

## Sherman County Museum. 7 /05 The Stratford, TX 79084 The Stratford, TX 79084 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 @1st 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 Peripardum Cardiomyopathy (heart failure). If you would like to help with medical expenses please contact the 1st State Bank.

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

### Sherman County **Grimestoppers**

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

#### 4th Annual Hogmen Scholarship Golf **Tournament June 16** 6:00 p.m. Stratford Country Club

Thursday, June 16th will be the 4th 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 4th Annual Hogmen Scholarship". Anyone who is supportive of the "Gladiators of the Gridiron"



Butch Ellisons' residence.



Stratford Schools lost tree branches.

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

The SCOT Bus will be

available for transportation, or

individuals may use their own

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

Everyone is invited to join the

and changes to show.

tour and see some of

Stratford's beautiful yards.

per person.

cars, or car pool.

## STRATFORD JAMBOREE

THEME NAME **ADDRESS** PHONE # Return to: tschoonover@happybank.com Trisha Schoonover Happy State Bank

## Summer **Track Camps**

Stratford, TX 79084

**DEADLINE JUNE 24, 2005** 

PO Box 1

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 jumpstarting 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 5th 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 20th-23rd Shot Put Camp 9:00 to 11:00 High Jump Camp 1:00 to 3:00

## 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 health problems. serious 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

## 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 awaken 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

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 crossventilation 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

Cont. on page 5



## **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.

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 McGaughy, 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 American Legion Commander in 1946, and on the Stratford school board and on **Farmers** 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

## 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 16th, at 2 p.m. There are 15 birthday people this month, so there should be a BIG party. Come if you can!

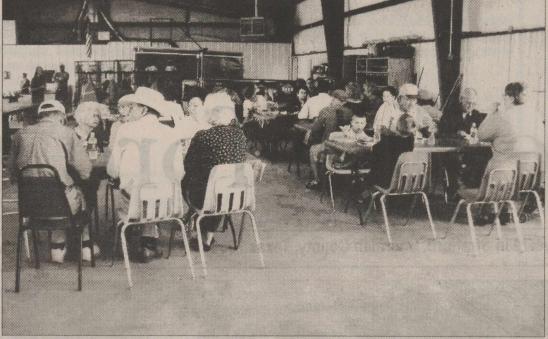
Then, Thursday night, we have bingo.

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 -3rd 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.

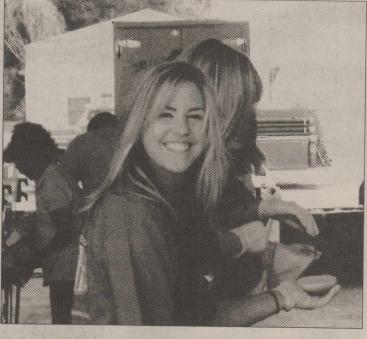
Obese children are at the highest level of concern. According to the Texas Department of State Health Services, more than 40 percent of Texas' fourth-graders are overweight or obese. This is especially alarming because of the potential for a long-term negative impact on our communities, both urban and

Rural 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 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

ultimate convenience food in some ways. It comes prepackaged, 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 In some kids. 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 lifestyle. These healthier 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.]

improving your health, go to the as fast as a human being. Healthy Lubbock Initiative

620-697-2101

(www.healthy website Lubbock.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.

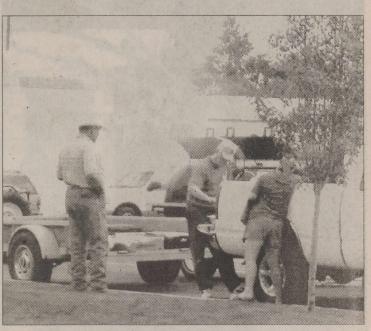
Patti Patterson, M.D., M.P.H., is vice president of rural and community health at Texas University Health Sciences Center.



In spite of its clumsy appearance, the hippopotamus is an For more information about excellent swimmer and can run



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 10th, 2005.

