

Sherman County Museum 7 /05 Box 1248 Stratford, TX 79084

The Strattord Star

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Published for over 100 years in Stratford, Sherman County, Texas 79084 usps 523

Number 4 January 27, 2005

Card Shower for Irene Wakefield

There is a card shower for Irene Wakefield who will soon be celebrating her 90th birthday! Send cards to: **Irene Wakefield** C/0 Kim Clayton 4225 Hampton Dr. Valdosta, GA 31605 Happy Birthday-Irene

Trees to be Available at SWCD

REMINDER: If you are interested in windbreak/landscape trees, call the Sherman County SWCD at 396-5517 ext. 3 as soon as possible. Orders must be placed by the first week in March.

Utility Assistance Discussion Thursday

"Keeping Your Cool While Warm", panel Staying will be held discussion Thursday, January 27, 2005 from 1:30 p.m. to 2:30 p.m. at SCOT Hall in Stratford.

During the panel discussion, individuals will learn about utility assistance programs available through utility companies and government assistance services along with tips for conserving energy in the home. Panel members will representatives of include Panhandle Community Services, Area Agency on Aging, Excel Energy, and West Texas Gas Company. For more information, contact Sherman Susie Spurlock, County Extension Agent for Family and Consumer Sciences at 366-2122 or 'Lynn Wells, SCOT at 396-2011.



Samantha **Harts Funeral Held Saturday**

Samantha Rae Hart, age 14 died January 19, 2005 in Sherman County, Texas. Services were held at 2 p.m. Saturday, January 22, 2005 at First Baptist Church in Stratford with Rev. Brent Farney, pastor CORRECTION: of First Baptist Church In last weeks Hereford Speech officiating.

In celebration of her life, everyone was asked to wear colorful clothing. Samantha was born June 16,

1990 in Dumas, Texas. She was a Stratford resident all of her life.

She was a member of First Baptist Church in Stratford. She was a freshman at Stratford High School. She was involved in band, 8th grade salutatorian and voted class favorite and involved in 4-H and FHA.

Survivors include her mother Kathy Hart of Stratford and her father: Jon Hart also of Stratford. One brother: Christopher Hart of Stratford. Grandparents: Glenn and Jovce Hart, Stratford. Aunts: Honey Zimmer, Gruver and Sheryl Anderson of Amarillo, Texas. Uncles: Bucky Sams, Dallas, Texas, Jerry Sams of San Antonio, Texas, Jeff Hart of Stratford and Joel Hart of Amarillo and Bob Zimmer of Gruver, Texas.

Support **Our Youth** This Weekend

See Stock Show schedule bottom right of this page See you there!!

Tournament- the following should have been- Evan Haile: Placed FIRST in Poetry and FIRST in Prose.

Staci Hays: Placed FIRST in impromptu speaking. Third in Informative Speaking and Participated in Poetry.

We apologize to these young ladies.

Stratford Jamboree Meeting Feb. 2, 2005

Stratford Jamboree Meeting Thursday, February 3, 2005 at 7:00 a.m. at Happy State Bank

4-H Scholarship Deadlines

Sherman County 4-H members who will be graduating in May are reminded scholarships several of available to them. The deadline for applying is rapidly approaching. Most deadline dates are early February. A list of scholarship available and deadlines are as follows:

District 1 Texas Extension Education Clubs: Graduating High School 4-H Senior

A Scholarship in the amount of \$300 will be awarded to a high school graduating senior. Application available from Susie Spurlock. The criteria for the scholarship is:

- 1. Must be a graduating senior planning to enter college in the summer or fall of the coming year.
- 2. Must have an accumulative grade average of 86
 - Must be a 4-H member in District 1
- Application due February 11, 2005

Graduating High School Senior

A scholarship in the amount of \$300 will be awarded to a high school graduating senior. Application available from Susie Spurlock. The criteria for the scholarship is:

1. Must be a graduating senior planning to enter college in the summer or fall of the coming year. Must have an accumulative 2 grade average of 86 Must be a District 1 resident

Completed Deadline: applications are due in the County Extension Office no later than Monday, February 14, 2005.

For more information about

Beat White

scholarships, please contact Susie Spurlock at the Sherman County Extension Office. Telephone number is 806-366-2122

Deer



King & Haynes Named Academic All-State

Josh King, left and Tyler Haynes were named Academic All-State by the Texas High School Coaches Association. Haynes was named 1st Team and King was named 2nd Team. **Congratulations!!**

Educational programs of the Texas Cooperative Extension are open to all citizens without regard to race, color, sex, disability, religion, age or national origin.

Red Hat Meeting February 3, 2005

Red Hat Bingo Night at Lets Make Arrangements on Thursday, February 3rd, 2005.

4-H Parent/Leaders Meeting January 31

The quarterly business meeting of the Sherman County 4-H Parent/Leaders Association will be Monday, January 31 at 7:30 p.m. at the Sherman County Extension Office.

The organization is the booster club for the county 4-H program and all parents of 4-H members and volunteer leaders are invited to attend. For more information, contact Susie Spurlock, Sherman County **Extension Agent for Family and** Consumer Sciences at 366-2122.

Beat White Deer

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

Memorials may be made to Stratford Area Foundation, Box 48, Stratford, TX 79084 or the Samantha Hart Youth Scholarship Fund at First Baptist Church Box 390, Stratford, Texas 79084

4-H Concession News

Frito Pies, Baked Potatoes, Hot Ham and Cheese Sandwiches, along with Barbecue Beef sandwiches are the main food selection items at the concession to be held during the Sherman County Livestock S how and Sale January 27-29th Sponsored by Sherman County 4-H, proceeds from the concession are used to assist 4-H members with camping scholarships, awards and recognition, leadership development, and supplies to enhance 4-H programs. Local businesses assisting with the concession include Brown's Thriftway, Meal Locker, Express Lanes and Allsups.

The public is invited to come and enjoy hot food, homemade pie, doughnuts, and an assortment of soft drinks and candy at the concession while supporting the youth livestock show exhibitors.

All 4-H families are expected to assist with this fundraiser. If you have not reviewed your food and work assignment letter mailed the week of January 17th, please do so. If you need additional Information, please contact Susie Spurlock at the County Extension Office.

at 100 N. Main.

Pantry Meeting January 27th

There will be a Pantry meeting on Thursday, January 27th at 7 p.m. at XIT Building in Stratford.

Sherman County **4-H Scholarship**

The Sherman County 4-H Parent-Leaders Association is proud to honor county 4-H Gold Star winners with a \$1000 cholarship upon graduation from high school. During the premium sale of the county Stock Show, many individuals and businesses will have the opportunity to contribute to the scholarship fund.

The organization has awarded the scholarship to county 4-H Gold Star winners since 1986. Upon graduation from high school, recipients are entitled to the \$1000 scholarship upon registration to a college or vocational school to further their education.

various fundraisers to meet its financial obligation. Annually the Sherman County Family and Community Education Council contributes to the Memorials, scholarship. honorariums, and contributions from individuals are also accepted.

