

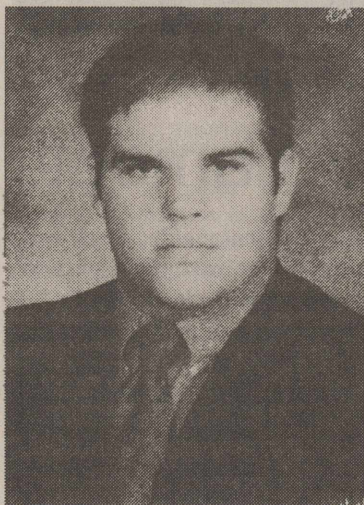
Sherman County Museum 7 /06
Box 1248
Stratford, TX 79084

The Stratford Star

75 cents

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

Number 26 June 30, 2005



MILLER AWARDED SCHOLARSHIPS TO NORTHWESTERN

Mark Miller, a May graduate of Stratford High School, has been awarded two scholarships to attend Northwestern Oklahoma State University during the 2005-2006 academic year.

Miller, who plans to major in agri-business, will receive Freshman Incentive and rodeo participation scholarships.

In high school, Miller was active in football, track and rodeo. In football, he was named to the all-district and all-state first offensive and defensive lines, the Golden Spread Super Team offensive line, the AP second team all-state offensive line and academic all-district team. In track, he was the shot put and discus district champion. In rodeo, Miller was a qualifier with the Texas State High School Rodeo Association (TSHSRA) and was the TSHSRA average champion header. He competed for six years in the United States Team Roping Championships.

He is the son of Wesley and Cindy Miller of Stratford.

Featuring one of the most comprehensive financial assistance programs in the region, Northwestern provides more than \$1 million annually in scholarships and other forms of institutional assistance to students.

Stratford Jamboree Meeting Wednesday June 29th-12 noon

Stratford Jamboree Meeting Wednesday, June 29, 2005 at Happy State Bank at 12 noon. Bring your own lunch.

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

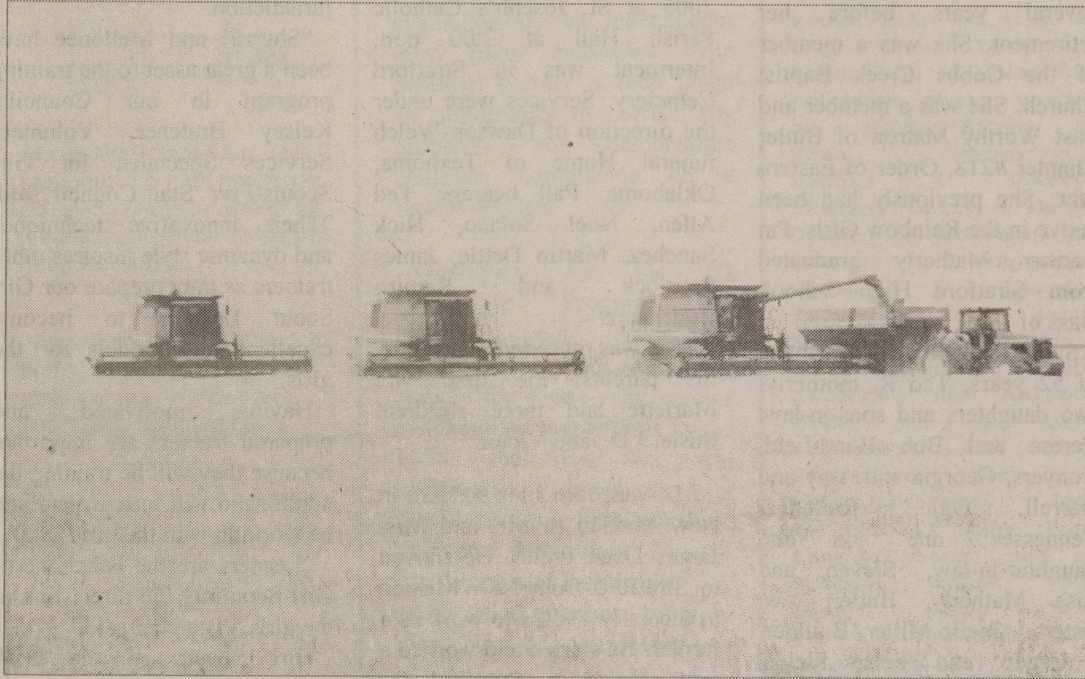
Sherman County Crimestoppers

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.



Stratford Grain has been kept busy with wheat harvest. Shown above, just one of the many trucks hauling wheat this year.



Wheat Harvest Winding Down

On machinery from left, Walter Spurlock, Terry Davis, Scott Hudson, and Jennie Spurlock, all of Spurlock Farms cutting wheat for Lavake Enterprises/Jack Dettle this past week. It was reported that wheat harvest is coming to a close for most this week. Andy Riffe of Stratford Grain reported that dryland was good with 70% finished and irrigated wheat was reported not as good with only 40% left to cut.

Deadline for the July 7th edition of The Stratford Star will be Friday, July 1st at 4 p.m. Stratford Star will be closed on Monday, July 4th

Queen & Talent Contest to be Held

Sherman County Queen & Talent Contest will be on Tuesday, July 26, 2005. A scholarship is awarded to each winner at each level of competition. If you are interested in participating in this contest, please contact Sherman County Farm Bureau between 8:00 a.m. and 5:00 p.m. Monday, thru Friday. Deadline for entry is Friday, July 8, 2005.

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 with Peripartum Cardiomyopathy (heart failure). If you would like to help with medical expenses please contact the 1st State Bank.

4-H Awards Applications Due

Sherman County 4-H members are reminded that Awards Program Books and Award Application Forms are due in the County Extension Office on **Thursday, June 30th at 9:30 a.m.** For more information, contact Susie Spurlock at 366-2122.

Breast Cancer Screening July 13th, 2005

The Don and Sybil Harrington Cancer Center Comprehensive Breast Center will conduct a Breast Cancer Screening Clinic at First United Methodist Church, 520 N. Main, in Stratford on July 13, 2005.

Breast cancer affects one in eight women. The key to winning the battle against cancer is early detection by having an annual breast exam, mammogram and performing a breast self-exam exam month.

All exams are done by appointment only. Call (806) 356-1905 or 1-800-377-4673 for more information or to schedule an appointment.

Stratford Jamboree 2005 Parade Theme is Announced

Stratford Jamboree 2005 Parade Theme this year will be Celebrating the Seasons-entry by George Harding.

McDaniel Receives Scholarship

McMurry University has announced recipients of its Dean's Scholarship awards for the 2005/2006 academic year. To be awarded the academic scholarship, students must score at least a 21 on the ACT or 1100 on the SAT and have a 3.0 overall grade point average.

Receiving the Dean's Scholarship from Stratford was Ryan Martin McDaniel graduate of Stratford High School-2005.

