Barbara Chumley

Box 919

9 /04

Stratford ISD Back to School **Community Supper** Monday, August 9th 5:00-7:00 p.m. **Stratford High School Cafeteria** Come meet the faculty and have a hamburger on us!

Ninth Annual Benefit Golf Tournament Sponsored by Circle of Friends

Sherman County Circle of Friends Ninth Annual Benefit Golf Tournament will be held at Stratford Country Club on August 28th and 29th, 2004.

Couples Scotch Scramble teetime 9 a.m.-2 p.m. Dinner and Fundraiser Saturday, 6:30 p.m.

For more information contact: Pat Johnson-396-2243 or Kris Lasley at 753-4421 or Nelda Stacy at 396-2238.

Stratford Patriots Need Your Help to go to State Competition

Stratford Special Olympics team will be going to state competition in aquatics again this year in October. These games will be held at Baylor University in Waco. We are going to have a garage sale August 7th to help raise funds to g o. If you have anything that you would like to donate for the cause, it would be appreciated. Our team has grown from 4 athletes to 8 athletes in the past year and this trip will cost a considerable amount of money. These athletes have worked hard and deserve the chance to participate at state. Clean out your garage and closets, we will come and get your donations just call Cindy Larance 396-5635 or Carol Zimmer 366-2109. If you would like to make a cash donation, please mail to Stratford Patriots PO Box 1085, Stratford, TX 79084. So come on August 7th and see what we have that you can't live without! We are so proud of the Stratford Patriots and would be honored to represent Stratford in Waco.

Triple D Cooking School To Be Held

Triple D (Delicious Dishes with Diabetes) Cooking School will be held in Stratford August 17, 24, & 31st.

The three-week cooking school will focus on food preparation skills with less fat, sugar, cholesterol and sodium. The cooking school will be conducted from 6:00-8:00 p.m. in the home of Susie Spurlock, County Extension Agent for Family and Consumer Sciences. Triple D Cooking School is designed to help not only the person with diabetes, but also anyone who prepares food for those with diabetes. Cost of the school is \$5.00 per person and is limited to 8 participants. Extension educational programs

conducted by the Texas Cooperative Extension serve people of all ages regardless of socioeconomic level, race, color, sex, religion, handicap or national origin.

For more information or to enroll in the class, contact the Sherman County Extension Office at 806-366-2122 or come by 701 N. 3rd Street in Stratford. Registration deadline for the class is August 13th.



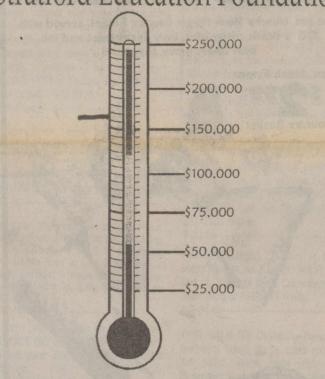
Elks Report for First Day of Practice

The Stratford Elks reported for their first day of practice on Monday, August 2 and are preparing for a great season under the direction of new head coach Eddie Metcalf and his coaching staff. Stratford Education Foundation



Former Stratford Resident Needs Your Help

Dusky Woods, formerly of Stratford, has been diagnosed with cancer and is presently being treated at the M.D. Anderson Cancer Center in Houston, Texas. Dusky is employed at the Canyon, Texas U.S. Postal Service, but only works 5 hours per day. Anyone wishing to donate to help defray Dusky's expenses may contact Jack or Vicki Gore at 396-2326. Any help is greatly appreciated.



To date, the Stratford Education Foundation has received a total of \$164,561.00 in donations and pledges. Thank you so much for your generosity in providing funds that goes directly to staff and students in the Stratford Independent School District to enhance the effectiveness of career and academic

(Graphics courtesy of Greg Wright. Thank you Greg).



A look at Happy State Bank's ornate tin ceilings.

Another photo on page 2

Happy State Bank's Lobby Décor

2nd in a series by Tyler

CEO of Happy State Bank, Pat Hickman, likes old-fashioned things and old-fashioned values. Happy State Bank has created a unique blend of contemporary and old time style in all their buildings. Even before Happy State Bank existed, Pat Hickman was creating this future bank in his imagination. He always had a camera with him just in case he saw an old building that might inspire his later creation. In 1994,

they opened the Canyon branch which became the prototype for all Happy State Bank buildings.

The Stratford branch, like every other building, will be equipped exclusively with oak furniture much like you would see in most of the buildings built at the turn of the century. In all the lobbies, you will find the oldfashioned tin ceilings. I had never seen one but found the moldings on them quite extravagant. I was honestly in awe of the ornate artwork. I had also never seen the brass railings around the teller's counters. When Mr. Hickman was trying to decide what kind of floor to put in the lobby, he went to the First

National building in Canyon. As soon as he walked in, he saw 1908 laid out in one-inch square tiles on the floor. Since that building was built in 1908, and since Happy State Bank was going for an early 1900's look and style, it just seemed natural inch tiles, and our branch in Stratford will be no different.

similar, Pat Hickman continues prize. to insist that each bank hold its unique characteristics. One way the bank here in Stratford will achieve that is by its comer entry. The front door will be located on the southwest corner of the building. You'll also notice the columns along the entryway and the brick work will give the Stratford branch its own image and style.

The early 1900's design combined with the technology that has become so well respected through out the region allow Happy State Bank to encompass all that's best of both old and new.

School starts in 12 days, August 16th



Old Timer King & Queen Crowned 2004 Old Timer King & Queen, Jack Dettle and Betty Lou

O'Brien. Jack Dettle and Betty Lou O'Brien were crowned Old Timer King and Queen Saturday morning at First State Bank before over 125 friends and family. GFWC/Prospectus Study Club hosted the annual event. Refreshments of orange juice and assorted sweet breads were

served. D'Lynn Reed, Club president, welcomed all. A "Red, White & Blue" ceremony and the presentation of Flag and Pledge were led by Mazie Vincent, Taylor Wright and Mary Ann Spurlock with leader Laurie Spurlock.

The royal couple was crowned by Patti Vincent and Barbara Chumley. A beautiful arm bouquet and boutonniere of Arrangements" were given them.

Margaret Reed had the families of the couple introduced and recognized past Kings and Queens. There were a dozen attending from Coldwater Manor.

Two selections were played by Nina Lavake on the cello and Marihoward Engelbrecht at the keyboard.

Delightful stories about the Queen and King were told by Julie Gray Berry and McBryde.

The couple rode in the parade to Pendleton Park for the barbeque.

Assisting at the program were D'Lynn Reed, Margaret Reed. Sandy Baskin, Mattie Baskin, Liz Sanders, LaVell Haggard, Linda Haynes, Oline Caraway, Betty Brown, Mary Woodford Wisdom, Marylou McDaniel, a new variety from "Let's Make Dorothy Haile, Laurie Spurlock. Ann Johnson, Sonja Kendrick, Marsha Wright, Marty Bain, Patti Vincent, Barbara Chumley, Yvonne Pittman.

