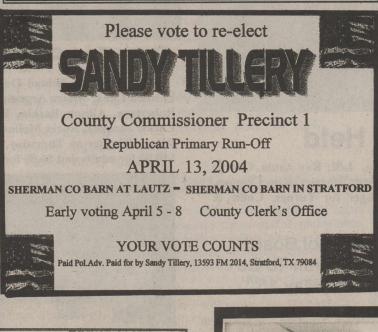
In addition to deciding if an eradication program should be established in the zone and whether to set a maximum annual assessment of \$4 per land acre of cotton. voters will elect a board member from the Panhandle Zone to serve on the statewide board of directors for the Texas Boll Weevil Eradication Foundation Inc. TDA received one nomination

Cont. on page 3

# **GFWC/PROSPECTUS STUDY CLUB BRISKET AND ALL THE FIXINS' DINNER!**

**SUNDAY, MARCH 21, 2004** SHERMAN COUNTY EXHIBIT BUILDING 11:30 a.m. to 1:30 p.m. Adults-\$7.00, 10 & Under-\$4.00

Money raised is for scholarships & the many club projects.



# **Chamber of Commerce By Patty Tims**

### "Music, Music, Music"

The theme of this year's Annual Banquet. The Banquet will be April 5, with the Silent Auction starting at 6:30 p.m.; we would like to encourage people to come early so they can assure enough time to bid on their item of choice. Dinner will began at 7:00 p.m. followed by the program at 7:00. Marihoward Engelbrecht and Belinda Hamilton will be the speakers this year. They will also provide most excellent musical entertainment. Citizen of the year awarded at the conclusion of the entertainment. Single tickets will be \$14.00 and Couples will be \$25.00. Last weeks article stated Couples would be \$24, which is not correct. Our meal will be catered by Bar-H from Dalhart and will consist of; 8oz Rib-eye steak, cooked to perfection, baked potato, buttery corn, salad, dinner roll, nice and hot, cheesecake with strawberry topping, and tea. Yum, makes my mouth water just thinking about it. The Banquet will be located at the County Barn. Tickets can be purchased from any Chamber board member,

Dave Browne, Eric Werner, Diantha Downs, Pat Hartman, Rhea Chumley, Tim Hudson, Harriett Reed, and Elida Gonzales or come by the office and pick one up. Please make plans to attend.

### Thank You, Thank You

The Chamber of Commerce would like to thank these businesses and families for their continued support and renewal of membership: Ione Kendrick, Smith Agency, John & Nina Lavake and Dick Chumley. A very special thank you to the Stratford Star, each week the Chamber News is published at no cost to the Chamber. Marty, we would like to extend a Great Big Thank You. If you or your business would like to become a member of the Chamber of Commerce, please come by the office or call 366-2260 and I will assist you in any way I can.

### Much Much More

If you have walked by the Chamber office, you might have noticed all the items in the window, these items are for the silent auction. If you would like to get a closer look, come on in and look around. So far there are 20 items, which are fabulous.

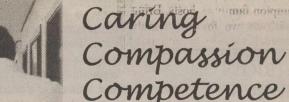
### Photo Contest Winners

Jody Lasley won first place with her entry, "The Age of Innocence", and Linda Hauser was our second place winner with her entry, "Hero's at Work". Each photo will be displayed in the Chamber Office and will be featured on our Banquet Program as well as the Ranch Rodeo program. Post cards will also be made and sold. Congratulations to each winner. Come by the Chamber office and see these wonderful photos.

### **Methodist Youth To** Serve Lunch March 28

Make your plans for lunch with the Methodist youth, Sunday, March 28, 2004. Lunch will be served from 11:30-1:30. The public is invited. A free will offering will be collected. These funds will be used to support activities for the youth.

A man's palate can, in time, become accustomed to anything. -Napoleon Bonaparte



gates open for crack cave on March 18 Saturday and Sunday for anyone interested on viewing March our own natural wonder of Baca 26,27,28 County. March 26 The Home, Garden, and Craft Show will be held in the March 27 Springfield High School Gymnasium on Saturday, March 20th from 9:00 a.m. to April 1-10 4:00 p .m. Door prizes are already being gathered and April 2\*\*\*\* vendors from all over the region are already signed up to April 2,3,4 participate.

Remember to tune to Radio April 2\*\*\*\* Station KLMR at 7:00 a.m. on Friday, March 19th. "Anything April 10-11 Goes" will feature the festival and all the latest on the weekend's events.

Mark the calendar for this year's event to enjoy the weekend in Springfield, Colorado for the Spring Equinox Festival. Let's all have fun!!

### Travel

(NU) - Did you ever think about sending your kids to another country to learn about their heritage? One Irish woman named Niamh Hamill is giving hundreds of high school students a chance to learn about Irish culture in the best venue possible - Ireland. Adventure Ireland is her summer camp program in Ireland for U.S. high school students. She and her staff immerse students in the stunning rural Irish landscape where they can experience the entire cultural atmosphere. For more information, visit www.adventureireland.com or call 1-888-677-2652.

everywhere. From fatty fast food to greasy potato chips to dairy-rich ice cream, it seems mon for dieters to give up after just a few days or weeks. Some people find supplements help-ful. For instance, Sleep-N-Slim, a dietary supplement from Eurobotanicals (www.eurobotan icals.com) can help you lose

Weight Loss

(NU) - Sticking to a diet is

difficult. Temptations are

weight by stimulating the pituitary gland, according to its manufacturer. For more information, call 1-800-593-4701.

\*\*\* It is far more impressive when others discover your good qualities without your help. -Judith Martin

I can think of no more stirring symbol of man's humanity to man than a fire engine. -Kurt Vonnegut \*\*\*

\*\*\*

Amarillo Little Theatre 806-355-9991

\*\*\* note new listing

Arts in the Area

By Gaynelle Riffe

"Ladies in the Tower" One Act Dinner Theatre Mary Allen Cafetorium 7:00 p.m. Reservation 366-3303

"Over The River and Through The Woods" Comedy

"Blythe Spirit" Comedy **Dalhart Community LaRita Theatre** 

"Perfect Circle" Amarillo Civic Coliseum 806-376-3096

Don Giovanni Amarillo Opera Amarillo Civic Auditorium 806-372-SING

"Side Man" Drama Amarillo Little Theatre / Adventure Space 806-355-9991 "Showcase of Music" WTAMU

**Amarillo Civic Auditorium** "ROBIN HOOD" ALT Academy Amarillo Little Theatre 806-355-999

**Golden Nail Awards, Dinner and Entertainment** Amarillo Civic Heritage Ballroom 806-373-7800 reservations

Easter Pageant Sat. 6:00 p.m. Sun. 6:00 a.m. Kenton, Oklahoma 580-261-7413 or 800-821-7204



O. Opara, D.O. **Internal Medicine** 201 S. Bliss, Suite C **Dumas, TX 79029** 

### (806) 935-4686 Se habla espanol

Open Mon. Thurs. 9 a.m. ~noon, 1~6 p.m, Frí. 9 a.m. ~noon, 1 ~5 p.m.



San Marcos Baptist Academy is a private boarding school for boys in grades 6-12 and girls in grades 8-12. Day school is available for boys and girls in grades 6-12.



There will be an information session at the J.W. Marriott (5150 Westheimer, Houston) on Monday, March 22, 2004 at 7:00 p.m. Please come and learn about curriculum, campus life and admissions for the upcoming 2004-2005 school enrollment PUBLIC INVITED!

2801 Ranch Road 12 . San Marcos, TX 78666 . 1-800-428-5120 . e-mail: admissions@smba.org . www.smba.org San Marcos Baptist Academy does not discriminate on the basis of race, color, national or ethnic origins

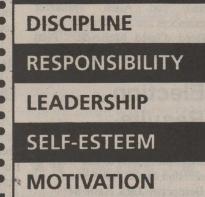
### TIME Come by **Hair Creations** And order your Tuxedo!!