Ryan will be playing football for McMurry College this coming fall.

Summer Track Camps

This summer weekly track camps will be offered to teach the fundamentals of the six field events in track 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 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

Early Deadline for July 7th Edition

Deadline for the July 7th edition of The Stratford Star will be Friday, July 1st at 4 p.m. Stratford Star will be closed on Monday, July 4th, 2005.

Volunteer Help Needed

The Chamber of Commerce could use help with the 4th of July Celebration. There are several organizations with food booths but are short on games. Each booth & customers helps finance the fireworks. The Chamber cleared about \$100.00 after all the expenses were paid and that is better than short \$100.00 which has happened. Volunteers are needed for a short 30 minute patriotic program. Please contact Gaynelle Riffe. Each booth is obligated to set up and take down booth but some clean up is still required. If you could pick-up around you and everywhere you see, that would be a big help.



Tarver Chosen as 2004-2005 All-Star

The Texas Girls Coaches Association of The State of Texas has recently announced the selection of Deidre Lee Tarver of Stratford, Texas as a 2004-05 Track and Field All-Star. Deidre was chosen by the Track Committee to represent Classes 1A, 2A and 3A. She will be honored at the 2005 Summer Clinic this summer held at Concordia University in Austin, Texas, July 13th and 14th. Deidre will participate in games and demonstrations over the two days ending with the Awards Presentation the evening of the 14th.

Compliance Commitment (C2) Partnership Program

ATTENTION SMALL BUSINESSES & LOCAL GOVERNMENTS!! Get your environmental program moving in the right direction. Take advantage of The Compliance Commitment (C2) Partnership Program. The C2 Program is a bonus made available to those

small business owners (less than 100 employees) and local governments who take advantage of a free and confidential site visit program.

Small businesses or governments interacting with the TCEQ for the first time typically have a compliance rating of about 50%. By participating in the C2 program, an independent consultant will point out areas which can help you achieve 100% compliance.

Cont. on page 5

Family Loses Everything in House Fire

Knights for Christ-Non-profit Christian Youth Community Service Organization, 518 Oak, Dalhart, Texas 79022 has cordially invited us to do the honorable thing by helping out this family. On June 23, 2005 Derinda Medina, a single mother, and her 3 children lost their home in an electrical fire, in Amarillo, TX.

They are in need of everything one needs to survive and replenish their home.

The children wear sizes: 6 in children sizes (male) 8 in children's sizes (male) and 16/18 (female) in children sizes-

(size 0/1 in juniors).

Derinda is a size 22/24W.

If you feel led to help out with anything for this family please feel free to contact us at President-Dawn Bright, for Knights for Christ at 518 Oak, Dalhart, TX 79022-telephone number 806-244-1243 or Treasurer/Senior Advisor of KFC, Valrie Wyatt at 806-366-3007 or drop items off at 419 S. Wall, Stratford, Texas.

Please pray for them, for God to strengthen their spirit, and not let this tragedy push them from a relationship with His Highness, Lord God Almighty.

We very much appreciate your caring, praying, giving and effort to help this family that has lost everything, but the clothes on their backs and their lives.

STRATFORD CHAMBER OF COMMERCE 4TH OF JULY CELEBRATION 2005

MONDAY, JULY 4TH GAMES

LOCATED AT PENDELTON PARK
MINI ME BASKETBALL
WATER POLO
FACE PAINTING
AND MORE



DRINKS
COKE
TEA
LEMONADE
WATER

LIST OF EVENTS

6:00 PM FOOD

8:00 PM PROGRAM

8:30 PM GAMES

APPROXIMATELY 9:30 PM (DARK) FIREWORKS

UNCLE SAM WANTS YOU TO COME AND JOIN THE FUN

Obits

Raquel Patria Ramon Matherly

Raquel Patria (Pat) Matherly, 75, 282 Claude Matherly Road, Butler, died Wednesday, May 11, 2005 in the Watauga Medical Center, Boone, North Carolina. She was a native of Post, Texas, a daughter of the late C.G. and Ignacia Avila Ramon. She had lived in Butler since 1956. She had worked as a Teachers Aid at Watauga Elementary School in Butler for several years before her retirement. She was a member of the Cobbs Creek Baptist Church. She was a member and Past Worthy Matron of Butler Chapter #218, Order of Eastern Star; She previously had been active in the Rainbow Girls. Pat Ramon Matherly graduated from Stratford High School, class of 1949.

Survivors include her husband of 52 years, Ted R. Matherly; two daughters and sons-in-law, Teresa and Bob Burchfield, Conyers, Georgia and Amy and Darrell Ogle, Rutledge, Tennessee; one son and daughter-in-law, Steven and Lisa Matherly, Butler; two sisters, Amelie Miller, Boulder, Colorado and Feliz Fields, Cottonwood, Arizona; three brothers, Tenoch Ramon, San Jose, California; Gordie Ramon, Stratford, Texas and Fin Ramon, Goodwell, Oklahoma; seven grandchildren, Teresa Elizabeth Osborne, Patria Megan Matherly, Adam Hugh Ogle, Robert Blaine Burchfield, Sarah Denise Ogle, Angela Sue Matherly and Michael Thomas short; several nieces and nephews.

Funeral services were conducted Friday, May 13th at 8 p.m. in Memorial Funeral Chapel with Rev. Alan Koch and Ron Manuel officiating.

Graveside services and interment were conducted Saturday May 14, 2005 at 11 a.m. at Butler Memorial Cemetery with Rev. Bruce Simcox officiating.

Active pallbearers were Darrell Ogle, Bob Burchfield, Robert Burchfield, Adam Ogle, RFT Danner and Dustin Osborne.

Memorial Funeral Chapel was in charge of the arrangements.



James D. (J.D.) Smith

James D. (J.D.) Smith, 83, of Stratford, Texas passed away Sunday morning at Coon Memorial Hospital in Dalhart, Texas.

Funeral services for J.D. Smith were held on Tuesday, June 28, 2005 at St. Joseph's Catholic Parish Hall at 2:00 p.m. Interment was in Stratford Cemetery. Services were under the direction of Dawson-Welch funeral Home of Texhoma, Oklahoma. Pall bearers: Ted Allen, Noel Solano, Nick Sanchez, Martin Dettle, James Spurlock and Ramiro Rodriguez.

J. D. was preceded in death by his parents, his first wife Mariette and three children: Susie, J.D., and Victor.

J.D. was born June 9, 1922 in New Mexico to Mr. and Mrs. James Dean Smith. He moved to Stratford from New Mexico in the early 1960's to work as a farmer. He started and worked a tree service in Stratford for many years until early June this year. J.D. married Marta Hernandez on April 20, 1976 in Stratford, Texas. He was an Army Veteran of eleven years, serving both in WWII and Korea. J.D. received an Honorable Discharge on October 3, 1957 with the rank of Warrant Officer Junior Grade.