LUCKY DRAW

Stratford County Club is hosting their Fourth Annual Lucky Draw Ball on August 14,

design win the prizes and non-club student will need a valid birth members are welcome to certificate, current shot record. purchase tickets. Contact any and social security number. board member Richard Chumley, Classes for the 2004-2005 school Gregg Hudson, Levi James, year will begin Monday, August Valerie Naugle, Jim Pearce, 16 at 8:15. If you have any Yvonne Pittman, Mike Shafer, or questions please call Mary Allen Laurie Spurlock and we will Elementary at 366-3340. We are deliver you a ticket. Come join looking forward to a good school

Mary Allen Registration for New Students

New students, PreK- 4th 2004 at 7:00pm at the Country grade, entering Mary Allen Club. Tickets are \$100.00 apiece Elementary for the first time that the floor in the lobby would and admit two people to the need to register sometime during be entirely constructed of one- festivities. Festivities include the weeks of August 9 thru steak dinner, music and dancing, August 16 if you have not and a big drawing for the already done so. Mary Allen following prizes: 8 - \$250 prizes, Elementary will be open from Even though each bank is 1-\$1000 prize, 1-\$5000 grand 8:30-3:00 beginning Monday, August 9. To enroll a student at You need not be present to Mary Allen Elementary, the

State Fair of Texas & Tri State Fair **Livestock Entries Available**

All Sherman County 4-H Members planning exhibiting a livestock project at the State Fair of Texas, Tri-State Fair, and/or South Plains Fair may pick up their entry forms at the Sherman County Extension Office. Entries for the State Fair are due by August 22, 2004. The State F air will be held September 24-October 17

in Dallas. Entries for the Tri-State Fair are due by August 13, 2004. The Tri-State Fair will be held in Amarillo on September 18-25. Entries to the South Plains Fair in Lubbock are due by August 16. The South Plains Fair will be held September 24-October 2. Please contact Leslie Neve at (806) 366-2081 or drop by the Extension Office for more information.

THE STRATFORD STAR Thursday, August 5, 2004 Page 2

Estate **Planning** Seminar To Be Held

There will be an estateplanning seminar sponsored by the Stratford Independent School District Education Foundation.

The meeting will provide an opportunity to hear from two outstanding Experts in the field of estate planning.

Jim Allison, Executive Director of the Amarillo Area Foundation and Charles King, Amarillo, Texas one of the more noted estate planners in the Panhandle Area will be doing the presentations.

They will be sharing the best ways to transfer assets at the correct time.

presenters Both knowledgeable, informative, as well as down to earth.

The meeting will take place at The Imagination Station on Tuesday, August 17, at 7:00 p.m.

Refreshments will be provided. The public is invited. There will be no admission.

Lamb & Goat **Validation**

All 4-H and FFA Members planning to exhibit a goat or lamb project next year at a State Livestock Show, please contact Leslie Neve at the Extension Office (806) 366-2081 by August 15, 2004. It is time to order State Validation Tags and we need an accurate count of the number of 4-H and FFA projects there will be for the 2004-2005 show season. Only validated animals may be shown at a Major Livestock Show. Validation for these species will take place sometime in October.

Jazz will endure just as long as be a meal provided for people hear it through their feet participants sponsored by Seed instead of their brains.



Past Old Timers

Past Old Timers from left: Alfred Pronger 02, Betty Brown 93, Mary Woodford Wisdom 96, King Jack, Homer Blake 97, Elsie Lasley 97, Maurine Plunk 00, Shirley Plunk 03, T.F. Baskin 03, Ione Kendrick 95, Bill & Selma Pendleton 01. Also present, but not pictured was Helen Taylor.

Grain, Forage, & Cattle Seminar

Moore County will be one of nine counties hosting Small Grains, Forage and Cattle Production Seminars during the months of July and August. The seminar will be hosted by the Moore County Extension Service in cooperation with Dallam, Hartley and Sherman Counties. The seminar is scheduled for August 5, 2004 at the Moore County Community Building. The meeting will help anyone interested in beefing up their knowledge of best management practices involving cattle, forage, and small grains suited for the High Plains, including information on marketing and profitability. This is a "One-Stop-Shoe" kind of meeting for producers to get all the information they need about forage and stocker cattle

The seminar is free and will begin at 10:00 a.m. with registration and the program starting at 10:30 a.m. There will Inc. Please call the Sherman -John Philip Sousa County Extension Office at (806) 366-2081 for more information.

production.

This is what the Stratford branch lobby will most likely look **TEXAS NEVER** TASTED SO GOOD!

The hot, crunchy Steak Finger Country Basket; served with DQ's classic crispy fries, tasty Texas toast and the best cream gravy anywherel



Chamber News

By Patti Tims

RANCH RODEO RFSULTS

What an exciting weekend. It all started Friday morning at 9:00 for me, but for the others involved like Jimmy Helmuth, Tammie Helmuth, and Jimmy Gillenwaters, there morning started much earlier. I had no idea what it took to put on a rodeo, let me tell you. it takes a lot. A lot of hard work, stress, and organization. We would all like to thank our Sponsors, Judge Crippen, Wesley Miller, and the Commissioners for the use of the arena. Also thank you to all

The end results were a successful Ranch Rodeo. Listed are the team winners and event winners.

1st Place went to Rafter S Ranch with a score of 66 point. Team members are: Captain, Joe N. Shadle, Josey Shadle, Brad Shadle, Randy Crump, and Wes Mason, out of Clarendon, Texas.

2nd Place went to Lazy J Ranch with a score of63 points. Team members are: Captain, Chad Walker, Ryan Moorehouse, Charles Ray, Judd Butler, and Ed Burr, out of Stratford Texas.

3rd Place went to Stratford Feedyard with a score of 47 points. Team members are: Captain, David Merrill, Pistol Audrain, Frank Chandler, Russel Brhun, and Aaron Potter, out of Stratford, Texas.

Hard Luck award went to the Crawford Ranch. Team members: Kempson Kiser, Cody White, Kevin Hill, Heath Kiser, and Omar Kiser. Best Rhemuda went to the Schnaufer Cattle & Landess Ranch. Team members: Captain Lavert Avent, Buddy Schnaufer, Tyler Avent, and Cody Lawrence.

Bronc riding winner went to Schnaufer Cattle & Landess Ranch. Wild Cow Milking winners were The Neighbors. Team members: Captain, Casey Pope, Martin Mathis, Brice Mansell, Kelly Cates, and Gideon Peterson. Team Branding winners were Stratford Feedyard. Trailer Loading went to Rafter S and last but not least, the Double Mugging winners were J Lazy 6.

THANK YOU NOTE

Jimmy Helmuth, Jimmy Gillenwaters and the Stratford Chamber of Commerce would like to thank these individuals who helped make this Rodeo work, Mike Boyd for the use of his panels, Keith Whatley and Steven Pickens for helping with the stock. David Duran and Daniel Nusz for helping in the arena.

SUPPORT YOUR LOCAL BUSINESSES

Stratford will be receiving two new businesses in the near future, and I would like to remind everyone that we need to support our local businesses and help keep their doors open. I don't know about you, but I don't like to drive all over the country to get things I need. l like having the businesses we have here in town. The local business owners appreciate your business and will continue to serve the Stratford Community to the best of their ability. Please keep your business in town.