IT'S PROM

impossible to escape diet-breaking foods. Thus, it's com-

### **The Stratford** Star

Published Every Thursday At-805 Purnell, Stratford, TX 79084 Second Class Postage paid at Stratford, TX 79084 Martha ( Marty) Robertson Editor & Publisher Shari Hudson—Advertising & Photography Subscription Rates \$25.00 per year in Sherman And Adjoining Counties \$32.00 per year all others \$20.00 per year college rate The Stratford Star Box 8 1-806-366-5885 Fax 1-806-366-5885



ACHIEVEMENT



### Kerrick News By Marylou McDaniel

What fun last Wednesday was! Seated at one of the tables at XIT Telephone annual meeting were Ted & Joyce Irlbeck, Donna Gillenwaters, Jo June McDaniel, Jon Hart, Florecia Eslinger, Mike & Marylou McDaniel. There were seven eligible to win in the drawing. Donna & Jo June won floral arrangements, Jon won a hose wheel, Mike got a toolbox. Florecia and Marylou each won \$100. That's pretty good, to win six out of a possible seven!

Bill & Pat Boren were seated with Leo & Elaine Horne. Bill won early in the drawing, a flashlight of some sort.

Anyway, it was fun!

Kerrick Community hosted the March No-Birthday Party at Coldwater Manor March 9. They furnished green punch (for St. Patrick), angel food, chocolate, strawberry and poke cakes with cups of vanilla ice cream.

They had a sing-a-long session.

is this: that a thing constructed can only be loved after it is con-Virgie Mathews recuperating at the Manor and structed; but a thing created is loved before it exists. is looking good. She usually made the angel food cake for the party.

Servers included Jo June McDaniel, Donna Gillenwaters, Minnie Hampton, Ted & Joyce Irlbeck, Marylou McDaniel.

Bill Gillenwaters saw "The Passion of the Christ" Saturday. Kerry, Kelly, Kevin & Kole Carlisle of Ropesville spent Sunday night through Wednesday with Kerry's parents, Bill & Pat Boren. Visiting with them Monday were Robin, Courtney & Darcy Williams of Keyes.

Pat Boren and the Stratford Grain Bowling Team bowled the Dalhart Sunday in Tournament.

Five year old Konner Harris is spending this week with his grandfather, Roy Harris.

Konner lives near Woodward, Ok. It's just the two fellows as escort to Ciccy is on Mississippi.

There will be Easter dinner at the community center with the Hampton family as hosts. Bring a dish or two for your family and enjoy. It will be at 1 p.m. Make your plans now.

# **4-H Fashion Show March 26**

The whole difference between construction and creation is exactly

**REMINDER TO VOTE** 

COMPLIMENTS OF STEVE PEMBERTON

CANDIDATE FOR PRECINCT I COMMISSIONER

SHERMAN COUNTY

Pd. Pol. Ad. Pd. For by Steve Pemberton, P.O. BX 1141, Stratford, TX 79084

Divine Touch

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Lori Mungia

LMT

Come experience a divine touch that

**KEPUBLICAN** 

PRIMARY

PRIL 13, 2004

The Sherman County 4-h Entry Forms are due in the Fashion Show will be held Friday, March 26<sup>th</sup>. The achievement event will be at the Sherman County Exhibit Building in Stratford.

Judging of contestants will begin at 4:30 p.m. followed by the Fashion Show and Awards program at 6:00 p.m. 4-H project members from the Stratford and Texhoma communities are learning skills in the areas of clothing construction, clothing care, grooming and modeling, textile art, knowledge of fibers and fabrics, and participated in educational tours.

4-H'ers and families are

YOU COUNT So DOES YOUR VOTE !

County Extension Office on Monday, March 22<sup>n</sup>

Community members are invited to the Fashion S how to show their support of youth and view the accomplishments of Parent 8 Leaders Association, Sherman County Texas Extension Education Association, Sunray Co-op and Texas Cooperative Extension. Educational programs

sponsored by the Texas cooperative Extension serve all people of all ages, regardless of socio-economic level, race, reminded that Fashion Show color, sex, religion, disability, or national origin.

-Charles Dickens

# Do Well, Be Well

Do Well. Be Well with diabetes will be offered to interested Sherman County residents this spring. The six week educational program is to help people with type 2 diabetes learn the skills they need to understand and manage their diabetes, reduce their highest possible level of wellness.

### Vote Cont. from page 2

for this position before the March 1 filing deadline. The name of Keith Watson of Moore County will appear on the ballot as a board nominee. Watson is a cotton producer who has farmed in Moore County since 1972. The Panhandle Eradication

Zone consists of approximately 30,000 acres of cotton in the following counties: Carson, Dallam, Hansford, Hartley, Hutchinson, Hemphill, Lipscomb, Moore, Ochiltree, Oldham, Potter, Roberts and Sherman.

\*\*\*

Class to be Offered

The class will be conducted April 6, 13, 20, 27 and May 4 and 11 at the Stratford EMS building. Class time will be 7:00-9:00 p.m. Cost of the class will be \$10.00 per individual or couple. Financial assistance is available.

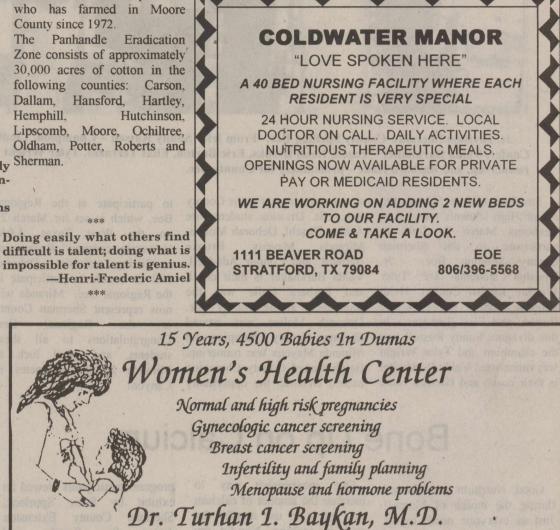
Topics of the class will include understanding about diabetes. planning. meal exercise, foot care, diabetic medicines, and blood glucose levels. Numerous health care and nutrition specialist will be guest speakers.

To register for the class, call or come by the Sherman Extension County Office

THE STRATFORD STAR Thursday, March 18, 2004 Page 3

located at 701 N. Third Street in Stratford, telephone 366-2122. Registration deadline is April 5, 2004. Persons who need special services are asked to contact the Extension Office one-week so that adequate prior arrangements may be made.

The class is open to people of all ages regardless of socioeconomic level. color. sec. religion, disability, or national origin. Do Well. Be Well include Texas sponsors Cooperative Extension and Stratford Hospital District.



Specializing In **OBSTETRICS-GYNECOLOGY** Monday - Saturday 9 a.m. - 6 p.m.

**First Assembly of God Kevin Anderson, Pastor** 921 Fulton Sunday School 9:45 am and the day had been been Morning Worship 10:45 am Evening Worship 6:00 pm Wed. Bible Study 7:00 pm

**First Christian** 

**Rev. Walter Reed** 

110 S. Bliss

Which Way are you Running?

### members. Sponsors of the Sherman County 4-H Fashion Show are the Sherman County 4-H

### Technology

(NU) - Researchers are developing a tiny device that they believe will restore sight to people suffering from certain eye disorders, like macular degeneration, which is the leading cause of legal blindness in people over age 55. The retinal prosthesis is a micro-electromechanical system, also called "MEMS." Its development was made possible by the work of mechanical engineers at the forefront of design and testing. This project highlights the growing opportunities for mechanical engineers in the development of MEMS-based devices for human health and rehabilitation. For more information, visit www.asme.org.

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Dr. Wang (pronounced as "Wong") is a Board certified doctor in Internal Medicine whose office is now open at 201 South Bliss, Suite B, in Dumas. Office hours are by Mon, Tues, & Thurs, 9 A.M. to 6 P.M.; Wed, 12 P.M. to 9 P.M., Fri, 8:30 A.M. to 12:30 P.M. Saturday appointments are available. Dr. Wang is a skilled and experienced physician whose interests include rheumatology, diabetes, hypertension, thyroid disease, COPD, asthma, heart failure and eye disorders.

Dr. Wang and his staff look forward to serving you. To make an appointment or for further information, please call 935-5997.

MOORE COUNTY **HOSPITAL DISTRICT** We treat you like family.