The scholarship program began in 1986. Scholarship recipients represent a \$20,500 commitment by the Sherman County 4-H Parent Leaders Association to assist young people with their continued education.

For more information about the scholarship or how an individual or business may contribute to the scholarship fund, contact Susie Spurlock, County Extension Agent for Family & Consumer Sciences at 366-2122.

Application due February 11, 2005.

4.

Texas Extension association for Family and Consumer Sciences

Edith Lois Wilson Memorial Scholarship in the amount of \$500.00. Applicants must complete 3 years of 4-H Club work in the district during High School and carried family & consumer sciences related projects. Preference is given, but not limited to applicants with major in Human Science related areas. Application for scholarships is through the Amarillo Area Foundation. Application available from Mrs. McBryde or Susie Spurlock and is due February 1, 2005.

Texas 4-H Scholarship Program

Requirements: Active current member of 4-H: a Texas resident and scheduled to graduate during the 2004-05 school year; made formal application to enroll with intent to attend a TEXAS college or university and have met the entrance requirements for that college or university. Baccalaureate category must pass all sections to TAAS, TASP, and/or TAKS test and obtain a minimum score of 910 or ACT score of 19. Associates Degree/Technical Certification and 4-H Courageous Heart categories must pass all sections of TAAS, TASP, and/or TAKS test.

Application: Application Forms are available from the Texas 4-H Program website. Click on

http://texas4-htamu.edu Go to 4-H Scholarship Opportunities link where applications are available in Word, WordPerfect and PDF formats.

February 9th is Coming

February 9th is coming!

February 9th is coming. 9TH FEBRUARY special? Well, I'll tell you.

nights from 7 PM -11PM. The class will end on May 25th with time off for spring break and Easter.

You will learn new and FEBRUARY 9TH IS COMING! challenging skills such as: when IS and how to apply the Kendrick **COMING!!!!!** Yeah, so what? It Extrication Device, how to use usually does come around every the Pneumatic Anti-Shock year about this time. So what Garment, how to prepare and makes this February 9th so use properly the Evac-u-Splint, the proper amount of February 9th marks the first Epinepherine to administer to a night in a brand new Emergency patient experiencing a severe Medical Technician (EMT) anaphylactic reaction, when to Basic class right here in use (or not use) a Hare Traction Stratford. The class will meet at Splint and how to apply it to your the Stratford ambulance building patient, how to spell on Monday and Wednesday sphygmomanometer and how to

Cont. on page 2

2005 Sherman County Livestock Show Schedule **Sherman County Exhibit Building** Stratford, TX

Wednesday, January 26 Bring all animals into the barn Thursday, January 27 Goats, Lambs and Swine in place by 4:00 p.m. Weigh in goats, lambs and swine In this order Friday, January 28 9:00 a.m. Judging of Swine Showmanship of Swine Judging of Lambs Showmanship of Lambs Afternoon (Not before 1:00 p.m.) Livestock Judging Contest Saturday, January 29 8:00 a.m. Weigh and Check-in Heifers & Steers 10:00 a.m. Judging of Goats Showmanship of Goats Judging of Steers Judging of Heifers **Cattle Showmanship** 4:30 p.m. Buyers: Appreciation Supper, County Exhibit Building 6:00 p.m. Premium Sale-Order: Goats, Steers, Heifers, Swine, Lambs Sunday, January 1:00 p.m. Exhibit & Animal Barn Clean-up **Tuesday, February 8**

Project Record Forms due to Extension Office by 5:00 p.m., unless exhibiting at a Major and those are due by March 16th by 5 p.m.

The scholarship depends upon

Scot Talk

By Mary Hill

SCOT had a very successful educational program, "Managing the Medicare Maze", last week. It was quite informative, and well attended, with 36 in attendance.

The next of these programs will be after the luncheon on Thursday, January 27, at 1:30. It is entitled "Keeping Your Cool While Staying Warm". This will be a discussion on utility assistance programs.

Plans are being made to go to The Chicken House for supper on Saturday, January 29, if enough member sign up to go. The bus will leave at 5:30, so hurry and get on the "go" list.

Line dancing continues at SCOT Hall, and numbers are increasing. The time is Monday evenings at 5:30. It is fun and very good exercise. Beginners are welcome-there instruction.

The December birthday party was great! This birthday person absent-mindedly wandered in, not remembering what was going on. What a lucky break! It was a time of good visiting and wonderful refreshments. Mary Lou and Georgia's apple dumplings could be addictive.

Regular dates to remember are bingo on first and third Thursdays, at 7:00 p.m. birthday party, third Thursdays at 2:00 p.m.; game night, second Fridays at 7:00 p.m.; board meeting, fourth Tuesday at 5:30 p.m.; and the luncheon on the 4th Thursday at 12 noon.

Imagination Station News

The computer lab use has picked up some with most of the computers in use on Sunday. Commitments are sought for mini-classes-(greeting cards, mailing labels, spreadsheets etc.) Computer expert, Chris Riffe has committed to be available for computer advice on Thursdays from 4:30 to 5:30 (exceptions will be if he is called out on a job.)

The Imagination Station has

Chamber News

By Patty Tims

HELLO AGAIN

The Chamber of Commerce would like to thank these businesses and families for renewing their memberships: West Texas Gas, A&I Parts, John & Sharon Wilson, George & Marillyn Harkins and Vincent Insurance. New membership: Pat Hartman.

Without the support of these families and businesses, the Chamber of Commerce would not be able to serve the community of Stratford. Once again, thanks to all of you.

If you would like to become a member of the Chamber, please come by the office, Monday, Wednesday or Friday, or call 366-2270. Help us make a difference.

MODERN WOODMEN OF AMERICA

Walt Berry, Modern Woodmen of America, District Representative, has opened a new office. He is located at 401 N. 3rd St., Suite 2, here in Stratford, located in the XIT building.

Walt will be having an open house January 26th, from 10:00 to whenever people stop coming by. He encourages everyone to attend. Refreshments will be supplied. Please stop by and welcome Walt and welcome him into his new office.

PICTURE THIS

Since there are so many homes for sale by owners, the Chamber of Commerce will be starting a new bulletin board. We encourage you to take a picture of your home, along with information regarding the aware footage, how many bedrooms, bathrooms, and whatever information you would like a prospective buyer to know.

The bulletin board will be in the Chamber office and updated as homeowners bring in information. This will be a free service to the general public. Homeowners, please take advantage of this opportunity.

GRAND OPENING

Jan. 27-30

Jan. 29

Feb. 5

Feb.10-27

Feb. 10

Feb. 19

Feb. 24

Feb. 24

Feb. 25

Feb. 10-12

The General Store will be having their Grand Opening on March 9th. The General Store offers weekly specials and any building supplies you could need. Please support this local business and stop by to see for yourself, the improvements that have been made. Make plans to attend the Grand Opening on March 9th

THOUGHT FOR THE DAY Nothing is impossible with Gods help.