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Frank Phillips College

announces its

Concurrent Scholarship Program Earn tuition & fee credits if you:

*Live in the FPC service area (the top 10 counties of the Texas Panhandle) and have completed concurrent classes from FPC

* Enroll in at least 12 hours at FPC in Fall 2004 or Spring 2005 (Other conditions apply-please call for details) For more information, call the FPC Office at Student Services at (806) 274-5311 ext. 721

Check out FPC's

Tyler Street Student Living Facility

This facility will house students who:

have strong academic goals.

are first generation or under-prepared scholars •are low-income

This facility will provide year-round housing with an atmosphere conducive to academic

success and achievement. Scholarships are available to assist you! For more information, call FPC Student Services

At (806) 274-5311 ext. 721

FAMILY MEDICAL CLINIC OFFICE HOURS: MON.-THURS. 8:00 A.M.—6:00 P.M. **CLOSED ON FRIDAYS**

STRATFORD

CHILD FIND.



Is the ongoing process of locating children With disabilities from birth through age 21.

If you suspect your child has significant delays in learning, behavior, motor skills, speech, vision or hearing contact your school district (806) 366-3320

> 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 CONFIDENTIAL

The Stratford Star

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For Fall Classes!

Tapercize

211

Trisha Schoonover children, Reed, Rett and Rese went to all the events Saturday at the Jamboree in Stratford. Grandparents Barbara and Terry are keeping the children for a couple of weeks.

Saturday night Terry & Barbara attended the Weatherly Lake barbecue.

An interesting tidbit-Jerry Seinfield and a friend recently spent a night at the Ekland Hotel in Clayton. They were driving a restored car across the states.

Marylou McDaniel attended the 1944 Class reunion Friday night and the Old Timers program Saturday

Jo June McDaniel had a house full over the weekend. Guests from Monroe, LA, were Mr. and Mrs. Harold Baker. Mr. & Mrs. E.H. Baker. E.H. was here for his 40th class reunion in Stratford.

Joining them for supper were Whit and Jean McDaniel of Dumas, John, Teri and Shelby McDaniel of Stratford.

The Irlbeck family had nearly a week camping at Tres Ritas, NM. There were 22 of them-the families of Lester, Dennis, Randy, Melvin & Belinda. Also joining them was Ted's niece Wanda & Gerald Jessica of Hereford.

Ted said it was green and beautiful.

Nicole, 13-year-old daughter of Lester of Arlington, is spending August with her grandparents.

When the heart is afire, some sparks will fly out of the mouth. -Thomas Fuller

Arts in the Area

By Gaynelle Riffe

"Texas Legacies" (TEXAS) Monday Through Saturday Pioneer Amphitheatre, Palo Duro Canyon State Park 806-655-2181 1-877-58TEXAS www.epictexas.com "Heavenly Country" (Sundays)

"Lone Star Rising" Out door Musical 806-677-1706

"Blazing Guns at Roaring Gulch" Melodrama XIT Celebration Thur./Fri. 7:00 p.m. Sat. 2:00 p.m.

August 17

"Discover! Sky High" Symphony Concert /Fireworks Don Harrington Discovery Center 806-355-9547

We believe that God gives life as a chance to give life to love. We.

> Shelli Ann McCarner and Justin Casey Long

together with our parents request the honour of your presence as we celebrate the love we've found and are united for eternity in Christ on Saturday, the fourteenth of August

two thousand four at four o'clock in the afternoon Church of Christ at the Colonies 4500 Wesley Road Amarillo, Texas

Pioneer Amphitheatre, Palo Duro Canyon State Park Fritch Fortress Amphitheater- Lake Meredith

Dalhart LaRita Theatre 806-244-5646 Nickel back Rock Band Civic Center Coliseum 806-378-3096

THE STRATFORD STAR

Thursday, August 5 2004 Page 3

Engagement Announced

Barbara Anne Presley and Robert Matthew Lowe announce their engagement. Barbara is the daughter of Terry and Gail Wells of Griggs, OK and the late James Presley of Stratford. She is a 1999 graduate of Stratford High School and graduated from WTAMU with a BA in accounting and is currently employed by the State Comptrollers Office. Robert is the son of Gray Lowe of Shamrock and Cynthia Maddox of Amarillo. He is also a WTAMU graduate; and is employed by the Education Credit Union. The couple is planning an August wedding.

Births

Drestyn and Brooke Teel are proud to announce the arrival of their baby brother Cutter Ti on July 9, 2004. Cutter weighed 5 lb. 2 .z and was 17.5 in long. Proud parents are Darin Bell & Helmuth. Proud grandparents are Jimmy and Helmuth from Tammie Stratford and Karen Bell from Nara Visa, NM.

Nurture your mind with great thoughts. To believe in the heroic makes heroes.

-Benjamin Disraeli

Everyone has his day and some days last longer than others. -Winston Churchill

First Assembly of God **Kevin Anderson, Pastor**

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

Cowboy Church

Held Wednesdays

Cowboy Church will meet

every Wednesday at the

County Barn at 7:30 p.m.

Everyone is welcomed to

attend.

First Christian Rev. Walter Reed

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. Gene Weinette

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. afternoon Jr. & Sr. High, Wed. - 6:30-8:30 p.m. Church of Church

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 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.

Estudio Biblico & Se Cuidamos

The Churches of Stratford Welcome You

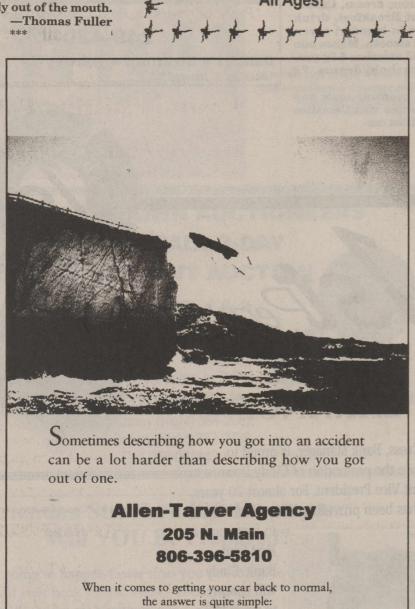
Following Jesus Christ

Would vou prefer to be at the mercy of harsh. impersonal, forces over which you have no control? Or would you rather be in the hands of a loving, benevolent, caring God? The answer seems plain. Even so, many people cannot stand the idea of the allknowing God telling them the best way to handle their lives. So they opt for cold, unfounded chance. But there is another side to the story. Jesus exclaims, "You have heard that it was said, 'You shall love your neighbor, and hate your enemy.' But I say to you, love your enemies, and pray for those who persecute you in order that you may be sons of your Father who is in heaven; for He causes His sun to rise on the evil and the good, and sends rain on the righteous and the unrighteous" (Matthew 5:45-45). Jesus gives the best possible reason to be benevolent to others around us. We are to reflect the love of God. God brings the blessing of sunshine. What a terrible thing it would be to live in perpetual darkness. We would not survive for very long. God also brings the blessing of rain. Sometimes we think we have too much or too little. But we are at God's mercy. Isn't it much better to be able to go to a loving Father and seek his face when we think there is too much rain or not enough? If God does not exist, we live in a universe controlled by emotionless chaotic forces. And there is no place to turn. It is every man and woman for himself. That's an ugly, intolerable world. I'm thankful that is not the world in which we live We live in a world controlled by the most benevolent Master conceivable, the living God. Let's follow Jesus Christ in learning the love of the Father.