Survivors: Include his wife of the home Marta H. Smith; one step son Paul Camacho of Amarillo, Texas One nephew: Nick Sanchez of Florida and Brother in Law & wife: Arturo & Ciria Hernandez.

The family suggests memorials be made to the Stratford Education Foundation-Stratford High School Superintendent's office-P.O. Box 108-Stratford, TX 79084

York Awarded Certification of Instructor-of-Trainers

Girl Scouts of the USA and Girl Scouts-Five Star Council awards the Certification of Instructor-of-Trainers to Sherrill Lambert of Borger and Mellonee York of Stratford.

Girl Scout instructor-of-trainers complete a three-stage certification process designed to ensure high-quality training for Girl Scout volunteers nationwide. Consistency and professionalism are the keys to the process.

Lambert and York will train select volunteers, who will in turn train Girl Scout leaders throughout our council jurisdiction.

"Sherrill and Mellonee have been a great asset to the training program in our Council," Kelsey Bratcher, Volunteer Services Specialist for Girl Scouts-Five Star Council said. "Their innovative techniques and dynamic style inspires other trainers as they prepare our Girl Scout Leaders to become excellent role models for the girls."

Having motivated and prepared trainers are important because they will be training the adults who will turn around and be working with the girls.

"Leaders are the backbone of Girl Scouting, the direct link to the girls," Bratcher said.

Girl Scouts of the USA requires that each instructor be certified before training volunteers to be trainers, thereby establishing a consistent



Stratford Boys Compete in Summer Basketball Tournaments

The following boys have been playing in some summer basketball tournaments: Back row: Kaleb Horsford, Brent Reed, Brant Cummings, and Josh Lanning. Front row: Craig Kautz, Hunter Buckles, Harrison Walden, and Daniel Hayes not pictured are Scott Hudson, Brady Bell and Coaches Steve Hayes, and Brett Cummings. They recently placed third in a Mid-American Youth Basketball tournament held in Panhandle. They have played in two Hoop Ten Tournaments and received consolation in one. They played in another Mid-American Youth Basketball tournament held in Perryton and placed third. They will be playing in two more tournaments one in Liberal and in Pampa.

nationwide standard of competency. Only candidates with demonstrated abilities in planning, designing, delivery and evaluating a Train the Trainers course are awarded the certification.

"I am very proud of Sherrill and Mellonee," Bratcher said. "They have worked long and

hard to complete this and they have done a fantastic job."

There are more than 1,000 adult volunteers in Girl Scouts-Five Star Council serving more than 4,000 girls. If you would like to volunteer in any capacity, call 806-356-0096.

Earthworms get air from spaces between particles of soil. When it rains, earthworms come to the surface to avoid drowning!

Arts in the Area

By Gaynelle Riffe

- June 25
July 1-3 "Dead Man's Hand" Mystery
Amarillo College Theatre 806-371-5359
- July 8-10 "Beauty and the Beast" Youth Musical
Amarillo Civic Auditorium 806-378-3096
- 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 17 -
Aug 14 "Lone Star Rising" Outdoor Musical Wed.-Sunday
8:15p.m. 806-677-1706
Lake Meredith Fritch Fortress Amphitheater
Melodrama
- August 4,5,6 Dalhart Community LaRita Theatre 244-5646

THANK YOU!!! SPONSORS OF THE 4TH ANNUAL HOGMEN SCHOLARSHIP TOURNAMENT

Happy State Bank Cimarron Feeders
Stratford Country Club
Thriftway C & D Body Shop
United—Dumas
Brooks Motor Company Mike Boyd
Wesley Miller The Stratford Star

Consumer

(NU) - A big chill is sweeping the coffee industry as iced coffee beverages gain popularity. Consumers are discovering that coffee is just as tasty — and even more refreshing — when served cold. Beverages such as iced vanilla mocha and iced rum coffee are easy to make at home, especially if you use a machine that produces a high quality coffee or espresso. The Capresso CoffeeTeam Luxe, for example, grinds coffee beans right before brewing and allows you to control the strength of your coffee. For refreshing iced coffee recipes, visit www.capresso.com.

Education

(NU) - At school, reading is the essential tool for success in every subject. You can help lay the proper groundwork for your child with an innovative program called ReadEnt, developed by SFK Media Specially for Kids Corp. The program's Reading Movies use a patented technology called "Action Captions" to help children learn. As the movie character speaks, the words simultaneously appear on the screen, one at a time. Experts indicate that these "Action Captions" help activate the cognitive elements of the brain so that reading and spoken language skills develop naturally. To learn more, visit www.sfkmedia.com or call (866) SFK-READ (735-7323).

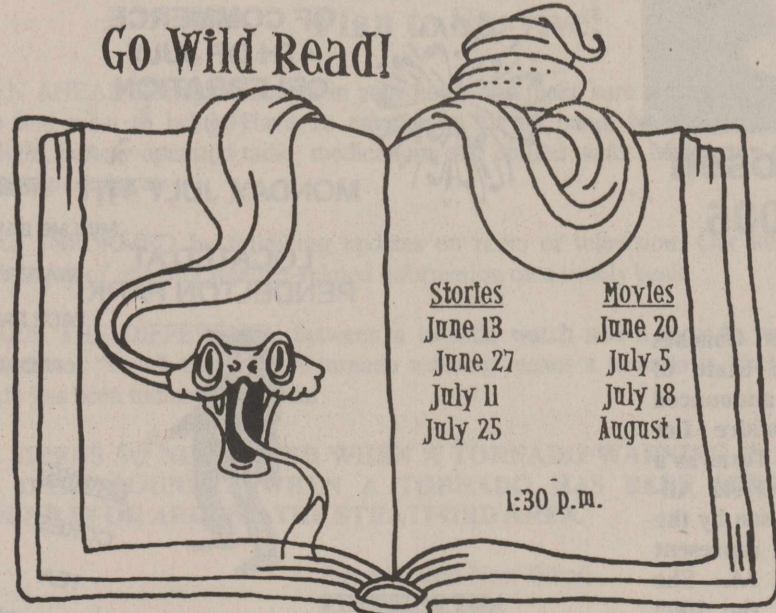
The Stratford Star

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Shari Hudson-Advertising & Photography

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College Rate
The Stratford Star
Box 8
1-806-366-5885
Fax-1-806-366-5885

Go Wild Read!



<u>Stories</u>	<u>Movies</u>
June 13	June 20
June 27	July 5
July 11	July 18
July 25	August 1

1:30 p.m.