Arts in the Area By Gaynelle Riffe

"Always	Patsy	Cline"	return	IS	
Amarillo	Little	Theatre	Main	Stage	806-355-99

Dave Taylor Dance Co "Rainforest" Lone Star Ballet Amarillo Civic Auditorium 806-372-2463

- "Lift Every Voice Concert" Amarillo Opera Amarillo Civic Auditorium 806-372-7464
- "Sweeney Todd" Musical
- Amarillo Little Theatre Adventure Space 806-355-9991 **David Copperfield Magic**
- Amarillo Civic Auditorium 806-378-3096 **Circus Gatti**
- Amarillo Civic Coliseum 806-378-3096
- Amarillo Symphony "POPS' John Bayless piano Amarillo Civic Auditorium 806-378-8782
- Chamber Music Amarillo Family support Services Loft Space 806-236-3545
- MercyMe, Jeremy Camp, Monk & Neagle and the Afters Amarillo Civic Coliseum 806-378-3096

Letters to **The Editor**

Dear Readers,

In the planning of the Main Street Enhancement project, several businesses expressed a desire to have a tree in the sidewalk in front of their business. They might want to take note of the tree roosts in front of the Imagination Station. A b room will not sweep, nor will a water hose clean the sidewalk not to mention the windows. It takes a power washer and about 3 hours and it should be done every day!! Does anyone have a solution to encourage our fine-feathered friends to roost at another place less public?

Gaynelle Riffe

Feb. 9th Cont. from page 1

use it (you will use it a lot as an EMT-Basic), learn proper use of the acoustics DCAP-BTLS, ABCDE, OPQRST and others, along with a multitude of skills that will be beneficial to have for the rest of your life.

If you think you are simply too busy to take this class, then it is probably YOU we especially need in this class. It is a proven fact, the busiest folks make the best EMT's because folks who have a lot of time on their hands have time on their hands because they simply do not want to do anything. If you walk upright on two legs, are in pretty much good health, have attended the church of your choice at least once in the past year (actually this one does not count), and have a burning desire to help your fellow man (or woman) by rendering pre-hospital medical

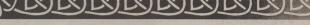
care, then we want you!

Call 396-2844 to reserve your front-row seat, or contact any member of Stratford EMS for more details.

Now let us recap. What makes this February 9th so special? See you there.

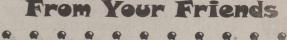


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The farther behind I leave the past, the closer I am to forging my own character. -Isabelle Eberhardt

of Director

begun to complete Phase III of the building renovation. Electric work is completed (notice outside lights). Next is completion of restrooms, dry wall and paint of Exhibit Hall, floor treatment and relocation of heating/cooling vents.

Another centennial will be celebrated as Week of the Young Child in April.

What will it be? (Peter Pan) Other programs in the planning are Summer Arts and Drama.

The Imagination Station is pleased with the organizations and businesses utilizing the building and the rent donations certainly help pay the gas bill.

The Imagination Station is a volunteer totally and community supported program. Please contribute suggestions for programming to open doors and windows for the community.

Character-the willingness to accept responsibility for one's 16. own life—is the source from which self-respect springs. -Joan Didion

The Stratford Star

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Family Support Loft Space 1001 Polk Feb. 25-27 "The Miracle Worker" AC Youth Theatre

Amarillo College Ordway Auditorium 806-371-5353

New York Times Best Sellers at the Sherman County **Public Library**

- 1. The Broker by John Grisham
- The DaVinci Code by Dan 2. Brown
- The Five People You Meet in Heaven by Mitch Albom State of Fear by Michael 4.
- Crichton Night Fall by Nelson 8 DeMille
- Entombed by Linda 10. Fairstein
- 12. Black Wind by Clive Cussler
- 13. A Salty Piece of Land by **Jimmy Buffett**
- The Cat Who Went 14. Bananas by Lillian Jackson Braun
- I Am Charlotte Simmons 15. by Tom Wolfe
- London Bridges by James Patterson
- 18. Koontz
- 21. Whiteout by Ken Follett 22. Jonathan Strange & Mr. Norrell by Susanna Clarke
- 25. Demon Rumm by Sandra Brown

28. Angels and Demons by Dan Brown 29. Metro Girl by Janet

Evanovich.

Men show their characters in nothing more clearly than in what they think laughable. -Johann Wolfgang von Goethe

Almond Breakfast Cookies 1 egg ¼ cup almond oil **3 tablespoons honey** ¹⁄₄ teaspoon salt ¼ teaspoon ground cinnamon 1 cup crispy rice cereal cup sliced almonds, roasted ½ cup Grape Nuts® or other natural whole grain, wheat and barley cereal

3 tablespoons wheat germ 3 tablespoons whole-wheat flour



Life Expectancy by Dean Start your engine with Almond **Breakfast Cookies.**

> To roast slivered almonds: Spread in an ungreased baking pan. Place in 350° F oven and bake 5 to 6 minutes or until golden brown and fragrant; stir once or twice to assure even browning. Note that almonds will continue to roast slightly after removing from oven.

> Whisk together egg, almond oil, honey, salt and cinnamon in a large bowl. Add remaining ingredients and stir with a wooden spoon. Drop dough by rounded teaspoons about 2 inches apart on a lined baking sheet. Bake at 300° F for 15 minutes, or until edges are firm. Let cool completely before removing from sheet. Serve, or store airtight up to one week. Makes 24 cookies.

Visit-www.AlmondsAreIn.com for Breakfast Cookies nutritional information and more tasty and nutritious recipes.



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Samantha Rae Hart 1990-2005

I have wondered why I was in Stratford. Now I know why, Stratford is and will always my family. The outpouring be of love is overwhelming. I want you all to know Samantha who she was because of was you. Stratford was a part of her and she was part of Stratford. God has blessed me more than I ever knew. Thanks to everyone who brought food, fed pigs, mowed yards, fixed flats, came by and other things I am forgetting. I love you all. To all you kids, thanks so much, she loved you all. Thanks for the hugs, flowers, and expressions of love you gave us. Live your lives to the fullest; always be true to yourself and God. Love and keep each other safe. I want to say one more thing, always tell your kids you love them when you part and never part angry with one another. We love you all.

We have always known that we lived in a good town and community but we just didn't know how good. It is hard to believe the amount of food that was brought and t he help that was given at every turn. But the greatest of all was the love and hugs that were freely given. To the freshmen class and others of the school system-never have we seen young people bond together as you have for Samantha. It was such an outpouring of love. If she could love and touch so many people in a short 14 years, think how more you all will be able to do in your lives. Please know we cherish each and everyone of you and every hug you gave us. To say thank you is so inadequate, but it's all we know.

Love, Glenn & Joyce Hart & Family

Jon & Chris

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Zieman-Winner of Drawing

Shown left is Deide Zieman, winner of The First State Banks \$200 give away in December. She is shown with Carol Zimmer of First State Bank of Stratford.