> Sponsored by; Thriftway 396-5586 Stratford Grain 396-5541 Lautz 769-4485 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



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



Class of 1984-Back Row L/R, Greg Wright, Brent Spurlock, David Aduddell, Donita Gibson Robertson, Brett Cummings, Diann Riffe Williams, Danny Barrett, David Naugle. Middle Row: Anna Gomez Estraca, Gracie Garza Fierro, Kent Holman, Lisa Wiley Brack, Desire Hayworth Davis, Lisa Zak Florres, Nannette Boardman Barrett, Albert Olivas, James Kirkham. Front row L/R: Jimmy Gillenwaters, Brent Holman, Dana Williams Simpson, Sharon Muir Chacaj, Michelle Sewell Garza, Marci Metzger Nix. Not pictured - David Meyer and Cary Smith.





Shown at left-A good crowd was on hand at the Pendleton Park to enjoy the delicious barbecue prepared and served by the Stratford Lions Club.

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Depot Shown above Entry in the Museum Parade.

Shown at right Class of 1944 L/R: Ira Brannan, Wanda Bryant Riffe, Elmer Oquin, Williams Christine Claughton.

Shown at left Class of 1944 and spouses at Ex-students Meet & Greet Friday night: From left, Neva & Ira Lee Brannan, Andrews, TX; Charlene & Elmer Oquin; Christine Williams Amarillo; Claughton, Wanda Riffe. Also present were J.C. Claughton and Marylou McDaniel.

> Shown at right Taylor Wright shows off her turtle before the turtle races.

Sunrise Smoothie

½ cup cold water

1/4 cup half & half 1 packet Nestlé Carnation **Instant Breakfast for the** Carb Conscious, Classic French Vanilla

1/4 teaspoon any-flavor, sugar-free, low-calorie soft drink mix

1 cup ice cubes

Place water, cream, Carnation Instant Breakfast, drink mix and ice in blender; cover. Blend until smooth. Makes one serving. (155 calories, 6.5g protein, 17g carbohydrates, 7g

For carb counting tools and additional recipes visit Carnation InstantBreakfast.com.



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LARANCE

Mary Cross, Bank Manager, is proud to announce the promotion of Cindy Larance to Assistant Vice President. For almost 20 years, Cindy has been providing "First Class" service



to customers at First State Bank. Cindy will continue to assist FSB's customers with all their personal banking needs.

Cindy is also a tremendous asset to the

Stratford community. She has been actively involved in Special Olympics for many years and serves as a head coach. We salute her commitment to this wonderful program.

Cindy says that the two best things about First State Bank are its customers and its employees. First State Bank . . . where you come First with us!



"First Class Banking"

396-5521 Stratford • Dumas • Dalhart • Member FDIC







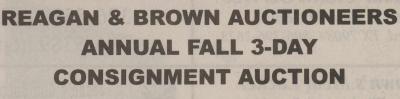


Stratford Jamboree & Ex-Students Reunion



A weed is a plant whose virtues have not been discovered.

—Ralph Waldo Emerson



DATE: SEPT. 1 & 2

LOCATION: MILLER AIRPORT, DALHART, TX

Call and get your consignments in early. Limited space available. Deadline for consignments for advertising is Friday, August 6.

REAGAN & BROWN AUCTIONEERS—OFFICE 806-244-6776

Leon Laney (Night) 384-2092 Bob Brown (Night) 333-2738 TXS-058-007442

Attention Stratford ISD Employees: Will YOU Be Prepared?

Two things are going to happen faster than you can imagine it:

1. School will start back for the 2004 - 2005 year

2. You are going to be at retirement age

You know what you need to do in order to prepare for the new school year but do you know what you need to do in order to prepare for retirement?

Your 403(b) planning needs to be done <u>before</u> your orientation meeting. If you wait till that meeting. It's too late!

If you'd like to establish a plan for your +03(b) retirement program in time to have it ready to go this school year, please contact Brent Futrell at 396-5521 in Stratford or 934-0275 in Dumas. Brent is an Investment Executive with Prime Vest Financial Services, Inc., located at First State Bank. He is in Stratford each Tuesday, and would be delighted to meet with you either in Stratford or in his Dumas office to discuss your retirement planning, college planning or other investment needs.

SECURITIES AND INSURANCE PRODUCTS ARE OFFERED THROUGH PRIMEVEST Financial Services, Inc. an independent, registered broker/dealer. Member SIPC and NASD. Nondeposit investment products are: •Not FDIC insured •May Go Down in Value • Not Financial Institution Guaranteed • Not a Deposit • Not Insured by any Federal Government Agency.















Parade & Park Shots

The General Store

515 N. Poplar

Shop Us For All Your Building Needs

> Update Your Roof Or Siding With

Metal Panels

Special Ordered In A Variety
Of Colors And Lengths

Choose From

Classic Rib

- Exposed fastened, low profile panel
- 36" panel coverage, trapezoidal rib on 9"center
 3/4 bell top trapezoidal rib height
- Gauges:30 ga*, 29 ga, 26 ga, and 24 ga available
- Minimum roof slope: 3:12Applies over open framing or solid substrate
- Finishes: MS Colorfast30, PVDF, ACG, and
- *30 gauge is available at select Metal Sales locations.



Pro-Panel II

- Exposed fastened, low profile panel
- 36" panel coverage, trapezoidal rib on 9"center
 5/8 rib height
- Gauges:30 ga*, 29 ga, 26 ga, and 24 ga available
 Minimum roof slope: 3:12
- Applies over open framing or solid substrate
- Finishes: MS Colorfast30, PVDF, ACG, and Galvanized
 *30 gauge is available at select Metal Sales locations.
- Please inquire.





NEW BUILDING IS HERE!

806-396-5308 Fax 806-366-5338 Do It Best.Com

Mary Allen Elementary School Supply List 2004-2005

Pre - Kindergarten 1 Box. of Kleenex

1 Back Pack

2 Box of 8 Crayola Crayons

Kindergarten

2 Boxes of Kleenex

5 Large Glue Sticks

1 Box of 8 Crayons

1 Box of 16 Colors

10 Pencils

1 Pair of Fiskar Scissors

1 Small School Box

1 Rest Mat (No blankets. exercise mats or sleeping bags)

1 Pink Eraser

1 Box Map Color Pencils

First Grade

1 Wide Rule Spiral Notebook

12 #2 Pencils

2 Red Pencils

10 Pencil Erasers 2 Boxes of Crayons (No Fluorescent)

1 Small Pencil Box

1 Pair pointed scissors

2 Large boxes of Kleenex 1 Large roll of paper towels

No Pencil Sharpeners

Please mark your child's things with his/her name

Second Grade

1 Plastic Pencil box (8x5)

1 Box 24 count Crayons

2. Large boxes of Kleenex 1 Pair of scissors

20 #2 pencils

1 Box map color pencils

3 Red pens

3 70 count spiral notebooks (Wide Ruled)

5 Folders with pockets and brads

2 Pink Erasers (Big) 18 oz. bottle Elmers Glue

1 Roll paper towels 1 pkg. loose leaf paper (wide ruled)

1 Highlighter

Please mark your child's things with his/her name

Third Grade

1 Box of 24 Crayons

20 Pencils

2 Red Grading pens

1 Box Map Color Pencils

3 Boxes of Kleenex 1 Pair Scissors

18 oz Glue Ju 101 Glue Stick

3 Erasers

2 pkgs, Loose leaf paper No Trapper Keepers

4 Spiral notebooks (60 - 100 pages)

Fourth Grade

3 Spiral notebooks

3 Pocket folders (with brads)

3 Highlighters

Glue Glue Stick

Crayons

3 Boxes of Kleenex

Zippered Pencil Bag

12 Pencils (no mechanical pencils please) 5 Red Grading Pencils or pens

Scissors 1 Hand pencil sharpener '

Notebook paper (WIDE RULED I lg. pkg.) Please put your child's name on their things

WOMEN'S HEALTH

Remind the Women in Your Life to Be Healthy

(NU) - Being a grandmother, mother, sister, aunt, sister-in-law, niece or girlfriend is not always an easy task. All of these women deserve to hear how much we love and appreciate having them in our lives. Therefore, the Cancer Research and Prevention Foundation would like to remind all women to stay healthy.