## Arts in the Area

By Gaynelle Riffe

June 2-Aug.20 "Texas Legacies" Musical Tue.-Sat. 806- 655-2181

June 5-Aug15

June 16-19

July 8-10

**August 4,5,6** 

Pioneer Amphitheater Palo Duro State Park ""Texas Express" Music Sun.-Mon. 806-655-2181

Pioneer Amphitheater Palo Duro State Park 2005 Youth Cowboy Poetry Gathering Cal Farley's Boys Ranch www.youthcowboypoetry.com

"Beauty and the Beast" Youth Musical Amarillo Civic Auditorium 806-378-3096

Dalhart Community LaRita Theatre 244-5646

"The Diamonds" Dalhart Community LaRita Theatre 244-5646



## Bobby Edmond Horse Sales

**Yearling Catalog Sale** 

Sunday, June 19th •10am **50 REGISTERED YEARLINGS** ALL HALTER BROKE, GENTLE AND FIT **CONSIGNMENTS INCLUDE SOMETHING FOR EVERYONE:** Cutting bred, Working Horse bred, Running bred, Halter bred & Foundation bred

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#### The Stratford Star

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\$25.00 per year in Sherman & Adjoining Counties \$32.00 per year all others \$20.00 per (9 months) College Rate The Stratford Star

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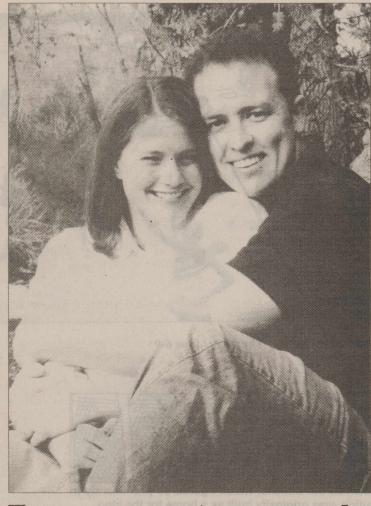
## SCDC's PHOTO CONTEST

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.
- You can use an old or a recent photograph.
- 3. Contest is open to all ages.
- DEADLINE HAS BEEN EXTENDED TO JUNE 17,

After the deadline all entries will be on display for viewing. Prizes will be awarded: 1st Place will win \$150, 2nd Place will win \$100 and 3rd 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



## **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).

## **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, Munden, Marjory 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. 4th 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

6. The Closers by Michael Connelly 7. Rage by Jonathan Kellerman

12. The Five People you Meet in Heaven by Mitch Albom 13. Zorro by Isabel Allende

15. Marker by Robin Cook 18. Angels and Demons by Dan Brown

Countdown by Iris 21. Johansen 22. Saturday by Ian McEwan

23. The Innocent by Harlan Coben 25. The Broker by John

Grisham 30. Killer Takes All by Erica Spindler 34. 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 Kensington Books, "How Not To Get Published" focusing on how to correct mistakes first time authors sometimes make. Deborah Elliott-Upton, prolific, local freelance author speaks on "Targeting Magazine Sales". Milton Kahn, 1996 Publicist of the Year, talks about "The Art of Promoting Your Book."

faculty members Other 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

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 Amarillo through College, and teachers may apply for Continuing Professional Education credit from Amarillo

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

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Owner

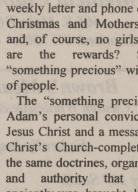
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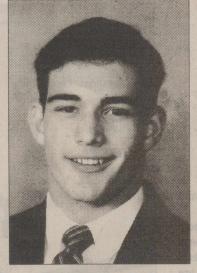


Adam's personal conviction of Jesus Christ and a message that Christ's Church-complete with the same doctrines, organization and authority that existed anciently-was brought back to earth in the early 1800s through: a series of revelations to Joseph Smith. It is a message that brings a million new members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

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 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 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

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## Adam Witcher Receives Mission Call

Witcher, Adam Mervin 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 This mission Mission. incorporates a portion of New York City (Manhattan, the Bronx, Yonkers) encompasses an 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 Spanishspeaking missionary. Adam will enter the mission 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 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 returnedmissionaries. Certainly it is a challenging highly disciplines 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

The "something precious" is

Becoming a missionary is a

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

**Estudio Biblico &** Se Cuidamos



## Yard of the Month

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

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

the conference.

Sponsors of Frontiers in Writing Panhandle are 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 www.panhandleprowriter.org

15 Years, 4500 Babies In Dumas

## Women's Health Center

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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

## 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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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

### **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 Larance 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. Larance 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 fro 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 interested in providing a in a tall fountain glass and pour in enough cold root beer particular item, please call to cover. Add two more scoops Sue Hudson and top again with root beer. information on items that can Serve with a spoon and straw.