Summer Reading Program
at the
Sherman County Public Library

1st Person

JULIE McCOY

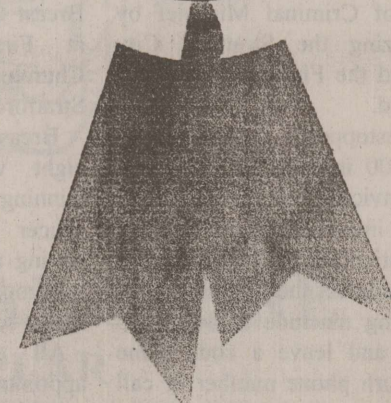
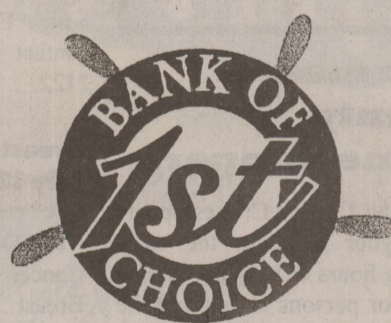
On the front of every dollar there is the word "trust." At First State Bank, we take that commitment seriously. And no one knows that better than Julie McCoy. Julie is new to our Trust Department.

Originally from Kansas, with a degree in Financial Planning, Julie knows the importance of caring for your loved ones future. She tells us, "My favorite part of the job is getting to know our clients." If you want to know how a trust can work for you, come see Julie First. We trust you'll like her.

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Scot Garden Tour Held

SCOT sponsored a Garden Tour on Sunday, June 26, 2005. The folks that attended were fortunate to tour the Backyards of the following people, Mary Riffe, Steve & Tana Pemberton, Dennis & Sherry Phelps, Larry & Judy Drake, Steve and Brenda Johnson and Claude and Leonda Fedric. The yards of all of these individuals were beautiful. If you missed it, it is your loss. These folks keep busy, but their effort is outstanding. Shown above is the backyard of Dennis & Sherry Phelps. Refreshments were served at Scot Hall after the tour.



Class of 1935

CLASS OF 1935: BACK ROW: Arthur Foster, Nola Garoutte Cummings, Marijo Brown Haile (deceased), Maurine Reeder Plunk, Merle Latham Nelson, Jacquelyn Tabar Scott, Lester Plunk (deceased) 3RD ROW: Bess Donelson Wherry, Lucille Mullican Hall (deceased), Joe D. Harrison (deceased), Marjorie Hitchcock Clevenger (deceased), Joe Bob James (deceased), Fern Grimes Ingham (deceased) 2 ROW: Jessie Lee Butler Dowda, Amelea Green Sims, Esther Blankenship (deceased), Mildred Crabtree, Gertrude Reed Donelson (deceased), Louise Mullican Folsom, Mable Clark Page (deceased) 1st ROW: Gladys Batterson Gumm (deceased), Ada Rea Handlin Foster, Dorothy Cooper Kendall, William Steel, Mae Marshall Plunk, Leola Berkstresser Cline (deceased), Emma Lou Flores Williams (not in picture.. had mumps and could not go)

Kerrick News

By Marylou McDaniel

Secret Pals-are you remembering your Pal? It's birthday, anniversary, and Christmas, plus smaller gifts or cards for Valentines, Mother's Day, Halloween, Thanksgiving, etc.

Terry & Barbara Schoonover went to Woodward, OK. Sunday, to be with Randy & Lorene Danner as they welcomed a grandchild. Randy & Barbara are cousins.

Taylor Brooke is the daughter of Audie & Amanda McFarland. She was born June 25 and weighed 7 lbs. 5 oz.

Spending Saturday with Jo June McDaniel were Whit & Jean McDaniel and children of Dumas and John McDaniel of Stratford.

Donna Gillenwaters went on the Garden Tour Sunday. Jo June McDaniel assisted with refreshments at SCOT Hall.

Mike McDaniel was in Aurora, CO., a couple of days visiting with his sister, Patti McDaniel.

A bridal shower for Ashley Wells was held the morning of June 25th at Boise City Baptist church. Ashley is the daughter of Paul & Sandy Wells and granddaughter of Kenneth & Lynn Wells.

Ashley will marry Brock Crews of Keyes, OK. July 9 in a backyard ceremony at the Wells' home.

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Births

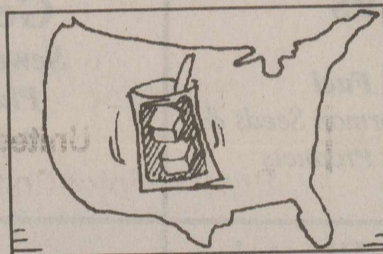
Chris and Mandi Haynes of Lubbock, TX are proud to announce the arrival of their son Timothy Wynn Haynes born June 6, 2005. He weighed 8 lbs 12 oz and 21 inches long.

Maternal Grandparents are Billy & Jeanne Bell of Stratford and Paternal Grandparents are Steve & Linda Haynes of Stratford.

Maternal Great-Grandparents are Paul Engelbrecht of Amarillo, Geneva Bell of Stratford and Dorene Hambrick of Benbrook. Paternal Great-Grandparents are Walden & Joy Haynes of Pampa and Patricia Wynn of Follett.

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

2. 4th of July by James Patterson
3. The Da Vinci Code by Dan Brown
4. The Mermaid Chair by Sue Monk Kidd
6. True Believer by Nicholas Sparks
8. Velocity by Dean Koontz
11. The Closers by Michael Connelly
13. The Twelfth Card by Jeffrey Deaver
14. Rage by Jonathan Kellerman
15. The Five People You Meet in Heaven by Mitch Albom
16. Broken Prey by John Sandford
18. The Broker by John Grisham
19. Angels and Demons by Dan Brown
22. Appaloosa by Robert B. Parker
23. Zorro by Isabel Allende
24. Devil's Corner by Lisa Scottoline
26. Marker by Robin Cook
32. The Hot Kid by Elmore Leonard



Iced tea is the most popular form of the beverage in the United States.

STRATFORD ELK POWERBANDS FOR SALE

\$5.00 Each

THURSDAY, JUNE 30TH, 2:00-4:00 P.M. AT BROOKS VIDEO

Limited Quantity Available!!

Proceeds to help Meghan Brooks attend National Gymnastic Competition in Houston, TX.

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12 mo. 3.53% APY *
24 mo. 4.04% APY *



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Early Withdrawal Penalty may apply. Special expires April 30, 2005

15 Years, 4500 Babies In Dumas

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Normal and high risk pregnancies
Gynecologic cancer screening
Breast cancer screening
Infertility and family planning
Menopause and hormone problems

Dr. Turhan I. Baykan, M.D.
Specializing In
OBSTETRICS-GYNECOLOGY

110 S. Bliss
Monday - Saturday 9 a.m. - 6 p.m.

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 Estudio Biblico &
Servicio De Oracion 6:00 pm
Servicio De Adoracion 6:00 pm Se Cuidamos
Susninos Durante El Servicio.

