Number 27 July 7, 2005



Tim Weldon Joins First State Bank

First State Bank is pleased to announce that Tim Weldon has been hired as Vice President and Ag Loan officer for the Stratford location. He will begin on July 1st.

A native of Gruver, Tim has an extensive agricultural background and brings many years of experience to the bank. Most recently, Tim has served as the Dallam and Hartley Counties Agricultural Extension Agent since July 2004. Prior to that, he served in Kent County as their Agricultural Extension Agent for three years.

Tim also has experience as a manager of an agricultural flying service, as well as farming and ranching in the Perryton and Gruver areas.

Tim and his wife, Blynn, along with their daughter Bailey plan to relocate to Stratford from Dalhart. Tim and Blynn have four other children and one grandchild.

It's Hammer Time!!

Come join us at the Imagination Station on Friday, July 15th at 1:00 p.m. for the second session of our Main Street Art Program. We will be building wooden bird feeders (and painting them if you want). We will even give you some feed to start off your feeder with. The cost is \$5.00 per person-ALL ages are welcome. If you can, please bring your own hammer. It is not necessary to pre-register but it would be helpful to insure enough supplies. For preregistration or questions please call Laurie Spurlock at 366-2772.

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.

Cotton Turnrow Meeting

Area farmers are invited to a cotton turnrow meeting on Friday, July 8, 2005 at the David Ford Farm 2 miles south of the Middle Well elevators on County Line Road. The plots located on the west side of the road. The meeting will start at 9:00 a.m. with viewing and discussion of cotton weed control plots. The plots include several pre and post herbicide treatments to look at as well as some new herbicide combinations that look very good. Dr. Brent Bean, Extension Agronomist will be on hand to discuss the plots. Tim Trimble, Moore County Agent will be current insect discussing situation, scouting and insect identification. Two CEU's will be offered for private, noncommercial, and commercial

For more information about Moore County Agriculture, Family & Consumer Sciences, 4-H or Community Development, contact the Texas Cooperative Extension-Moore County at the Moore County Annex, 310 E. 1st., Room 100 or call (806) 935-2594. Extension programs serve all ages regardless of socioeconomic level, race, color, sex, religion, disability, or national origin.

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

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 Independent School District Board of Trustees Special Session June 27, 2005

The Stratford ISD Board of Trustees met in regular session on Monday, June 27, 2005 in the High School Library.

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

Board members present: Joe Reinart, Brent Spurlock, Steve Hays, Patti Vincent, Barney Willborn, Gared McBryde.

Board member absent: DeWain Trayler. Guests present were Dinah Horsford, Jim Pearce and Clint Seward.

Tim Gilliland led the invocation.

Joe Reinart read a letter of resignation from Tim Gilliland, Middle School Principal. Steve Hays made the motion and Brent Spurlock seconded to accept the resignation. Motion carried 6-0.

Patti Vincent made the motion and Gared McBryde seconded to hire Tim Gilliland as the superintendent of schools. Motion carried 6-0.

Jim Pearce discussed with the board details of the computer proposals. He explained how Westgate computer proposal meet all required specs. Gared McBryde made the motion and Steve Hays seconded to rescind all computer proposals received on the Mary Allen computer lab. Motion carried 6-0.

Mr. Gilliland read the new proposals received for the Mary Allen Computer Lab. They were as follows:

Westgate Computers \$935.00 each (Total \$20,570) Meet

specs
Dell \$930.87 each (Total

\$20,479.14) Didn't meet specs ASI \$976.00 each (Total \$21,472) Didn't meet specs SEE ATTACHMENT

Brent Spurlock made the motion and Barney Willborn seconded to accept the proposal from Westgate Computers in the amount of \$20,570. Motion carried 6-0.

Discussion was held on declaring the termite spraying as an emergency. Stevenson and Sons Pest Control will spray the old section of the Mary Allen and all of the Junior High for a total amount of \$26,000.00. Gared McBryde made the motion and Barney Willborn seconded to declare this bid as an emergency. Motion carried 6-0:

The board took a short recess at 7:20 p.m.

At 7:38 p.m. the board entered into executive session pursuant to Texas Government Code Section 551.074.

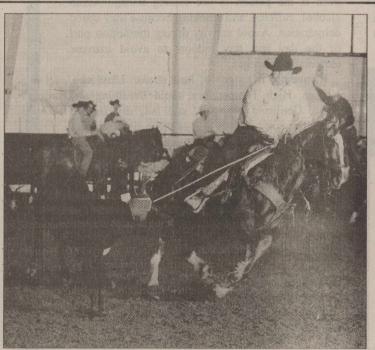
At 8:41 the board reconvened into open session.

Brent Spurlock made the motion and Patti Vincent seconded to hire Clint Seward as the Junior High Principal. Motion carried 6-0.

Barney Willborn made the motion and Steve Hays seconded to hire Cindy Seward subject to assignment. Motion carried 6-0.

Discussion was held on the service road, the chain link fence around the Athletic facilities, the parking lots, security issues and the vehicle replacement schedule.

There being no further business, the meeting was adjourned at 9:35 p.m.



Mark Miller and his horse "Badger"

Aliller Honored by AQHA & Bayertm

Denver-Mark Miller, a recent graduate of Stratford High School and his registered American Quarter horse Redge Sante aka "Badger" were recently honored by the American Quarter Horse Association and legend by Bayer with a \$300 college scholarship and a Tod Slone Saddles breast collar for being named the Texas High School Rodeo Association's Boy's Horse of the Year winners at the Texas High School Finals Rodeo held 6/13-6/18, 2005 at the Expo Center of Taylor County, Abilene, Texas.

To be eligible for the AQHA Bayer Horse of the Year honors, the rider had to be a current member of the National High School Rodeo Association and of the American Quarter Horse Youth Association. In addition, the nominated horse

had to be a registered American Quarter Horse. all eligibility requirements were met, the horse and rider earned points by qualifying for and competing at their respective state or provincial finals. The horse and rider who earned the most points were awarded the honor being named the AQHA Bayer Horse of the Year. From there, they are eligible to compete for national AQHA Bayer Horse of the Year honors by competing at the National High School Finals Rodeo held July 18-24, 2005 in Gillette, Wyoming. At the National High School Finals Rodeo, AQHA Bayer Horse of the Year contestants will

be vying for \$5,000 in college scholarships and another \$4,000 in prizes sponsored by the American Quarter Horse Association and Legend by Bayer.

