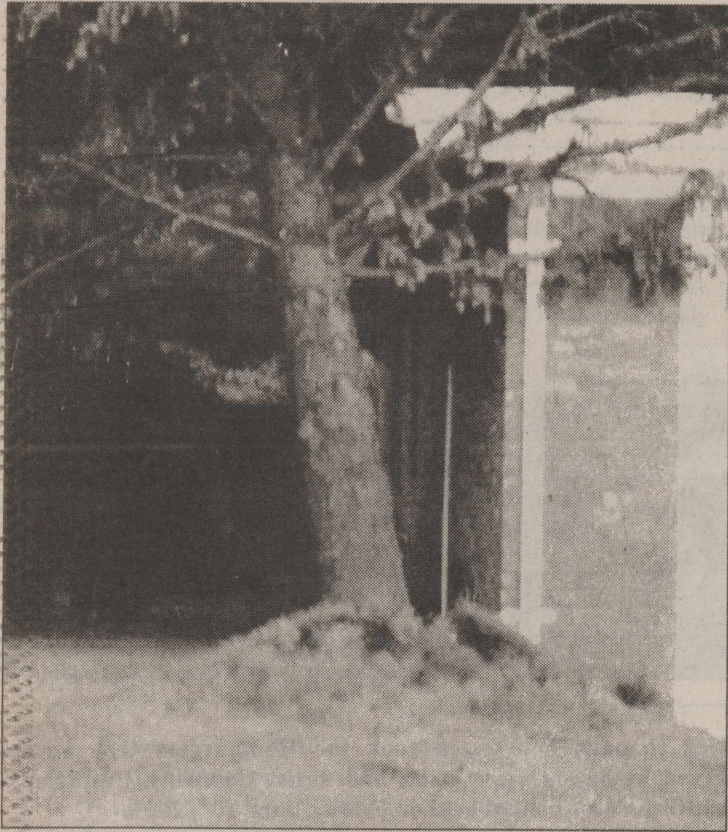




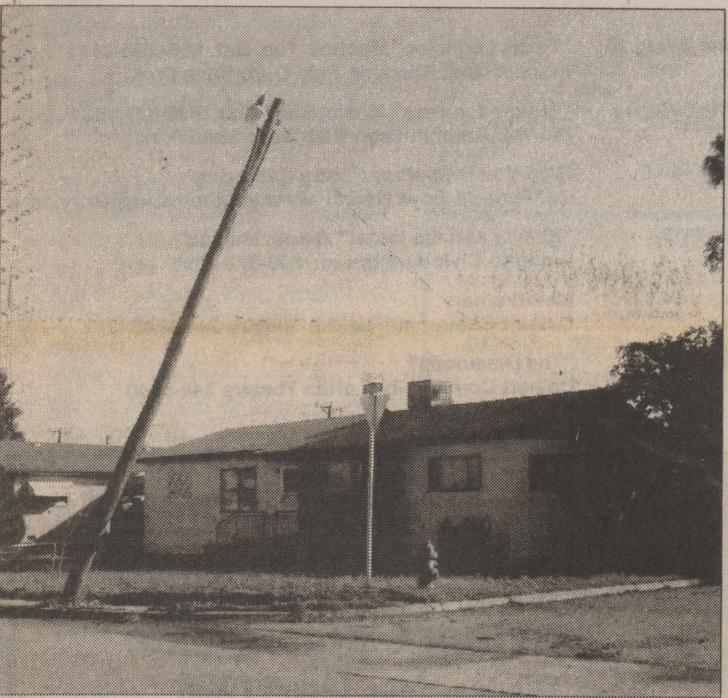
# The Stratford Star

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

75 cents Published for over 100 years in Stratford, Sherman County, Texas 79084 usps 523 Number 24 June 16, 2005



The storm that hit Stratford on Monday, June 6, 2005 left a lot of trees destroyed and tree branches everywhere. Shown above is Mrs. Blake's house where the tree in her front yard had to be taken down.



1000 Block of N. Maple, the wind blew this pole over.

## Medical Fund for Mandy Helmuth @1<sup>st</sup> State Bank

There has been a medical fund set up at First State Bank for Mandy Helmuth, daughter of Jimmy and Tammie Helmuth. After the birth of her baby daughter she was diagnosed with Peripartum Cardiomyopathy (heart failure). If you would like to help with medical expenses please contact the 1<sup>st</sup> State Bank.

**PRAISE SERVICE**  
7:30 P.M.  
Each Wednesday  
County Barn

## Sherman County Crimestoppers

Sherman County Crimestoppers needs your help. In the early morning hours of May 29, 2005 a person or persons committed the crime of Criminal Mischief by vandalizing the Stratford City Hall and the First State Bank of Stratford.

Crimestoppers pays up to \$1,000.00 in cash for the arrest and conviction of the person or persons involved. If you have any information on these or any other crimes contact the Crimestoppers answering machine at 366-TIPS (8477) and leave a code name and return phone number or call the Sherman Co. Sheriff's Office at 366-5551 or the Stratford Police Dept. at 366-3051. All callers will remain anonymous.

## Information Meeting June 28th

Sherman County Emergency Management and the American Red Cross will sponsor a information meeting June 28, 2005, 7 p.m. at the Stratford Fire Department. The program will be presented by Emily Nolte, Red Cross Representative, Regional Disaster Planner who will discuss with the fire department members and other community volunteers mass vaccination protocol in the event of biological or health hazard incident.

All church organizations, civic organizations and community volunteers are urged to attend. In the event an incident occurs; volunteers are needed to help staff dispensing clinics, assist with registration and answer questions from the community. Training will be provided.

Contact Sandy Williams at 806-683-4322 or 366-3245 for more information

## 4<sup>th</sup> Annual Hogmen Scholarship Golf Tournament June 16 6:00 p.m. Stratford Country Club

Thursday, June 16<sup>th</sup> will be the 4<sup>th</sup> Annual Hogmen Golf Tournament at the Stratford Country Club at 6:00. The \$25 fee will include 9 holes of golf, t-shirt, huge cheeseburger and a great time. The drawing for the pickup will follow the tournament. The grand finale will be the awarding of "The 4<sup>th</sup> Annual Hogmen Scholarship". Anyone who is supportive of the "Gladiators of the Gridiron" is invited.



Butch Ellisons' residence.



Stratford Schools lost tree branches.

## Storms Pick on Stratford

Stratford had a couple of storms that came through last week. Monday, June 6, 2005 Stratford received rain and very strong winds. Trees, tree branches and power line poles took the most damage. Then Sunday morning everyone was awoken by rain and very sharp lightning. Stratford received almost 2 inches of rain on Sunday.

overtime. When humidity is high, sweat does not evaporate efficiently, preventing the body from releasing heat quickly. Other stresses to the body in hot weather include hard physical activity, fatigue, dehydration, heart disease, obesity, poor circulation, sunburn and prescription drug and alcohol use.

Staying in an air-conditioned area, either at home or in a public place such as a mall, library or recreation center, is the most effective way to combat heat. If air-condition is not available, pull the shades over the windows and use cross-ventilation fans to cool rooms.