The Churches of Stratford

Welcome You

Worry Warts are Nearsighted

Not too long ago I had my eyes checked and to my surprise, the doctor took away my trifocals. He gave me a pair of reading glasses. I no longer needed glasses for distance vision. I am farsighted. I need glasses to read. In life, most people are far too nearsighted. They are so consumed with things happening at the moment, they lose sight of eternity. This is a major problem in our overly secularized world. We live for today. We give little thought to tomorrow. The worries and troubles of today overtake us. We have little time or inclination to think about eternal things. The words of Jesus Christ are important here. "Be on guard, that your hearts may not be weighted down with dissipation and drunkenness and the worries of life, and that day come on you suddenly like a trap" (Luke 21:34). We are distracted in so many ways from the major issue of life, where we will spend eternity. If we do not take care, we will never face the issue squarely until it is too late. Where will you spend eternity? Do you know? Now is the time to answer this all important question.

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

Templo Hispano Eben-Ezer

Pastor Roberto Frescas
205 N. Poplar - Hwy 287
Escuela Dominical 10 a.m.
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



A. J. Celebrates 8th birthday

This group of boys celebrated A.J. Riffe's 8th Birthday with gifts to our local Treat'n Troops. Rather than giving a gift to A.J., he chose that each guest bring a gift for our soldiers fighting in Iraq. Shown kneeling: Branson Palmer, A.J. Riffe, Wesley Allen, Alex Farney, Trenton Stone. Standing: Ty Hess, Holten Butler, Stone Tarver, Tanner Stone, John McBroom, Russell Spurlock. Thank you boys, for remembering our local soldiers!!

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.

Deadline for the July 7th edition of The Stratford Star will be Friday, July 1st at 4 p.m. Stratford Star will be closed on Monday, July 4th

Get The Party Started—In An Instant!

(NAPS)—Family and friends often stop by at a moment's notice for good times and great food, yet the spontaneity sometimes leaves hosts feeling hungry for a little more planning time. Now, there's no need to worry about when unexpected guests drop by because the experts at the Kraft Kitchens suggest a mouth-watering entrée—Beyond Basic Burgers—that proves even unplanned menus can be sensational!

Create the burgers using ground chicken, beef, pork or turkey and then customize each burger for your guests using an array of meat add-ins including Kraft Shredded Cheeses, Oscar Mayer Real Bacon Bits, Shake 'N Bake Seasoned Coating Mix and Stove Top Stuffing Mix. To complete the dish, let guests spice up this traditional grilling favorite with a mix-and-match of meats, barbecue sauces, cheeses and other delectable additions.

For those unexpected get-togethers, Kraft Kitchens have created a bountiful menu of sensational recipes from no-fuss appetizers that can be prepared in minutes to sensational sides and decadent desserts. Versatile and easy-to-prepare, additional recipes such as Fruit & Cheese Bites and Velveeta Spicy Spinach Dip are bound to satisfy taste buds in an instant.

To guarantee your instant party is a success, stock your pantry with an assortment of "necessities" so the instant you decide to have guests, you'll be ready to party! For instant party essentials, additional recipes and complete nutrition information, visit kraftfoods.com.

Beyond Basic Burgers		
Take 4 hamburger buns and mix and match your recipe from these options:		
Lean meat options	Add-in choices	Kraft Barbecue Sauce possibilities
ground chicken	1/2 cup Kraft Shredded Colby & Monterey Jack Cheese 2 Tbsp. Oscar Mayer Real Bacon Bits 1 pouch (1/2 of 5.5-oz. pkg.) Shake 'N Bake Original Chicken Seasoned Coating Mix	1/4 cup Original Barbecue Sauce, divided
ground beef	1/2 cup Kraft Shredded Low-Moisture Part-skim Mozzarella Cheese, 1/2 cup bread crumbs	1/4 cup Thick 'N Spicy Original Barbecue Sauce, divided
ground pork	1/2 cup chopped apple, 1 pouch (1/2 of 5.5-oz. pkg.) Shake 'N Bake Original Pork Seasoned Coating Mix	1/4 cup Honey Barbecue Sauce, divided
ground turkey	1/2 cup Stove Top Stuffing Mix for Chicken in the Canister mixed with 1/2 cup water	1/4 cup Thick 'N Spicy Hickory Smoke Barbecue Sauce, divided

PREHEAT grill to medium-hot heat. Mix 1 lb. lean meat, add-ins, and 2 Tbsp. of the Kraft Barbecue Sauce. Shape into 4 patties.
GRILL 7-9 min. on each side or until cooked through (165°F), brushing with remaining 2 Tbsp Kraft Barbecue Sauce during last 2 min. of grilling time.
PLACE patties on buns.

Photo Family Fun

Tips For Taking Great Photos With Your Digital Camera

(NAPS)—Most people tend to take digital pictures in the same way they've used film cameras or disposals. Basically, point and shoot. With practice it's easy to master all of the features offered by your digital camera and the terrific action shots you'll get make it worth the effort.

From Jeffrey Housenbold and Dave Johnson, coauthors of the book "The Shutterfly Guide to Great Digital Photos," come these tips for getting your best pictures.

Freeze the moment with the two-step shutter release.

Know how to use your two-step shutter release. By slightly pressing down on the shutter release button, you can lock the focus. Now continue to hold the button so you can recompose the picture without changing the focus. Once you have the perfect photo, press the button all the way to snap the final shot.

Eliminate the "lag time" by presetting the white balance.

Cameras have an automatic way to adjust for different lighting situations, called white balance. When your white balance is set to the "auto" default, your camera must adjust the colors each time you take a picture, and that creates lag time. Preset your white balance to the lighting you're in—daylight, night, fluorescent or incandescent. You'll get a faster response from your camera and bright, accurate colors every time.



STEP UP: Move close to the subject for that perfect shot.

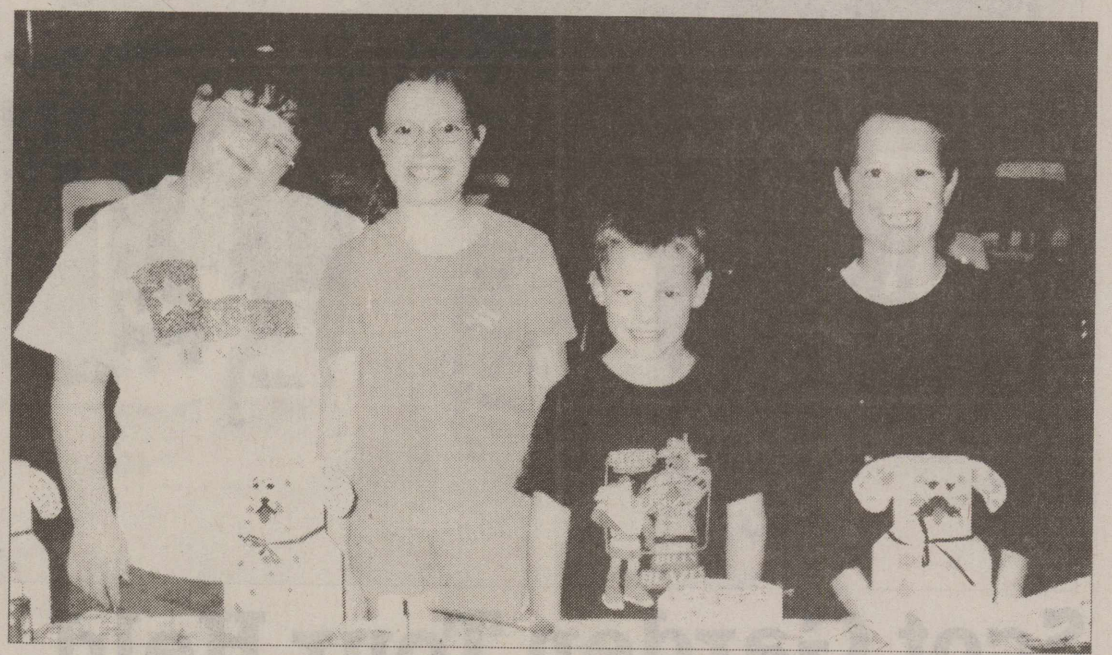
Highlight the motion by panning the camera.