"The NHSRA is very proud to have the AQHA and Bayer

Attention Electricians

The 79th Texas Legislature provided an opportunity for all experienced electricians who have not yet received their state license to obtain a license without having to pass the state electrician exam.

House Bill 1317, which was authored by State Representative Joe Driver, reopens the grandfathering period for electrical licenses, effective immediately. Under this bill, electricians who hold a municipal or regional license, or who can demonstrate that he or she has the required amount of education and experience, will have until December 31, 2005, to obtain a license without passing the state electrician

The state electrician licensing program was created by the 78th Texas Legislature. Since September 1, 2004, all electricians in Texas are required to be licensed, either by the state or by a municipal or regional authority, unless exempted by law. Since the law took effect more than 97,000 electricians across the state have received state licenses.

The original law allowed for a grandfathering period from

Cont. on page 6

as national corporate partners. It is the sponsorship support that the NHSRA receives from its valuable corporate partners that allow it to assist with the development of dedication, leadership, responsibility, and commitment in today's young people, "explains NHSRA Marketing Director Mitchel Miller.

STRATFORD JAMBOREE PARADE "CELEBRATING THE SEASONS"

The Stratford Jamboree invites you to show off your town, organization or business in the Stratford Jamboree Parade, Saturday July 30, 2005. The Parade theme is "CELEBRATING THE SEASONS".

Entries will be judged for awards: Theme Floats 1st - \$100.00, 2nd - \$80.00, 3rd - \$65.00 Commercial & Organization Floats (Separate Adult and Youth categories)

Riding clubs must be attired in long-sleeved western shirts, blue jeans, boots and hat. Individual Cowgirl or Cowboy 1st prize-\$35.00, 2nd - \$20.00 Riding Club - 1st prize-\$35.00, 2nd - \$20.00

Kiddie entries – Theme & Non-Theme, prizes ranging from \$7.50 to \$1.50

Parade entries will be placed and judged at 10:00am at the Stratford Depot parking lot. Horse participants may unload and park trailers on the CRP ground north of the ball park (the end of the parade) and assemble on the vacant lot north of the water tower. Kiddie entries will be placed and judged at the Stratford Grain Feed Store parking lot.

Please fill out this form below and return it to the Stratford Jamboree (Happy Bank) or the City Hall by July 29, 2005.

For more information contact:

Sean Hardman, Parade Chairman 366-5581(work) 366-3650(home) Stratford Jamboree (Trish) 366-2265

Stratford Jamboree Parade Entry PO Box 1 Stratford, Texas 79084 City Hall PO Box 188 Stratford, Texas 79084

CIRCLE ENTRY AND INDICATE NUMBER IN GROUP

Automobile Open Class Wagon or Buggy

Riding Club Cowboy/Cowgirl – Junior/Senior Machinery/Equipment

Theme Float – Commercial/Adult Organization/Junior Organization

Kiddie – Theme / Open Class Marching Organization

Number in Group______

For publicity purposes, please give a description of your entry and identify the participants.

Organization Name: Contact Person: Telephone:

Knights For Christ By Dawn Bright

Knights for Christ is a non-Christian Youth profit, Service Community Organization, started by Dawn and Shawn Bright earlier this year. Dawn has been inspired to work with young people for. over 10 years. She has worked in the youth ministries at some of the largest churches in the United States, as well as in smaller churches. She home schools 4 children of her own, which helped inspire her to start an organization to help the youth of her community.

Since then Dawn has studied laws on Christian organizations and awaited the

Cont. on page 6

BOBBY EDMOND HORSE SALES

SPECIAL SUMMER Riding Horse



Saturday Mares & Stallions All Breeds

Registered & Grade Expecting 175+

Overall \$1592

BUY WITH CONFIDENCE

 No-PreConsignment-Videos Welcome Fee: \$35 per head. All horses will be

JULY 2004 AVERAGES TOP 5 \$5050 TOP 10 \$4470 shown under saddle Accepting horses TOP 15 \$4065 beginning Friday. July 15 at 8 a.m. TOP 20 \$3750

OPEN SALE

Sunday, July 17 - 10 am

AMARILLO LIVESTOCK AUCTION (S.E. 3rd & Manhattan) AMARILLO, TEXAS

(806)396-2880 • (806)396-5828 SALE DAY (806)373-7464

Heed the Heat

By Susie Spurlock

Hot weather can be a problem for older people with heart problems and other health issues, especially people living alone or on fixed incomes. Overexposure to heat and sun can cause dehydration and heat stroke. So, pay special attention to the person in your care when temperatures are above 90 Degrees F and humidly is high (75% or more).

An older person is at greater risk of heat exhaustion which can become heat stroke because the aging body is less able to cool itself. Some medications and heart disease can increase the likelihood of heat stroke. Also, an elderly person may not feel the heat as much as a young person

To prevent heat stroke, ask the doctor or pharmacist if the medicine the person is taking can increase the risk of heat stroke. Use clothing made of light-colored, loose, breathable, lightweight fabrics. Use a fan, an air-conditioner, or a cool wet cloth on the forehead. Offer 6 to 8 glasses of water even if the person is not feeling thirsty. Avoid alcohol, caffeine, and smoking because they speed dehydration. Avoid activity during the hottest part of the day and stay indoors to avoid extreme temperature changes.

Remember the signs of heat stroke: Headache, Nausea, High Temperature, rapid Breathing and pulse, Confused behavior, and hot, dry flushed skin. If you experience any of these signs, consult the doctor immediately to get emergency help.

As a person ages, he or she feels less thirsty, so a special effort should be made to provide fluids to prevent dehydration. A person's fluid balance can be affected by medication, emotional stress, exercise, nourishment, general health, and of course, the weather. Dehydration, especially in the elderly, can increase confusion and muscle weakness and cause nausea. Nausea, in turn, will prevent the person from wanting to eat and drink, thereby causing more dehydration.

Make this a safe and fun summer by finding ways to keep your cool.

Grilling Tips

Be organized—Have everything you need, including kosher salt, ready before you start.

Gauge the heat—Place your hand about six inches above the grate. You should be able to hold it there for three seconds.

Keep it lubricated—Always oil the grate before using it.

Turn, don't stab-Use tongs or a spatula. A fork will drain flavor-rich juices.

Give it a rest-Grilled foods taste better and juicier if let standing for a few minutes before

Source: www.foodfit.com Diamond Crystal kosher salt is available at select grocery stores or by calling 1-800-428-4244.