Symptoms of heat illness include heavy sweating, muscle cramps, weakness, dizziness, nausea, weak but rapid pulse

and headaches. People with these symptoms should find shade, drink water slowly and make sure there is good ventilation.

If fluids are not replaced soon enough, heat stroke can follow causing extremely high body temperature, red and dry skin, rapid pulse, confusion, brain damage, loss of consciousness and death.

To help a person showing severe symptoms, get the victim into shade, call for emergency medical services and start cooling the person immediately with cool water or by fanning.

Children especially can quickly become dehydrated. They need to drink fluids frequently, especially water, and wear light-colored, loose-fitting clothes. Avoid drinks that are heavily sweetened or contain caffeine. Check on children often, especially if they are playing outside in high temperatures.

Other heat precautions from DSHS

Cont. on page 5

## Heat Precautions Put on the Front Burner

Forget the thermometer. Hot is hot in Texas in the summer. And whether the weather is dry and parched or humid and damp, intense heat can create serious health problems. Usually the elderly, the very young, people with chronic diseases and those without access to air conditioning are most severely affected by heat, according to the Texas Department of State Health Services (DSHS).

The body normally cools itself by sweating. But under some conditions, sweating is not enough. The body's temperature may rise rapidly to dangerous levels, leading to the possibility of heat illness or death.

The combination of high temperatures and high humidity especially can cause this natural cooling system to work

## STRATFORD JAMBOREE

THEME \_\_\_\_\_

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

PHONE # \_\_\_\_\_

Return to:  
tschoonover@happybank.com  
Trisha Schoonover  
Happy State Bank  
PO Box 1  
Stratford, TX 79084  
DEADLINE JUNE 24, 2005

## Summer Track Camps

This summer weekly track camps will be offered to teach the fundamentals of the six field events in tract and field. The emphasis will be on fundamentals in hopes of jump-starting next year's track season. Field events are very skill-oriented and take much of an athlete and coach's time. These camps will be very beneficial to field event athletes in the future when time is short during the regular track season. Any boy or girl that was in 5<sup>th</sup> grade or older is welcome to attend. We will meet for 2 hours a day, 4 days a week. The cost is \$15 for the first camp attended and \$10 for each camp attended following. Each camper will receive a T-shirt. If you have any questions, contact coach Hand at 366-3678.

June 20<sup>th</sup>-23<sup>rd</sup> Shot Put Camp 9:00 to 11:00  
High Jump Camp 1:00 to 3:00

## Garden Tour

On June 26, SCOT Hall will sponsor a garden tour, starting at 2 p.m. Anyone wishing to go on the tour should meet at Roxie Park before 2 p.m. The cost of the tour will be \$5.00 per person.

The SCOT Bus will be available for transportation, or individuals may use their own cars, or car pool.

Yards to be toured are those of Steve and Tana Pemberton, Dennis and Sherry Phelps, Larry and Judy Drake, Steve and Brenda Johnson and Claude and Leonda Fedric, who have some new additions and changes to show.

Everyone is invited to join the tour and see some of Stratford's beautiful yards.



## ABC Camp

ABC Camp at the Imagination Station June 6-10 and July 11-15. Three and Four year olds L bottom clockwise: Walker McBryde, Brady Wheeler, Shaylee Audrain, Cambrie Cummings, Mazie Vincent (helper), Landan Galla, Russell Spurlock (helper), Ty McBryde, Mary Ann Spurlock (helper), Laurie Spurlock (teacher), Katelin Berry, Lilia Trayler, Kenlee McBryde, and Cassidy Farney.

# Obits

## George Henry Allen

George Henry Allen, age 85, died Tuesday, June 7, 2005 in Dallam County, TX.

Graveside service was held on Thursday, June 9, 2005 at 11:00 a.m. at Stratford Cemetery with the Rev. Jay McGaughey, pastor Temple Baptist Church of Dumas officiating. This was followed by a memorial service at 2:00 p.m. at First Baptist Church in Stratford, Texas.

Mr. Allen was born December 8, 1919 in Stratford. He was a resident of Dallam and Sherman Counties since 1945.

He attended schools in Kerrick, TX, Stratford and Texas Tech University. He was captain of the basketball team. His senior year in 1942-43 at Tech as a walk-on player and extremely proud to play for Berl Huffman and Polk Robinson as his first captain. His favorite activity was to participate with basketball teams of the three schools he attended. He was chosen all border conference guard in 1943. Another favorite activity was his pilot training class. He served in the Air Force training program and was detached to train with the British RAF. He was discharged in 1944 due to a spinal disorder. He married Claudine McQueen on September 8, 1945 in Dalhart, TX. They operated the Stratford Frozen Foods for 15 years and later engaged in livestock farming in Dallam and Cimarron Counties. He served as American Legion Commander in 1946, and on the Stratford school board and on the Farmers Home Administration Loan Board.

George is survived by his wife Claudine of the home, three sons—George Lynn Allen and wife, Kathy, Jerry Don Allen, Theodore Mark Allen and wife, Sheryl all of Stratford. One sister Winnie A. Simons of Boulder, CO; 5 grandchildren Renne, Jami, Kayce, Roy and Wesley and 10 great grandchildren.

Memorials may be made to Stratford EMT Association, P.O. Box 1089, Stratford, TX 79084

## Scot Talk

By Mary Hill

There are just a few things that we need to be reminded of this week.

First of all, the birthday party is on Thursday, June 16<sup>th</sup>, at 2 p.m. There are 15 birthday people this month, so there should be a BIG party. Come if you can!

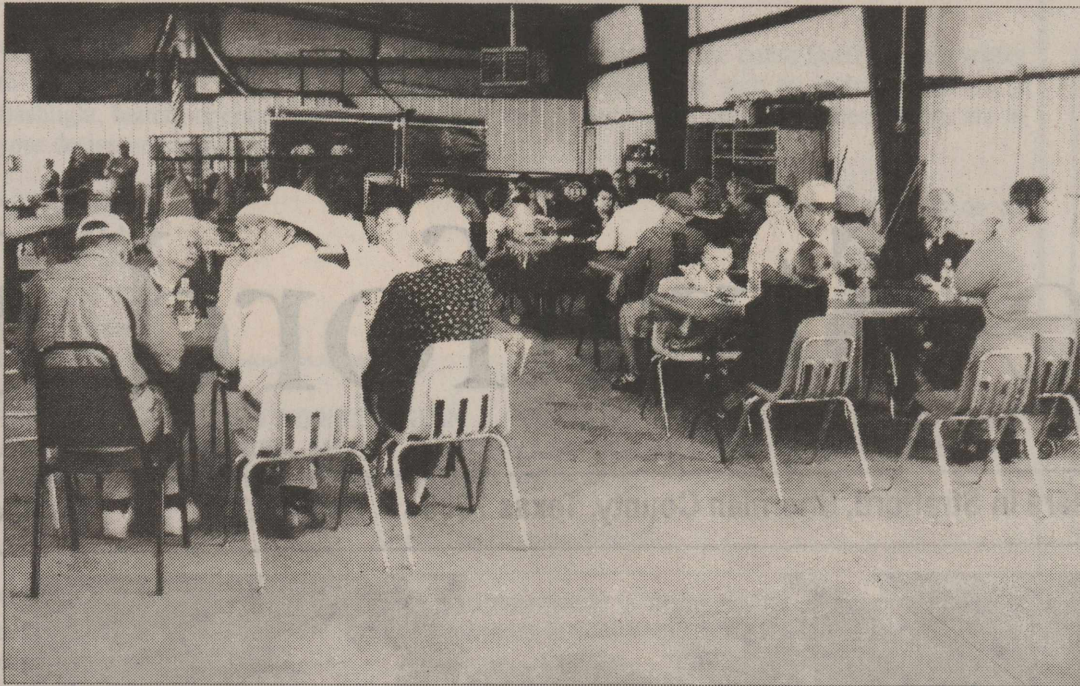
Then, Thursday night, we have bingo.