Panning captures your subject in sharp focus while blurring the background. Position yourself to follow the motion of the moving subject. Press the shutter release and hold it down for a few seconds as you swivel your body to follow the subject.

Catch your kids in the act by getting close to the action.

When photographing your child's next soccer game, move closer to the action and stay down at kid level by shooting from your knees or on your belly. Also, your picture will have more impact if you frame the action tightly and keep one or only a few players in the shot.

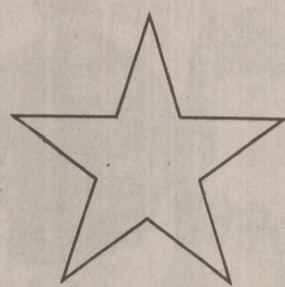
For more information about capturing and preserving your memories, visit www.shutterfly.com.



Imagination Station Main Street Art Program

Mazie Vincent, Mary Ann Spurlock, Zorro Daniels and Russell Spurlock show off their dogs they painted at the Imagination Stations Main Street Art Program in June. Watch for info about our July program!

<h3>Business Directory</h3>	<h3>Stratford Hospital District</h3> <p>Coldwater Manor Stratford Family Medical Clinic Stratford EMS Proudly serving the medical needs of Stratford and Sherman County</p>
<p>WALTER LASLEY & SONS INC. THE Feedyard Since 1953 753-4411</p>	<p>folkst ONE Stroke OSCI BOBBIE STRONG 806-396-2802</p>
<p>Stratford Grain Co. Stratford 396-5541 Lautz 769-4485 4 North Main</p>	<p>Robert's Service Center 400 S. Poplar 396-2882 Tires & Batteries Auto & Lawn Mower Repair</p>
<p>CONSUMERS 208 Texas We Sell Seed & Fuel Farmland, Acco., & Moorman Seeds & Diamond Shamrock Products 366-2261</p>	<p>George Harding Sewer & Drain Cleaning Plumbing, Electrical, Remodeling, Painting 366-2206</p>
<p>Stratford Auto Electric 119 S. Wall, Stratford, Texas 79084 Phone 366-5941 366-5857 Alternator, Starter, Magneto Repair Since 1964</p>	<p>Allen-Tarver Insurance Agency Carolyn A. Tarver Auto • Home • Life • Commercial Bus: (806)396-5810 • Res: (806) 396-2393</p>
<p>Betty Brown's Medical Claim Service 605 S. Main P.O. Box 7 Stratford, TX 79084 806-396-2623</p>	<p>Joe Flores Farm Bureau Insurance 396-5538 office 396-5389 home</p>
<p>Brown's Meat Locker Custom Wholesale & Retail Meat Federally Inspected Hwy 287 South 396-2513</p>	<p>Jesse's Gun Shop Gun Repairs • Sales • Cleaning Hours: Mon. - Fri. - 1730 - 2000 Sat. - 0800-1600 Jesse Resendes (806) 769-4454 (806) 366-3134 Shop 111 S. Maple Stratford, TX 79084</p>
<p>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</p>	<p>Your Home Town Pharmacy ELK PHARMACY 317 N. Main P.O. Box 360 Stratford, TX 79084 806-396-4505 Major Prescription Plans Fulfilled Gayland Vandiver, R.Ph. Debbi Vandiver/ Owners Carlton Cards...Millionaire Candy, Gifts Gookie and Balloon Bouquets</p>
<p>This Space Available Call 366-5885</p>	<p>Tommy's Embroidery 580-423-7718 Texhoma, OK 210 Hwy 54 West Caps, Shirts, Jackets, Baby Blankets, Towels, Towel Wraps, School Logos, & Much More!</p>
<p>THRIFTWAY Big Town Selection ★ Small Town Friendliness Wide Selection Frozen Food Quality Foods Fresh Produce Hwy 54 East 396-5586</p>	<p>Decks, Porches, Patios, Awning, Fence repair and New fence, Painting and Dry wall All Types of Construction 935-5890-or-930-6545 930-0339</p>
<p>Joan Bell THE TRAVEL STORE affiliated with National Travel Systems A Full Service Travel Agency 396-5958 1-800-753-2792</p>	<p>Joc Taylor, Photography PO Box 27 1305 N Chestnut Stratford, TX 79084 806-366-2459 Weddings, Portraits, Etc.</p>
<p>This space available</p>	<p>DAVID J. CROSS Rockin' C Cross Appraisals Bus: (806) 366-7525 Fax: (806) 366-7515 rockinc@xit.net 401 N. 3rd Suite 8 P.O. Box 1168 Stratford, TX 79084</p>



It Pays To Look In The

Star Classifieds

..The Best Salesperson Around

Phone 366-5885

For Sale

For Sale: Nice Pottery, 3 miles south of Dalhart on Hwy 87. Daniel Meyer-Cal 244-0546.
6-30-c

For Sale: 1993 Chevy Blazer, low mileage, 4 WD, call 366-5308 or 396-5978.
3-24-tfn

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

For Sale: Used Navy Blue Carpet, Approx. 2000 Sq. Ft. Call 366-3520.
6-30-c

For Sale Electric Lawn mower, like new, please call 396-2328.
6-30-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

Help Wanted: Tire Serviceman/shop hand with experienced preferred. Call Bain Tire Inc. 806-396-5341.
7-14-c3x

Help Wanted-Counter Salesman for A&I Parts. Contact Jerry at 366-5592 or 753-7593.
7-7-c2x

Garage Sales

Garage Sale: 1219 N. Butler, Sat. July 2nd, 8 a.m. to? Toys, Baby items, furniture and more!
6-30-c

Garage Sale: Sat. July 2-8 a.m. to 1 Building on Hwy 54 East.
6-30-c

Garage Sale: Saturday, July 2nd, 1219 North Butler, 8 a.m. - ? Toys, baby items, furniture and more!
6-30-1xc

DALLAM-HARTLEY COUNTIES HOSPITAL DISTRICT

Coon Memorial Home Health Care/Hospice in Dalhart, Texas has an immediate opening for an RN. Call Loree Elliott at 806-244-8555.

