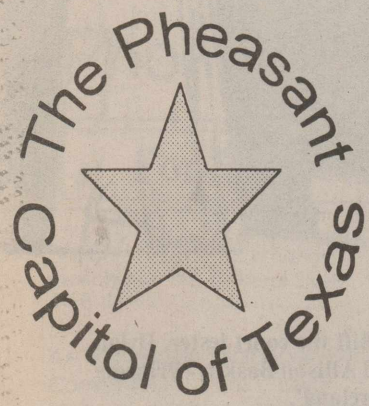


Sherman County Museum 7 / 03  
Box 1248  
Stratford, TX 79084

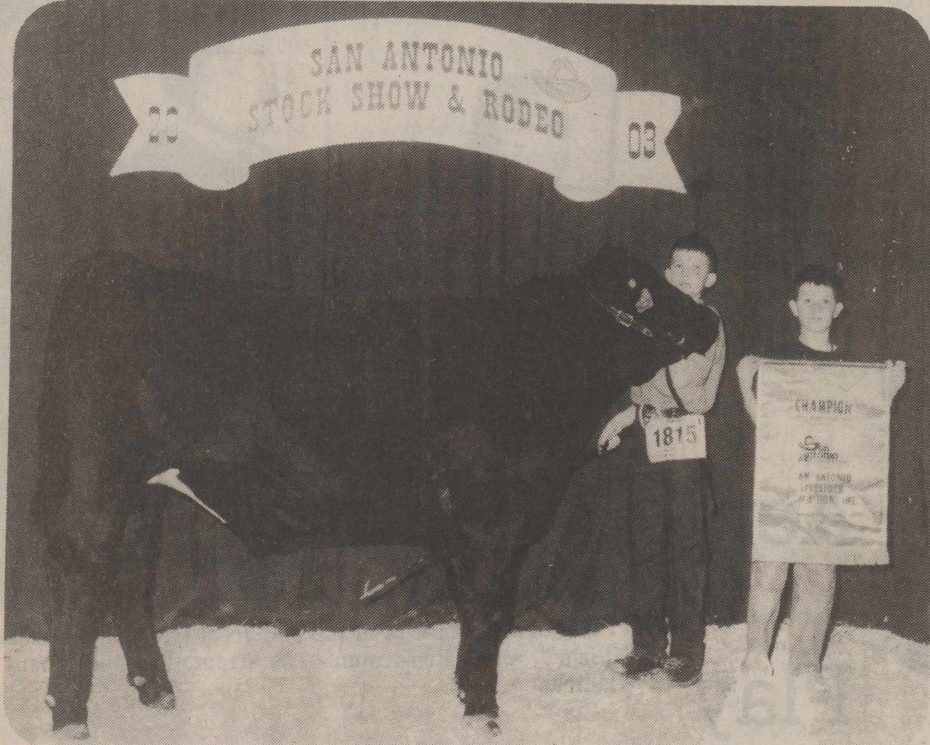


# THE STRATFORD STAR

75 CENTS

Published for OVER 100 years in STRATFORD, SHERMAN COUNTY, TEXAS 79084 usps 525

NUMBER 11 MARCH 13, 2003



## Johnson Wins Top Honors

Earning top honors in the market Maine-Anjou Steer show was Clayton Johnson of Stratford, Texas. The Younger 4-H member showed a medium heavyweight steer weighing in at 1270 pounds. Johnson plans to attend Texas A&M University and become a veterinarian. Shown with Clayton is his brother Jordan.

## Tiffany Knight Scholarship Fund

A Tiffany Knight Scholarship Fund has been set up at The First State Bank of Stratford for the graduating Class of 2005. If you are wish to contribute please inquire at First State Bank.

## Prom Decorating Committee Needs Lights

Prom Decorating Committee is in need of clear running (chasing) lights. If you have some that can be borrowed please contact Shari Hudson at 366-5398 or 366-5885.

## Notice to SCOT Members

SCOT members have been invited to attend the regular monthly luncheon at Texhoma Senior Citizens Center on Friday, March 14. The bus will leave SCOT Hall at 11:15, so members will need to be there by 11:00. Everyone is expected to bring a covered dish.

There will be some cars going also, so there will be a choice of transportation.

Those interested in going should let Lynn or Dorothy know.

## Ex-Student Reunion News

Ex-Student Classes ending in a '3 ('33,'43,'53,'63,'73,'83,'93) will make plans for the Ex-Student Reunion to be held in August. Class representatives are asked to revise mailing list.

Meeting will be Monday, March 17 at 7:00 p.m. at the Imagination Station. President Dario Garza, Treasurer - Donita Robertson, and Correspondence Gaynelle Riffe.