In 2003, more than 375,000 women were diagnosed with breast, lung, colorectal or cervical cancer, and thousands more were diagnosed with skin cancer. The staggering numbers of women with cancer prove that it is important to make cancer prevention a top priority.

Luckily, there are ways to reduce the risks of getting cancer. By being active, eating healthy foods, checking their bodies for abnormalities and getting screened for cancer regularly, women are more likely to stay healthy.

Starting at a young age, women need to know their family history and discuss their risk for cancer with their health care professional. By being aware and adhering to screening guidelines, women have a better chance of living a cancer-free life. Early detection is key to providing more choices in treatment options and a better chance of a cure.



understand their cancer risk.

To help make education easier, the Cancer Research and Prevention Foundation's Web site, www.preventcancer.org, provides information on the importance of family history, screening guidelines and healthy living information.

In addition, an informative publication titled "Living Healthy — for Life" is available for a \$25 donation to the foundation. This publication provides practical, easy-to-understand advice, including the recommended cancer screening guidelines to help people live a cancer-free life.

Always remind the women in your life that it is never too late to adopt a healthy lifestyle.

Visit www.preventcancer.org for more healthy living information.

SISD Board **Minutes** Tuesday,

July 13, 2004

The Stratford ISD Board of Trustees met in regular session on Tuesday, July 13, 2004 in the High School library.

President Joe Reinart established a quorum was present and called the meeting to order at 7:00 p.m.

Board members present: Joe Reinart, Gared McBryde, Brent Spurlock, Patti Vincent, Ricky Reed (7:20 p.m.) Taliaferro, Superintendent.

No guests were present. Taliaferro led invocation.

Mr. Taliaferro gave the district's monthly recognition. It was as follows:

The two difficult (3A) pieces Mr. Hunsaker and crew competed at contest with have been judged to be the top two concert performances in this region for Class A in Texas. This a huge honor. Congratulations to the Stratford High School Band and Mr. Hunsaker for this great achievement.

Mr. Taliaferro gave the superintendents report. reported that the building maintenance was progressing on schedule. He then handed out the May and transportation reports. budget summary was as follows: monthly expenditures are at 79.19% and revenue collected at 94.30%. Tax collections are at 97.66%. He reported that the Ag pickup is to be sold. He also reported on the On-Line" housekeeping, and the proposed policy change (FNCA Local). The basketball court by the Junior High and improvements were discussed.

Brent Spurlock made the motion and Patti Vincent seconded to approve the consent agenda. Discussion was held and minutes were amended to include "teaching supplies"

in June minutes. Motion carried

Vincent made the motion and Gared McBryde seconded to accept the meal prices for the coming school year as presented. They are \$1.25 for Pre-K-8, \$1.50 for High School, \$2.50 for staff and \$3.00 for guest. Motion carried

The Standard Operating Procedures Manual DeWain Trayler made the motion and Ricky Reed seconded to accept the Standard Operating Procedures Manual with changes as discussed. Motion carried 7-0.

Ricky Reed made the motion and Joe Reinart seconded to appoint the Superintendent to the Regional Advisory Council. Motion carried 7-0.

Brent Spurlock made the motion and Gared McBryde seconded to approve the appraisal calendar as presented. Motion carried 7-0.

Gared McBryde made the motion and Patti Vincent seconded to accept the Shared Service Arrangement contracts as presented. Motion carried 7-

Ricky Reed made the motion and Steve Hayes seconded to accept the resignation of Becky Adams with regrets. Motion carried 7-0.

Patti Vincent made the motion and Ricky Reed seconded to hire Keri Walden subject to assignment. Motion carried 7-0.

Brent Spurlock made the motion and Patti Vincent seconded to hire Nikie Berry subject to assignment. Motion carried 7-0.

Discussion was held on staffing, compensation, mineral lease, ADA compliance at the stadium and security. The athletic Code of Conduct was discussed.

There being no further business, the meeting was adjourned at 9:55 p.m.

Preach always. If necessary, use words.

-St. Francis of Assisi

Beef Grooming Clinic- Aug. 7th

Sherman County 4-H will be sponsoring a Beef Grooming Clinic on August 7, 2004 beginning at 8:30 a.m. at Steve Johnson's Barn. Anyone interested in participating with a Beef Livestock Project is welcome to attend. A free BBQ lunch will be provided following the clinic. For more information or to obtain directions please contact Leslie Neve at (806) 366-2081 or go by the Extension office.

Home

(NU) - Fences are built for many reasons. Fences keep children or animals in the yard and define property lines. Fences also provide security and privacy, and complement other backyard amenities, like pools, spas and decks. Redwood is often the material of choice for fences because it is durable, looks good, and resists warping, and splitting. For fence building tips or other project plans and redwood information, log on to www.calred wood.org.

Safety

(NU) - Boilers and other power systems that operate under intense heat and pressure are not as susceptible to catastrophic failure and explosion as some people might believe. That's because engineers take great care to design, inspect and maintain the systems using the best practices as spelled out in the ASME Boiler and Pressure Vessel Code. Engineers turn to the Boiler and Pressure Vessel Code and other ASME codes and standards to ensure reliability of equipment and public safety. For information, visit www.asme.org.

Health

(NU) - Movie stars, athletes, media, peers — children have the potential to be influenced by many outside factors. However, studies have found that parents have more potential to influence their children's behavior than anyone else does. As a result, parents are looking for creative ways to provide healthier lifestyle options for their families. In recognition of the importance of total family wellness, Bob Evans has listed a number of family wellness tips on its Web site, www.bob evans.com.

Technology

(NU) - When most people think of video surveillance, they think of cameras in stores. But many businesses are using them to keep track of meetings and ensure clients and business associates stand behind their word. CCS International (OTC BB: SITG) is one of the most well-known makers of surveillance equipment, making systems that allow you to monitor a situation from across town or across an ocean. For more information about video surveillance, log on to www.spyzone.com.

Health

(NU) - Do you enjoy the outdoors? Do you love pets? What if you had to choose between these things and your ability to breathe? For many asthma sufferers, that choicelis one they make every day. Knowing asthma triggers and how to manage them are the first steps to a fuller, happier life. For information on asthma triggers and how to control them, call the Asthma Hotline at 1-800-315-8056 Monday through Friday from 9 a.m. to 5 p.m. EST or visit www.epa.gov/asthma.

Business Directory

WALTER LASLEY & SONS

INC.