See You at the **Stock Show**

CASA 69, Inc. **Board of** Directors **Recognizes New** Officers

The CASA 69, inc. Board of Directors met Monday night, January 17th, at the First State Bank in Dumas. The first order of business was to recognize the new officers who will be serving for the next two years. Debbie Ferguson reviewed the highlights of her past two years as president of the board and then turned the meeting over to the new board president, Duane Pittman, past vice-president. Also recognized were B.A. Donelson as the new vicepresident, Gwen Bowers as secretary and Gloria Santana as treasurer

CASA 69, Inc. is a non-profit organization administered by a volunteer Board of Directors, an Executive Director, Becky Peckham, and an Assistant Director. Executive Ann Bookout. CASA 69, Inc. serves easily go undetected. When it is the children of the 69th Judicial not properly controlled, high District (Dallam, Hartley, blood pressure often is a precur-

*** Sometimes people carry to such perfection the mask they have assumed that in due course they actually become the person they seem.

-W. Somerset Maugham

Kerrick

News

By Marylou McDaniel

Kerrick Sunday dinners are great! The Hamptons and Jo June McDaniel hosted the dinner again. Besides the good food, there was lots of visiting.

From Stratford were Mary and Dudley Hill, Mark, Klinton & Kelsey Keener, Charley and Denton Crabtree, Lynn Wells, John McDaniel.

Lois Garner, Judy Potter of Boise City, Leo & Elaine Horne, Conlen.

Marjory Munden, Pat & Bill Boren, Mike & Marylou McDaniel, Ted & Joyce Irlbeck, Bill & Donna Gillenwaters, Virgie Mathews, Dr. Gary Mathews.

Donna Gillenwaters told about Dalton Sladek talking to third grade about his job on the railroad. He encouraged the continue their students to education.

Rese Schoonover celebrated her 2nd birthday on Saturday with Chilidogs and nachos. A "Bunch" of folks were on hand to help her celebrate.

To succeed is nothing, it's an accident. but to feel no doubts about oneself is something very different: it is character.

-Marie Leneru

THE STRATFORD STAR Thursday, January 27, 2005 Page 3

I could never think well of a man's intellectual or moral character, if he was habitually unfaithful to his appointments. -Nathaniel Emmons

GOT COTTON? WANT COTTON? First State Bank is sponsoring a seminar on cotton as a cash crop. Discussion will include: growing, marketing and financing necessary to produce cotton in our Panhandle area. This seminar is for farmers, implement dealers, fertilizer and chemical providers and anyone else impacted or curious about increasing our cotton acres in the Panhandle. Thursday, January 27th When: First State Bank in Dumas-500 East 1st Street Where: 10:30-2:30 **Time:** Provided Lunch: **RSVP**: by Tuesday, January 25th 935-4184 Dumas Dalhart 249-5513 Stratford 396-5521 Presenter: Brady Heffington-Littlefield, Texas-Cotton Producer Danny Glenn-Lubbock, Texas-Cotton Financier Deryl Bennett-Lubbock, Texas-Retired Sr. Ag Lender, American State Bank Question and Answer Session after the session. Join us for good information, food and fun! **AMERICA'S PROMISE** First Class Banking TATE BANK RATFORD-DUMAS-DALHART

First Assembly of God Kevin Anderson, Pastor

artemes

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

The Churches of Stratford Welcome You

OPEN HOUSE

Great Lengths Salon & Sherman Co. Development Tuesday—February 1st Come & Go All Day (or as long as the cookies and coffee hold out) *Come in and meet Mika Bell, new stylist at Great Lengths.

HEALTH Lifestyle Changes Key to **Lowering Blood Pressure**

NewsUSA

(NU) - With few early symptoms, high blood pressure can

Moore and Sherman Counties). CASA volunteers advocate in the court system for children when the blood vessels become neglect, or abandonment.

of more volunteers, especially rise. in Moore County. There is no special degree or educational requirement to be a CASA Appoint (Court Advocate). A concern for children and a willingness to Blood pressure rises as body speak up for a child's best interests are the most important qualifications. You must be a responsible adult with good judgment and the common

experience. If you are patient and have the ability to understand children and families in stressful situations, packaged foods to see how much you could make an excellent child advocate. Training and volunteers.

If you would like to become a CASA volunteer, if your group the amount of sodium in cell flumake contribution to the CASA program, please contact the CASA office (244-2684 or

Located in the basement of the Dallam County Courthouse. CASA 69, Inc. is a United Way agency.

sor to the No. 1 killer in the United States - heart disease.

who are victims of abuse, clogged due to a plaque buildup of cholesterol and fat. This is CASA 69 is presently in need what causes blood pressure to

> To stay healthy, you must adopt a healthy lifestyle. The following tips will help you prevent or even lower high blood pres-Special sure, also known as hypertension. • Maintain a healthy weight. weight increases. Therefore, obesity can increase your risk of developing high blood pressure. If you are overweight, losing just 10 pounds can make a difference.

• Reduce salt in your diet. Your body needs salt to function sense that comes with life properly. Most Americans, however, consume more salt than they need. You should consume about 1 tablespoon of table salt a day. Also, read nutrition labels on sodium is in one serving.

• Increase potassium in your support is provided for all diet. Though most Americans eat too much salt, many don't get enough potassium in their diets. Since potassium helps balance or organization should need a ids, not consuming enough of this speaker, or if you would like to mineral can lead to excess sodia tax deductible um. Eating foods such as fruits

ing with the flow of blood to and from the heart. It also can harm the liver and brain. If you drink alcoholic beverages, have only a moderate amount.

and vegetables is the best way to

increase your potassium intake.

tion. Alcohol has been shown to .

raise blood pressure by interfer-

• Limit alcohol consump-

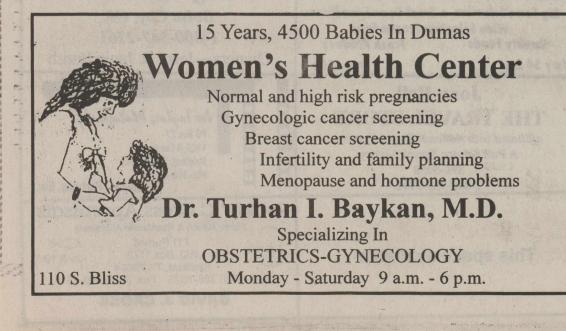
• Take a natural antioxidant. A recent study of individuals taking medication to control high blood pressure found that they were able to cut their dosages nearly in half by adding a natural antioxidant alternative. One such antioxidant that has proven effective in lowering high blood pressure is Pycnogenol, which is derived from the bark of the French maritime pine tree. In a study conducted by re-

searchers at the University of Arizona's College of Public Health, subjects with moderate hypertension showed significant decreases in their systolic blood pressure after taking Pycnogenol.

The most impressive results were found in patients with the. highest blood pressure, at around 150 mmHg. (Experts recommend that you maintain a blood pressure lower than 140 mmHg.) The patients using Pycnogenol were able to reduce their blood pressure to 135 mmHg, right on target.

For more information about blood pressure and Pycnogenol, visit www.vitaminfactory.com or call (800) 619-1199.

You cannot dream yourself into a character; you must hammer and forge yourself one. -James A. Froude



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 5:00 pm Senior High UMY 6:00 pm

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 Ernie Maiwald

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

Estudio Biblico &

Se Cuidamos

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.