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Jimin Wang, M.D. **Board Certified Internal Medicine** 

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 p St. Joseph Catholic Rev. Dr. Johnson, Reiki Master 6th & Pearl Rectory - 366 - 5687 Sunday morning: 8:00a.m. (English), 12 noon. (Spanish) Sacrament of Reconciliation: Before Mass.or by appt. Christian Formation Classes: K-6th Grade, Wed. afternoor Jr. & Sr. High, Wed. - 6:30-8:30 p.m. **Church of Christ** Larry Evans

N. 3rd & Chestnut Sunday School 9:30 am Morning Worship 10:30 am Evening Worship 5:00 p.m. Wednesday Bible Study - 7:00 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 Early Service 9:00 a.m. Growth groups/Sun. School 10:00 a.m. Late Service 11:00 a.m. Growth Groups Nightly 7:00 p.m. Wed.- Youth Group Teen Kids 7:00 p.m./Adult Choir 7:00 La Mision Bautista

**Mision Bautista** 401 S. Wall 396-5376 Domingo-(Sunday) Estuela Dominical 9:45 am

**Miercoles (Wednesday)** Servicio De Adoration 11:00 am Servicio De Oraction 6:00 pm Servicio De Adoration 6:00 pm Susninos Durante El Servicio.

Do you consider yourself a Christian? Then you must be a follower of Christ. You must believe certain things about Christ. You must believe that Jesus Christ, the divine S on of God, the second person of the Trinity, is Lord of all. He is Lord of lords and King of kings. The Bible says, "God has made Him both Lord and Christ" (Acts 2:36). Not only so, you trust in Christ. You receive salvation from the consequences of sin when you sincerely bow before Christ and commit yourself to Christ as your Lord. You trust in the Lord of glory as the one who died on the cross in payment for your sins. You truly believe that this same Lord Jesus was raised from the grave in order to give you new life. But this is not all. You must also dedicate yourself to serving Christ as Lord. Jesus said, "Not everyone who says to me, 'Lord, Lord,' will enter the kingdom of heaven; but he who does the will of My Father" (Matthew 7:22). The point is, you cannot confess Christ as Lord and live contrary to His will and then also say your confession of Christ is a true one. Rather, you must "prove yourselves doers of the Word, and not merely hearers who delude themselves" (James 1:22). You see, your conduct shows which way you are running; whether you are running the race of life in the service of Christ, or whether you are running in the other direction in opposition to Christ. You cannot have it both ways. You cannot say you are a follower of Christ and live as though you are not.

The Churches of

Stratford

Welcome You

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Sponsored by; Thriftway 396-5586 Stratford Grain 396-5541 Lautz 769-4485 Ellie's 396-2092 Stratford Star 396-5885 Walter Lasley & Sons, INC. 753-4411

**Templo Hispano Eben-Ezer Pastor Roberto Frescas** 205 N. Poplar - Hwy 287 Escuela Dominical 10 a.m. Serbicio 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

**Estudio Biblico &** 

Se Cuidamos

# **Spelling Bee**



Jr. Division Sherman County Spelling Bee: From left, Sunny Russell - Champion, Lindsi Confer, Valda Burkhalter - coach, Heidi Brooks, Eric Burton, Elias Terrazas, Tyler Wright runner-up, and Barbara Haile - pronouncer for County Bee.

Stratford Middle School and was the pronouncer at the County to participate at the Regional Junior High students traveled to Bee. Sr. Division students are Bee, which is set for March 27 Texhoma March 9, 2004 to Ashley Duschl, Deborah Molina, on the West Texas A&M participate in the Sherman County Spelling Bee. Jr. Division students are Tyler Wright, Lindsi Confer, Heidi Brooks, Sunny Russell, Eric Burton, and Elias Terrazas. In Deborah Molina was named in this division, Sunny Russell was Sherman County Champion and Congratulations to all these the champion and Tyler Wright Miranda Mayeux was runner-up. students, and good luck to was runner-up. Valda Burkhalter Being named County Champion Miranda as she competes in

Miranda Mayeux, Brooke Barnard, and Connor Aduddell. and Barbara Haile was the pronouncer at the County Bee. is their coach and Barbara Haile earned Deborah the opportunity Canyon!

University campus. Because of conflicting activities, Deborah Valda Burkhalter is their coach will be unable to participate in the Regional Bee. Miranda will now represent Sherman County the Regional Bee.

# Bone Up on Calcium

Good; Nutrition is celebrated during the month of March!! Just as everyone needs to eat the proper amount of foods from the Food Pyramid, everyone is reminded that they need the nutrient calcium also.

Calcium is needed for strong bones and teeth, it helps our muscles work helps our nerves send messages through our body, and helps our blood clot when we get cuts.

201 Off During our youth and early adult years or until the age of 30, our body "stores" calcium in our b ones. After age 30, the challenge is to maintain our bone strength. To do this one should eat lots of calcium-rich foods, increase our weight bearing exercises, such as walking, and get enough sunshine and vitamin D. It is very important that women consume enough calcium to avoid osteoporosis. Osteoporosis is a condition where the bones become porous, brittle, and break easily. You should eat 2 to 3 servings of foods from the milk, yogurt, cheese, or other calcium sources group each day. Good sources of calcium include: dairy sources-cheese, milk, yogurt; non-diary sourcessardines with bones, dried figs, collard greens, corn tortillas, broccoli and fortified foodsorange juice, breakfast cereal, pasta, and soy milk.

One inexpensive way to increase the amount of calcium you eat is to use non-fat dry milk in cooking. Non-fat dry milk is fresh, whole milk from which the water and fat has been removed. It is an excellent source of calcium and is easy to store. Non-fat dry milk should be stored in a cool, dry place. When mixed with water, keep it in the refrigerator. You can give foods a calcium boost with instant non-fat dry

milk. When making flour tortillas, add 2 tablespoons of dry milk to each cup of flour. Add 2 tablespoons of dry milk to each cup of cooked potatoes

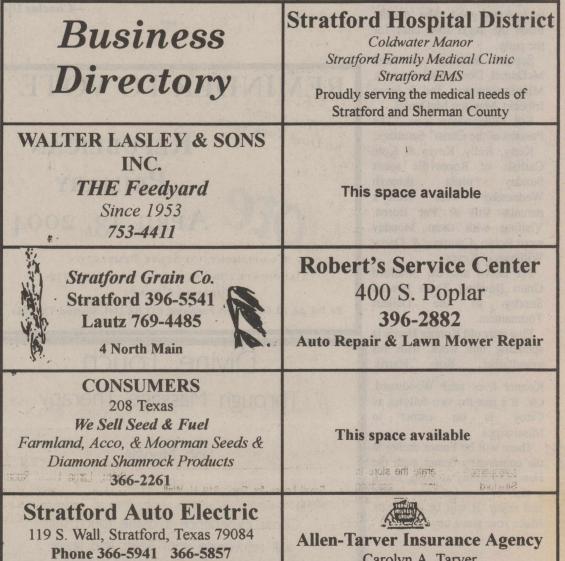
program participants viewed an exhibit by Susie Spurlock, Sherman County Extension Agent for Family and Consumer Sciences at the March 1 clinic held in Stratford. For more information on how families can eat well for less, the focus of the Better Living for Texans program coordinated by Texas Cooperative Extension, they c an contact Mrs. Spurlock at 806-366-2122 or visit the Sherman county office located in the Courthouse annex.

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Sr. Division Sherman County Spelling Bee: from left, Valda Burkhalter - coach, Connor Aduddell, Deborah Molina- County Champion, Miranda Mayeux-runner-up, Brooke Barnard, and Ashley Duschl.



before mashing when preparing mashed potatoes. Hamburgers or meal loaf can receive a calcium boost by adding 1/3 cup of dry milk to each pound of ground beef. Non-fat dry milk can also be used when preparing refried beans. Just add 2 tablespoons of dry milk and 2 tablespoons of liquid to each cup of beans before refrying them.