THE Feedyard Since 1953

753-4411

Stratford Grain Co. **Stratford 396-5541**

Lautz 769-4485 4 North Main

Robert's Service Center 400 S. Poplar 396-2882

CONSUMERS

208 Texas We Sell Seed & Fuel Farmland, Acco, & Moorman Seeds & Diamond Shamrock Products 366-2261

Stratford Auto Electric

119 S. Wall, Strattord, Texas 19084 Phone 366-5941 366-5857 Alternator, Starter,-Magneto Repair **Since 1964**

Betty Brown's Medical Claim Service

605 S. Main P.O. Box 7 Stratford, TX 79084 806-396-2623

Brown's Meat Locker Custom Wholesale & Retail Meat

Federally Inspected Hwy 287 South

366-2513

(806)366-5561

A & I PARTS CENTER **Jerry Ewers**

P.O. Box 1146 201 N. 2nd-Stratford, TX 79084

Fax: (806)366-2583

This Space Available

Manager

Call 366-5885

Big Town Selection * Small Town Friendliness Wide Selection Frozen Food Quality Foods Fresh Produce Hwy 54 East 396-5586

Joan Bell THE TRAVEL STORE

affiliated with National Travel Systems A Full Service Travel Agency 396-5958 1-800-753-2792

This space available

Stratford EMS Proudly serving the medical needs of

Stratford Family Medical Clinic Stratford and Sherman County

Stratford Hospital District

Coldwater Manor

This space available

Auto Repair & Lawn Mower Repair

This space available



Carolyn A. Tarver Auto • Home • Life • Commercial Bus: (806)396-5810 • Res: (806) 396-2393

Joe Flores Farm Bureau Insurance 396-5538 office 396-5389 home

Jesse's Gun Shop Gun Repairs . Sales . Cleaning Hours: Mon. - Fri. - 1730 - 2000 Sat - 0800-1600 (806) 769-4454 111 S. Maple

Stratford, TX 79084 (806) 366-3134 Shop Your Home Town

Pharmacy... ELK PHARMACY 317 N. Main P.O. Box 360 Stratford, TX 79084 806-396-6505 Gay Gayland Vandiver, R.Ph. Debbi Vandiver/ Owners Carlton Cards...Millionaire Candy..Gifts
- Cookie and Balloon Bouquets

Tommy's Embroidery 580-423-7718

Texhoma, OK 210 Hwy 54 West Caps, Shirts, Jackets, Baby Blankets, Towels, Towel Wraps, School Logos, & Much More!

Westside Laundry/Stratford Laundry & Dry Cleaners 410 N. 4th - Stratford, Texas

396-2841 Owners - Jerry & Janie Smith Operators - Bob & Keri Harris

Voe Taylor, Photography PO Box 27 1305 N Chestnut Stratford, TX 79084

Weddings, Portraits, Etc.

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

For Sale: '91 Hitchhiker #5th wheel 29 ½ ft. trailer 12' slide out-18' awning. Excellent condition 806-396-2285.

For Sale: 2003 Ext. cab 4x4 clean, PW/Lock Tilt, cruise. \$19,500.00. Duncan Chevrolet-366-5557 or after hours 753-7557.

Help Wanted

Corn Harvest office help wanted. Apply at Stratford Grain. 7-29-tfn-------

Certified Nurses Aide positions are now available at Coldwater Manor. Excellent benefits including health insurance and retirement after 90 days of employment. Apply in person at Coldwater Manor, 1111 Beaver Road, Stratford, TX 79084 E.O.E.

Garage Sales

Carport Garage Sale: Sat. August 7 from 9 a.m. to 1 p.m.-620 N. 3rd Street. Clothes, kitchen items & lots misc.

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.

Cards of Thanks

Church would like to

thank the community

Jamiaca, Sunday, July

Catholic

Joseph

for supporting

St.

would especially like to thank the following businesses for donating Jamiaca: Stratford Grain. Russell Fangman, Thriftway, Let's Make Arrangements, Elk Pharmacy, Rynos Lawn Care, Stratford First Bank, State Dairy Queen, Express Lane, Allsups, John Husmann, Happy First State Bank, A&I Parts, Smith Agency, Lutes Classics, Bain Tire, Norma's Precious Moments, TCB, Rendon's Headquarters, US Food Service, Swift, KFC, Acquisitions, Sonic, Bell, United, Lowe's Nina's Tortillas. Chavez Tortillas, Walmart, Brooks Motor, Bobby Edmond Horse Sales, Meat Locker Browns Meat Locker and General Store. donation greatly appreciated. God Bless!! We would also like to apologize for the delay our raffle. During morning of July 25th our raffle money and ticket stubs stolen. We will still be having a raffle. Those who bought a ticket, please contact the person who sold to you to verify ticket number. We apologize for any inconvenience

Thanks again and God Bless St. Joseph Catholic Church

this may have caused.

Time will discover everything to posterity; it is a babbler, and speaks even when no question is put to it.

—Euripides

Services

New & Used Appliances
Factory Authorized Service
Whirlpool, G.E. & Frigidaire
BABER SUPPLY
DishNetwork Sales & Service
1-800-292-4023
1-580-423-7255

For Rent

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

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

PHEASANT RIDGE APARTMENTS

STRATFORDS' NEWEST & NICEST

- * 2 Bedroom Apt.
- * Very Nice
- * C H/A
 * New Appliances

WEST TEXAS RENTALS 806-244-3418

For Rent: House at 609 N. Grace, Call Daytime 1-800-888-2822 or nights 303-424-5575.

For Sale or Rent: 4-2-2- Owner financed Call 214-235-8072 or 972-294-8229.

For Rent: 1 bedroom furnished apt. Call Al Baker at 366-5318

Cards of Thanks

Stratford

Jamboree

would like everyone for all their help and support to the Jamboree a success!!! A special thank you to the Stratford Lions donating for Club time their and make expertise to great BBQ! Thank you to Sean Hardeman for volunteering to be our parade chairman, you did a great job. Thanks to Tammie and Kyla Helmuth for our kiddie parade. Thank you to Leonda Fedric for a great job as MC of the parade. Thanks to Barbara Haile and the Stratford Student council for hosting our kids' games, dog impromptu turtle race. We would also like to thank our sponsors for the Poke the Clown Jr. Ranch Rodeo, Mungia's Heating and Air Conditioning, First State Bank Stratford, Happy State Bank and Rockin C Appraisals. Three teams Stratford qualified to go the World Championship Jr. Rodeo Ranch Amarillo November 13, they represent Stratford well. There are many more who helped and we want to say thanks to all of you!

> Stratford Jamboree Committee Jack Haile Trisha Schoonover

Houses For Sale

Must see! Beautiful home on 1 acre. 2,100 sq. ft. 4 yr. Old, 4 bedrooms, 2 ½ baths, double car garage. Open floor plan wllg kitchen. Call Johny @ (806)366-3584 or Brian @ (559)947-3272.

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.

4-1-tfn

House for Sale-611 N. Chestnut. 3 bedrm, 2 ½ baths, Call 366-2401

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.

For Sale by owner: 3 bedroom, 1 & ½ baths, dining room, large living and utility rooms; 1 car garage w/shop; newly remodeled bathroom; new kitchen counter, cabinet, and dishwasher; carpet 2 years old. 1800 sq. feet (w /garage); vinyl siding, large 3-lot yard (90'x140'), 6' backyard picket fence w / 3 gates, large storage building, backyard gym. \$39,900. 213 S. Fulton. Call (432) 586-6324 or (432) 940-6324. 7-29-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.