Testing, Testing...

"Do not believe every spirit, but test the spirits to see whether they are from God; because many false prophets have gone out into the world" (1 John 4:1). The spirits to be tested are the spirits of men and women. We are to determine whether or not they truly represent God by testing their spirits. But how do we do that? We must have a standard by which to test the words of these men and women. In order for there to be a high degree of accuracy, this standard must not be based on feelings. Internal sensations can throw us off tract. If we have an objective set of guidelines, we are on the higher road. This set of guidelines is found in the Bible. For example, the Bible tells us, "If I give all my possessions to feed the poor, and if I deliver my body to be burned, but do not have love, it prophets me nothing" (1 Corinthians 13:3). I can give money to help the poor in order to be applauded by others. I can give my life in rescuing someone from a fire in order to be applauded for my bravery. My actions are good. My motives are bad. I do not act out of a love for God or my neighbor. I want to be loved. I do not pass the biblical test. "By this we know the spirit of truth and the spirit of error" (1 John 4:6).

> 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

Southeastern Texas **Panhandle Gets New** Weather Warning Radio

As the spring severe weather season draws near, residents of the southeastern Texas Panhandle will be able to stay a step ahead of the storms by tuning in to a new NOAA Weather Radio (NWR) stationa 24-hour source of weather watches, forecasts. and warnings provided by the National Weather Service. A Press Conference Ceremony to announce this new weather radio station has been scheduled for 11 a.m. January 28th, at the City Hall in Pampa (201 W. Kingsmill). Officials from Gray, Roberts, Hemphill and Wheeler Counties and the NWS participate in the will ceremony. The ceremony is also open to the public.

The new weather radio transmitter (WNG-713) was recently installed on the Four County Repeater Emergency Services tower near Miami. Broadcasting on a frequency of 162.450 Mhz directly from the National Weather Service Office in Amarillo, this weather radio reaches nearly all of Gray, Roberts, Hemphill, and Wheeler Counties, as well as portions of Hutchinson, Carson, Hansford, Ochiltree, Lipscomb, Donley and Collingsworth Counties in Texas and Roger Mills, Ellis and Beckham Counties in Oklahoma.

"This new Weather Radio will be very beneficial to the communities that it reaches", said Steve Drillette, NWS **Amarillo Warning Coordination** Meteorologist. "Residents now have an extra resource that can be used to receive critical advanced warning information to protect their families. Through the radio's tone alert capability, residents can be alerted day or night of impending dangerous weather".

The NOAA Weather Radio network has more than 900 stations nationwide. The Miami transmitter is one of a number

LEY

of weather radio stations that provide coverage to residents in the Texas Panhandle. Other NWR sites include: WXK-38 Amarillo (162.550 Mhz), KXI-88 Borger (162.400 Mhz, and WNG-657 (162.500 Mhz) Summerfield/Hereford.

NOAA Weather Radio is the "Voice of the National Weather Service", In recent years, the sound of the voice has changed. Automation, which allows NWS Forecast Offices to speed critical weather information from advanced workstations directly to the growing number of transmitters, makes use of computer-synthesized voices. This new technology eliminates many of the delays inherent in the older systems and allows simultaneous broadcasts on multiple transmitters when necessary. It also makes better use of other new technologies, as such

Message Specific Area (SAME), which Encoding allows listeners to program NWR equipped specially models to receive warning alarms for specific counties, and the Emergency alert System (EAS), which brings critical warnings to commercial broadcasters faster than ever before. Weather Radios come in many sizes, with a variety of functions and costs. Some receivers, including the new will SAME receivers, automatically sound an alarm and/or turn themselves on if a severe weather warning is broadcast. Most receivers are either battery-operated portable of AC-powered desktop models with battery backup. Some scanners, HAM radios, CB radios, short wave receiver and AM/FM radios also are capable of receiving NOAA Weather BiRadio transmissions. Weather

Radios can be purchased at most electronics stores. Prices range from \$25 to \$75.

Irene Wakefield will soon be celebrating her 90th birthday. Anyone with memories and thoughts of Irene and her life with husband Tom and would like to share those memories, please put in writing and mail to Kim Clayton at 4225 Hampton Drive, Valdosta, GA 31605 or email at

kim@garyminchew.com. My grandmother's birthday is February 4 and we are getting down to the wire. Friends of Irene Wakefield, please submit to me. My Grandfather (Tom Wakefield) served Stratford as commissioner many times and though he did not let us know often, he missed Stratford very much. In fact, he would just sit in his pickup truck to reminisce and "smell" Texas.

Nothing is ever gained by winning an argument and losing a Keep the gold and keep the silcustomer.

ver, but give us wisdom. -C.F. Norton

Health

(NU) - If your child has recurring illnesses, don't simply brush off these ailments as normal childhood health problems. He or she may have a serious underlying disease. Primary immunodeficiency, or PI, is a genetic defect that can compromise a child's immune system, leading to an increased susceptibility to certain infectious illnesses. Parents should know that a simple blood test could identify the disorder. To learn about the warning signs of PI, as well as various treatment options, visit the Jeffrey Modell Foundation Web site at www.info4pi.org or call (866) INFO-4-PI

See You at the Stock Show

Tips for Perfect Valentine's Day Roses

(NU) - A stunning floral arrangement — whether it's full of sunflowers, tulips, carnations or roses - can express a range of emotions, from romantic to friendly to something in between. So if you want to make a lasting impression this Valentine's Day, give bouquets to all of the important people in your life.

The most popular Valentine's Day flowers are, of course, roses. For many people, red roses are the perfect way to say, "I love you." To make this loving gift a long-living one, recipients should follow these simple steps from the experts at 1-800-Flowers.com.

• If the roses are delivered in a box, open the box as soon as possible and place the flowers in water. If water isn't immediately available, place the open box in a cool, dark place.

• Fill a vase with lukewarm water and mix in a floral preservative

• Fill a sink or bowl with water. Using a knife or shears, cut an inch from the bottom of each stem while holding it under the water. Remove the foliage that would

• Immediately place roses, loose-



It takes just a few simple steps to keep your roses looking beautiful.

• Place the vase in a cool spot, away from any heat sources.

 Add warm water to the vase every day to keep the roses looking fresh.

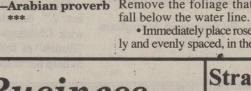
• Completely change the water every three days and recut the stems.

Remember that with these simple yet effective tips, your loved one will be able to truly appreciate the gift of roses.