Some people say that they have trouble digesting milk because of lactose (sugar in milk). cramping, diarrhea. They can consume calcium by eating yogurt, hard That best portion of a good broken down in these products. Women, Infant, and Children

### Nation

(NU) - Like the schoolchildren who recite it today, most people grew up pledging allegiance to the flag and "one nation, under God." The newly released book "God's Covenant With America: From Birth Through the Nineteenth Century," by Bill Hunter, a practicing attorney and a former district attorney, passionately asks Americans to re-examine their definition of freedom and the fundamental idea that America is truly one nation, under God. More information on Hunter and his books can be found at www.brown books.com.

\*\*\*

I have a simple philosophy. Fill what's empty. Empty what's full. Scratch where it itches -Alice Roosevelt Longworth. 4'6"

\*\*\*

They experience bloating and

### soon because you never know how soon it will be too late. -Ralph Waldo Emerson

Most of the important things in the world have been accomplished by people who have kept on trying when there seemed to be no hope at all.

-Dale Carnegie \*\*\*

\*\*\*

cheese and cottage cheese man's life; his little, nameless, because some of the lactose is unremembered acts of kindness and love.

\*\*\*

-William Wordsworth

# **Track Results**

The 7<sup>th</sup> grade boys won the

the Canadian Track Meet with Sandro Gomez 4th 111'6". 137 points. Individual Results as follows:

**400 M Relay**  $- 1^{st}$  49.44, Canadian Track Meet held March Alex Martinez, Hunter Buckles, 5 & 6th with 103 points. Corey Carter, Julio Ramirez; 800 Individual results as follows: M Relay – 3<sup>rd</sup> 1:48.35, James 400 M Relay - 1st 53.22, Smith, Pablo Acevedo, Joey Armando Valenzuela, Nelson Reta, Julio Ramirez; 1600 M Rodriguez, Brent Reed, Angel Relay - 1st 3:59.31, Corey Resendes; 100 M Dash - Brent Carter, Julio Ramirez, Hunter Reed 3rd 64.38, George Robles Buckles, Craig Kautz; 100 M 4<sup>th</sup> 65.31; 800 M Run – Matthew Dash – Alex Martinez 4<sup>th</sup> 12.88; Valenzuela 1<sup>st</sup> 2:32.76; 800 M 200 M Dash – Alex Martinez 3<sup>rd</sup> Relay - 6th 2:02.48, Justin 26.56; 400 M Dash - Corey Lanning, Manuel Chavoya, Carter 4th 61.38; 800 M Dash -Derek Johnson, Angel Resendes; Michael Frizzell 4th 2:29.94, Joey 1200 M Run - Matthew Reta 5th 2:32.16; 200 M Hurdles Valenzuela 1st 4:05.65; 110 M - Craig Kautz 1st 28.07 NEW Hurdles - Derek Johnson 1st MEET RECORD, Hunter 19.41; 1600 M Relay - 1<sup>st</sup> Buckles 3<sup>rd</sup> 30.09; 110 Hurdles -4:13.26 - Armando Valenzuela, Craig Kautz 1st 17.20; 1200 M George Robles, Brent Reed, Run - Michael Frizzell 1st Nelson Rodriguez; Shot Put - 4:07.19; Triple Jump - Alex Brent Reed 2<sup>nd</sup> 30'9"; High Martinez 6<sup>th</sup> 31'1"; High Jump -Jump - Nelson Rodriguez 6th Craig Kautz 5'2" 2nd; Shot Put -Sandro Gomez 2<sup>nd</sup> 39'9"; Discus The 8<sup>th</sup> grade boys also won - Craig Kautz 2<sup>nd</sup> 114'11",

RESULTS FOR HIGH SCHOOL CANADIAN AND **BOISE CITY TRACK MEETS** IN NEXT EDITION.

Phone 366-5941 366-5857 Alternator, Starter,-Magneto Repair Since 1964	Allen-Tarver Insurance Agency Carolyn A. Tarver Auto • Home • Life • Commercial Bus: (806)396-5810 • Res: (806) 396-2393
Betty Brown's Medical Claim Service 605 S. Main P.O. Box 7 Stratford, TX 79084 806-396-2623	Joe Flores Farm Bureau Insurance 396-5538 office 396-5389 home
Brown's Meat Locker Custom Wholesale & Retail Meat Federally Inspected Hwy 287 South 396-2513	Jesse's Gun Shop           Gun Repairs • Sales • Cleaning           Hours: Mon Fri 1730 - 2000           Sale - 0800-1600           Jesse Resendes           (806) 763-4454         111 S. Maple           (806) 366-3134 Shop         Stratford, TX 79084
A & I PARTS CENTER AUTOMOTIVE AND INDUSTRIAL PARTS - THE CAR CARE PEOPLE Jerry Ewers Manager P.O. Box 1146 201 N. 2nd-Stratford, TX 79084 (806)366-5561 Fax: (806)366-2583	Your Home Town Pharmacy.         ELK PHARMACY 317 N. Main P.O. Box 360 Stratford, TX 79084         Stratford, TX 79084         806-396-6505         Gayland Vandiver, R.Ph. Debbl Vandiver/ Owners         Carlton CardsMillionsire Candy.Gifts . Gookie and Balloon Bouquets
This Space Available Call 366-5885	<b>Tommy's Embroidery</b> 580-423-7718 Texhoma, OK 210 Hwy 54 West Caps, Shirts, Jackets, Baby Blankets, Towels, Towel Wraps, School Logos, & Much More!
<b>BIG TOWN Selection + Small Town Friendliness</b> Wide Selection Frozen Food Quality Foods Hwy 54 East 396-5586	Westside Laundry/Stratford Laundry & Dry Cleaners 410 N. 4th - Stratford, Texas 396-2841 Owners - Jerry & Janie Smith Operators - Bob & Keri Harris
Joan Bell THE TRAVEL STORE affiliated with National Travel Systems A Full Service Travel Ágency 396-5958 1-800-753-2792	Voc Taylor, Photography PO Box 27 1305 N Chestnut Stratford, TX 79084 806-366-2459 Weddings, Portraits, Etc.
This space available	Rockin' C Cross Appraisals Farm, Ranch & Residential Appraisals 711 Purnell P.O. Box 1172 Jn 3:16 Stratford, TX 79084 Bus: (806) 366-7525 Fax: (806) 366-7515 DAVID, J. CROSS

# It Pays To Look In The Star Classifieds ...The Best Salesperson Around

# Phone 366-5885

### **For Sale**

### Services

Fertilome products are in at THE General Store. It's time to apply A-Vert for your crabgrass and weed control. Also in is-Weedfree Zone. It will kill your early starters in only 45 degree weather. We still carry a full line of Scotts that includes, Halts & Turf Builder + Halts, which also need to be applied now. Be sure to stop by for all your lawn and garden needs. 3-11-2xc---

Horse and Cow hay for sale: Call 1-580-426-2256 3-18-4x-c--

### PHEASANT RIDGE **APARTMENTS** STRATFORDS' NEWEST & NICEST

\* 2 Bedroom Apt. \* Very Nice

\* C H/A New Appliances

> WEST TEXAS RENTALS 806-244-3418

### **Help Wanted**

Dumas Nursing Center needs LVN, part-time RN and CNA's. Call 935-4143 3-18-2x-c--

Cimarron Feeders now taking applications for weekend night watchman. Please apply in person, or call 580-543-6383 ext. 200 2-26-4x---

D & C Greenhouse is seeking a temporary full/part time dependable salesperson to operate the store in Duties: assisting Stratford. customers, maintaining plants, and operating cash register. Starting pay is \$5.50/hour with a 40-hour workweek and a 2-day on, one day off schedule. We will start hiring April New & Used Appliances Factory Authorized Service Whirlpool, G.E. & Frigidaire **BABER SUPPLY** 

**DishNetwork Sales & Service** 1-800-292-4023 1-580-423-7255

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-

Custom swathing and baling: 2 new John Deere Balers, volume discounts available. Call for quotes. John Bourk 580-546-7308 Cell # 806-683-5967; Matt Elder 580-349-1272 Cell #806-570-4694

### Land for Sale

Land for Sale: Section 66 and South 1/2 of Section 67 Block 8. Capital Syndicate sub-division Dallam County CRP to 9-30-2007. Contact Trust Dept. at First State Bank of Stratford 806-396-5521. 10-23-tfn-

### \*\*\* That is what learning is. You

suddenly understand something 2 baths. Call for more information. 244you've understood all your life, 2155 or 333-7120. but in a new way.