For Sale: Our home at 619 S. Pearl (we're moving to the farm). 2572 sq. ft. living area, 3 b, 2 b, fireplace, heated tile floor in den & kitchen, 2 car garage, separate storage garage, extra lg. Lot 366-5829 or 753-7775.

3 Bdrm Brick, 2 baths on large corner lot. 1201 NW 2nd St. Sprinkler system, fenced yard. Located in Casa Bonita Addition. Call 366-2153 for Appointment 9-30-c-----

Cards of Thanks

This is a very special thank you to everyone concerned with rewarding me the Ranch Rodeo Top Hand award. I feel I should start thanking Jimmy Gillenwaters, because he is the first person that made me aware of it. This whole thing was a shock, and surprise to me. I've won some belt buckles at rodeos and ropings, and a few punkin rollings. No telling how much I spent in entry fees for the ones I won. The last one I won was in 1976, so you can see how surprised and proud I am of the Ranch Rodeo Top Hand award. I've tried to thank several of you in person, but I know I have not done an adequate job of shooing my gratitude. Once again, a very sincere thank you. I had a good time and hope everyone else did

Joe Flores

I want to thank everyone for your visits, flowers, phone calls & folks who sent cards while I was in the hospital. I appreciate you all so much.

Mary Riffe

Ad Rem Land Co.

Office 803 S. Bliss , Dumas 806-935-7364 Fax 806-935-7687 E-MAIL adrem@adremland.com Visit our website @

Http://www.adremland.com
This 2 Bedroom, 1 3/4 bath that has style. The office could serve as 3rd bedroom. Beautiful large living room and dining area. Extra room off of kitchen could serve many purposes such as hobby room or office. Hardwood floors, decorative wall paper. Home sits on a beautiful corner lot with sprinkler system, nice patio area and storage building in backyard. Hurry! \$78,900.

Buyers-You will fall in love with this 3 bedroom, 1 3/4 bath home! The home has been lovingly taken care of and is wonderfully decorated. The kitchen, dining and living room are all open. Large master suite. Master bathroom shower has a wall with beautiful glass blocks. The property also includes a superb shop which is 1152 sq. ft and has 2 overhead garage doors. The shop also has heat & air and includes a 1/2 bath. Great patio. Near schools.

\$98,500.

This charming home has been remodeled and sits on a 5 1/2 fenced lots. Attached 18'6"x24'8" workshop and 11'9"x12' storage building in backyard. Seller will furnish home warranty. \$79,900.

Super nice home has been recently refurbished with new floor coverings and paint. It has walk-in closets. \$33,000.

For Sale: 4 -bd-2 bath. Lg. Living area, over 1800 sq. ft. 2 storage buildings, new fence & dog run. Sits on 3 lots, 104 N. 7th. Call 396-2300 daytime or 366-3109 nights.

Owner Financing, Buying a House Made Simple. All 3 Bdrm. 319 S. Main, 611 N. 3rd. Call Brett Cummings 366-7664 (hrm) or 753-6677 (cell).

FOR SALE BY OWNER...Beautiful 4 bedroom home, large sized rooms, 3 full baths, office, large utility room, basement, covered patio, beautifully landscaped backyard. W/deck. This house is located in a GREAT neighborhood!!. 202 Kay Ave. Approx. 3800 sq. ft. Call 806-366-2482.

Cards of Thanks

helped make the Lions Club Bar B Q a success. The Lions are very happy to provide the labor and service the Stratford their Jamboree for fundraiser. We fed a lot of folks this year. Special thanks the following people: Tommy Asher and Precinct 4, Sean Hardman and the City Stratford, Stratford ISD, Mrs. Baskin Brown, Jim Bob Brown, Wesley, Susie and Jenny Spurlock, Evan and Luke Haile, Matthew and Juliana Taliaferro. These people in addition to the Lions gave of time and equipment for success of the Bar B

Jim Taliaferro

We would like to thank the nine teams that participated in the Depot Museum HorseShoe Pitch on Saturday. Congratulations to Chris Bell and Matt Vincent for winning first place.

NOW HIRING! Temp Positions Available NEED IMMEDIATELY! Apply at Dumas Office: (806) 934-0150

General Seasonal Labor
Positions in Kerrick and Hugoton
Clean-Up, Maintenance, and Operation of
Grain Elevators. Outside Work, Loading
Railcars - Living Quarters Provided
Drug Screen/Background Check Required

Scale Operators
Positions in Kerrick and Hugoton
General Math, Good Communication
Skills - Living Quarters Provided - Drug
Screen/Background Check Required
No Fee To Applicants!
Innovative Staffing Solutions, LLC
Dumas Office
500 E 1" St. Suite 213
806 934-0150

THIN

Pet of the Week



The Dalhart Animal Rescue Shelter needs your old blankets, towels, & rugs for the dogs and puppies. If you have any that you would like to provide them, please The Dalhart Animal Rescue Shelter ("no kill" facility)

currently has over 100 dogs &

Puppies available for adoption These dogs are all sizes & range in age from 4 weeks on up. The older dogs have been spayed and/or neutered & have their shots. These dogs need a good home.

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.

HEALTH

Cards of Thanks

Thank you everyone for all the visits, cards, food, flowers, and prayers, for your support in our loss. You'll always be in our hearts.

Beltran Family

medio este Por agradecemos a todas las personas que con visitas. tarjetas, llamadas, comida, flores y oraciones Nos a poyaron en nuestra perdida. Siempre estaran en nuestros corazones.

Familia Beltran

Health

(NU) - Doctors hope that the findings in a recent study comparing the most common prostate cancer therapies will help men newly diagnosed with the disease to better evaluate their treatment options. The study showed that survival rates are nearly the same among patients treated with surgery, permanent seed implantation, highdose external beam radiotherapy and combined seed/external beam radiotherapy. For a free brochure from the American Society for Therapeutic Radiology and Oncology titled "Radiation Therapy for Prostate Cancer," or to find a radiation oncologist in your area, visit www.astro.org/patient/.

The Truth About Summer Heat, Bugs

NewsUSA
(NU) - Whether it's the burning sunshine or biting insects that irritate skin each summer, knowledge is the key to preventing skin problems and avoiding sleep loss due to itching and scratching.

To make sure you know the truth, here are the facts to dispel some common misconceptions about summer heat and pests:

• A yellowjacket will not sting once and lose its stinger in your skin. While honey bees leave the actual stinger in the skin, stinging once, yellowjackets, a member of the wasp family, can sting several times if provoked.

• Wind does affect mosquitoes. You will get fewer mosquito bites on days when there is a breeze because wind makes it hard for mosquitoes to detect your scent.

• You can get a sunburn on a cloudy day. Even on cloudy days, the sun's ultraviolet rays can penetrate clouds and damage skin.

• Hydrocortisone is not the fastest way to stop skin from itching. Studies show that benzocaine works faster to stop the itching and pain.

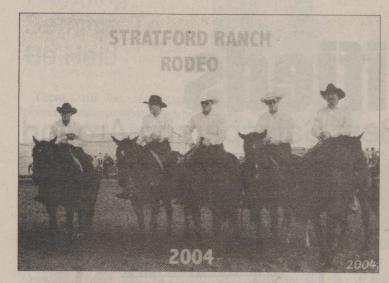
Hydrocortisone takes some time to decrease irritation, while benzocaine immediately numbs the itch nerves, providing fast relief. Lanacane Anti-Itch Creme, a topical anesthetic with benzocaine, provides quick relief for nearly all kinds of skin itching. It also contains an antibacterial to kill germs and fight infection, something hydrocortisone creams cannot provide

vide.