To order beautiful flowers and other Valentine's Day gifts, visit www.1800flowers.com.

ly and evenly spaced, in the vase. **Stratford Hospital District Business** Coldwater Manor Stratford Family Medical Clinic Directory Stratford EMS Proudly serving the medical needs of Stratford and Sherman County Lori Mungia WALTER LASLEY & SONS Licensed Massage Therapist INC. wedish Massage*Cranial-Sacral Therapy*Deep Tissue*Headaches *Stress Relief*Salt Scrub Foot Massage* **THE Feedvard** 30 Minute Massage: \$35.00 1Hour Massage: \$45.00 2 Hour Massage: \$60.00 Foot Massage: \$15.00 Since 1953 Great Lengths Salon 301 N. Main 753-4411 By appointment only - (806)366-3443 Stratford, Tx 79084 **Robert's Service Center** Stratford Grain Co. 400 S. Poplar Stratford 396-5541 396-2882 Lautz 769-4485 **Tires & Batteries 4 North Main** Auto & Lawn Mower Repair **CONSUMERS George Harding** 208 Texas Sewer & Drain Cleaning We Sell Seed & Fuel Plumbing, Electrical, Farmland, Acco, & Moorman Seeds & Remodeling, Painting **Diamond Shamrock Products** 366-2206 366-2261

Stratford Auto Electric



A Good Night's Sleep Helps **Ensure A Great Morning For Kids** New Study Reveals News to Help Kids Snooze

(NAPS)-Kids need a good night's sleep so that they can wake up to productive, energyfilled days. However, according to a new study conducted by the GoodNites[®] Brand, most parents say it's harder to get their kids to sleep at night than it is to get them up in the morning.

"I recommend parents develop a nighttime routine to help their children mentally get ready for bed," says parenting expert Judsen Culbreth, former editor-inchief of Working Mother and Parent&Child magazines. "Parents can also prepare for common sleep obstacles, such as fear of the dark, waking up in the middle of the night and bedwetting."

Culbreth and the GoodNites Brand provide parents helpful tips:

• Not ready for sleep at bedtime: Establishing a routine can help program your child to feel sleepy and signal bedtime. Include activities such as reading a bedtime story and organizing the next day's school bag.

• Waking up in the middle of the night: Keep a "back-to-sleep kit" on the child's nightstand with comforting items such as a flash-light, family photo and a favorite stuffed animal. If they still come to your bedroom, gently tuck them back into bed with reassuring words

• Fear of the dark: Keep to a regular bedtime schedule, since children may feel more anxious or have nightmares when they are overly tired. Leave small night lights on throughout the house, and clean out clutter from the child's bedroom. Avoid frightening movies, stories or video games before bed.

• Hard time getting up in the morning: Make mornings easy by

Kids Just Want to Have Fun! 64% Night: Nearly two-thirds of respondents (64 percent) said their children sometimes have a hard time winding down and

getting to sleep at night! 45%

Morning: Fewer than half the respondents (45 percent) said their children have a hard time getting up in the morning.

planning ahead. Have clothes and school bags organized. Have your child set their own alarm clock, and help pack their lunch. Eat a balanced breakfast as a family, and play a game guessing what might happen at school.

• Bedwetting: Millions of children experience bedwetting-parents should understand bedwetting is not an emotional problem and not a condition a child can control. However, parents have options to help their kids manage bedwetting until they outgrow it, such as GoodNites® Disposable Underpants. They have been redesigned with customized protection for boys and girls and also come in kid-preferred underwearlike prints.

For more information on sleep and bedwetting, a leading resource is goodnites.com. Kids can confidentially connect with other kids who also wet the bed at night and share their experiences, and parents can sign up for a monthly e-newsletter and seek advice from doctors, experts and other parents.



A man's true wealth is the good he does in this world. -Muhammad

*** No man is rich enough to buy back his past. -Oscar Wilde

It Pays To Look In The **Star Classifieds** .. The Best Salesperson Around Phone 366-5885

For Sale

For Sale or Lease-212 N. Poplar-40' x 60' office building. Call 806-679-5585. 3-31-c-

FOR SALE: 1992 Suzuki 250 Quad-Racer 4-Wheeler, 2 Stroke, New tires and tune-up. \$2000. Call 366-7664 or 753-6677. 1-27-c-

Found

Found: A pair of glasses on Purnell, information. Leave message. These were found sometime ago. To 1-27-cclaim, please call 366-5885. 1-27-1xc--

Help Wanted

Looking for dependable, reliable & loves to work with children. Fulltime/partime position. Must apply in person. No phone calls please. Lollipop Junction 9-30-tfn-

Cimarron Feeders needs a full time member to join the Yard Maintenance Dept. Responsibilities will include equipment operation and general feed yard maintenance. Great benefits that include: Medical, Life & Dental insurance as well as 401K, vacation & bonuses. Come fill out an application. Questions? Call: Chad @ 580-543-6383 ext. 500. Must pass physical and drug test. EOE. 2-3-c4x-

Presser Wanted: Experienced preferred but will train. The Cleaning Station 366-SOAP 2-3-p-

Mining, Elec. and, **Beat White** Deer

Services SANDY'S 'ROUN-TUIT" SERVICE Home Repair, Welding, Painting, Odd jobs, Mower Repair. No job too small. "If you can't get around to it, "CALL

SANDY! 753-7354 or 727-4692

9-16-tfn-

I will do little handiwork jobs for the elderly at a reasonable cost. Call Dick Bachman 366-7679. 8-19-tfn-

If you need errands ran, Help around the house, Or just Odds & Ends, etc. call Bryce Wright at 366-5928 for more

For Rent FOR RENT...Office space on Main Street for rent. For information call

(806)396-5541. 11-27-tfn

PHEASANT RIDGE **APARTMENTS** 1319 & 1320 N. Chestnut Stratford, Texas

Newly remodeled Very spacious, 2 bedroom New appliances Central heating & air-Washer/Dryer hookups Clean, comfortable & convenient Professionally managed SENIOR DISCOUNT Contact Laura Jo Smith 753-6540 after 4:30 p.m. or leave message

For Rent: 2-bedroom house, utility porch, fenced backyard and garage. 396-2125

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

1-6-tfn-

10-23-tfn-



Houses For Sale

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-

For Sale: 3BR, 1.75 bath home at 603 S. Fulton. 2 living areas, dining room, master bedroom with 2 walk in closets. Lots of closets and storage throughout the house. Large backyard with above ground swimming pool, metal storage shed and covered patio. 2 car garage. Brick and vinyl exterior for maintenance free up keep. Contact Rhonda Browne after 6:30 at 366-7597 or leave message 12-9-tfn-

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. 10-21-tfn-

For Sale: Our home at 619 S. Pearl. 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.

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. 4-22-tfn-

PRICE REDUCED 300 N. WALL \$86,000.00

4-22-tfn-

Owners need to sell this really nice home on large lot. This 2 Br., 2 bath home, office, could be 3rd bedroom, with 2 car garage, sprinkler system and much more could be yours for nothing down. Sellers willing to pay some or all the down payment and closing cost, for a qualified buyer. This is a great deal!

For more info. Call 806-570-5716 or

Ad Rem Land Co.