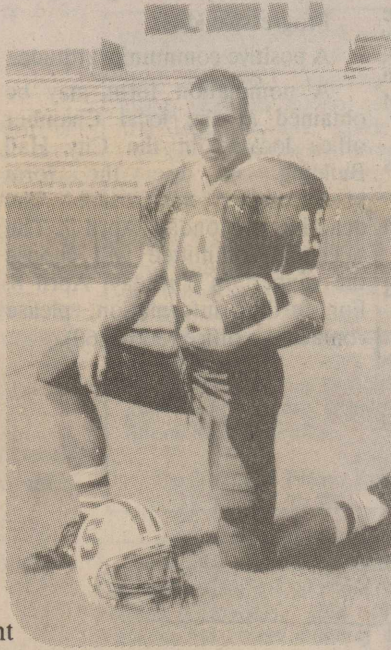
## Spaghetti Dinner March 23rd

A Spaghetti Dinner sponsored by the Museum Board will be on March 23rd. Watch the paper for further details.

## Cowboy Church Meets Wednesdays

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

## Welcome Home Katy



Denton Crabtree

## Crabtree Invited To Participate In Pigskin Classic

Denton Crabtree has been invited to participate in the Maui "No Ka Oi" pigskin classic in Lahaeno, Hawaii, June 24-July 1, 2003 sponsored by Elite Sports International. In order to raise funds to make the trip Denton will be having a fund raising BBQ Dinner and Bake Sale Sunday, March 30th 11:30-2:00 at the County Barn. Everyone is invited to attend. Free will donation.

**REMINDER: The Sherman County Soil and Water Conservation Stewardship/Awards Banquet is March 25, 2003. Call 396-5517 ext. 101 for reservations.**

## Hospital District To Hold Election

Stratford Hospital District will conduct an election on May 3, 2003 for the purpose of election two directors. The terms of Margaret Reed and Larry Drake will expire this year. Shannon Taliaferro, Ron Brooks, and Ineta Chesler will continue as directors for another year.

Anyone interested in serving as a hospital district director is encouraged to file an application for name to be placed on the ballot at Stratford Hospital District administrative office located at Coldwater Manor, 1111 Beaver Road, Stratford, TX. Applications may be filed from 8:30 a.m. to 5:00 p.m., Monday through Friday, from February 17 through March 19, 2003.



## Ground-breaking Held March 1st

Members of the Cemetery Board and other interested citizens were on hand Saturday, March 1st for the Ground-breaking Ceremony for the Stratford Cemetery Directory & Veterans Memorial. Shown above left to right is Board President Wayne Smith, Sheriff Jack Haile, Mayor David Brown and Sherman County Judge Kim Crippen. If you would like to contribute to this project you may do so at the Stratford City Hall. Also attending, (right) was Mary Riffe, who donated the land that the Directory and Veterans Memorial will be. Thank you Mary.



## High Costs Of Natural Gas Force Xcel Energy Bills Up

Amarillo, Texas-Escalating costs of natural gas used at power plants to generate electricity are forcing Xcel Energy to ask Texas utility regulators to increase the "fuel cost recovery" portion of monthly bills for eight months, beginning in May.

If the Public Utility Commission of Texas approves a request Xcel Energy filed yesterday, March 3, 2003, residential customers using 1,000 kilowatt-hours of electric service would see an increase of \$1.05, or 1.7 percent, through December.

Commercial and industrial customers use larger amounts of energy, and would see higher percentage increases during the eight months, said David Hudson, Xcel Energy director of regulatory administration. The overall increase would be about 5 percent.

If costs of natural gas continue to stay high, or to climb, as is expected, Xcel Energy may ask for another increase, as well, Hudson said.

"Even with these potential increases, Xcel Energy's overall prices-for all classes of customers, everywhere we serve-will continue to be among the lowest in the Southwest and even the nation," said Hudson.

Price comparisons on the website, [www.puc.state.tx.us](http://www.puc.state.tx.us), show Xcel Energy served residences on average use 812 kWh at this time of year, at a price of \$50.97. The average Xcel Energy residential bill is the lowest among the compared utilities. The highest comparable average bill is \$94.57; the average among the utilities is \$65.30.

The fuel cost recovery portion of an electric bill changes when boiler fuel costs increase or decrease. Under Texas law and regulations, utilities must pass through power plant fuel costs to customers on a penny-for-penny basis. When those costs to utilities go down, the suppliers must decrease their fuel cost recovery. When the costs go up, the cost-recovery factor also must go up. Utilities are prohibited from making up or making any profit on the passed-through costs of power plant fuels, Hudson noted.