For more information about summer skin and the Lanacane Summer Itch Index, which rates various summer itch factors daily based on weather factors, visit www.lanacane.com.

2004

STRATFORD RANCH RODEO



1st Place Team - Rafter S Ranch - Team Members - Joe N. Shadle, Josey Shadle, Brad Shadle, Randy Crump, Wes Mason.



2nd Place Team - Lazy J Ranch - Team Members - Chad Walker, Ryan Moorehouse, Charles Ray, Judd Butler, Ed Burr.



3rd Place Team - Stratford Feedyard - Team Members -David Merrill, Pistol Audrain, Russel Brhun, Aaron Potter, Frank Chandler.



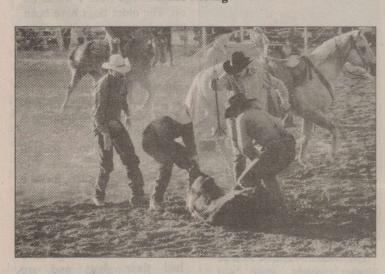
Bronc Riding



Wild Cow Milking



Trailer Loading



Team Branding



Double Mugging



Calf Scramble

MEN'S HEALTH

Get On Track To A Healthy Future

(NAPS)-Increased life expectancy means that older adults today have more years to look forward to than did previous generations; and the vision of aging is not what it used to be. Generally, the desire is to be active, stay healthy and live independently for as long as possible. To do so requires making healthy lifestyle choices. Men, however, often need encouragement to take care of themselves.

A recent survey to identify how men age 65 and older are maintaining their health found that only 37 percent walk for 30 minutes a day and 69 percent reported a reduction in their social activities after they turned 65. Nineteen percent of these men said their lack of socializing is due to caregiving responsibilities. While there are numerous community programs that help individuals and families with a range of health and social needs, few men in the survey knew about these services or use them.

The Eldercare Locator, a service of the U.S. Administration on Aging, conducted the survey to support the message that families play an important role in helping the older men in their lives get on track to a healthy future. "A simple reminder to eat right, exercise and check in with the doctor can add years to our loved ones' lives," said Josefina G. Carbonell, Assistant Secretary for Aging at the U.S. Department of Health and Human Services. "This is our goal with the 'Get on Track' message and to let families know that the Eldercare Locator is the link to healthy community resources for those who

SOME TIPS TO KEEP YOU HEALTHY

• Exercise regularly. Just 30 minutes of light activity daily, like walking or gardening, will boost your ability to fight aging-related illnesses.

• Eat well. Nutritional foods for meals and snacks give your body the energy you need to stay strong and active.

 Get medical checkups. Regular health assessments let you take charge of your wellness to prevent or address any

 Socialize. Maintaining and developing new friendships, activities and interests enrich your physical and mental well-being.

· Accept help. A wealth of community resources are available to help you live long, healthy and independently.

need them."

This reminder may be especially important for the increasing numbers of men who are caregivers. Many of them, not accustomed to playing this role, neglect their own health care needs and don't ask for help. The Eldercare Locator can link them to assistance for themselves and for their loved one

Through the Eldercare Locator, older adults and their caregivers can access information about local physical fitness and nutrition programs, health screening, home health assistance and much more. You can contact the Eldercare Locator at 1-800-677-1116 or www.eldercare.gov.

ide to the Gas Pum

Get The Facts On Fuel

(NAPS)-Convenience and price often play a large part in determining where to fill up, but there is much more motorists should consider before pulling up to the gas pump.

To begin, all gasolines are not the same and the level of detergency-which can mean the difference between clean or dirty engine parts—can vary greatly from one gasoline brand to another. To help separate fuel fact from fiction, following are some guidelines to consider when selecting a gasoline for vour car:

Consider the Cleaning Power

In the mid 1990s, the Environmental Protection Agency established minimum standards for cleaning agents that must be added to auto fuel. Most gasolines today contain just that minimum amount. Unfortunately, for some vehicles, this minimum level of detergency can leave carbon deposits on important engine parts. This is particularly true of low-detergent gasolines. The deposits that low-detergent gasolines leave behind in some cars can cause hesitation during an engine's initial warm-up phase. Removal and prevention of these deposits may help reduce incidence of hesitation. To avoid the build-up of engine deposits, consumers should look for high-quality gasolines with added cleaning power.

"Using a quality fuel with additional cleaning agents, such as Shell V-Power, our new premiumgrade gasoline, can help ensure the cleanliness of critical engine parts by removing carbon deposits from the engine's intake valves and fuel injectors each time the vehicle is driven," explained Mark Henry, manager of fuels for Shell Oil Products US. "You can think of carbon deposits on an engine simi-



lar to the 'gunk' that can build up and coat your oven. Like an oven cleaner cleans the oven, the new fuel helps remove those deposits when used regularly.

Don't Overlook Octane

Different cars require different levels of octane, which is the measurement of a gasoline's ability to resist engine knock—a rattling or pinging sound that results from uncontrolled combustion in the engine. The right level of octane will prevent engine knock and help ensure optimum performance. To determine the appropriate octane level, be sure to check your car's owner's manual for the manufacturer's recommendation.

The most common levels of octane are 87 (regular), 89 (midgrade) and 93 (premium), and these are indicated right on the pump at the station. Higher octane gasoline can be particularly helpful for car engines that are experiencing knocking or pinging. Octane, however, is only one component to consider when shopping for fuel. Consumers should also look for gasolines that provide added benefits.

There are a variety of options at the pump and no single type of gasoline is right for everyone. Concerning octane, the American

Petroleum Institute recommends consulting your owner's manual first. Ordinarily, it provides the correct guidance. However, if your engine knocks or pings at the recommended level, you may need to try a higher octane level. The requirements for your vehicle can be influenced by your driving habits, your vehicle's mileage, and the climate and geography where you live.

Factor in Other Factors

In addition, look for ways to get improved value out of your gasoline purchases, such as paying with a credit card that provides a rebate of some kind with every purchase. The Shell MasterCard from CitiCards (877-MY-SHELL) offers a five percent rebate on Shell quality gasoline and a one percent rebate on retail purchases anywhere the card is used.

For most consumers, a vehicle represents the second-largest purchase they will make (after their homes), so it's important to protect that investment. Selecting a high-quality fuel and servicing your car regularly are important steps to maintaining your vehicle

For nearly 100 years, Shell has been focused on developing highquality fuels and lubricants to meet the needs of the different vehicles on the road today. Shell V-Power, the company's new premium-grade fuel, actively cleans engines as people drive their cars by removing deposits from critical engine parts, specifically intake valves and fuel injectors. It has more than five times the cleaning agents required by government standards and is formulated to clean up deposits left by low-detergency gasolines. To learn more about the benefits of using quality fuels, visit www.shell

A successful marriage requires falling in love many times, always with the same person.

-Mignon McLaughlin

Perfection is achieved, not when there is nothing more to add, but when there is nothing left to take away.

-Antoine de Saint-Exupery