TOTAL TO THE PROPERTY OF THE PARTY.

15therson

LYNZ **McCRACKEN**

First State Bank would like to introduce Lynz McCracken as our newest employee in Stratford. Lynz, a Stratford native, has joined First State Bank's Lending Department.

"My husband and I are so excited to be back in our hometown, and I am proud to be part of First State Bank's Lending Team," Lynz tells

If you are thinking about getting a loan, think of Lynz First.

First State Bank. You Come First with Us.



396-5521 · 800-766-4518 · 302 N Main Stratford · Dumas · Dalhart · Member FDIC



BUY A 32 OZ. TALLSUP

Now should farm many he



NO. 3

COMBO NO. 5

COMBO NO. 6

NO. 7

COMBO NO. 8

COMBO NO. 9

& 32 OZ. TALLSUP

2 CORN DOGS & 32 OZ. TALLSUP

CHIMICHANGA

& 32 OZ. TALLSUP

& 32 OZ. TALLSUP

2 BEEF & BEAN BURRITOS

3 TAMALES, HOWLERS

HOMESTYLE POPCORN CHICKEN

SPICY POPCORN CHICKEN

2 HOT LINKS WITH BREAD

SHURFINE FAST LITE 2 LB. BAG JONES SODA ASSORTED FLAVORS **BAR-S BOLOGNA** 12 OZ. / REG. \$1.49 ALLSUP'S SANDWICH BREAD 24 OZ. / 79t EACH OR ALLSUP'S WHEAT BREAD WRIGLEY ECLUPSE MINTS 1 CT. / REG. \$1.79 CHERRY MASH CHERRY MASH 1CT. / 89¢ EACH OR 2 FOR \$ 1 00 KELLOGG'S CEREAL IN A CUP ASST. FLAVORS
1 CT. / REG. \$1.09
TOP RAMEN NOODLES ASST. FLAVORS
3 OZ. / 29¢ EACH OR

SPAAN SPAM \$ 7 29 3 PER ORDER .. JOLLY TIME BLAST-O-BUTTER POPCORN 2 PACK / REG. \$2.99 SO DRI PAPER TOWELS .. 59 SINGLE ROLL PKG. / REG. 75¢ SOFT'N GENTLE BATHROOM TISSUE

MARDI GRAS NAPKINS

120 CT. / REG. \$1.19

16 OZ. / 20 COUNT

CASCADE DISHWASHER POWDER

50 OZ. / REG. \$3.29

FUJI QUIKSNAP 27 EXP. 400 CAMERA

4.6 OZ. / REG. \$2.99

REG. \$7.79

MUST BE OF LIKE KINDBUY ONE GET ONE FREE

CREST TOOTHPASTE REG. OR TARTAR CONTROL \$ 799

SOLO PLASTIC CUPS

99

\$499



Engagement Announcement

and Mrs. Jose Aguilera of Stratford announce the agement and approaching August marriage of their son ear, to Rebecca Cavazos. Rebecca is the daughter of Mr. and s. Richard Cavazos, of Amarillo. The bride-to-be is employed Hoffman, Sheffield, Sauseda and Hoffman Law Firm. The spective Groom is employed at Ben E. Keith. The couple n to reside in Amarillo following their marriage.

hanns Announces st USDA Farm Bill rum & Topics for **Iblic Comment**

griculture Secretary Mike anns June 16th, 2005 nounced the first Farm Bill rum and the topics on which

U.s. Department of riculture (USDA) will be king input from America's mers, ranchers and rural regarding velopment of the 2007 Farm

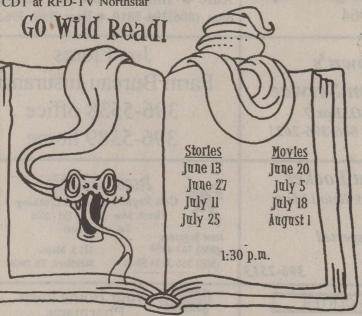
The next farm bill will affect nerica's entire agricultural mmunity," said Johanns. hat's why I want to ask nerica's farmers and ranchers w our farm policy is working d how we can make it better. believe very strongly that they serve a voice in this process." The first Farm Bill Forum will held in Nashville, Tennessee July 7th from 6:00 to 10:00 n CDT at RFD-TV Northstar

Studios. The public is invited to attend and participate in the forum, which will be broadcast live on RFD-TV. In addition to accommodating approximately 300 in the audience, the forum also will accept calls from

announcement in remarks to the State Convention of the Illinois FFA in Springfield, IL. The authorizes many of the programs operated by USDA, expires with the 2007 crop year. Johanns noted that in his that he was remarks approaching the Farm Bill Forums with an open mind. "I do not begin this process with preconceived notions about the direction future farm policy should take, "said Johanns, "We will use the feedback we receive to help us determine the best course for a new Farm Bill."

Throughout 2005, Johanna

across the nation. Johanns made 2002 Farm Bill, which



Summer Reading Program at the Sherman County Public Library and other senior USDA officials will participate in the Farm Bill Forums that will be held across the country. The dates, locations and times of the forums will be announced as they are scheduled and be available on USDA website at http://www.usda.gov/farmbill.

The public will be invited to attend the forums and to present oral comments.

As the current Farm Bill covers a diverse array of program area, six topics have been identified to provide a framework for the forums. The primary topics addressed at the forums will reflect various concerns affecting America such as commodity, conservation, and economic development issues. In addition, some forums will be dedicated to other important programs authorized by the farm bill such as food research and assistance, education programs.

USDA will be seeking pubic discussion on farm policy considerations regarding the competitiveness of U.S. agriculture in global and domestic markets; challenges facing new farmers and ranchers as they enter agriculture; appropriateness effectiveness of the distribution of farm program benefits; achievement of conservation and environmental goals and enhancement of rural economic growth and opportunities to expand agricultural products, markets and research.

The public will be invited to provide comments on six specific questions based on these policy considerations:

1. How should farm policy be

designed to maximize U.S. competitiveness and country's ability to effectively compete in global markets?

2. How should farm policy address any unintended consequences and ensure that such consequences do not discourage new farmers and the next generation of farmers from entering production agriculture? 3. How should farm policy be designed to effectively and fairly distribute assistance to producers?