There will be a craft class on Tuesday, June 21 at 5:30. Board meeting will also meet Tuesday at 5:30.

The luncheon will be on June 23, so everyone come and enjoy the food and fellowship.

The special event this month is the garden tour on June 26. We will keep everyone reminded about this.

# Customer Appreciation Cookout



A good turnout for Happy State Bank and Trust Company -3<sup>rd</sup> Annual Customer Appreciation Cookout held on Friday, June 10, 2005 at the Stratford Fire Department Building. Hamburgers and all the fixins were served and cobbler for dessert.

## Rural Communities can take Steps to help prevent Obesity

By Dr. Patti Patterson

Obesity is a growing problem for many communities. The Centers for Disease Control (CDC) report that nearly two out of every three Americans are overweight, and one in every three is obese. Health problems caused from obesity, such as diabetes, heart disease and high blood pressure, are contributing to higher medical and insurance costs. Last year, obesity in the United States cost more than \$75 billion in related health care expenses.

Obese children are at the highest level of concern. According to the Texas Department of State Health Services, more than 40 percent of Texas' fourth-graders are overweight or obese. This is especially alarming because of the potential for a long-term negative impact on our communities, both urban and rural.

Rural communities can be particularly affected by obesity because of the challenges presented by living in a remote location. There is less access to grocery stores packed with a wide variety of healthy foods. There are fewer gyms and recreation centers for community access, and, due to the distances, it is more common to use motor vehicles to travel than to use a bicycle or be on foot. Additionally, there are fewer restaurants with healthy menus from which to choose.

However, those who live in rural communities can still do many things to maintain a healthy weight. One of the biggest steps to take is to learn the right portion sizes for the food you eat. Many Americans are not aware of what is the correct portion size for different foods, and they end up eating far more than is needed.

In addition, you can improve your health by eating more fruits and vegetables every day, but nearly half of all Americans only eat half of that amount. Fruits and veggies can be the



Kristen Crabtree helping to serve hamburgers at Happy State Bank Customer Appreciation Cookout held on Friday, June 10<sup>th</sup>.

ultimate convenience food in some ways. It comes pre-packaged, a lot of it travels really well, it doesn't need to be refrigerated, and it tastes great. It is also a powerhouse of nutrition for you. (And frozen is just as good for you as fresh.)

Another step that you can take regardless of where you live, is to make a conscious effort to move your body more. You don't have to become a super athlete—just aim to walk "more than you did yesterday." It may mean walking to your friend's house, or blowing the dust off your old bike, or playing with your kids. In some communities, the high school gym is available for community use after school hours. While you are becoming more active, encourage your children to spend more time playing outside than watching TV or playing video games.

Summer celebrations are the perfect opportunities to start a healthier lifestyle. These festivities are always full of fun, yet they often revolve around fattening foods. Instead of sitting around at your next gathering, plan to take a long walk or engage in a game to get your blood pumping. Burn off some of those calories.]

For more information about improving your health, go to the Healthy Lubbock Initiative

website ([www.healthyLubbock.org](http://www.healthyLubbock.org)), which has links to tools that help you determine your personal body mass index to measure your weight status. You can also calculate your target heart rate, which is the range where you should exercise for best results. A walking quiz and a weight-loss quiz are also available the site has special links for kids and teenagers, as well as healthy meal ideas and a health tip of the week.

For more information or tips on how to bring the focus of healthier lifestyles to your community, contact Liz Inskip-Paul at (806) 743-1338.

Patti Patterson, M.D., M.P.H., is vice president of rural and community health at Texas Tech University Health Sciences Center.



In spite of its clumsy appearance, the hippopotamus is an excellent swimmer and can run as fast as a human being.



Free T-Shirts were given away at the Customer Appreciation Cookout on Friday, June 10, 2005. Shown above Jo Hinds and Misty Desbien.



Rick Reinart, helping to cook the Hamburgers that were served at happy State Bank and Trust Company Customer Appreciation Cookout held on Friday, June 10<sup>th</sup>, 2005.

## Arts in the Area

By Gaynelle Riffe

- June 2-Aug.20 "Texas Legacies" Musical Tue.-Sat. 806-655-2181 Pioneer Amphitheater Palo Duro State Park
- June 5-Aug15 ""Texas Express" Music Sun.-Mon. 806-655-2181 Pioneer Amphitheater Palo Duro State Park
- June 16-19 2005 Youth Cowboy Poetry Gathering Cal Farley's Boys Ranch [www.youthcowboypoetry.com](http://www.youthcowboypoetry.com)
- July 8-10 "Beauty and the Beast" Youth Musical Amarillo Civic Auditorium 806-378-3096
- August 4,5,6 Melodrama Dalhart Community LaRita Theatre 244-5646
- Sept. 7 "The Diamonds" Dalhart Community LaRita Theatre 244-5646



## Bobby Edmond Horse Sales

### Yearling Catalog Sale

Sunday, June 19<sup>th</sup> @10am

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email: [bkedmond@xit.net](mailto:bkedmond@xit.net)

## The Stratford Star

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Martha (Marty)

Robertson

Editor & Publisher

Shari Hudson-

Advertising &

Photography

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& Adjoining Counties

\$32.00 per year all others

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## SCDC's PHOTO CONTEST



Help us find the "The Best of Sherman County"

The Sherman County Development Committee is searching for pictures to be posted on our website. Potential residents and business people from all over the country – maybe the world – will be viewing the website and we want to show them our area as we all know it. So we're having a contest to find the best of Sherman County! Contest rules are:

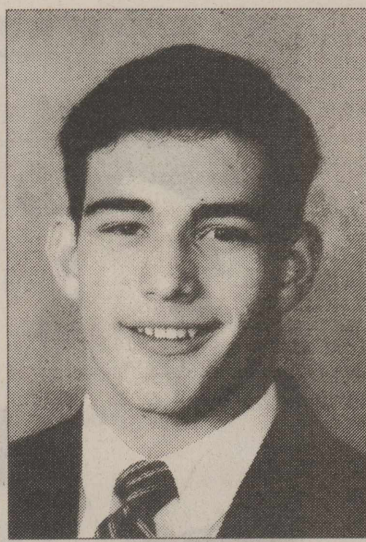
1. Photo has to be taken in Sherman County.
2. You can use an old or a recent photograph.
3. Contest is open to all ages.
4. **DEADLINE HAS BEEN EXTENDED TO JUNE 17, 2005.**

After the deadline all entries will be on display for viewing. Prizes will be awarded: 1<sup>st</sup> Place will win \$150, 2<sup>nd</sup> Place will win \$100 and 3<sup>rd</sup> Place will win \$75. To enter bring your photo & short description telling where and/or who is in the picture, to the SCDC Office at 301 N. Main or mail it to PO Box 652, Stratford, TX 79084. Be sure to include return address. Photos will be returned to the owners.