803 S Bliss Dumas, TX 79029 806-935-7364



Raymond Wiley 806-676-7457 806-744-5270

2-bedroom 2-bath home with recent updates, new floors, carpet, and paint. 33,000

3 bedrooms 1.75 bath, Large master suit with walk-in shower, workshop with double garage and C/H&A. 95,000

3 bedroom 1.75 bath. This home has a new sewer line and has had carpet professionally cleaned. Move up to this beautiful house. Possible lease before purchase 89,900

2 bedroom 1.75 bath home with style. Large living and dining areas, hardwood floors and updated bathrooms. 78,900

Very cute 1 bedroom .75 bath home that would make a great rental property. 15,000

2 bedroom 1 bath home, this would make a great starter home. 25,000

Nice 3 bedroom 2 bath home with a 1 car detached garage and a shop in the backyard. 50,000

This 3 bedroom 2 bath home is located in a prime location in a quite neighbor-hood and close to schools. 125,000

This 4 bedroom 1.5 bath home is a very nice corner lot with a great fence. C/H&A, sewer lines, and gas line all recently replaced.

Legal Notices

NOTICE OF SHERIFFS SALE

THE STATE OF TEXAS **COUNTY OF SHERMAN**

By virtue of Orders of Sale issued out of the Honorable 69th Judicial District Court of **SHERMAN COUNTY, Texas** on the 31st day of December, 2004 by the Clerk thereof in the following cases:

4562 STRATFORD ISD VS NORMAN JEAN HOBSON

.011718 Royalty Interest in the Hobson, A #1, Lease Number 10100, RRC #27605, located in Section 386, Block 1-T, T&NO Survey, Sherman County Texas

4576 STRATFORD ISD VS **ALBERT DEAR**

.008593600 Royalty Interest in the Dear No. 1 Lease located in NOTICE TO CONTRACTORS Sec. 20, Block 2-T, TNO Survey, Sherman County, Texas

4580 STRATFORD ISD VS LLOYD LILE

Interest in the Carlander "A" #1, Lease number 30325, RRC Number 7303, located in Section 199, Block 1-T, T&NO Survey, Sherman County, Texas

Tract 2: .0044464 Royalty interest in the Carlander, B, Lease Number 30135, RRC Number 6790, located in Section 199, Block 1-T, T&NO Survey, Sherman County, Texas

Sheriff, SHERMAN County, Texas

The minimum bid for a person owning an interest in the property or for a person who is a party to the suit (other than a taxing unit), is the aggregate amount of the judgement (s) against the property plus all costs of suit and sale. THERE MAY BE ADDITIONAL TAXES DUE ON THE PROPERTY WHICH HAVE BEEN ASSESSED SINCE THE DATE OF JUDGMENT. For more information, contact your attorney or the tax collector.

Published in the Stratford Star, Thursday, January 13, 2005, Thursday, January 20, 2005 and Thursday, January 27, 2005.

> **Public** Notice

OF PROPOSED TEXAS DEPARTMENT OF TRANSPORTATION (TxDOT) CONTRACTS

Sealed proposals for contracts listed below will be received by Tract 1: .004464 Royalty TxDOT until the date (s) shown below, and then publicly read. CONSTRUCTION/MAINTEN ANCE/BUILDING

FACILITIES CONTRACT (S)

Dist/Div: Amarillo Contract 1108-01-016 for OVERLAY AND ADD SHOULDERS in HARTLEY County, etc. will be opened on February 09, 2005 at 1:00 p.m. at the State office. Plans and specifications arc available for inspection, along with bidding proposals and applications for the TxDOT Prequalified Contractor's list: at the applicable State and/or Dist/Div Offices listed below. If applicable, bidders must submit prequalification information to TxDOT at least 10 days prior to the bid date to be eligible to bid on a project. Prequalification materials may be requested from the State Office listed below. Plans for the above contract (s) are available from TxDOT's website at www.dot.state.tx:us. reproduction and from companies at the expense of the contractor. NPO 15370

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 contact Linda Reimer at 244-6326 (leave message) or 249-5333. You can also drop them off at the shelter.

The Dalhart Animal Rescue Shelter ("no kill" facility) currently has over 100 dogs and 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.

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.

Whenever you are angry, be assured that it is not only a present evil, but that you have increased a habit.

-Epictetus

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

> Good Luck Elks & Lady Elks

Cards of Thanks

806-655-2560 ask for Toni.

11-25-tfn-

The Stratford HS Student council would like to thank the classes (Pre-K through 12 grade) that participated in the Tsunami Disaster Relief Fundraiser for the American Red Cross. There was a total of \$1209.50 raised. This money has been sent to the American Red Cross and will all be going toward the relief efforts in Asia. Thanks again. You have helped to make a difference.

Student Council

O HHEET AT A COUCH AND A COUCH **College Admissions:** T Not Complicated, But Not Simple

(NAPS)-The college admissions process is neither predictable nor random, according to a study by the College Board summarized in Admissions Decision-Making Models, a resource for admissions professionals, by Gretchen Rigol.

Even if you have all the characteristics a college is looking for, that doesn't mean you're certain to get in, Rigol explains, because "supply and demand" often enters the equation. When a college receives many more qualified applications than it has seats available, admissions decisions become very hard to make.

Recomputing students' gradepoint averages is one way that colleges "standardize" information so that they can compare students from vastly different backgrounds fairly. "Because there is no uniformity in the way that high schools compute GPAs, many institutions recalculate it," Rigol explains. Grades achieved in Advanced Placement (AP) and other challenging programs may be used to "weight" a GPA, while the grades earned in non-college prep courses may be eliminated.

Some colleges go a step further and compute an "academic index"

for each applicant—a measure that takes into account GPA, class rank, and/or test scores. An academic index is a useful tool for identifying applicants who are most like the students who've succeeded at that college or university in recent years.

Who decides who gets in? At some colleges, each application is individually read by the admissions staff, working singly or in teams. At other institutions, applications are computer-sorted into groups that are accepted, declined or routed to individuals or committees for additional review. Rigol says "the decision to reject an application typically involves more steps than a decision to accept."

'When you think about it," says Renee Gernand, the College Board's senior director for College Planning Services, "students make decisions about colleges in much the same way. You can use the collegeboard.com College Search feature to sort through the thousands of colleges in the U.S. and come up with a manageable number to investigate in depth,' she says. "Then you read the colleges' view-books or visit their campuses to find out more about them.'

60,000

For Sale by Owner: 4/2/3 home on corner lot. Custom built in 1995. New carpet, 20 x 20 finished basement, fireplace, ceramic tile in entry, utility, dining and kitchen, sprinkler system, open floor plan, approx. 3200 total sq. ft. Call 806-366-2303 evenings or leave a message.

11-4-tfn--

For Sale 604 S. Pearl 3/1.75/2 1950 sq. ft. w/2 living areas, new C/H&A and tile. Large covered patio, workshop and shed. 366-3288 evenings or leave message 1-27-tfn-

Support Our Youth This Weekend

Tract 3: .004464 Royalty Interest in the Carlander #3, Lease Number 30029, RRC Number 6501, located in Section 199, Block 1-T, T&NO

Sherman County, Survey, Texas

Tract 4: .004464 Royalty Interest in the Carlander #2, Lease Number 2160, RRC Number 78181, located in Section 199, Block 1-T, T&NO Survey, Sherman County, Texas

4583 STRATFORD ISD VS **GEORGE GEIL**

.005815 Royalty Interest in the Price #1C. Lease number 11480, RRC Number 27706, located in Section 14, Block 2-B, GH&H Survey, Sherman County, Texas

4584 STRATFORD ISD VS **HARRY RAVICK**

.004436 Royalty Interest in the Lee #14, Lease Number 5680, RRC Number 27409, Section 4, Block 2-B, GH&H Survey, Sherman County, Texas.