4. How can farm policy best achieve conservation and

Cont. on page 4

The Stratford Star

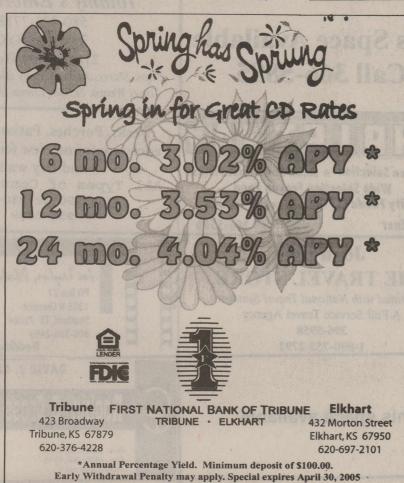
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79084 Martha (Marty) Robertson Editor & Publisher Shari Hudson-Advertising & Photography

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Box 8





Class of 1985

Class of 1985 L/R Top: EL. Bas, Supt; Kevin Cotney, Berry Summerour, Monica Dettle, Kerry Boren, Collin McKinney, Christy Lancaster, Travis Williams, Sam Brite, Principal. (2) Mike Yell, Sponsor; Shirlyn Christian, Sponsor; (3) Andy Alexander, Chris Baker, Paper Bennett, Drew Blake, Russel Brooks, Leah Brown, Robbie Bullock, Jean Cleavinger, Richard Cloyd, Chris Crabtree, Todd Drake; (4) Laura Duran, Mari K Engelbrecht, Becky Goad, Alvin Hamrick, Joe Harker, Serena Heiskel, Brenda Herbel, Floyd Keener, Deana Lane, Nanette Lasley, Kevin Long, Ramona Martinez, (5) Shawn Meidinger, Doug Mires, Pat Oakley, Sabrina Palmer, Keith Parsons, Doug Pickens, Eddie Pickens, Krisann Reese, Irma Rendon, Sheila Robertson, Seth Sawyer, Jerry Trevino.

15 Years, 4500 Babies In Dumas

Vomen's Health Center Normal and high risk pregnancies

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Specializing In **OBSTETRICS-GYNECOLOGY** 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

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.

Rev. Dr. Johnson, Reiki Master

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**

Domingo-(Sunday)

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

Estuela Dominical 9:45 am Miercoles (Wednesday) Servicio De Adoration 11:00 am

Estudio Biblico & Servicio De Oraction 6:00 pm Servicio De Adoration 6:00 pm Se Cuidamos Susninos Durante El Servicio.

The Churches of Stratford Welcome You

Marriage is Honorable

The old time traditional family and the institution of marriage have fallen on hard times. Divorce rates have been high for a number of years. Sex education, safe sex theories and the big push to condom use have not slowed the rate of teen pregnancies. Homosexuality and lesbianism are presenting themselves as viable alternative life styles. Neither the sanctity of marriage nor the immorality of sexual activity outside of marriage enter into the discussion of thee matters. What is the answer to this breakdown in families and in marriage? There is a desperate need for people, young and old, married and single, to understand the real meaning of marriage, to highly esteem marriage and to hold marriage in honor. The Bible tells us, "The Lord God said, 'It is not good for the man to be alone; I will make a helper suitable for him" (Genesis 2:18). Then the Bible explains, "For this reason a man shall leave his father and mother, and shall cleave to his wife, and they shall God instituted marriage for our own good. This is why the Bible exhorts, "Let marriage adulterers God will judge" (Hebrews 13:4). If you are young person caught in the trop of sexual activity outside of marriage, you need to learn some lessons from God. Or if you are married and your marriage is not on a solid footing, you need to turn to God for help. And even if you have some solid ideas about marriage, teaching from God's Word, the Bible will still help you.

> 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. 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

Treat'n Troops

Our troops need our thoughts and 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 Gatorade/tea/Crystal Lite etc. (this is a powder) Travel size packages of wet

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.

Farm Bill Cont. from page 3

5. How can Federal rural and farm programs provide effective assistance in rural areas?

6. How should agricultural product development, marketing and research-related issues be addressed in the next farm bill?

Notice of these questions were published in the June 17, 2005 Federal Register. Comments will be accepted at public forums and may also be submitted electronically via the Internet at the USDA home page (http://www.usda.gov/farm bill) by selecting "Farm Bill Forums," by email to FarmBill@usda.gov or by mail to Secretary of Agriculture Mike Johanns, Farm Bill, 1400 Independence Avenue, SW., Washington, DC 20250-3355.

USDA will review the public received by comments December 30, 2005, including any analyses, reports, studies and other material submitted with comments that address the six questions.

Beef Markets Should not feels Brunt of Texas Cow **Linked to Mad Cow Disease**

By Blair Fannin

College Station-Cattle trding throughout the Lone Star state shouldn't be impacted after a cow linked to Texas tested positive for mad cow disease, a livestock economist Thursday.

"I don't think it's going to make that much difference because this is a national market," said Dr. David Anderson, Texas Cooperative Extension livestock marketing economist. "The futures market already had built that trading in the USDA Department of Agriculture) first announced they were doing the retesting."

Trading activity Thursday, June 30th, 2005 saw live cattle contracts for June finish at \$82.77 per hundredweight, up 40 cents per hundred weight (cwt).

Texas is the nation's largest beef producing state with more than 5.7 million head of cows. The more than 13 million head of beef and dairy cattle and calves in the state are valued at more than \$10 billion.

The USDA said Wednesday the second case of made cow disease came from a 12-yearold beef cow in Texas. Its location was not revealed.

The cow originally tested negative in November 2004 but was ordered to be retested by the inspector general. A second test came back positive was confirmed by a laboratory in Weybridge, England.

Jim Robb, director of the Livestock Marketing Information Center in Denver, said the second case found in

the U.S. "certainly adds uncertainty to the market place and the unknowns.'

"But it's clear that consumers recognize it's not a human health concern," he said. "This seems to be an isolated case and the USDA and researchers have said (all) along there will be some isolated cases (since the 1997 ruminant feed ban). The U.S. risk assessment said a small number of animals will be found. I think if this unfolds as anticipated, it's clearly related to an older animal born before the ban. It's isolated as most BSE cases are."

Agriculture the Department's announcement on June 24 confirming the second case of mad cow disease, cattle futures finished the following Monday on a high note. Fedcattle futures were up 35 cents a hundred pounds to finish at \$82.52 per hundredweight (cwt). Fed cattle are those ready for slaughter at 1,200 pounds. Boxed beef leaving the packinghouse was up 68 cents per hundredweight at market close at \$134.83 per cwt.