## Treat'n Troops

Our troops need our thoughts prayers...and 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

Small packs Gatorade/tea/Crystal Lite etc. (this is a powder) Travel size packages of wet

wipes Lotion/shampoo/soap-hotel (conditioner is not

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. 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 be donated in bulk.



### 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 Moves 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 12week 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.

Fiesta Tostada Salad

Tortillas 1 tablespoon olive oil

2 teaspoons Tabasco® brand pepper sauce

Salad

6 corn tortillas

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

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

• 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

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

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

**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 1/6 of bean mixture, lettuce, tomatoes, feta cheese and green onions. Repeat with remaining

tortillas and salad mixture. Makes 6 servings.

**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 need management, Texas Cooperative Extension wildlife specialist says.

Predator Awareness Workshop, hosted 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 managing while 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 predatorrelated problems that may arise," he said. "That includes identifying their presence, monitoring population trends and choosing from an array of tools to address 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 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

alternatives, including nonlethal 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.



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.



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 396-5541** 

**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

Since 1964

Stratford Grain Co. Lautz 769-4485 4 North Main

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

**Stratford Hospital District** 

Coldwater Manor

Stratford Family Medical Clinic

Stratford EMS

Proudly serving the medical needs of

Stratford and Sherman County

**OSCI** 

**BOBBIE STRONG** 

806-396-2802

fölkfirt

Auto & Lawn Mower Repair

George Harding Sewer & Drain Cleaning

Plumbing, Electrical, Remodeling, Painting 366-2206



1737 - CE **Allen-Tarver Insurance Agency** Carolyn A. Tarver Alternator, Starter,-Magneto Repair

(806) 769-4454

(806) 366-3134 Shop

ELK PHARMACY 317 N. Main P.O. Box 360 Stratford, TX 79084 806-396-6505 Gay

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

111 S. Maple

Your Home Town

Pharmacy...

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Carlton Cards...Millionaire Candy.Gifts

**Cookie and Balloon Bouquets** 

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Caps, Shirts, Jackets, Baby Blankets, Towels,

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Decks, Porches, Patios, Awning,

Stratford, TX 79084

## 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



**Jerry Ewers** Manager

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

This Space Available

Call 366-5885

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

Hwy 54 East

Joan Bell THE TRAVEL STORE affiliated with National Travel Systems

A Full Service Travel Agency 396-5958 1-800-753-2792

This space available



Joe Taylor, Photography PO Box 27 1305 N Chestnut Stratford, TX 79084 806-366-2459

Weddings, Portraits, Etc. DAVID J. CROSS

401 N. 3rd Suite 8 P.O. Box 1168 Bus: (806) 366-7525 Fax: (806) 366-7515 Stratford, TX 79084



## It Pays To Look In The

## Star Classifieds

.. The Best Salesperson Around

## Phone 366-5885

#### For Sale

For Sale: GE Side by Side refrigerator. Good condition, good price. 366-2290.

For Sale: Beardless Wheat Hav. Round Bales. Call Tommie-753-7517 or Duane -753-7374

For Sale: 1993 Chevy Blazer, low mileage, 4 WD, call 366-5308 or 396-

PHOTO PROCESSING-Elk Pharmacy offers next day service (excludes weekends) on photo processing, reprints, & enlargements. Prints from prints, negatives, digital services, & CD's FREE DOUBLES EVERYDAY! 6-30-C-

Two storage barns for sale located on property behind the clinic (1216 Purnell) \$8900.00 or BO call 366-3253 6-16-c-

For Sale: 1992 Suzuki 250 Quad-Racer, 4-wheeler, 2 stroke, New tires and tune-up. \$2000.00 Call 366-7664 or 753-6677. 2-17-tfn-

For Sale or Lease-212 N. Poplar-40' x 60' office building. Call 806-679-5585. 4-1-tfn-

GREETING CARDS-Elk Pharmacy offers three lines of Greeting Cards..Two are new card lines and reasonably priced. Check them out today 6-30-c

#### **Help Wanted**

The Stratford Family Medical Clinic is now taking applications for receptionist. Applicant must have computer and phone skills as well as able to multi task and willing to work. Please come by Stratford Family Medical Clinic to

Wanted: Part time or temporary farm help. Good Pay, 20 Cents mileage. Al Reznik 806-543-4076. 6-16-c-

#### **Garage Sales**

2-Family Garage Sale, Saturday, June 18th-1216 N.W. 2nd St. 9 a.m .to? Furniture, refrigerator, children's clothing and bicycles.