Stratford Education Foundation Board Member Joyce McBryde, is shown above with Brandon Davis, who designed the Logo for the Brochure that was made by Cindy Russell's Art Department in Stratford High School. Also shown is Superintendent Jim Taliaferro.

See story below!

## Stratford Education Foundation News!!!

The Stratford Education Foundation is in full swing following the busy time of the holidays and this is a reminder that you have until May 31, 2003 to make a pledge or donation in order to be a founder in this foundation. These donors will be responsible for providing the initial funds to benefit students and staff of Stratford ISD.

The foundation will provide private funds directly to staff and students within the Stratford ISD to support creative programs that enhance the effectiveness of career and academic education. If you have questions about the Foundation you may contact any of the following board members for information: B.A. Donelson, Jim Taliaferro, Ricky Reed, Ronna Riffe, Joe Reinart, Don Riffe, Marihoward Engelbrecht, Kathy Riffe, Gayland Vandiver, Joyce McBryde, Jess Willard, Lugenia Carter, Walter Lasley, Wesley Spurlock, Margaret Reed, Steve Johnson or Dianna Hays.

The board met with Jackie Burkhalter, Paula Everett and Cindy Russell to hear their ideas on ways the Foundation funds could be used with students in and out of the classroom. All teachers are reminded that the deadline for grant requests for fall 2003 will need to be in by April 25.

The board is in the process of planning community activities to get residents of Stratford informed and involved in the Education Foundation. Watch future issues of the Stratford Star for more details.

At this time the foundation has a \$107,319.49 in pledges and has \$61,072.15 cash in hand. You may send memorials or honorariums to Ronna Riffe, PO Box 1245, Stratford, TX 79084 or to Stratford ISD Superintendents Office, PO Box 108, Stratford, TX. 79084.

Thank you, in advance, for your support!!

**Obit**

**Arthur Folsom Jr.**

Arthur Folsom Jr., 76, of Amarillo died Sunday, March 2, 2003.

Services were held at 11 a.m. Wednesday, March 5, 2003 in Church of Jesus Christ of Latter-day Saints, 2101 N. Coulter St., with Kerry Ormson, bishop, officiating. Arrangements were by Blackburn-Shaw Funeral Directors Memorial Chapel, Fifth Avenue and Pierce Street.

Mr. Folsom was born in Amarillo on Sept. 22, 1926, to Arthur Folsom Sr and Dorris Horrell Folsom. He moved to Stratford with his parents and graduated from Stratford High School. He attended West Texas State College until he joined the Navy during World War II. After the war, he became an apprentice electrician with the IBEW Local 602 in Amarillo.

After graduating as a journeyman electrician in 1949, he worked for several contracting firms including Albert Lard Electric, Amarillo Electric and Duke Electric. In 1960, he went to work for Glenn McMennamy at A-1 Electric Co., and worked there until 1984.

He started Folsom Electric with his son, Tommy in 1984 and retired in 1991. He joined The Church of Jesus Christ of Latter-day Saints in 1952. He married Jimmie Smith Folsom in Clovis, NM and they lived together in Amarillo for 49 years.

He was preceded in death by his beloved wife on Feb. 28, 2002.

Survivors include a daughter, Linda Snyder and husband, Dr. Rush Snyder; two sons, Tommy Folsom and wife, Debbie, and Randy Folsom and wife, Margie, of Dallas; four grandchildren, Ryan Folsom of Amarillo, Scott Folsom of Orem, Utah, Jake Folsom of Dallas and Christina D'Alessandro of Yonkers, N.Y.; and a sister, Lorene Spurlock of Stratford.

The family suggests memorials be to American Heart Association, or a favorite charity.

**Crimestoppers Update!!**

On February 21, 2003 between eight and twelve in the morning, person or persons unknown burglarized two vehicles at the Stratford School and one was burglarized at the Texhoma Oklahoma School.

Sherman County Crimestoppers needs your help with these felonies. Please remember that the Crimestoppers telephone number, 366-TIPS, goes to an answering machine to protect your identity. You must leave a call back number and code name so that we can contact you. If you need to contact a person call the Sheriff's Office at 366-5551.