## Engagement Announced

Jeff & Ann Witcher of Kermit, Texas are pleased to announce the marriage of their daughter Amie to Jared Despain, son of Phillip and Pamela Despain of Bountiful, Utah. Amie and Jared will be married for time and all eternity in the Jordan River Temple (south Salt Lake City) of the Church of Jesus Christ of Latter-day Saints. Amie is a junior at Brigham Young University (Provo, Utah) majoring in psychology. Jared is a senior at BYU majoring in Math Education. Jeff and Anna want all of Stratford to know that they are invited to the Amarillo reception Saturday 25 June from 3:00 to 5:00 p.m. at the LDS Stake Center, 2101 North Coulter (on FM 1061)-the Boys Ranch Highway or Tascosa road; just north of the Boy Scout Service Center near the new Walmart).



## Adam Witcher Receives Mission Call

Adam Mervin Witcher, Stratford 2004 graduate, has just received a mission call from President Gordon B. Hinckley, President & Prophet of the Church of Jesus Christ of Latter-day Saints to serve in the New York, New York North Mission. This mission incorporates a portion of New York City (Manhattan, the Bronx, Yonkers) and encompasses an area approximately 50 miles north of the city. Adam will report 31 August 2005 to the Mission Training Center at Provo, Utah for eight weeks of intense language study having been called to serve as a Spanish-speaking missionary. Adam will enter the mission field approximately November 1, 2005 and complete his two-year full-time mission there.

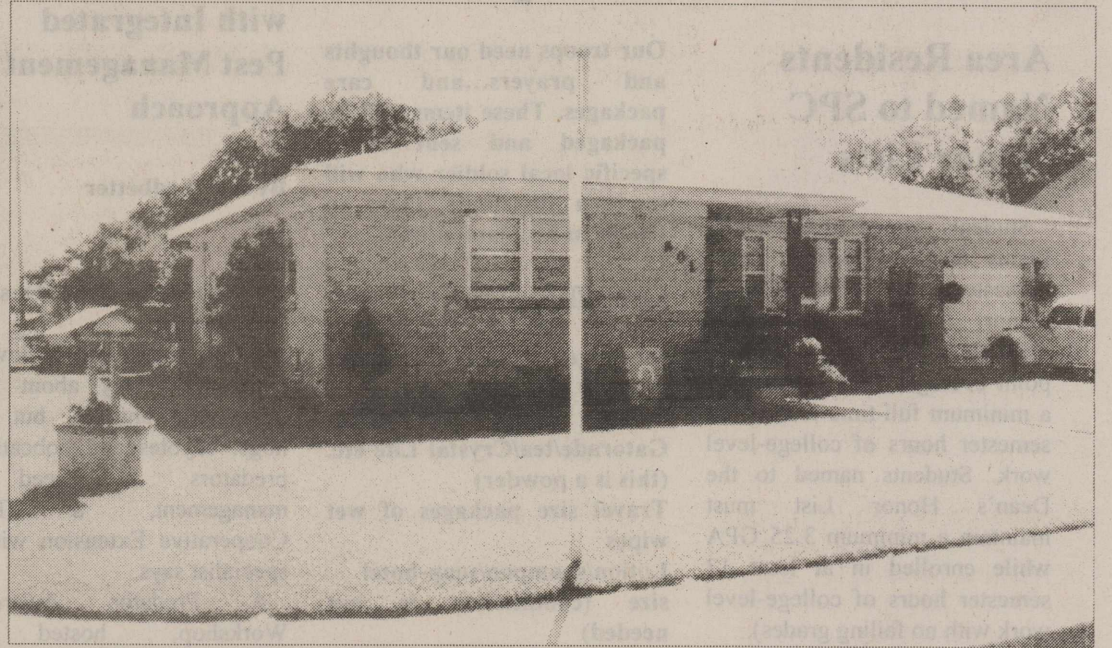
What is it that prompts young men and women of The Church of Jesus Christ of Latter-day Saints to put school, career and relationships on hold for a year and a half to two years, to work day-in and day-out, seven days a week, at their own expense and without pay? For the Church's 50,000-plus missionaries, it all comes down to the individual's personal commitment to this faith and to a sense of "the call." Phrases like "the hardest thing I've ever done in my life" and "the best two years of my life," are commonplace among returned-missionaries. Certainly it is a challenging and highly disciplined life-style: communicating in a foreign language; a work day that

includes three to four hours per day of study and ten plus hours per day of contacting, serving and teaching the public; no contact with home except a weekly letter and phone calls on Christmas and Mothers' Day; and, of course, no girls! What are the rewards? Sharing "something precious" with a lot of people.

The "something precious" is Adam's personal conviction of Jesus Christ and a message that Christ's Church-complete with the same doctrines, organization and authority that existed anciently-was brought back to earth in the early 1800s through a series of revelations to Joseph Smith. It is a message that brings a million new members into the Church every three years.

Becoming a missionary is a process that begins long before "the call". Church leaders and Latter-day Saint parents encourage children and young people to be spiritually, physically and financially ready for a mission. But not all prospective missionaries grow up in the Church. Many are converted through other missionaries and develop the desire to serve while in their teens or even after reaching adulthood.

Missionary candidates must be at least 19 years of age (21 for young women) and demonstrate that they are "worthy" to serve-a result of adherence to a moral life and other Church standards, including devotion to Jesus Christ. They also must be willing to serve wherever they are sent. Adam was interviewed by his branch president-a local congregational leader-and other Church authorities who found him worthy to be a missionary. The completed recommendation



## Yard of the Month

Yard of the Month is the home of Lorrie Nusz at 801 N. Maple

Panhandle  
Cont. from col. 2

contests winners will be honored at an afternoon reception in the Ballroom. Youth contest winners will be published in an anthology book entitled *Range Riders, Jr.*, available for purchase before

the conference. Sponsors of Frontiers in Writing are Panhandle Professional Writers, the Ambassador Hotel, Amarillo College and Cox Media. Contributors to the event include, FedExKinkos, Dr. Thomas Karr, Amarillo Globe-News, Anonymous, Dr. Susan

Williams, Author Helper, and Cox Media. Hospitality room sponsors are Plains Dairy, Albertson's and Budweiser.

For more information and a registration form, visit the Panhandle Professional Writers website at [www.panhandleprowriter.org](http://www.panhandleprowriter.org)

## Kerrick News

By Marylou McDaniel

The storm that blew through Friday evening might have kept a few from making it to the ice cream supper. Those who made it had apple crisp, blueberry pie, rhubarb cobbler, angel food cake, chocolate cake to go with the ice cream.

Hosts were Ted & Joyce Irlbeck and Lynn Wells.