-Doris Lessing

**For Rent** 

2 Bedroom house for Rent call 396-2125 1-22-tfn

FOR RENT...Office space on Main Street for rent. For information call (806)396-5541.

Small house for Rent: 619 N. Wall please call 753-4490 or 676-2931. 3-4-tfn--

For Rent: 1 Bedroom furnished apt., 6th & Fulton. Call 396-5541 daytime. 396-

### **Houses For Sale**

HOUSE FOR SALE: 602 N. MAPLE, BRICK, 2700 SQ. FT. LIVING, DBL GARAGE, 3 BATHS, \$80,000. CALL: 396-5946 3-4-TFN-

Nice 2-bedroom, 1-bath home with basement, nice front porch, storm windows and priced at \$30,000. Call Goforth and Assoc., Realtors (806) 355-3306 3-4-4x--

For Sale: House and furnishings as a package. 1320 sq. ft. living; detached garage; sprinkler system. \$49500.00. Shown by appointment only. Trust Dept. 396-5521. 9-25-tfn-

House for sale: Large brick home, 2260 sq. ft. living area, 3 bdrm. 2 1/2 baths, fireplace, 2 car garage, sprinkler system, across from elementary school, 1216 Olive-Call 366-5613. 3-18-4x-c-

For Sale: 3850 Sq. Ft. living area, 4 BR, 2 1/2 baths, basement, covered patio, 2 car garage, corner lot w/circle drive. 420 N. Chestnut. Call 806-396-2348. 7-10-tfn-

House For Sale or Lease: Recently remodeled 2500 sq, ft. house. 3 bdrm,

8-8-tfn-

Owner Financing, Buying a House Made Simple. All 3 Bdrm. 319 S. Main, 611 N. 3rd, 218 Purnell. Call Brett Cummings 366-7664 (hm) or 753-6677 (cell) 1-2-04-tfn-

For Sale: 14 x 60 Trailer house, needs work, owner-financing possible. Call 396-2125. 1-15-tfn-

House for Sale: 902 N. Maple. 3 Bdrm, Large Utility Room, New windows & carpet, corner lot, central heat/air, one block from school, big backyard. \$45,000. Call 366-3019. 2-12-tfn--

4 Bdrm Brick Home in Texhoma, 2 baths, 2 fireplaces, 2 car garage, large walk-in closets, new roof & barn in backyard 40'x25'. (580)423-4553 or (580)423-7718 for more info. 7-31-tfn-



806-935-7364 Fax 806-935-7687 E-MAIL adrem@adremland.com

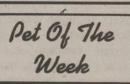
- Visit our website @

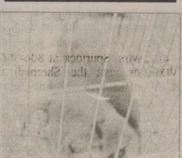
Http://www.adremland.com New Listing: Newly remodeled Home. 3 bedroom, 2 3/4 bath. Fireplace, Sprinkler, Utility, 2 Car Garage, and much more! \$178.000.

A Unique Home with a lot of beautiful special features. Island Kitchen offers a cozy breakfast nook. Master bedroom has an office area and office area in hallway. Two living areas with fireplace. Energy tight. Come see today. \$129,000.

Very Spacious. 3 BR. 1 bath. extra large fenced corner lot, large utility room. \$53,000.

Super Nice home with all new floor coverings and paint. Walk-in closets, 2 bedrooms, 2 baths, carport. Low price of \$33,000. Nice Stucco, 2 bedroom, 1 bath. Great starter home or investment. circling fans, storm windows, storage building. \$15,000.





NOTICE

Legal Notices

On February 10, 2004, Valor **Telecommunications** of Texas, LP (Valor) filed its Second Amended Application with the Public Utility Commission of Texas (Commission) to establish surcharges to recover lost revenues and incurred costs associated with Expanded Local Calling Service (ELCS) routes implemented from February 1, 1996 through December 31, 2002 between Valor's Texas telephone exchanges and, in many instances, the exchanges of other local telephone companies. The Second Amended Application was pursuant to filed the Commission's Substantive Rule § 26.221 titled "Applications to Establish or Increase Expanded Local Calling Service Surcharges." ELCS expands the

local calling scope of a telephone exchange to include one or more additional telephone exchanges if customers in a petitioning exchange approve by ballot the payment of an ELCS fee in lieu of long distance charges. Costs and lost revenues associated with Valor's surcharge application are those not recovered through existing ELCS fees.

Second In the Amended Application, Valor proposes to implement monthly ELCS surcharges for five years beginning on the date the Commission issues a final order on Valor's request. The Commission can establish an ELCS surcharge for any duration. ELCS surcharges

#### The Commission assigned Docket No. 27363 to this proceeding. Persons who wish to intervene in or comment upon these proceedings should notify the Public Utility Commission of Texas as soon as possible, and no later than 21, April 2004, the intervention deadline. A request to intervene or for further information should be mailed to the Public Utility Commission of Texas, PO Box 13326, Austin, TX 78711-3326. Further information may also be obtained by calling the Public Utility Commission at (512) 936-7120 or (888) 782-8477. Hearing-impaired and speech-impaired individuals with text telephones (TTY) may contact the Commission at (512) 936-7136.

Published in The Stratford Star. Thursday, March 4, 2004, Thursday, March 11, 2004, Thursday March 18, 2004 and Thursday, March 25, 2004.

### AVISO

El 10 de Febrero de 2004, VALOR Telecommunicaciones de Texas, LP (VALOR) sometió una solicitud a La Comisión Pública de Servicios de Texas (Public Utility Commission of Texas) para establecer sobrecargos para recuperar las ganancias perdidas y los costos incrementados relacionados del Servicio Expandido de Llamadas Locales (Expanded Local Calling Service - ELCS) entre los despachos centrales de teléfono de VALOR de Texas y en muchas instancias, despachos de otras companías locales de Segunda teléfono. La Enmendacion de Applicacion se sometió basada en la Regla 26.221 de La Comisión titulada, "Solicitudes para Establecer 0 Incrementar los Sobrecargos de Servicio Expandido de Llamadas Locales" ELCS extiende el alcance de llamadas locales para incluir uno o más despachos de teléfono adicionales, si los clientes de un despacho hacen una petición de cambio que es aprobada por voto para pagar un cargo de ELCS en lugar de sobrecargos de larga distancia. Los costos y perdidas ganancias relacionadas los con sobrecargos de la solicitud VALOR de no son recuperables a través de la cuota del ELCS. Segunda En la Enmendación de Applicacion, VALOR

Send resum to D Greenhouse, 36 Nelson Drive, Spearman, TX 79081. Call (806) 659-5171 for more information. 3-4-4x-

### **Garage Sales**

Garage Sale: Saturday, March 20th, 10 a.m. at 806 N. Maple. NO EARLY BIRDS!

SCOT Hall Huge garage sale Saturday, March 20th from 9 a.m. to 1 p.m. Nice furniture, dishes, kitchen items and much more. 3-18-c---

### 5692 at nights. 1-28-tfn-

11-27-tfn---

House for Rent call 1-806-655-0624 2-26-tfn-

You can't measure time in days the way you can money in dollars because every day is different.

N SUPPLEMEN

because they can't eat certain

can't drink it.

regulated?

them as a food product.

their products tested by USP.

ingredients listed on the label.

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### Questions And Answers About Vitamins And Minerals

(NAPS)-Many people have questions about vitamins and minerals. The independent public health organization United States Pharmacopeia (USP) sets industry standards for dietary supplements and has developed the Dietary Supplement Verification Program (DSVP). Here are answers to common questions about vitamins and minerals.

Q. What are vitamins and minerals?

A. They're nutrients you need to stay healthy. They're in many foods you eat, but you can also take supplements to make sure you get the nutrients you need.

Vitamins

Vitamins are either fat-soluble or water-soluble:

1) Fat-soluble vitamins are stored in the body's fat tissues and used when needed. Vitamins A, D, E and K are all fat-soluble.

2) Water-soluble vitamins are mins are water-soluble vitamins.

#### Minerals

vital body functions.