3 Family garage Sale-611 N. Maple, Friday, June 17th 4 p.m. to? Children clothing of all sizes and lots more.

Garage Sale: 502 S. Pearl, Friday, June 17th 8 to 2 and Sat. June 18th 8 to?

Yard Sale-604 S. Fulton, Sat. June 18th 9 to ? Clothes, furniture and baby 6-16-c-

#### To Give Away

Precious kittens to give to good homes. Call 727-4340. 6-16-c-

#### Heat Cont. from page 1

closed, parked vehicle in hot weather, even for a short time. \*Drink plenty of fluids, but avoid drinks with alcohol, caffeine or a lot of sugar. Don't wait until you are thirsty. Start drinking fluids at least 30

\*Never leave anyone in a

minutes before going out. \*Plan strenuous outdoor activity for early morning or evening when the temperature is lower.

\*Take frequent breaks when working outside. \*Wear sunscreen SPF 15 or

higher, wide-brimmed hats and light-colored, loose-fitting clothes.

\*Eat more frequently, but be sure meals are well balanced, cool and light.

\*Dress infants and children in cool, loose clothing. Shade their

heads and faces with hats or an umbrella.

\*Check frequently on the elderly and those who are ill or may need help.

\*Adjust to the environment. Sudden change in temperaturean early heat wave or travel to a hotter climate-will be stressful

#### Services

Tree trimming or removal. Call Dusty Stewart for a free bid. 366-7601.

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

SANDY'S "ROUND-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.

#### **For Rent**

For Rent: 1 Bedroom completely furnished house for Rent, Call 396-

For Rent: Office space on Main Street for rent. For information call (806) 396-11-27-tfn-

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

House for Rent-2 Bedrm at 609 N. Grace. Call 366-2008 for more information.

House for rent: 1700 Sq. ft. A/C, Propane heat, 3 bdrm, 1 bath, Located 6 miles east-9 miles south on paved road. School bus route available. Call 366-2274 6-30-c-

#### 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** 

806-244-3418

#### **Land For** Sale

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

OCHILTREE CO.-dryland 1/4 in irrigation area

LIPSCOMB CO.-Beef Factory-640 acres, strong water area, 3 circles, 1 circle native grass, working pens &

STRONG WATER with over 300 feet of sat, thickness-all sprinkler irrigated, barbed wire & steel post fences on every circle, steel pens with covered working area with hyd. Chute, well suited for corn, wheat, cotton, peanuts, alfalfa or seed milo (good isolation)!

CHECK OUR WEBSITE for data and pictures of many farms, ranches, feed yards, dairies and choice dairy locations with permits and acreages

www.scottlandcompany.com Shawn Gillispie 806/922-5532 Ben G. Scott-Broker-800/933-9698 dayleve

to the body. Limit your physical activity until you become accustomed to the heat.

\*Check with a doctor about the effects of sun and heat when prescription drugs, taking diuretics especially antihistamines.

The best defense against heatrelated illness is prevention. Staying cool, drinking plenty of fluids, wearing cool clothing and monitoring outdoor activities are keys to staying healthy in hot weather.

#### **Houses for Sale**

House for Sale, 516 N. Grace. Call 396-2332. \$18,000.00

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-

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 appointment. 10-21-tfn--

4-22-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.

For Sale: 305 N. 3rd, 2 bdrm, laundry room, CH/A, detached garage, storage building, nice location \$20,000. Call 930-0734 or 930-5613. 3-31-tfn-

For Sale: Nice 3 br. 1.75 bath brick home at 408 N. Fulton. Ready to move into. Updated kitchen and bathrooms. CH/A, attached garage, new attic insulation, large fenced in backyard. Stove, washer, dryer and new built in dishwasher stay. Great neighborhood \$55,000. Call 366-3111.

House for Sale: 802 N. Fulton, Carport. CH/A Heat Pump system. Call 396-We Sell 5-12-tfn----

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.

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

RUN TO THE CELLAR when the storms come your way!! Nice brick home with 3 bedrooms, 1.75 baths, attached 2 car garage, new laminate flooring in kitchen and dining area. central heat and air, storm cellar in backyard, storage shed. REDUCED to \$65,000. Located at 712 N. Wall in Stratford. For appointment call Deana Houlette at Houlette Real Estate in Dumas. 935-2863/922-6863.