Present were Mary Hill, Dudley Hill, Frankie & Bud Shields, Rolene Arkon, Virgie Mathews, Dr. Gary Mathews, Marjory Munden, Gary Hudgens, Jo June McDaniel, Bill & Donna Gillenwaters and grandchildren, Kylee & Kaiden, M'Lynn Wells, Cliff Abbott, Mike & Marylou McDaniel.

Sandy & Ellen Tillery celebrated their 40<sup>th</sup> anniversary Saturday with a dinner at Elk Junction hosted by their daughters, Trisha Schoonover, Roxan Bowman, and Kendra Mungia. There were 20 attending.

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

1. 4<sup>th</sup> of July by James Patterson
2. True Believer by Nicholas Sparks
3. The Da Vinci Code by Dan Brown
4. The Mermaid Chair by Sue Monk
5. The Closers by Michael Connelly
6. Rage by Jonathan Kellerman
7. The Five People you Meet in Heaven by Mitch Albom
8. Zorro by Isabel Allende
9. Marker by Robin Cook
10. Angels and Demons by Dan Brown
11. Countdown by Iris Johansen
12. Saturday by Ian McEwan
13. The Innocent by Harlan Coben
14. The Broker by John Grisham
15. Killer Takes All by Erica Spindler
16. No Place Like Home by Mary Higgins Clark

## Panhandle Professional Writers Frontiers in Writing Conference

The Frontiers in Writing writers conference opens Friday, June 24 at 7:30 a.m. and continues through Saturday evening, June 25 at the Ambassador Hotel in Amarillo, Texas.

The annual writer's conference, sponsored by Panhandle Professional Writers, features many useful workshops including Hilary Sares, an acquisitions editor with Kensington Books, "How Not To Get Published" focusing on how to correct mistakes first time authors sometimes make. Deborah Elliott-Upton, a prolific, local freelance author speaks on "Targeting Magazine Sales". Milton Kahn, 1996 Publicist of the Year, talks about "The Art of Promoting Your Book."

Other faculty members include John Oelfke, publisher with Central Ave. Press, Harvey Stanbrough, Pulitzer Prize nominee, literary agent Jessica Faust, crime writer and consultant Jeff Campbell, and Christian western writer Terry Burns.

In addition to the workshops, critique sessions and pitching sessions are available on a first come, first served basis.

Highlighting Friday's banquet at 7:00 p.m. is speaker Debbie Macomber. Her presentation is entitled "Hoe to be an Overnight Success in Twenty Years or Less." Macomber has written more than one hundred romance novels and has won many awards. Macomber's books are on the *New York Times*, *Publisher's Weekly*, and *USA Today* bestseller lists. On Saturday, she presents "The

Lies That Keep Us from Publishing."

Conference attendees may receive continuing education credits through Amarillo College, and teachers may apply for Continuing Professional Education credit from Amarillo College.

Winners of the FiW Writing contest will be announced at the luncheon on Saturday and youth

Cont. in col. 4

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Cont. on page 6

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## 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

## First Christian

Rev. Walter Reed

5th & Main

Sunday School 9:45 am (nursery)

Morning Worship 10:45 am (nursery)

No Sunday Evening Worship Service

Wed.: Youth Choir 3:45 pm, Chi Rho 5 p.m.,

CYF 6 p.m., Bell Choir 6:50 p.m., Adult Choir 8 p.m.

## 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. afternoon

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 Worship 6 p.m.

Wednesday Bible Study 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 Adoracion 11:00 am

Servicio De Oration 6:00 pm

Servicio De Adoracion 6:00 pm

Susninios Durante El Servicio.

Estudio Biblico &

Se Cuidamos

## The Churches of Stratford Welcome You

### Excuses & Blame Shifting

We are all good at making excuses! As a small boy, I recall running through the living room and breaking a prize lamp. When corrected, my explanation was dimple, "It just fell," I exclaimed. My mother was more perceptive. She asked pointedly, "Did it jump off the table all by itself?" We start making excuses at a very young age. Here is the classic excuse of adult: "But I'm only human." Yes, that's the way God made us. We twist the truth. Any mistake which can be traced back to the limits of my humanity is actually God's fault. The common excuse turns out to be the ultimate in blame shifting. We forget we are not only human, we are also sinful. The first man and woman were perfect! They were created in the image of God. Then sin entered the world. How? The Bible tells us, "Through one man sin entered the world" (Romans 5:12). This sin affected all humankind! As a result, we are not only human beings, we are sinful human beings! God also gave us the Ten Commandments. He gave this standard for living "that every mouth may be closed, and all the world may become accountable to God" (Romans 3:19). Even So, we excuse ourselves before God. Here's the tragedy. We miss the real significance of the gift of Christ!

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

## Kerrick Community Church

Pastor Roy Harris

Community Building

Sunday Morning - 11:00 a.m.

Sunday Evening-6:00 p.m.

Prayer Meeting - 7:00 p.m. Wednesday

## Area Residents Named to SPC Honor Lists

Students named to the South Plains College Spring 2005 Semester President and Dean's Honor List (students must maintain a 4.0 straight A grade point average while enrolled in a minimum full-time load of 12 semester hours of college-level work. Students named to the Dean's Honor List must maintain a minimum 3.25 GPA while enrolled in at least 12 semester hours of college-level work with no failing grades).

Named to the President's honor List are Michael White from Amarillo, Jacob Tucker from Paducah, Amber Larence from Stratford and Erin Thomas from Sunray.

Named to the Dean's Honor List are James Mitchell from Borger, Krista Milligan from Dumas, Drew Satterwhite from Fritch, Wade McNutt from Hereford, Derek Finck, Elias Hernandez, Mary Hurt and Shawn Weiser from Tulia, Matthew Orr from Wellington and Charles Brown from White Deer.

Amber is the daughter of Cindy and W.R. Larence of Stratford and was a 2004 graduate of Stratford High School.

"The college wishes to commend these students who have been named to the President and Dean's Honor Lists for their diligence and hard work in maintaining excellent grades in their studies at SPC," said Dr. Kelvin Sharp, SPC president. "Grades are one measure of success in college, and we recognize these students for their efforts."

### Root Beer Float

1½ cups vanilla ice cream or frozen yogurt  
1½ cups cold root beer

Put two scoops of ice cream in a tall fountain glass and pour in enough cold root beer to cover. Add two more scoops and top again with root beer. Serve with a spoon and straw.

## Treat'n Troops

Our troops need our thoughts and prayers...and care packages. These items will be packaged and sent to a specific local soldier who will in turn distribute them to troops in his platoon/unit.

**Camouflage Aqua Cool Scarf**  
**White crew type socks** (packages in mens and ladies sizes)  
**Small packs**  
**Gatorade/tea/Crystal Lite etc.** (this is a powder)  
**Travel size packages of wet wipes**  
**Lotion/shampoo/soap-hotel size** (conditioner is not needed)  
**Disposable razors**  
**Travel size toothpaste**  
**Toothbrush**  
**Eye drops (small)**  
**Hand sanitizer (travel size)**  
**Lip balm (Carmex in a tube is preference)**- Paperback books & playing cards  
**Foot powder (small)** **Gold Bond, Baby powder, etc.**  
**Beef Jerky**  
**Sunflower seeds, peanuts, etc.**  
**Gum**  
**Snack foods**  
**Band Aids**  
**Q-Tips**  
**Pens & Pads**  
**CASH for postage**  
**AA Batteries**

We will build packs from your donations. You can donate one thing or several. The average cost for a mailing is \$300. Your cash donation will help with postage and needed supplies. Checks can be made to Treat'n Troops. All funds will be handled through the First United Methodist church. Donations

may be mailed to the church or to Sue Hudson. Drop boxes will be at the local churches or you may call 366-5916 or 396-2178 and your donations will be picked up.