Anderson said many fire walls are in place to protect the U.S. beef supply.

"A number of safeguards have been put into place and have said. worked," Anderson "These safeguards have prevented higher-risk animals from entering the food supply. I think many people are confident that USDA has several measures in place to protect the nation's food supply.'

Robb said he doesn't feel it deter beef grilling will activities.

"I don't think (mad cow disease) is on the front of consumers' minds.

BERRY-TOPPED BROWNIE ICE CREAM CAKE

1 package (19 to 21 oz.) fudge brownie mix 2½ cups Breyers All Natural Vanilla Ice Cream, softened 2½ cups Breyers All Natural Chocolate Ice Cream, softened 3 cups sliced strawberries

% cup chocolate-flavored syrup

For brownies, line 9-inch square baking pan with foil; spray with cooking spray. Prepare brownie mix according to package directions. Cool completely in pan on wire rack. Lift foil by edges and transfer brownie to rack. Place cutting board on top; flip so brownie is foil side up on board. Peel off foil; discard. Using sharp knife, trim edges; cut brownie in half.

To assemble, place one brownie half on sheet of foil; spread with vanilla ice cream. Top with second brownie half; spread with chocolate

tream. Top with second brownie half; spread with chocolate ice cream. Wrap tightly; freeze until firm.

To serve, remove cake from freezer; let stand 5 minutes. Cut into pieces; transfer to plates. Top with berries; drizzle with chocolate syrup. Variation: Substitute raspberries or mixed berries for strawberries.

NUTRITION INFORMATION (1/12 of recipe): Calories 480, Total Fat 21g, Saturated Fat 7g, Cholesterol 55mg, Sodium 180mg, Total Carbohydrates 67g, Dietary Fiber 1g, Protein 6g.

Farm Service Agency Allocates Loan Funds for Socially Disadvantaged Farmers & Ranchers

TX-The Perryton, Department of Agriculture (USDA) Farm Service Agency (FSA) allocates a portion of its farm loan program funds for socially specifically disadvantaged applicants (SDA) including minority and women producers.

"FSA farm loans are available to all qualified applicants, but funds setting aside specifically for minorities and women, the Agency ensures members of these specific groups can receive a portion of available funds--assuming they meet FSA loan eligibility requirements," said James M. Heck, Farm Loan Manager for Ochiltree County FSA.

By FSA definition, an applicant is considered socially disadvantaged if he or she is a member of a group whose members have been subjected to racial, ethnic, or gender prejudice, without regard to individual qualities. FSA has socially identified disadvantaged groups as Women, Blacks, American Alaskan Natives, Indians, Hispanics, Asians and Pacific

Islanders. FSA offers both direct and guaranteed farm loans. Farm loan funds can be used to purchase farms, livestock and equipment. They may also be used to operate a farm, build or repair service buildings, pay for soil and water conservation practices, and in some case refinance debt.

For direct loans made by FSA to purchase a farm the terms may extend to 40 years with a current interest rate of 5.375 percent. Direct operating loans may be made for one to seven years with a current interest rate of 4.625 percent, which is subject to change.

"Applicants requesting direct real estate loans should be aware that funding for this program is limited and may require a waiting period before funds are available and applications approved," Heck.

FSA guaranteed loans are made by banks or other commercial lenders and are guaranteed by FSA for up to 90 percent of any loss. The guaranteed loan program includes both operating and real estate loan programs. If a loan applicant is able to obtain financing from a private lender equal to 50 percent or more of the total funds needed to jointly finance the purchase of the farm, the interest rate on the FSA direct loan would be fixed at 5 percent.

SDA loan applicants do not receive automatic approval. Individuals must be U.S. citizens with a satisfactory history of meeting credit obligations, have sufficient education, training managing experience operating a farm, possess the legal capacity to incur debt, and be unable to obtain credit through traditional lending

"Qualified loan candidates are provided information and assistance to develop sound management practices, analyze problems and utilize available essential resources successful farming in the everagricultural changing environment," said Heck.

more information For regarding FSA loan programs, contact the Ochiltree County FSA office at (806) 435-6597 ext. 2 or visit the USDA Web site at http://www.usda.gov.

My optimism, then, does not rest on the absence of evil, but on a glad belief in the preponderance of good and a willing effort always to cooperate with the good, that it may prevail.

—Helen Keller

Over 50 **Under 50**

The perks of being over 50: 1. Your supply of brain cells is

finally down to manageable size. 2. Your secrets are safe with your friends, because they can't remember them either.

3. Your joints are more accurate meteorologists than the national weather service 4. People call at 9:00 p.m. and

ask, "Did I wake you?" 5. People no longer view you as

a hypochondriac. 6. There is nothing left to learn the hard way.

7. Things you buy now won't 8. You can eat dinner at 4:00

p.m. 9. You can live without sex, but not without glasses. 10. You enjoy hearing about

other people's operations. 11. You get into heated arguments about pension plans. 12. You have a party and the neighbors didn't even realize it.

13. You no longer think of speed limits as a challenge. 14: You quit trying to hold your stomach in, no matter who walks into the room.

15. You sing along with eleva-

16. Your eyes won't get much worse.

Black and White

(Under age 50?

You won't understand.)

You could hardly see for all the

Spread the rabbit ears as far as

Pull a chair up to the TV set,

"Good night, David. Good night,

Depending on the channel you

You got Rob and Laura, or

It felt so good. It felt so right.

Life looked better in black and

I Love Lucy, The Real McCoys,

Dennis the Menace, the Cleaver

Rawhide, Gunsmoke, Wagon

Superman, Jimmy and Lois

Father Knows Best, Patty

Rin Tin Tin and Lassie, too.

sent you this list.

they go.

tuned.

white

Ward and June.

I wanna go back to black an 17. Your investment in health Everything always turned on insurance is finally beginning to 18. You can't remember who

Simple people, simple lives,

Donna Reed on Thursday nigh

Life looked better in black ar

Good guys always won th Now nothing is the way

seems. In living color on the T screen.

Too many murders, too man

fights. I wanna go back to black and white.

In God they trusted, alone in bed they slept,

A promise made was a promis

They never cussed or broke They'd never make the networl

But if I could, I'd rather be In a TV town in '53. It felt so good, it felt so right.