And to me, as Sheriff, directed and delivered, I will proceed to sell said properties located in SHERMAN COUNTY at TEN (10:00) o'clock a.m. on the 1st day of FEBRUARY, 2005, which is the first Tuesday of said month, at the OFFICIAL door of the Courthouse of said SHERMAN COUNTY, in the City of STRATFORD, Texas.

Levied on the 31st day of Old age isn't so bad when you DECEMBER, 2004, as the consider the alternative. property of said Defendants to satisfy the judgments rendered in the above styled and numbered causes plus all taxes, penalties, interest, attorney fees accrued to the d ate of sale and all costs recoverable by law in Youth is a wonderful thing. What favor of the Plaintiffs therein.

GIVEN under my hand this the 31st Day of December, 2004.

State Office Constru./Maint.Division 200 E. Riverside Dr. Austin, Texas 78704 Phone: 512-416-2540

> Dist/Div Office (s) Amarillo District) **District Engineer**

5715 Canyon Dr. Amarillo, Texas 79105-2708 Phone: 805-356-3283

Minimum wage rates are set out in bidding documents and the rates will be part of the contract. TxDOT ensures that bidders will not be discriminated against on the grounds of race, color, sex, or national origin. Published in The Stratford Star; Thursday, January 20, 2005, Thursday, January 27, 2005.

-Maurice Chevalier

a crime to waste it on children. -George Bernard Shaw





J.V. Elks Gustavo Rosales and Daniel Hays.



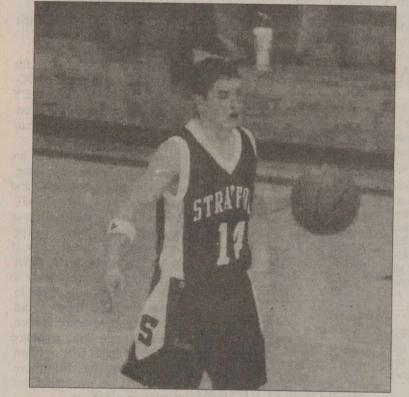
Lady Elks I-r: Lindsay Stein, Allison Baskin, Deidre Tarver and Brittany Hudson.



Stratford Elk Josh King



J.V. Lady Elk blue team and Coach Davis during a time-out against Gruver.



Beat White Deer

The J.V. Elks lost 31-36 against Gruver on Tuesday, January 18th. Hunter Buckles led the Elks with 14 points followed by Scott Hudson with 9 points. On Friday, January 21st, the J.V. Elks beat Booker 48-33. Matt King led the Elks with 11 points followed by Hunter Buckles with 8 points.

The J.V. Lady Elk blue team beat Booker 51-12 on Friday, January 21st. Rhia Everett led the Lady Elks with 13 points followed by Jordan Confer with 10 points. The J.V. Lady Elks remain undefeated for the season.

The Lady Elks beat Gruver 8-34 on Tuesday, January 18th. Shadley Audrain led the Lady Elks with 12 points followed by Yadira Ortega with 9 points. On Friday, January 21st, the Lady Elks beat Booker 38-31. Allison Baskin and Yadira Ortega were high point with 9 points each and Brittany Hudson followed with 6 points. The Lady Elks are 5-0 in district play.

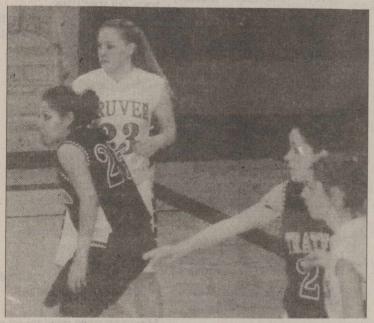
The Stratford Elks lost 32-51 to Gruver on Tuesday, January 18th. Chris Ortega led the Elks with 14 points followed by Tyler Haynes with 9 points. On Friday, January 21st, the Elks beat Booker 49-46. Tyler Haynes was high point with 16 points followed by Chris Ortega with 12 points.



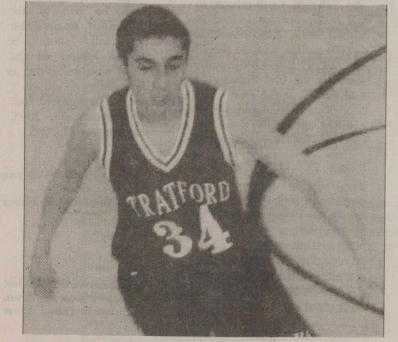
Lady Elk Yadira Ortega scores against Gruver.

Good Luck

Stratford Elk Travis Soto



J.V. Lady Elks blue Crystal Peregrino and Jordan Confer.



J.V. Elk Jeffrey Frizzell.

Elks & Lady Elks

STATEMENT FOR PUBLICATION

TEXHOMA INDEPENDENT SCHOOL DISTRICT STATEMENT OF REVENUES, EXPENDITURES, AND CHANGES IN FUND BALANCE GOVERNMENTAL FUNDS FOR THE YEAR ENDED AUGUST 31, 2004

	, General Fund	Other Funds	Total Governmental Funds
REVENUES: Total Local and Intermediate Sources State Program Revenues Federal Program Revenues	\$ 1,384,502 104,021 -	\$ 13,615 23,043 167,253	\$ 1,398,117 127,064 167,253
Total Revenues	1,488,523	203,911	1,692,434
EXPENDITURES:	Calaber Chi		
Current: Instruction Instructional Resources & Media Services Curriculum & Instructional Staff Development Instructional Leadership School Leadership Health Services Student (Pupil) Transportation Food Services Cocurricular/Extracurricular Activities General Administration Plant Maintenance and Operations Data Processing Services Intergovernmental: Contracted Instructional Services Between Schools Payments to Fiscal Agent/Member Districts of SSA	627,446 6,874 8,332 97,381 386 32,959 1,430 163,590 122,044 9,466 364,032 29,619		742,018 7,095 17,950 • 4,482 100,738 386 34,627 106,247 1,430 165,280 123,826 9,466 364,032 29,619
Total Expenditures	1,463,559	243,637	1,707,196
Excess (Deficiency) of Revenues Over (Under) Expenditures OTHER FINANCING SOURCES (USES):	24,964	(39,726)	(14,762)
Sale of Real and Personal Property Transfers In Transfers Out (Use)	5,000 - (39,726)	39,726	5,000 39,726 (39,726)
Total Other Financing Sources (Uses)	(34,726)	39,726	5,000
Net Change in Fund Balances	(9,762)	the second	(9,762)
Fund Balance - September 1 (Beginning)	347,119	And and a set	347,119
Fund Balance - August 31 (Ending)	\$ 337,357	\$	\$ 337,357