Human Resources Dept. Coon Memorial Hospital
1411 Denver Avenue
Dalhart, Texas
EOE
www.dhchd.org

Nutrition

(NU) - Trend-watchers predict that a diet based on the glycemic index, a scale that accounts for the impact individual foods have on blood sugar, will be popular in the U.S. this year. As food manufacturers follow suit, labels will increasingly advise consumers of the low-glycemic nature of certain products. Atkins Nutritionals Inc. is already one step ahead. Through its own methodology, Atkins has been accurately measuring the effect that certain foods have on a person's blood sugar. The result of this process is called the "Net Atkins Count." The new Net Atkins Count will make Atkins products especially easy to incorporate into any healthy lifestyle that seeks to stabilize blood sugar levels. To learn more, visit www.atkins.com.

Services

Tree trimming or removal. Call Dusty Stewart for a free bid. 366-7601.
6-9-tfn

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.
9-16-tfn

For Rent

One bedroom completely furnished house for rent. Call 396-2125.
4-7-tfn

For Rent: Office space on Main Street for rent. For information call (806) 396-5541.
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 Bdrm at 609 N. Grace. Call 366-2008 for more information.
5-12-tfn

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 & facilities.

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 with homes
www.scotlandcompany.com
Shawn Gillispie 806/922-5532
Ben G. Scott-Broker-800/933-9698 day/ve

*PRICE REDUCED!! 620 n. Wall-3B/3B 2100 Sq. FT-\$90,000
806-249-5263-806-333-0420
6-16-tfn

Houses for Sale

For Sale: 919 N. 7th Street across from City Park, 3 bedroom 1-1/4 bath, Lg. Dining Room & kitchen, metal fence, 2 storage bldgs on corner lot. 366-3102.
6-30-c

For Sale: Our home at 619 S. Pearl. 2572 sq. ft. living area, 3 b, 2 b, fireplace, heated tile floor in den & kitchen, 2 car garage, separate storage garage extra lg. Lot 366-5829 or 753-7775.
4-22-tfn

3 Bdrm Brick, 2 baths on large corner lot. 1201 NW 2nd St. Sprinkler system, fenced yard. Located in Casa Bonita Addition. Call 366-2153 for appointment.
10-21-tfn

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

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.
3-24-tfn

House for Sale: 802 N. Fulton, Carport, CH/A Heat Pump system. Call 396-2007.
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.
11-4-tfn

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 neighborhood! 202 Kay Ave. Approx. 3800 sq. ft. Call 806-366-2482.
4-22-tfn

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.
6-16-tfn

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 366-3678
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

Ad Rem Land Co.
803 S Bliss
Dumas, TX 79029
806-935-7364



Home Well Cared for! This 2 bedroom, 1.5 bath home has two living areas, a wonderful fireplace and entire home has been well kept.
43,500

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

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

Pet of the Week



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

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

We are also seeking responsible individuals to provide foster care for the dogs. If you feel you would like to take one or two and care for them for a couple of months, we will provide 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.

Compliance
Cont. from page 1

With 100% compliance, you can become a C2 partner. Potential C2 partners receive a confidential compliance evaluation by an independent third party consultant. The potential partner is then given an opportunity to correct any problems, and demonstrate complete compliance on a follow-up visit.

Qualifying for the C2 Partnership Program can improve your compliance history rating and make you eligible for a one-year waiver of scheduled inspections by the TCEQ, the EPA, and local enforcement programs in Dallas, El Paso, Harris County, Houston, Galveston County, Fort Worth and Pasadena.

This is a statewide program and can be conducted in

Spanish.

Some of the businesses we have worked with include:

1. Dry Cleaners, Automotive Repair/AutoBody Repair/Auto Salvage, Fleet Maintenance, Metal Finishers/Fabricators, Surface Coating, Concrete Batch and many more.

To qualify you must be:

2. A small business of 100 employees or less,
2. A city with a population of 50,000 people or less, or
4. A County with a population of 100,000 or less.

So what are you waiting for? Contact your local SBLGA specialist or call 1-800-447-2827 for more information about the Compliance Commitment (C2) Partnership Program. All inquiries are confidential.

Cards of Thanks

We at SCOT Hall would like to give a big "Thank You" to those who allowed us to tour their yards on Sunday-Steve & Tana Pemberton, Dennis & Sherry Phelps, Larry & Judy Drake, Steve & Brenda Johnson, Claude & Leonda Fedric, and Mary Riffe. Thanks, too, to those who attended and helped make it a big success; to the Stratford Star for the publicity, and to Vicki Gore for the programs; and a special thank you goes to Lynn Wells for all her work in coordinating.

Real Estate

(NU) - A recent survey of people age 50 and older revealed that their attitudes about real estate are changing and contradicting some long-held assumptions. For instance, the survey by ERA Real Estate, a global leader in the residential real estate industry, found that browsing the Web was the most popular method for home-buying research among seniors who are planning to move within five years. To help meet the needs of mature homebuyers and sellers, ERA has developed a program called ERA New Thresholds. The program was among the first of its kind to comprehensively address the home-buying and selling needs of the mature market. ERA Real Estate offices have a variety of materials available expressly for mature consumers. For more information, visit www.era.com.

HEALTH

Bone Up on Your Calcium And Fiber Knowledge

NewsUSA

(NU) - For many Americans, getting the recommended daily amount of nutrients can be challenging — particularly when it comes to dietary fiber and calcium.

The National Academy of Sciences and the National Osteoporosis Foundation report that adult men and women require a daily calcium intake of 1,000 milligrams to 1,200 milligrams a day, the equivalent of four 8-ounce glasses of milk, to ensure good bone health.

However, according to the National Institutes of Health, a large percentage of Americans fail to meet the recommended guidelines for optimal calcium intake — putting them at increased risk for osteoporosis, a significant health threat for both women and men and the major underlying cause of bone fractures in postmenopausal women and the elderly.

Americans also face a troubling national "fiber deficit." According to Columbia University, typical consumption of fiber averages 10 grams to 15 grams daily — less than half the recommended allowance. Leading health experts and members of the National Fiber Council, whose Web site is www.nationalfibercouncil.org, encourage Americans to consume at least 32 grams of dietary fiber per day. Fiber keeps the digestive

system running smoothly and may help prevent many diseases. In fact, "soluble" fiber has been shown to reduce the risk of coronary heart disease by lowering cholesterol and some research indicates fiber may help prevent Type 2 diabetes and high blood pressure.