"PRICE REDUCED!! 620 n. Wall-3B/3B 2100 Sq. FT-\$90,000 806-249-5263-806-333-0420

Reduced price. Precious brick house. 3 bedrooms, 1 bath. New carpet, central heat and air, sprinkler system and huge storage building. 401 S. Pearl Call 366-6-16-tfn-

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

To report Suspected Child Abuse, call

Kathie Altman-366-5611 Paula Everett-966-5445 Ken Forthman-366-2586 Patsy Harland-827-7568 **Belinda Hamilton-827-7728** Jesse Resendes-366-3134 Ernie Maiwald-366-5546

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

## Legal

Ad Rem Land Co. **School District Dumas, TX 79029** Legal Notice

School proposals Home Well Cared for! This 2 bedroom, 1.5 bath home has two living areas, a wonderful fireplace and entire home has 366-3302.

Home with Style! 2 B/R, 1 3/4 baths, with large living and dining areas. Hardwood floors, and updated baths. \$78,900

43.500

been well kept.

803 S Bliss

806-935-7364

Very Cute! 1 B/R, 3/4 bath home, would make a great rental property \$15,000

Great Starter Home, or Possible Investment Property! 2 B/R, 1 bath. \$25,000

Shop in Backyard! Nice 3 B/R, 2 bath with 1 car detached garage. Reduced to \$43,000

Prime Location! This 3 B/R. 2 bath home is located in a quiet neighborhood and close to schools. \$110,000

Corner Lot! This 4 B/R, 1 1/2 bath home has had C/H&A, sewer lines, and gas line has all been recently replaced. \$55,000

For Sale: 611 N. Chestnut, 3 Bdrm, 1 full bath-2-3/4 bath, CH/A detached garage, Big back yard with storage building, close to school. Call 366-2401 5-5-tfn

For Sale-Nice 3 br. 1.75 bath brick home at 408 N. Fulton. Ready to move into. Updated kitchen and bathrooms. CH/A, attached garage, new attic insulation, large fenced in backyard. Stove, washer, dryer and new built in dishwasher stay. Great neighborhood. \$55,000. Call 366-3111. 3-31-tfn-

The custom of hanging up neighborhood! 202 Kay Ave. Approx. mistletoe at Christmas dates back to the Druids, an ancient people of Britain.

## 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.

are also seeking We 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 thee 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.

## Notices

Stratford Independent

The Stratford Independent District requests from interested Vendors to carpet and tile classrooms. Specifications may be obtained by contacting the Administrative Office at (806)

The proposals will be accepted until 2:00 p.m. June 24, 2005. Any requests for proposals after this date will not be accepted. The proposals may be mailed to Stratford ISD, PO Box 108, Stratford, TX 79084, Faxed to 806-366-3304, or delivered to the Superintendent office at 503 N. 8th Street, Stratford, TX. The requests for proposals will be opened on June 24, 2005 at 2:00 p.m. we reserve the right to accept or reject any and/or all proposals.

Items include labor, material, and equipment for the renovation.

Published in The Stratford Star, Thursday, June 16, 2005 and Thursday, June 23, 2005.

During dry seasons, the eland—the largest antelope in Africa—can live for weeks without water.

## Cards of **Thanks**

STRATFORD IS THE BEST!

Monday nights' storm left my yard covered with tree limbs. Tuesday after eating breakfast I decided I'd get dressed and go out and drag as many limbs as I could to the curb. At 9 a.m. when I started out to work on the tree limbs, there were NO limbs in my yard! I wish to sincerely thank person the who cleaned my lawn! Later in the day our City Crew came down the street and cleared remaining limbs. Now our town looks nice again.

> Sincerely Oline Caraway

to the Thank you Board of SISD the Trustees and Patrons of this the district for and picture wonderful reception given in our honor. It has been a pleasure to serve the students of this community. Come See Us.

J Taliaferro

#### HOME

## 6 Easy Tips for **Perfect Laundry**

NewsUSA

(NU) - You may think you're doing laundry correctly, but are you really getting the perfect load every time?