If your organization is interested in providing a particular item, please call Sue Hudson for more information on items that can be donated in bulk.

## Better Predator Control Comes with Integrated Pest Management Approach

By Kay Ledbetter

Pampa-Lions and tigers and bears, oh my. Area producers and landowners need not worry about these three wild animals, but feral hogs, coyotes and bobcats are predators in need of management, a Texas Cooperative Extension wildlife specialist says.

A Predator Awareness Workshop, hosted by Extension, is scheduled from 8:30 a.m. to 4:45 p.m. June 29 at the Gray County Extension annex at 12125 E. Frederic Ave. in Pampa.

Ken Cearley, Extension wildlife specialist, will start the session by talking about "appreciating predators," as well as interpreting physical evidence of predation. Cearley also will discuss controlling predators while managing wildlife.

The meetings are designed to help people realize when they have a predator problem and when they don't, Cearley said.

"We'll stress the need to use an integrated pest management approach to any predator-related problems that may arise," he said. "That includes identifying their presence, monitoring population trends and choosing from an array of tools to address damage problems that may occur."

Feral hogs are of particular interest because their range is expanding and producers in new

areas are requesting information on how to manage them, Cearley said.

"Also, we'll talk about the role of predators in the ecosystem, the positive impacts they have, as well as the negative effects in some situations," Cearley said.

Audience members will preview a DVD on feral hogs and a video on bobcats. Rick Gilliland, Panhandle district supervisor for Extension's Wildlife Services, will address the coyote issue.

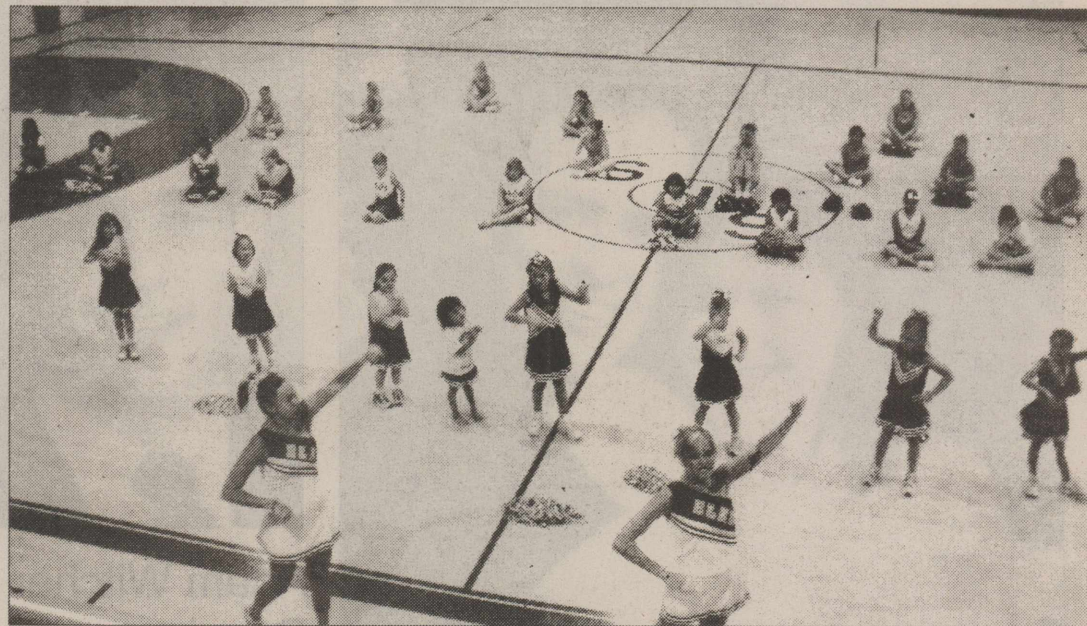
In the afternoon session, Wildlife Services personnel will demonstrate control alternatives, including non-lethal approaches, foothold traps and snares, M-44s (a sodium cyanide ejection device) and livestock protection collars, and aerial gunning and calling.

Dr. James Alexander, regional zoonosis veterinarian with the Texas Department of Health, will talk about predators as vectors of disease.

Cearley will wrap up the workshop with a review of the "Code of Ethics" for predator management and show a video entitled "Preventing Illicit Use of Pesticides in Predator Control Programs."

Each participant can earn up to six continuing education units toward their pesticide applicator license recertification, including three general, one laws and regulations, and two integrated pest management.

To register or for more information, contact Brandon McGinty, Extension agent in Gray County, at (806) 669-8033. RSVPs are needed by June 27 for noon meal arrangements.



Cheer Camp held Monday-Thursday, June 6-9



The prison known as the Bastille, which figured so prominently in the French Revolution, was originally built as a home for the king.

## Business Directory

**WALTER LASLEY & SONS INC.**  
**THE Feedyard**  
Since 1953  
753-4411

**Stratford Grain Co.**  
Stratford 396-5541  
Lautz 769-4485  
4 North Main

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

**Stratford Auto Electric**  
119 S. Wall, Stratford, Texas 79084  
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 396-2513

**A & I PARTS CENTER**  
AUTOMOTIVE AND INDUSTRIAL PARTS - THE CAR CARE PEOPLE  
**Jerry Ewers**  
Manager  
P.O. Box 1146  
201 N. 2nd-Stratford, TX 79084

**This Space Available**  
Call 366-5885

**THRIFTWAY**  
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 Hospital District**  
Coldwater Manor  
Stratford Family Medical Clinic  
Stratford EMS  
Proudly serving the medical needs of Stratford and Sherman County

**folkArt ONE Stroke**  
OSCI  
**BOBBIE STRONG**  
806-396-2802

**Robert's Service Center**  
400 S. Poplar  
**396-2882**  
**Tires & Batteries**  
**Auto & Lawn Mower Repair**

**George Harding**  
Sewer & Drain Cleaning  
Plumbing, Electrical,  
Remodeling, Painting  
366-2206

**Allen-Tarver Insurance Agency**  
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  
Jesse Resendes  
(806) 763-4454  
(806) 366-3134 Shop  
111 S. Maple  
Stratford, TX 79084

**Your Home Town Pharmacy..**  
ELK PHARMACY  
377 N. Main  
P.O. Box 380  
Stratford, TX 79084  
806-396-4505  
Major Prescription Plans Accepted  
Gayland Vandiver, R.Ph.  
Debbi Vandiver/ Owners  
Carlton Cards • Millionaire Candy Gifts  
• Cookie and Balloon Bouquets

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

Decks, Porches, Patios, Awning,  
Fence repair and New fence, Painting  
and Dry wall  
All Types of Construction  
935-5890-or-930-6545  
930-0339

**Joe Taylor, Photography**  
PO Box 27  
1305 N Chestnut  
Stratford, TX 79084  
806-366-2459  
Weddings, Portraits, Etc.