Life looked better in black an

I'd trade all the channels on th satellite,

If I could just turn back th clock tonight To when everybody knew wron

from right. Life was better in black and

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930-0339

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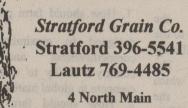
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Stratford Hospital District

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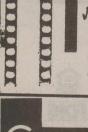
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For Sale

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 396-3-24-tfn-

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

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--

Help Wanted

Cimarron Feeders needs a part time member to join the Yard Maintenance Dept. Responsibilities will include weed control, maintaining water tanks, and general feed yard maintenance. Must be at least sixteen years of age. Come fill out an application. Questions? Call: Garrett @ 580-543-6383 ext. 500. Must pass physical and drug test. EOE.

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.

Garage Sales

2 -Family Garage Sale-Cummings & Baugus, Sat. July 9th, 8:00-? 619 Purnell, Lots of clothes, houseware and

Garage Sale-401 S. Pearl-Friday, July 8, 5:00-7:00 p.m. Clothes, furniture, refrigerator, toys, kitchen appliances. ALSO make an offer on the house for sale-all offers will be considered.

DOUBLE THE TREASURE GARAGE SALE

families-selling clothing, household goods, toys, sports equipment, electronics and more. 201 Kay and 202 Kay. Sat. July 9th 8 a.m. to? NO EARLY BIRDS-habla espanol 7-7-c-

Found

Found: Black & White Pomeranian. Can be claimed at Stratford Animal Hospital (Jack Swain).

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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.

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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.

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. 5-12-tfn

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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

The word telegraph comes from the Greek words tele, which Bagged or Bulk-Delivery Available-book means "afar" and graphein, meaning "to write."

(NAPS)-Homeowners may not have adequate coverage to replace their structure and contents if disaster strikes, according to USAA, an insurance and financial services company. Homeowners should call their insurance company annually to help them determine if they're maintaining adequate insurance coverage or if they should consider purchasing additional coverage with increased limits. Repair costs often go up after a major catastrophe, and added protection may be necessary to cover significant hurricane damage.

Wireless interconnected alarm systems can be fast and easy to install. For example, Kidde, a leader in fire safety technology, offers an Underwriters Laboratories-listed wireless smoke alarm system that uses radio frequency signals so that when one alarm sounds, they all sound. The wireless smoke alarms are considered a major advance in fire protection because they improve response



time in the event of a fire. For more information, visit www

Adjustable rate mortgages and interest-only loans aren't for everyone, say the experts at the American Bankers Association. For more help deciding what kind of mortgage might be best for you, go to www.aba.com.

A new paint and color design system, uses personality, style and interests to reveal a personal color palette. It can be matched by one of nine Pittsburgh Paints Harmony Collection color families. You can learn more online at www.voiceofcolor.com

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Houses for Sale

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

PRICE REDUCED: 619 S. Pearl, 3 br. 2 bath, fireplace, heated tile floor in den & kitchen, 2 car garage, storage garage, call 366-5829 or 753-7018.

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

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

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.

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-

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-

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-

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-

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.

Ad Rem Land Co. 803 S Bliss **Dumas. TX 79029**

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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 3/4 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 366-5-5-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.



(NAPS)-To create a Berry-Topped Brownie Ice Cream Cake. alternate layers of fudgy brownie baked from a mix with Breyers All Natural Vanilla and Chocolate Ice Creams and freeze. When it's time for dessert, slice and top with your favorite berries and a chocolate syrup drizzle. For more recipes, visit www.icecreamusa.com.

Arts in the Area By Gaynelle Riffe

July 8-10

June -Aug15

Aug 14

June17 -

August 4,5,6

"Beauty and the Beast" Youth Musical Amarillo Civic Auditorium 806-378-3096 June -Aug.20

"Texas Legacies" Musical Tue.-Sat. 806- 655-2181 Pioneer Amphitheater Palo Duro State Park

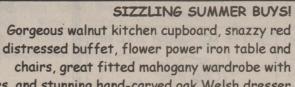
> ""Texas Express" Music Sun.-Mon. 806-655-2181 Pioneer Amphitheater Palo Duro State Park

"Lone Star Rising" Outdoor Musical Wed.-Sunday 8:15p.m. 806-677-1706 Lake Meredith Fritch Fortress Amphitheater

Melodrama Dalhart Community LaRita Theatre 244-5646

"The Diamonds" Dalhart Community LaRita Theatre 244-5646

Acquisitions. . .



double doors, and stunning hand-carved oak Welsh dresser for your home. . . iron gazebos, rocking loveseats, garden arches, and star planters for your yard. . . and rhinestone cowgirl belts, sequined purses, photo frame bracelets, wooden bangles, sparkly crystal earrings, turquoise pendants, and long wooden bead necklaces for you! Stop by and see what's new at the corner of Hwys 54 & 287 in Stratford, Texas Open Monday - Saturday from 10:00 a.m. to 6:00 p.m.

Legal **Notices**

NOTICE OF PUBLIC **HEARING PANHANDLE** WATER PLANNING **GROUP**

Panhandle Water The Planning Group (PWPG), a Regional Water Planning Group formed pursuant to the requirements of Senate Bill 1 (75th Legislative Session), will hold a Public Hearing on August 9, 2005 at the Texas A&M Research and Extension 6500 Amarillo Center. Boulevard West, Amarillo, Texas beginning at 7:00 p.m., CST. The purpose of the Public Hearing is to present to the public the results of the Initially Prepared Regional Water Plan for Region A, Panhandle Water Planning Area, and to solicit input and comments from the general public and interested parties and entities. Region A comprises all of Dallam, Sherman, Hansford, Ochiltree, Lipscomb, Hartley, Moore, Hutchinson, Roberts, Hemphill, Oldham, Potter, Carson, Gray, Wheeler, Randall, Armstrong, Donley, Collingsworth, Hall and Childress Counties.

Action at the Public Hearing will consist of a presentation on the Initially Prepared Regional Water Plan, receipt of written and oral comments from the public, and comments from the PWPG.

For more information, please contact: Colby Waters, Regional Water Planning Coordinator, PO Box 9257, Amarillo, TX 79105: telephone 806/372-3381; e-mail ewaters a prpc cog is us. The

PWPG will receive written and oral comments at the hearing and will also receive written comments separate from the hearing. Individuals wishing to submit comments written separate from the hearing may

address their comments to the Panhandle Water Planning Group, Attn: Colby Waters, at the above address. All written comments submitted separate from the hearing must be received at the above address no later than 5:00 p.m., Friday, August 12, 2005. All comments received will be considered prior to final adoption of the Regional Water Plan.