There are two groups:

1) Trace minerals are needed cation symbol? in small amounts. Chromium, copper, iodine, iron, selenium and USP has tested and checked ment, ask a health professional zinc are trace minerals.

in larger amounts. Calcium, mag- passed important tests to help people may need different amounts. nesium, phosphorous, and potas- assure you that: sium are macrominerals.

Q. Why take supplements?

A. Supplements can be an inexpensive way to make sure you get the ingredients will be absorbed product past this date may no all the vitamins and minerals you into your body. 3. The product has been need, even if you get most of them from food.

\*\*\*

T

-Jorge Luis Borges

2400 Sq. Ft. House, 3 bdrm, 2 1/2 bath: 14.9 acres. 40'x60' metal bldg, roping arena, 3 horse sheds, detached 2 car garage. Shown by appointment only. 806-966-5219, 806-679-8015. 8-21-tfn-

House & Acreage for Sale by Owner.

GREAT INVESTMENT OPPORTUNITY 510 N. 5th St. priced at \$10,000 sits behind 419 N. Pearl for \$20,000. Can be bought separately or together. Goforth and Assoc., Realtors (806) 355-3306. 3-4-4x

such as bacteria and pesticides.

itary, well-controlled conditions.

4. It has been made in safe, san-

Q. Are all vitamin and min-

A. USP does not rate vitamins

eral supplements with the

**DSVP** mark the same quality?

and minerals or compare them

with each other. It does look at

each product it verifies to help

ensure the ingredients on the

label are actually in the product

Q. How do I know a supple-

and meet its standards.



The Dalhart Animal Rescue Shelter ("no kill" facility) currently has over 100 dogs and puppies available for adoption. These dogs are all sizes and range in age from 4 weeks on up. The older dogs have been spayed and/or neutered and have their shots. These dogs need a good home.

The Dalhart Animal Rescue Shelter needs your old blankets, towels, and tugs for the dogs and puppies. If you have any that you would like to provide them, please contact Linda Reimer at 244-6326 (leave message) or 249-5333. You can also drop them off at the shelter.

We are also seeking responsible individuals to provide foster care for the dogs. If you feel you would like to take one or two and care for them for a couple of months, we will provide the food. . All of these dogs have had their shots and are looking for lots of love. Please contact Diane Trull at 244-3216 for additional information.

### Sherman Co. Child Welfare Board

To report Suspected Child Abuse, Call

Kathie Altman-366-5611 David Cross-396-2396 Ken Forthman-366-2586 Patsy Harland-827-7568 Michal Meyer-827-7453 Jesse Resendes-769-4454 Larry Evans-366-2242

> **Austin Hotline** 1-800-252-5400 **ALL CALLS**

apply in addition to monthly **ELCS** fees.

Valor proposes the following monthly ELCS surcharges per residential line: \$.86 in Year 1, \$.85 in Year 2, \$.03 in Year 3, \$.02 in Year 4, \$.01 in Year 5. Valor proposes the following monthly ELCS surcharges per business line: \$1.72 in Year 1, \$1.70 in Year 2, \$.06 in Year 3, \$.04 in Year 4, \$.02 in Year 5.

Valor is currently billing interim ELCS surcharges approved by the Commission, including an interim ELCS surcharge of \$.65 per month per residential line and an interim ELCS surcharge of \$1.30 per month per business line. If rates below the level of the interim surcharges are ultimately approved the by Commission, Valor may be required by the Commission

to refund all or part of the interim surcharges.

If Valor's Second Application is Amended approved, the net annual effect on Valor's Year 1 revenues will be zero since the requested surcharges are designed to replace lost revenues and to reimburse Valor for increases in costs associated with the provision of ELCS. The estimated total lost revenues and increased costs Valor seeks to recover through this proceeding is \$3,867,372 in Year 1, 3,791,870 in Year 2, \$133,831 in Year 3, \$89,220 in Year 4, and \$44,610 in Year 5.

If have you questions about the proposed surcharges or would like further information, please call Valor at 1-877-520-5220.

propóne implementar un cargo mensual por cinco años commensando el dia

que la Comicion sumete el orden finál, por la solicitacíon de Valor. La Commission puede establisar sobrecargos ELCS for cualquier duración. Sobrecargos ELCS see applicarán arriba de los cargos mensuales ELCS.

Valor háce proposito de los siguientes sobrecargos mensuales por cada linea residental: \$.86 en Año 1; \$.85 en Año 2; \$.03 en Año 3; \$.02 en Año 4; y \$.01 en Año 5. Valor háce proposito de los siguientes sobrecargos nensuales por cada linea comercial: \$1.72 en Año 1, \$1.70 en Año 2; \$.06 en Año 3: \$.04 en Año 4, y \$.02 en Año 5.

· Cont. on page 6

Minerals are also necessary for earn the DSVP symbol by having the label is important.

• When buying supplements, 1. The product contains the check the expiration date on the bottle to make sure you will use 2. The product will dissolve so all its contents before the date. A longer meet USP standards.

Visit www.usp-dsvp.org for screened for harmful substances more information.

Some people take supplements ment meets USP's standards? A. Look for the DSVP symbol foods. For example, milk is a good or the letters USP on the front of calcium source, but some people the label. Q. What do I need to know Q. How are vitamin and about supplements before I mineral dietary supplements buy or take them? A. USP uses detailed labora-

A. The U.S. Food and Drug tory tests to check the quality of Administration (FDA) regulates vitamin and mineral supplements. Take into account: The United States Pharma-

 Most supplements are availnot stored well in the body. B vita- copeia (USP) created the Dietary able as either tablets or capsules Supplement Verification Program and may dissolve fairly quickly or mins are water-soluble vitamins. Supplement to the point of the point in the bottle. Supplement makers absorb them and why DSVP on

• Quantity or strength is im-Q. What is the DSVP certifi- portant. Products with the DSVP mark contain the amount listed on A. This symbol lets you know the label. Before taking a suppleingredients and the manufactur- about the supplements and the •2) Macrominerals are needed ing process. The supplement has amount you need to take. Different

### Legals Cont. from page 5

Corrientemente.

cobrando Valor esta sobrecargos ELCS interines aprobados por la Comisión, incluyendo un interin sobrecargo de \$.65 por mes por cada linea residencial, y un interin sobrecargo de \$1.30 por mes por cada linea comercial. Si tasas bajo de los sobrecargos interines ultimamente serán aprobadas por la Comisión, es posíble que Valor estará disponible a reembolsar todo o parte de los cargos interines.

Segunda Si la Enmendacion de Applicacion de Valor esta aprobada, el effecto neta annual de tasas para Valor en Año 1 serán cero desde sobrecargos que los solicitados son apuntados a reemplazar tasas y a reembolsar a Valor por los gastos aumentados associados con la provision de ELCS. El estimado total de tasas perdidas y cargos aumentados que Valor trata de recuperár sobre este

procedimiento es \$3,867,372 en Año 1; \$3,791,870 en Año 2; \$133,831 en Año 3; \$89,220 en Año 4, y \$44,610 en Año 5.

Si usted tiene alguna pregunta acerca de los sobrecargos propositados, o si necesita más información, por favor llame a VALOR al 1-877-520-5220.

La Comisión de Servicios Públicos ha asignado el Proyecto No. 27363 a este procedimiento. Las personas que deseen intervenir o comentar en o sobre estos procedimientos deben notificar La Comisión de Servicios Públicos de Texas tan pronto como sea posible y no más tarde del dia 21 de Abril, 2004, fecha límite de la intervención. Para intervenir o para más información, escriba a La Comisión de Servicios Públicos de Texas (Public Utility Commission of Texas), 1701 N. Congress Avenue, PO Box 13326, Austin, TX 78711-3326. También puede solicitar más información llamando a La Comisión de Servicios Públicos al (512) 936-7120 o al (888) 782-8477 Personas con impedimentos de hablar o del sentido de oir con teléfonos de textos (TTY) pueden comunicarse con La Comisión al (512) 936-7136.

establish the conditions under which the areas must operate. executive director The recommends issuance of this draft permit. The permit application, statement of basis and draft permit is available for viewing and copying at the TCEQ Central Office, 12100 Park 35 Circle, Bldg. E, First Floor, Austin, Texas, the TCEQ Amarillo Regional Office,, 3938

Canyon Drive, Amarillo, Texas. and the Sherman County Library, 719 North Main Street, Stratford, Texas. At the central and regional office, you may also review and copy all relevant supporting materials for the draft permit, as well as the New Source Review permits which have been incorporated by reference. Any person with difficulties obtaining these materials due to travel constraints may contact the TCEQ Central Office file room at (512) 239-1540.