**DAVID J. CROSS**  
**Rockin' C Cross Appraisals**  
Bus: (806) 366-7525 401 N. 3rd Suite 8  
Fax: (806) 366-7515 P.O. Box 1168  
rockin@xit.net Stratford, TX 79084

## WOMEN'S HEALTH

### Finding Energy For A Longer, Healthier Life

(NAPS)—Between juggling work, family and other demands, many busy women find it hard to make healthy habits part of their daily routines. Although 76 percent of respondents in a recent American Heart Association survey said physical activity is important, only 28 percent said they get the recommended amount of physical activity each week.

Joan Lunden, award-winning television journalist, author and busy mother of seven children, understands the challenge and has signed up for the Choose To Move™ program.

"As a journalist I reported on health stories and certainly knew what I needed to do to be more fit and lower my risk of heart disease, but I wasn't incorporating it into my life," said Lunden. "The more I learned about eating healthy and staying fit, the better my life became."

Choose To Move is a free 12-week program to help women increase physical activity and build healthy habits to lower their risk for heart disease and stroke. It's part of the American Heart Association's Go Red For Women movement to raise awareness of women's risk for cardiovascular disease and what they can do to prevent it.

"Women know that physical activity is a key component of a healthy lifestyle, but our survey findings indicate that they struggle to incorporate it into their daily lives," said Rita F. Redberg, M.D., M.Sc., F.A.H.A., F.A.C.C., professor of medicine in the cardiology division at the University of California San Francisco National Center of Excellence in Women's Health and an American Heart Association volunteer.



A new program offers fun tips to help busy women incorporate physical activity into their lives.

According to Lunden, Choose To Move offers simple ways to get women back on track:

- Be conscious about what you eat. Rather than eating a candy bar on the run, plan ahead by carrying a healthy snack (a handful of roasted almonds, fruit, or homemade snack mix made with low-sodium seasonings).

- Get family members to go on a play date with you. It's great for family togetherness, while fitting in fitness.

- When you get home from the grocery store, chop your fresh produce right away and store in airtight containers in the fridge. It eliminates prep work for the rest of the week and you'll be much more likely to use them.

- Think about your childhood and what you enjoyed doing and bring that back into your life. Play a little.

Choose To Move is sponsored by the Almond Board of California and the Mrs. Dash brand. To register, visit [americanheart.org/choosetomove](http://americanheart.org/choosetomove) or call 1-888-MY-HEART (1-888-694-3278).

### Fiesta Tostada Salad

**Tortillas**  
1 tablespoon olive oil  
2 teaspoons Tabasco® brand pepper sauce  
6 corn tortillas

**Salad**  
1 can (15 ounces) black beans, drained and rinsed  
1 tablespoon fresh-squeezed lime juice  
1 tablespoon Tabasco® brand green pepper sauce  
1 teaspoon ground cumin  
1 teaspoon oregano leaves  
¼ teaspoon salt  
2 cups shredded romaine lettuce leaves  
2 medium tomatoes, chopped

½ cup feta cheese, crumbled  
3 large green onions, thinly sliced

**Prepare Tortillas:** Preheat oven to 350° F. Combine olive oil and Tabasco sauce in cup. Brush mixture on one side of tortillas; place on cookie sheet. Bake 10 minutes or until tortillas are golden.

**Prepare Salad:** Combine black beans, lime juice, Tabasco sauce, cumin, oregano and salt in medium bowl. Place one tortilla on plate. Top with ¼ of bean mixture, lettuce, tomatoes, feta cheese and green onions. Repeat with remaining tortillas and salad mixture. Makes 6 servings.



When grackles fly, they fold their tail feathers upward and use the tail to steer.

In the 19th century, students at Cambridge University, England, were not permitted to keep a dog in their rooms. Lord Byron, the famed poet, complied with the rule—he kept a bear instead.



**Witcher**  
Cont. from page 3

forms were then sent to Church headquarters in Salt Lake City.

While most recipients of mission calls are from the United States, 17,000 of them are from 127 other countries. Opening the letter containing the mission call has become a distinctive part of Latter-day Saint culture.

"Where missionaries serve is far less important than how they serve," says Earl C. Tingey, executive director of the Church's Missionary Department.

"The call to serve a mission is paramount, the specific location secondary," he explains. "As missionaries serve with all their heart, might, mind and strength, they learn to love the people wherever they go."

Missionary service can be a family affair, a legacy passed on from one generation to the next. Adam's brother Andy served his mission in the Brazil Rio de Janeiro Mission and returned home fluent in Portuguese. Andy's wife Natalie is also a returned-missionary from the Brazil Porto Allegre North Mission. The boy's father, Jeff, served in the Canada Montreal Mission and speaks French. Their maternal grandfather served in the Northwestern States Mission over 50 years ago.

Adam wishes to thank the people of Stratford, teachers, coaches, Mr. Hunsaker, and friends for their support throughout the years that has made this life-long dream become reality.



President Clinton was born William Jefferson Blythe IV, but took his stepfather's last name of Clinton at the age of 16.

**Tornado  
Plan to Survive!**

**\*PLAN AHEAD!** Designate a spot in your home and make sure the entire family knows where to go and what to bring. Have an emergency kit on hand, be sure to include batteries, a flashlight, battery-operated radio, medications and bottled water. Make sure these things are in your designated area.

**\*STAY INFORMED** by following updates on radio or television. Our local stations do an excellent job of relaying weather-related information on a timely basis.

**\*LEARN THE DIFFERENCE** between a tornado watch and a tornado warning. A tornado watch means "watch the sky". A tornado warning means a tornado is likely to develop or a tornado has been indicated on radar.

**THE SIRENS DO NOT SOUND WHEN A TORNADO WARNING IS ISSUED...THEY ARE ONLY SOUNDED WHEN A TORNADO HAS BEEN SPOTTED ON THE GROUND IN OR AROUND THE STRATFORD AREA.**

**Sirens Sound-Now What!**

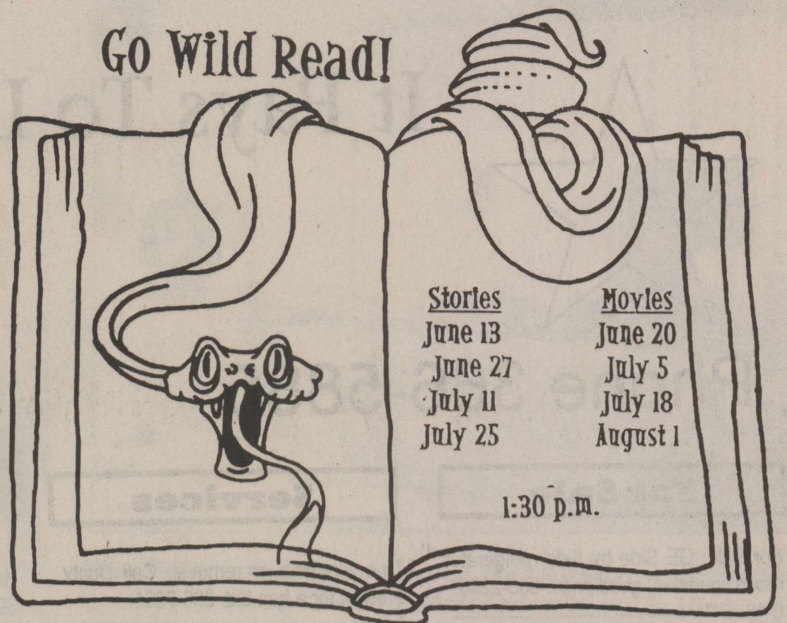
**\*LISTEN:** If you hear the sirens, take cover immediately in strong shelter. If you do not have a basement or storm cellar, move to an interior room in your home such as a closet, bathroom or a room without windows.