Copies of the Initially Prepared Regional Water Plan will be available for public review and inspection at the County Clerk's office in each county listed above. In addition, copies of the Initially Prepared Regional Water Plan will be available at the following public libraries or alternate locations public review and inspection: Dallam County (Dalhart); Sherman County (Stratford); Hansford County (Spearman); Perry Memorial (Perryton); Higgins; Channing City Hall; Kilgore Memorial (Dumas); Hutchinson County Roberts (Borger); County (Miami); Hemphill county (Canadian); Oldham County (Vega); Amarillo (Downtown Library); Carson County (Panhandle); Lovett Memorial Regional Planning Commission, pushing their luck! 415 West Eighth Avenue, Amarillo, Texas.

Published in The Stratford Star, Thursday, July 7, 2005.

Consumer

(NU) - If packing everything you own and lugging boxes across the lawn during brutal, 90-degree heat is not your idea of a summer fantasy, you're not alone. According to industry statistics, nearly 10 percent of the country is preparing for one of life's most stressful events: moving. To help people alleviate the stress of moving, Sud-

would like to in everyone for the community of outpouring and generosity support during my illness. The food, cards, phone calls and other acts of kindness were greatly appreciated. Thanks again to everyone and May God richly bless each

Cards of

Thanks

Wayne Lavake

one of you.

Thank you to all the sponsors, players, and helpers for contributing to the fun at the 4th annual Hogmen Scholarship Golf Tournament. My parents and I really appreciate scholarship that was awarded to Thanks to Coach Jim Hand for putting this event on in of the honor Stratford Elk Linemen. again for a great time and the honor of receiving the scholarship here in Stratford.

Trent Boyd

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 also seeking are 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.

(Pampa); Wheeler; Canyon; The only exercise some people Claude; Clarendon; Wellington; get is jumping to conclusions, Memphis; Childress and the running down their friends, offices of the Panhandle side-stepping responsibility, and

-Anonymous

dath Relocation Systems, one of the nation's largest household goods transporters, recommends you begin preparing for your move at least two months ahead of time and select a reputable mover. For more tips, contact Suddath Relocation at (800) 395-7100 or visit www .suddath.com.

THE STRATFORD STAR Thursday, July 7, 2005 Page 6

Summer Safety Begins With Sun Screen

By Linda Anderson

College Station* School is out for summer. Hot weather means shorts, shades and sandals. But before donning lightweight summer clothes, do a little basic cover-up, said a Texas Cooperative Extension specialist.

Use sun screen on skin that will be exposed to the sun, said Dr. Carol Rice, Extension health specialist. And wear a hat

It can literally be a matter of life and death, she said.

The Centers for Disease Control and Prevention put it this way: "Exposure to the sun's ultraviolet rays appears to be the most important environmental factor involved in the development of skin cancer. When used consistently, sun-protective practices can prevent skin cancer."

What about recent concerns that sun screens can cause possible vitamin D deficiencies by blocking the sun's good radiation? Those concerns may be unfounded, Rice said.

"You need, at most, 10 to 15 minutes (exposure to the sun) three days a week on your arms and hands and you'll get plenty (of sunshine) for your body to produce enough vitamin D," she said.

That concern pales in comparison to this one, she said: The American Cancer Society estimates about 1 million new cases of basal cell or squamous cell carcinoma cancer will be diagnosed this year, as will almost 60,000 cases of malignant melanoma.

According to 2004 figures from the Texas Cancer Council, about 1,700 new cases of melanoma are diagnosed each year in the Lone Star state, and about 450 people die, she said.

"Texas' intense, year-round sunshine puts us at risk," Rice said. "Anyone who works outdoors is at greater risk" of developing this potentially deadly form of cancer.

The CDC lists other risk factors for developing skin cancer:

-Light skin, hair and/or eye color;

-Family and/or personal history of skin cancer;

-Chronic exposure to the sun;
-History of childhood sunburns;
-Certain types of moles or a

-Certain types of moles or a large number of moles; and -Freckles, an indicator of sun sensitivity and damage. Even people without these

risk factors should use sun screen to protect themselves from damage by the sun's rays, Rice said. When used correctly, sun screen can block most of the sun's harmful radiation. In the past, the CDC

recommends using sun screen with at least a 15 sun protection factor, Rice said. While that still holds true, anyone who plans to be out in the sun for more than a few minutes should use sun screen with a higher sun protection factor, she said.

New labels should list sun screens of two to 11 SPF as minimum protection, Rice said, those of 12-29-SPF as moderate, and those listed 30 SPF and above as high.

"Sun screens above 45 SPF don't offer additional protection, but they don't hurt," she said. "And price does not predict effectiveness."

To get the most benefit from a sun screen, apply it about 30 minutes before going outside,

Rice said. That way the sun screen will dry onto the skin and not be rubbed off, she added.

Sun screen will need to be reapplied every two Hours, or if the person is perspiring heavily or going into the water, Rice said

"Sun Screens are not waterproof," she said. "Water resistant' sun screens are effective for 40 minues; 'very water resistant' sun screens retain their SPF for 80 minutes.

When using sun screens,

check the expiration date on the container, Rice said. "Like most other items that have an impact on health, they do wear out."

And don't store sun screens in a car or boat or other areas of high heat, she advised. Sun screens can lose effectiveness if stored under these conditions for long periods of time.

In addition to using sun screen, "Be careful about when you go out," she said. "Between 10 a.m. and 4 p.m. is the highest risk (of damaging UV rays),

And please, she said, remember that there's no such thing as an "a healthy tan."

Tanning is evidence that damage to the skin has occurred," Rice said. And it doesn't matter if the damage is from the sun or from an indoor tanning bed* its still damage.

For more information on this and other health issues, visit Extension's Family and Consumer Sciences Web page at http://fes.tamu.edu_and.elick on the links to Health and Safety. Also see the Centers for Disease Control and Prevention at

http://www.cdc.gov/cancer/nscp ep/awareness.htm

Knights For Christ Cont. from page 2

time she felt led, to start Christian youth group. However, she was led to try something a bit differently than she originally thought. After an outpouring of desire to know Jesus Christ, and be part of something worthwhile, by the youth in her neighborhood, in Dalhart, TX; she began to form the early stages of Knights For Christ. She birthed the idea of Knights for Christ to become a club of honor, integrity, service and education. With the Knightly Commandments and the 10 Knightly Virtues, she formed the club to be something the Dalhart area could truly be proud to be part.