MAILING LIST. In addition to submitting public comments, you may ask to be placed on a mailing list for this application by sending a request to the TCEQ Office of the Chief Clerk at the address below. Those on the mailing list will receive copies of future public notices (if any) mailed by the Chief Clerk for this application. PUBLIC

**COMMENT/NOTICE AND COMMENT HEARING.** You may submit written public comments or request a notice and comment hearing on the draft permit. Comments relating to the accuracy, completeness and appropriateness of the permit actions may cause a change to be made to the draft permit.

A person who may be affected by the emission of air pollutants from the area may request a notice and comment hearing. The TCEQ may grant a notice" and comment hearing on these applications if a written hearing request is filed within 30 days after publication of the newspaper notice. The purpose of a notice and comment hearing is to provide an opportunity to submit comments on the draft permit. If a notice and comment hearing is granted,

individuals that submitted written comments or a hearing request will receive written notice of the hearing. This notice will identify the date, time and location for the hearing.

SOLICITUD Y PERMISO PRELIMINAR. Duke Energy Field Services, L.P., 370 17th Street, Suite 2500, Denver, CO 80202, una planta de Crude Petroleum & Natural Gas ha solicitado de la Comision de Calidad Ambiental de Tejas (TCEQ, por sus siglas en ingles) la Solicitud Inicial del Permiso Federal de Operar (aqui dentro alulido como permiso) Solicitud Numero 4698 para la operacion de Tex Booster ubicada en 3 miles north and 24 miles east of Stratford, Condado de Sherman, Tejas. Esta solicitud fue entragada a la TCEQ el Febraury 12 de 2002.

El proposito del permiso preliminar es mejorar el acatamiento general de las reglas que gobiernan el control la contaminacion de claramente atmosferica, definiendo todos los requisitos aplicables como estan definidos en el Titulo 30 del Codigo Administrativo de Tejas 122.10 (30 TAC 122.10, por sus siglas en ingles). El permiso preliminar no autoriza construcciones nuevas, ni tampoco el aumento de emisiones del sitio. EL TNRCC director ejecutivo ha concluido el analisis tecnico de la aplicacion y ha preparado un permiso preliminar para la revision y comentarios del publico. El permiso preliminar, si es aprobado, establecera las condiciones debajo de las cuales el sitio debera operar. El director ejecutivo recomienda que se otorque este permiso preliminar. La aplicacion completa y el permiso preliminar estan disponibles

para ser revisados y copiados en la Oficina Central de la TCEQ, 12100 Park 35 Circle, Bldg E, First Floor, Austin, Texas, y en la Amarillo Regional Office, 3918 Canyon Drive, Amarillo, Texas y en la Sherman County Public Library, 719 North Main Street, Stratford, Texas En la oficina central y oficina regional tambien se podra revisar y copiar todos los demas documentos pertinentes al permiso preliminar. Asi como los permiso para la Revision de Fuentes Nuevas que han sido incorporados por referencia. Personas que tengan dificultades obteniendo estos materiales debido a restriccinoes para viajar pueden comunicarse con la oficina

publicos comentarios denotando cambios hechos al permiso preliminar, sera remitida a todas las personas que hayan presentado comentarios publicos, solicitudes para audiencia o que hayan solicitado ser incluidas en la lista de correo. Esta noticia tambien proveera instrucciones para hacer peticiones publicas a la Agencia Para la Proteccion del Medio Ambiente (EPA) solicitando la reconsideracion de la accion final propuesta por el director ejecutivo. Al recibir una peticion, la agencia EPA solamente podra objetarse a la promulgacion de permisos que no se acaten a los requisitos de sus reglamentos o a los requisitos de 30 TAC Capitulo

122. Comentarios publicos por escrito y peticiones para audiencia de notificacion y comentarios deben ser presentados a la Oficina del Secretario Principal (Office of

Chief Clerk), MC 105, P.O. Box 13087, Austin, Texas 78711-3087 dentro de treinta dias despues de la publicacion en el periodico del anuncio del permiso preliminar.

**INFORMACION** Para mas informacion, usted puede llamar. a la Oficina de Asistencia Publica (Office of Public Assistance), sin cargo, a el 1-800-687-4040 Informacion general concerniente a la TNRCC puece encontrarse via internet en

### www.tnrcc.state.tx.us

Mas informacion puede ser Dirk Wold a el telefono 303- the result of that combination. 605-2034. \* Published in The Stratford Star,

Thursday, March 18, 2004.

Cards of Thanks

"EVERY VOTE COUNTS!" This was proven in the recent Republican Primary. Thank you to all who supported me on March 9! Once again I am asking you to cast your vote to "RE-ELECT SANDY TILLERY" in a run-off election, to be held April 13. Polling places will be at the Sherman County Barn, Stratford and the Sherman County Barn, Lautz. Early voting will be in the County Clerks Office at the Sherman County Courthouse, April 5-8, 8:30 - 5:00. Thanks again, and remember, IT ONLY TAKES YOUR VOTE!

Paid Pol.Adv. Paid for by Sandy Tillery,13595 FM 2014, Stratford TX79084

I would like to thank the voters that supported me in the March 9<sup>th</sup> primary. The encouragement and enthusiasm of everyone throughout the campaign is greatly appreciated by my family and myself. SO, on April 13th, please vote for STEVE PEMBERTON. I will represent you honestly and fairly. You can count on me to listen to your cares and concerns.

Sincerely, **STEVE PEMBERTON** CANDIDATE FOR COUNTY COMMISSIONER, **PRECINCT** 1

Paid for by Steve Pemberton, Box 1141, Stratford, TX 79084

Great Big "THANK YOU" to the Community for your support of annual German our Sausage Fest. We really do appreciate your participation.

St. Joseph Parish

We judge ourselves by what we feel capable of doing, while others judge us by what we have already done.

\*\*\*

-Longfellow \*\*\*

obtenida de Duke Energy Field There are three principal means of acquiring knowledge...obser-Services, L.P. en la direccion en vation of nature, reflection, and experimentation. Observation el primer parrafo o llamando a collects facts; reflection combines them; experimentation verifies

**—Denis Diderot** 

# **Better-For-You Barbeque Scores Big With Hungry Fans**

(NAPS)—It's basketball tournament time-and if you've been drafted to host the next mixer, consider featuring flavorful foods with plenty of protein that taste great and are perfect for a party. Guests with a penchant for protein will appreciate your effortsand those who are willing to jump through hoops for great barbeque also will be pleased.

Is it possible to serve smart finger food options that go beyond the traditional veggie tray? Yes, says registered dietician Juli Hermanson.

Look for recipe



Published in The Stratford Star, Thursday, March 4, 2004, Thursday, March 11, 2004, Thursday, March 18, 2004 and Thursday, March 25, 2004.

### **NOTICE OF DRAFT** FEDERAL OPERATING PERMIT DRAFT PERMIT NO: 02584

AND **APPLICATION** DRAFT PERMIT Duke Energy Field Services, L.P., 370 17th Street, Suite 2500, Denver, Colorado 80202, a crude petroleum and natural gas facility has applied to the Texas Commission on Environmental Quality (TCEQ) for an Initial-Issuance of Federal Operating Permit (herein referred to as Permit) Application No. 4698 to authorize operation of the Tex Booster. The site addressed by the application is located 3 miles north and 24 miles east of Stratford off FM 2349 in Sherman County, Texas. This application was received by the TCEQ on February 12, 2002.