There is more to doing laundry than just separating the lights from the darks. For instance, did you know that you could save a considerable amount of energy if you wash your clothes in cold

According to the U.S. Department of Energy, 80 percent to 85 percent of the energy used for laundry is for heating the water. The department also says that by simply changing your temperature setting from hot to warm, you can cut the machine's energy use by 50 percent. According to the Consumer Energy Center, using cold water reduces your washer's energy use by 75 per-

The makers of Purex laundry detergent offer these tips for doing laundry correctly and effi-

• Sort your clothes by color, wash temperature and fabric type. Always follow the care instructions on the label. Separate lightly soiled clothing from heavily soiled garments. Also, separate fabrics that may shed lint or delicates such as lingerie and panty-

hose from the rest of your wash. · Check the pockets for money, tissues, pens, lipstick and other loose items and remove them. · Set your washer to the ap-

propriate water level for the size of the load. To conserve energy,

#### Consumer

(NU) - Moving is considered one of life's most stressful events, especially since the majority of people take the do-ityourself route. Fortunately, modern conveniences are taking much of the anxiety out of the process. If you're looking at your soon-to-be-packed belongings with a sense of dread of what is to come, you should know that you have a wide range of services at your disposal. Pak Mail centers, located around the country, specialize in packing, crating and shipping even the most awkward, hard-to-pack items. For moving advice and to find a Pak Mail location near you, call (800) 778-6665 or visit www.pakmail.com:



wash full loads. However, be careful not to overload your washing machine. Leaving space for your clothing and detergent to move freely in the machine ensures that stains and soil will be removed from your garments. · Allow the washer to fill with

water before adding detergent and any laundry additives. Add your clothes last. · If you are washing your clothing in cold water, use the appropriate type of detergent. Some

detergents do not work as well in cold water as they do in warm. To compensate for less heat, use a detergent formulated to work well in cold water, such as Purex detergent.

• Remove clothes from the washing machine and dry them as soon as the wash cycle has completed. Read the label on each garment carefully and follow recommended drying procedures.

For more laundry tips and information on cold-water detergent, visit www.purex.com.

#### Auto

(NU) - This year, the Volkswagen Jetta celebrates its 25th year in the U.S. with a sleek new look that still hews to the sporty profile and attitude that made it a best-seller. Like its predecessors. the latest Jetta is distinctively German with its solid feel and precise automotive engineering. But the fifth-generation Jetta also offers more space, better protection and a more powerful base engine. Here are a few highlights of the newest model: increased safety; more cargo room; more engine power; and a long list of standard equipment, including climate control and electro-mechanical power steering. For more information about the new Jetta, visit www.vw.com.

#### THE STRATFORD STAR Thursday, June 16, 2005 Page 6

## 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

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 SO 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.

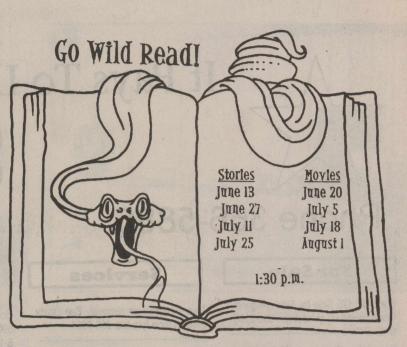
#### Sirens Sound-Now What!

\*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.



Summer Reading Program at the Sherman County Public Library



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 6th and ends June 17th
\*qualifies for school rebate program

366-3355

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

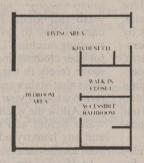


Legacy
honoring Life & Tradition

**An Assisted Living Community** 

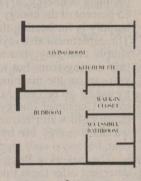


301 Texas Boulevard in Dalhart

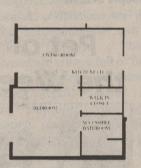


Studio 405 sq. Peet

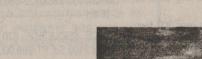
Standard Services:

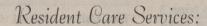


Suite 518 sq. Peet



Deluxe Suite 600 sq. Feet





24-hour Staffing
Housekeeping once per week
Laundry Services
Three Meals a Day with special diets
Transportation to Medical
Appointments and other scheduled
activities

Resident Activities

A Licensed Plurse review monthly of each resident's health status

Medication management
Bathing
Dressing
Grooming
Untritional guidance





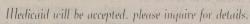
\$500 deposits are currently being accepted to secure an apartment.

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, LVIFA at (806) 244-1450 or loree.elliott@coonmemorial.org





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