Since then, and after many revisions and repairs to by-laws, the handbook, and the focus events of the club, Knights for Christ was born. Although many unofficial meetings have taken place, the group met, officially, for the first time Saturday, June 25, 2005, to discuss leadership positions, fundraisers, projects, and the future focuses for the club.

Currently Knights for Christ has 5 major projects. Currently, they are working on their first project, called the Medina Family Project. On June 23, 2005, Derinda Medina, a single mother, and her 3 children, ages 5, 8, and 10, lost their home in an electrical fire. It was a rented home; however they did not have any renters insurance. Derinda is a single mother on a little more than minimum wage income. Her oldest child is actually her niece, which she is adopting from a sister who could no longer care for her, due to illness. The club is rounding up all the money, clothes (sizes 6&* in boys, size 14/16 in girls or 0 in juniors, and size 22/24 in women sizes), home essentials, etc. that are donated, to give to the family in order to help them begin again. Donations can be made by contacting Shawn and Dawn Bright at 806-244-1243 in Dalhart, email them at ruwach@xit.net, of visit their website, which is still under construction, at www.KnightsforChrist.org of

Valrie Wyatt at 806-366-3007 for Dumas and Stratford residents. The family lost everything, but the clothes on their backs and their lives, in the fire. They are very grateful they escaped with that. Secondly, The Second Greatest Commandment Project, which is a community service project, focused on helping friends and neighbors, and other local people, with dilapidated housing issues. With some paint and materials, roofing materials, several hands, some strong backs, and a few ladders, Knights for Christ second project is to help remodel the home of a local Dalhart family, The Thompson family, who have recently received custody of their 3 grandsons, all under the age of 4, one of which is a special needs child. Knights for

Christ hopes to get enough

supplies, funds, and labor assistance to rebuild the roof, paint the inner walls of the home, and possibly do other small repairs. The children will not be allowed to roof without parental consent, of course, and any dangerous tasks will be left to professional adults. The club hopes to do projects like these a few times a year, funds willing. Thirdly, Knights for Christ will be having a fundraiser in the parking lot of Super Wal-Mart in Dumas, TX on July 8th & 9th, 2005. Where they will be raffling off a 6 ft. x-10 ft. pool, an ice cream machine, and hopefully several other prizes. All interested in donating prizes or buying raffle tickets in Dalhart may contact Shawn and Dawn Bright at 806-244-1243,

Dalhart may contact Shawn and Dawn Bright at 806-244-1243, or Valrie Wyatt at 806-355-3007 in Dumas or Stratford, TX. Fourthly, the club will be saving up funds o set up for a college scholarship program. It will be a 1 time scholarship for former Knights for Christ

participants who do outstanding service to their neighbors through the Knights for Christ Club, as well as on their own. The amount is not yet set in stone, as they are still researching the laws on this project. Finally, their fifth project is saving up to pay for their Tax Exemption Status fee, which will be a one time fee of \$500. They are more concerned with helping their neighbors and getting the kids involved with community service, anything else; however, to continue as an official nonprofit organization, they must have this fee and all documents sent by the IRS, returned to the IRS within 2 years of their

starting date of June 25, 2005.

Knights for Christ is about being true to God, ourselves, our neighbors, and our nation. It's about living righteously according to a Christian oral code. Ilt's about teaching young people to love themselves, and show each other love through service. To sum it up, it's about teaching our youth to do the right, Godly thing.

Electricians Cont. from page 1

March 1 to June 1, 2004, during which electricians could qualify to receive a state license without taking the state electrician exam if they met specific criteria including, but not limited to, prior local licensure, education and experience. More than 55,000 electricians took advantage of that opportunity. Since that grandfathering period ended, applicants for state electrical licenses except

apprentices have been required

to pass a competency exam. Since the original grandfathering period ended, many municipalities across the state have elected to discontinue issuing municipal license and accept the state license. House Bill 1317 provides an avenue for electricians affected by the discontinuation of these programs to obtain a state license without passing an exam. The bill also allows other electricians who did not take advantage of the first grandfathering period a second opportunity to apply for a state license without passing the state electrician exam.

For more information on the grandfathering period, electrical license exemptions or electrical licensing in general, all interested individuals may contact TDLE's Customer Service Division at (800) 803-9202 or (512) 463-6599, or they can visit the TDLR website at http://www.license.state.tx.us/electricians/elec.htm.



The custom of egg rolling on the White House lawn was introduced by President Rutherford B. Hayes and First Lady Lucy Hayes in 1878.

CHILD FIND....

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

Ernie Maiwald-366-5546

Belinda Hamilton-827-7728

Jesse Resendes-366-3134

Austin Hotline

1-800-252-5400

ALL CALLS

CONFIDENTIAL



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

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

504 CHILD FIND NOTICE

Pursuant to Section 504 of the Rehabilitation Act of 1973, Stratford ISD has a duty to identify, refer, evaluate, and if eligible, provide a free, appropriate public education to disabled students. additional information about the rights of parents of eligible children, or for answers to any questions you might have about identification, evaluation and placement into Section 504 programs, please contact the Section District's Coordinator Jessica Wheeler at 366-3324 or by mail at P.O. Box 108, Stratford, Texas

AVISO DE IDENTIFICACIION DE ESTUDIANTES INCAPACITADOS BAJO LA SECCION 504

Bajo la Seccion 504 del Decreto de Rehabilitacion de 1973, Stratford ISD esta obligado a identificar, referir, evaluar, y propocionar servicios educativos apropriados y gratiuitos a los estudiantes incapacitados que califican bajo esta ley. Si usted desea mas informacion sobre los derechos padres de ninos incapacitados, o si tiene preguntas sobre identificacion, y colocacion de ninos en el programa de Seccion 504, favor de ponerse in contacto con el Coordinador de 504 del Districto Jessica Wheeler, al numero 366-3324 o por correo a la siguiente direccion: P.O. Box 108. Stratford, Texas 79084.

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.

THE GENERAL STORE

515 N. Poplar, Stratford

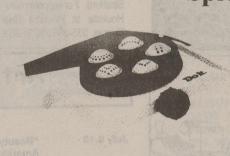
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2x6x8 \$6.89 5/4x6x8 \$3.89

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If We Don't Have It We Can Get It



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