**\*TAKE ACTION:** Exit your mobile home and take shelter in a nearby building. If no building is nearby, lie flat in a ditch or ravine.

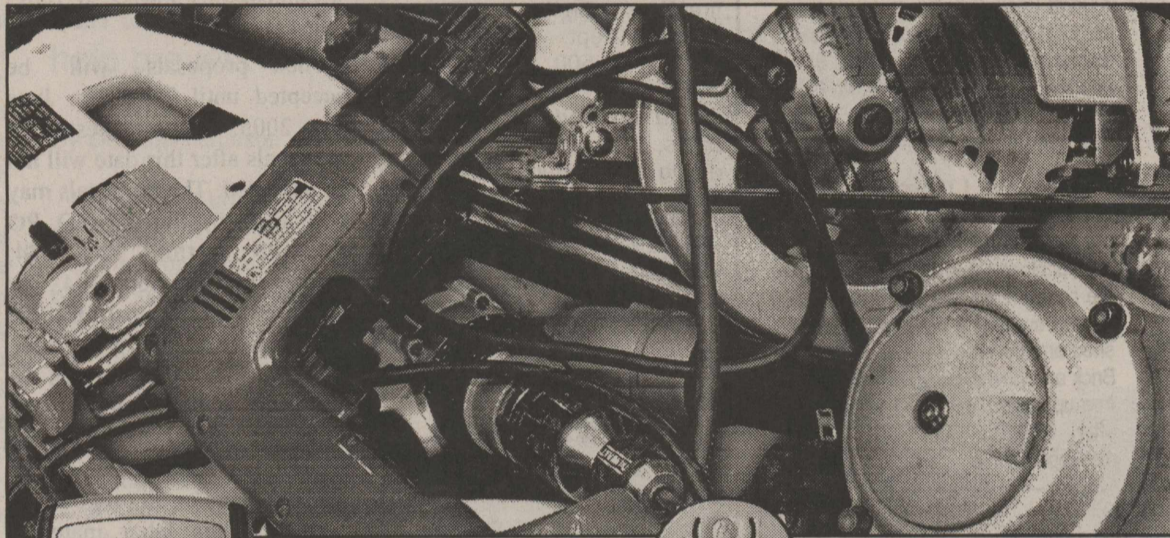
**\*GET OUT!** Never stay inside your car. Leave the car and lie flat in a ditch or ravine. Never get in your car to seek shelter elsewhere (Note: the courthouse is not a tornado shelter).

**GET LOW!** If you are in open country, take cover on low, protected ground.

**Go Wild Read!**



Summer Reading Program  
at the  
Sherman County Public Library



**Nokia 6230**

- Bluetooth technology for seamless and fast wireless connections
- Voice commands, voice dialing, and recording
- Integrated VGA camera
- FM radio
- Synchronize your phone book, calendar and to-do list with your PC
- Digital Music player for AAC/MP3 music formats



**Motorola V505**

- Integrated Bluetooth wireless technology
- Integrated camera
- Multimedia Messaging
- Vivid color display
- Polyphonic speaker for enhanced alerts and ring tones
- Download and play video clips

Bluetooth Wireless Headsets also available.

Bluetooth compatibility is shared between products from different manufacturers. Models may vary.

**A high-tech power tool for Father's Day...**  
what more could Dad ask for?

**\$59.95**

for your choice of either the  
**Nokia 6230**

or

**Motorola V505**

with a 2-year contract and a \$39.95\* or higher rate plan.

Offer begins June 6<sup>th</sup> and ends June 17<sup>th</sup>  
\*qualifies for school rebate program

**366-3355**

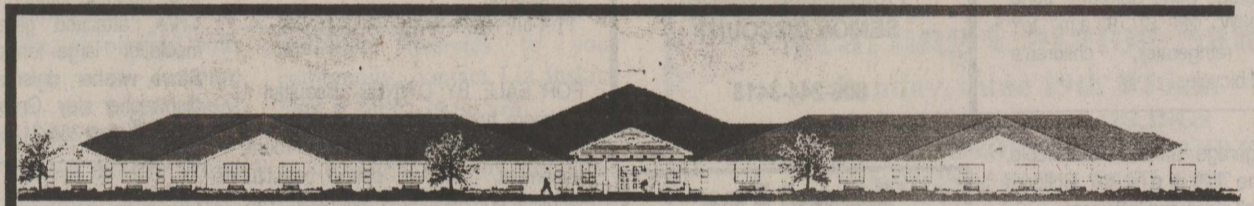
401 North 3rd Street, Stratford  
Some restrictions apply. See store for details.



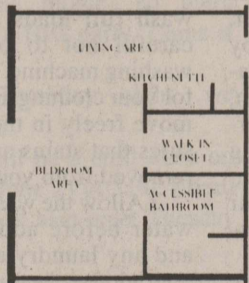
*Legacy*

*honoring Life & Tradition*

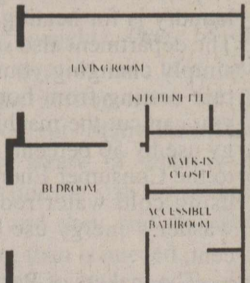
An Assisted Living Community



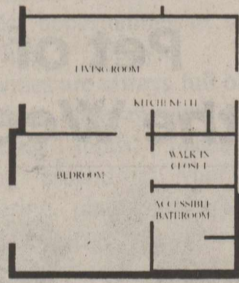
301 Texas Boulevard in Dalhart



Studio  
405 sq. feet



Suite  
518 sq. feet



Deluxe Suite  
600 sq. feet

*Standard Services:*

- 24-hour Staffing
- Housekeeping once per week
- Laundry Services
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- Transportation to Medical
- Appointments and other scheduled activities
- Resident Activities
- A Licensed Nurse review monthly of each resident's health status

*Resident Care Services:*

- Medication management
- Bathing
- Dressing
- Grooming
- Nutritional guidance

\$500 deposits are currently being accepted to secure an apartment.

Legacy is currently under construction:

November 2005 is the expected opening date.

Legacy will be an entity of Dallam-Hartley Counties Hospital District.

For more information, contact Loree Elliott, LNA at  
(800) 244-1450 or [loree.elliott@coommemorial.org](mailto:loree.elliott@coommemorial.org)

Medicaid will be accepted, please inquire for details.



TDD: (800) 244-7523