The purpose of a federal operating permit is to improve overall compliance with the rules governing air pollution control by clearly listing all applicable requirements, as defined in Title 30 Texas Administrative Code 122.10 (30 TAC 122.10). The permit will not authorize new construction or authorize the area to increase TCEQ emissions. The Executive Director has completed the technical review of the application and has made preliminary decision to prepare a draft permit for public comment and review. The draft permit, if approved, would A notice of proposed final action that includes a response to comments and identification of any changes to the draft permit, will be mailed to everyone who submitted public comments, a hearing request, or requested to be on the mailing list f or this application. This mailing will also provide instructions for public petitions to the U.S. Environmental Protection Agency (EPA) to request that EPA object to the issuance of the proposed permit. After AUDIENCIA. Usted puede receiving a petition, the EPA may only object to the issuance publicos y/o of a permit, which is not in audiencia de notificacion y compliance with its applicable comentarios requirements or requirements of 30 TAC audiencia de notificacion y Chapter 122.

Written public comments and requests for a notice and comentarios de parte del comment hearing should be publico y hacer preguntas sobre submitted to the Office of the esta solicitud. Chief Clerk, MC 105, TCEO Cuallquier persona afectada P.O. Box 13087, Austin, Texas por 78711-3087 within 30 days contaminantes atmosfericos from the date of newspaper de este sitio puede solicitar publication of this notice.

**INFORMATION** If you need more information about this permit application or the permitting process, please call the TCEQ Office of Public Assistance, Toll Free, at 1-800-687-4040. General information about the TCEQ can be found at our Web site at

### www.tceq.state.tx.us

Further information may also be obtained from Duke Energy Field Services, L.P. at the address in the first paragraph or by calling Mr. Dirk Wold at 303-605-2034.

Published in The Stratford Star, Thursday, March 18, 2004.

**AVISO PARA UN PERMISO FEDERAL PARA OPERAR** PRELIMINAR

PERMISO PRELIMINAR NUMERO: 0-02584

central at telefono (512) 239-1540.

LISTA PARA ENVIO DE CORREO. Usted puede solicitar ser incluido en una lista para envio de correo para recibir informacion adicional con respecto a esta solicitud. Para ser incluido en una lista para envio de correo, envie su peticion a la Oficina del Secretario Principal (Office of Chief Clerk) a la direccion que se encuentra a continuacion en parrafo titulado el "informacion."

### **COMENTARIOS/NOTIFICA**

CION **PUBLICA** Y presentar comentarios solicitar una sobre esta the solicitud. El proposito de la comentarios es el proveer la opurtunidad de hacer

> emision la de

una audiencia de notificacion comentarios. La TNRCC puede otorgar una audiencia de notificacion y comentarios con respecto a esta aplicacion si una peticion por escrito es presentada dentro de los treinta dias despues de la publicacion de este anuncio. El proposito de la audiencia de notificacion y comentarios es proveer la oportunidad para someter comentarios orales o por escrito acerca del permiso preliminar. Si se concede una audiencia de notificacion y comentarios, personas que todas las presentaron comentarios por peticiones para escrito o recibiran audiencia confirmacion por escrito de la audiencia. Esta confirmacion de la audiencia.

Una noticia de la accion final, incluyendo respuestas a los

robust flavors with ingredients that hold back the fat and pack a protein punch, like reduced-fat cheese, beans or precooked shredded barbeque meats," said Hermanson from the Bell Institute for Health and Nutrition. "Go ahead and serve a veggie tray, but feature a unique dip that avoids mayonnaise or oils, which can add unwanted calories and fat.'

**Three-Point Barbeque Dip** This flavorful dip features less than five grams of fat per serving-ready in under five minutes!

- 2 cups Lloyd's fully cooked shredded chicken in barbeque sauce
- <sup>1</sup>/<sub>2</sub> cup Green Giant canned whole kernel corn
- <sup>1</sup>/<sub>2</sub> cup canned black beans, rinsed and drained
- 1 cup reduced-fat shredded Cheddar cheese (4 oz) 1 medium tomato, chopped
- $(\frac{3}{4} cup)$ Sliced green onions, if desired
- Sliced ripe olives, if desired **Reduced-fat sour cream, if** desired

plate. Cover tightly and micro- (Dietary Fiber 2g); Protein 3g



### **Gardening Without A Yard Growing In Popularity**

by Lance Walheim,

Bayer Advanced Garden Expert (NAPS)—Container gardening comes to container selection, virtugrowing plants in outdoor or ally anything goes: antique washindoor pots or other containersremains one of the fastest-growing segments in the U.S. gardening used for larger plants, and small mix for the foundation then adds industry.

National Gardening Association for proper drainage.

survey, more than 30 million households engage in container placed in the shade or sunshine, gardening-that's a 500 percent increase since 1996.

There are several smaller plant varieties as well. reasons for the growing. It's a great way for beginners plants, and choosing the right mix

to learn more about growing plants can make a big difference. and for enthusiasts to decorate and add year-round life and color to a plants need the right amount of call 1-877-BAYERAG.

Hoop it up with a delicious barbeque menu.

wave on High about 21/2 minutes or until hot.

with remaining ingredients. 3. Serve with cut-up fresh vegetables or pita triangles (recipe follows), if desired

### **Makes 16 servings**

1 Serving: Calories 90 (Calories from Fat 30); Fat 3.5g (Saturated 2g); Cholesterol 15mg; Sodium 260mg; Carbohydrate 9g (Dietary Fiber 1g); Protein 6g

### **Baked Pita Chips**

These pita chips are great for dunking into your favorite dips.

4 whole wheat pita breads (6 inches in diameter)

1. Heat oven to 400°F. Split each pita bread around each edge with knife to make 2 rounds. Cut each round into 8 wedges. Place in single layer on 2 ungreased cookie sheets.

2. Bake about 9 minutes or until crisp and light brown; cool. Store in airtight con- serving with cheese and green tainer at room temperature. **Makes 8 servings** 

1 Serving: Calories 85 (Calories from 1. Layer first three ingredi- Fat 10); Fat 1g (Saturated 0g); Cholesterol ents on large microwavable Omg; Sodium 170mg; Carbohydrate 18g

home. Garden containers fit in

almost any space inside the house

grown in containers should be

includes annuals, perennials,

bulbs, cacti, roses and dwarf or

High-quality potting mixes

### **Slam Dunk BBQ Chili**

This so-simple, slow cooker 2. Sprinkle with cheese. Top chili boasts 28 grams of protein. Stir in 1 cup of salsa to put an extra bounce in your step.

- 1 tub (18 oz) Lloyd's fully cooked shredded pork in barbeque sauce
- 1 can (15 to 16 oz) garbanzo beans, rinsed and drained
- 1 can (15 to 16 oz) lima beans, rinsed and drained
- 1 can (15 to 16 oz) kidney beans, rinsed and drained
- 1 cup reduced-fat shredded Cheddar cheese (4 oz) 3 medium green onions,

chopped if desired

**Slow Cooker Directions:** Mix chicken and beans in 3<sup>1</sup>/<sub>2</sub>to 4-qt slow cooker. Cover and cook on high heat setting about 2 hours or on low heat setting about 4 hours or until hot and bubbly. Sprinkle each onions, if desired.

#### **Makes 6 servings**

1 Serving: Calories 380 (Calories from Fat 80); Fat 8g (Saturated 3.5g); Cholesterol 35mg; Sodium 1240mg; Carbohydrate 52g (Dietary Fiber 12g); Protein 28g

water and fertilizer to thrive. It's also important to protect against insects such as aphids, thrips, whiteflies and others that can or on the balcony or patio. When it stunt a plant's growth or kill it.

Bayer Advanced Garden<sup>®</sup> Allin-One Potting Mix is described as tubs, metal water cans or clay pots the most complete potting mix are options. Larger pots should be available. It starts as a quality holes should be drilled in the bot- three key additional benefits:

• a premium time-released fertilizer that feeds plants continu-To thrive, plants or flowers ously for up to nine months;

• moisture control that helps ensure the plant gets just the wherever it grows best. This right amount of water; and

• built-in insect protection. In fact, this insect protection is said to last up to four months.

To learn more about caring for indicara la fecha, hora y lugar ing interest in container garden- make a great growing medium for your lawn and garden and about discounts on various Bayer Advanced products visit the Web To be their best, container site at www.bayeradvanced.com or

Potting Mix