Here are some tips from Pat Baird, member of the National Fiber Council and registered dietitian, on adding fiber and calcium to the diet:

- Start off the day by combining fiber and calcium-rich foods, such as a bowl of whole-grain cereal with milk, yogurt sprinkled with fresh berries or calcium-fortified orange juice.

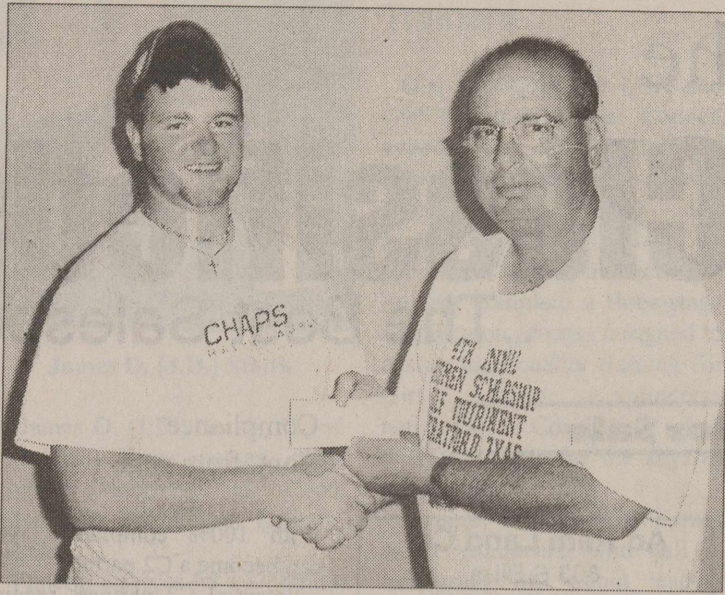
- Choose healthful snacks such as string cheese, nuts, air-popped popcorn or cottage cheese.

- Calcium can be found in foods such as broccoli, dry roasted almonds and dried figs — all of which also are sources of dietary fiber.
- Supplements, such as Metamucil Capsules Plus Calcium, which provides 3 grams of psyllium fiber and 300 milligrams of elemental calcium per serving, are a viable option for those unable to meet their daily calcium and fiber requirements through food and drink intake alone.

To learn more about the benefits of fiber and calcium, visit www.metamucil.com.

Deadline for the July 7th edition of The Stratford Star will be Friday, July 1st at 4 p.m. Stratford Star will be closed on Monday, July 4th

4th Annual Hogmen Scholarship Tournament



Coach Jim Hand presents Trent Boyd with this year's Hogmen scholarship of \$950.00.



1st Place Team Hogman Tournament L/R: Trent Boyd, Billy Elliott, Mike Shafer, Duane Pittman, and Sandro Gomez.



2nd Place Team Hogman Tournament L/R: Coach Metcalf, Skyler Walden, Landan Luna, Jack Swain.



3rd Place Team Hogman Tournament L/R: Harrison Walden, Connor Vincent, Jim Pearce, Cody Carter & Scott Hudson.

4th Annual Hogmen Scholarship Tournament

Thursday, June 16th at the Stratford Country Club was a night with good food, fun, weather and EVEN some pretty good golf. There were 30 individuals that participated in the first tournament to be held in Stratford. The tournament is a night to honor the "Big Boys" on the football field.

The first place team was made up of Duane Pittman, Billy Elliot, Mike Shafer, Trenton Boyd and Sandro Gomez.

The second place team was Skyler Walden, Coach Metcalf, Landan Luna, and Jack Swain.

The third place team was Jim Pearce, Scott Hudson, Connor Vincent, Harrison Walden and Cody Carter.

Every participant received an official Hogmen Tournament shirt thanks to Doak Crabtree and Happy State Bank. Better than the golf game is the eating. Chad Hinds and Cimarron Feeders provided the beef. The drinks and fixings were provided by Thriftway of Stratford and United Supermarket of Dumas. Mike Boyd and Wesley Miller prepared the food. A thanks goes

out to all of these.

The night was a success thanks to the great sponsors and support. In Stratford, both qualities are strong. A tremendous thanks goes out to the Stratford Country Club, their board, Chris Gomez and all of his workers for their help.

The main purpose of the tournament is to award a scholarship to a graduating senior. This year's scholarship of \$950 went to Trenton Boyd.

The other big award of the night was the giving away of the 1989 Chevy pickup. The "Hogs" sold about \$1000 worth of chances with the money going into the scholarship fund. The winner of the truck was Mrs. Maria Rodriguez of Dumas.

Once again, a HUGE thanks goes to all sponsors and players. The planning and working on the 5th Annual Hogmen Scholarship Tournament has already begun.



One person can take care of up to 200 cattle.

OPSU Lands Two National Rodeo Individual Crowns

Casper, WY-One member of Oklahoma Panhandle State's rodeo team captured a championship, and another Aggie gained a share of a title late Saturday at the College national Finals Rodeo in the Casper Event Center.

Erica Brown of OPSU won the breakaway roping championship with a final-round time of 2.0 seconds and a total of 11.2 seconds on four attempts. Jaclyn Hobbs of Tarleton State was second with a total time of 12.0 seconds.

Trell Etbauer of OPSU shared top honors in steer wrestling. Etbauer, who posted a time of 6.6 seconds in the short go-round, tied with Tyrel Turner of Central Wyoming with a total of 23.7 seconds for the three rounds. Turner had a time of 4.3 seconds in Saturday's short go-round.

Dusty Hausauer of OPSU finished second, 15 points behind Oscar Heidler of National American University for the top spot in saddle bronc riding. Hausauer trailed Heidler by 13 points going into the final round. Stacey Watland of OPSU finished seventh overall in goat tying.

Tarleton State won the men's and women's national team championships.

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).

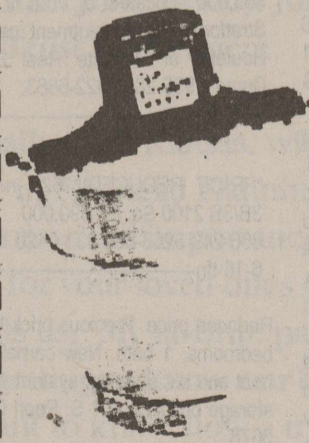
GET LOW! If you are in open country, take cover on low, protected ground.

Deadline for the July 7th edition of The Stratford Star will be Friday, July 1st at 4 p.m. Stratford Star will be closed on Monday, July 4th

Get your 4th of July started With a "BANG"!



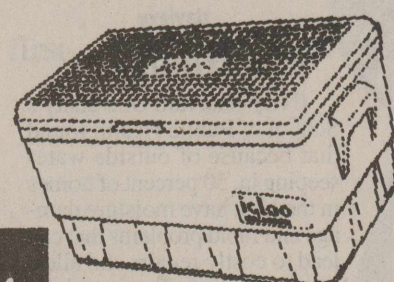
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