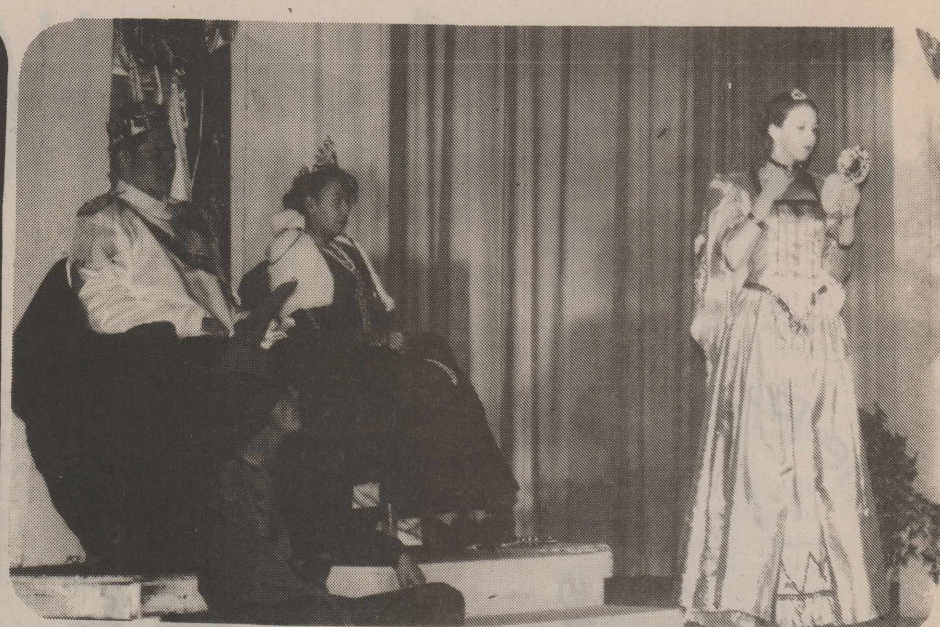
If you have any information regarding the persons responsible for the above listed crime or any other felony crimes please contact Sherman Co. Crimestoppers answering machine 806-366-TIPS (8477), the Sherman Co. Sheriff's Office. Crimestoppers will pay up to \$1,000.00 for information leading to the arrest and conviction of the persons involved.

Art is the terms of an armistice signed with fate.

**The Stratford Star**  
 Published Every Thursday  
 at 309 N. Main, Stratford, Texas 79084  
 Second Class Postage paid at Stratford, TX. 79084  
 Managing Editor: Robertson  
 Editor: Fisher  
 Shari Hudson - Advertising & Darkroom  
 Subscription Rates  
 \$25.00 per year in Sherman and Adjoining Counties  
 \$32.00 per year all others  
 \$20.00 per year college rate  
**The Stratford Star**  
 1-806-366-5885  
 Fax 1-806-366-5885



The Stratford High School Drama Department held a dinner on Friday, March 7th at the Mary Allen Cafeteria. They performed the play "Cinderella in Loreland" under the direction of Terry King. Shown above is the cast and crew: Seated - Cheyenne Ziemann. First row standing from left: Jayme Wilhelm, April Krenn, Maira Argomaniz, Heather Robertson, Tiffany Duke, and Alicia Renzleman. In back from left, Nora Gomez, Stephanie Williams, Staci Hays, Katelyn Reed, Matthew Taliaferro, Allison Baskin, Carey Rendon, Chance Lowrey, Brian Booth, and Dylan Everett.



Shown above from left, Chance Lowrey - Biff the court jester, Dylan Everett - King, Maira Argomaniz - Queen, and Allison Baskin - Princess Gold performing in the play "Cinderella in Loreland".



**Grand Opening & Ribbon Cutting Held**

The business *The Red Door* owned and operated by Tiffany Hudson held a Grand Opening and Ribbon Cutting on Thursday, March 6, 2003. Shown from left, Chamber Manager Paula Nusz, SCDC Director Kristine Olson, Tim Hudson, Tiffany Hudson, Debbie Davis, Teresa Clark (massage therapist at The Red Door), Eric Werner, Sue Hudson, Marlene Plank, and Christy Wells.

**2002 Citizen Of Year Award Nominations**

The Stratford Chamber of Commerce is now accepting Nominations for the 2002 Citizen of the Year award. The Award will be presented at the annual Chamber Banquet Scheduled for Monday, April 7, 2003.

A few things to keep in mind as you complete your nomination:

Only one nomination forms will be accepted.

No verbal nominations will be accepted.

The winner will be chosen based on merit, not the number of letters received.

Guidelines for awarding this honor include:

Consistent Community support (length of service)

Number of people served and projects completed

Continued personal growth

Progressive ideas

A positive community attitude.

A nomination form may be obtained at the local Chamber office located in the City Hall Building, or use the form accompanying this article. The deadline is Monday, April 7. The selection committee will choose the winner on Tuesday, April 8. For further information, please contact the office (366-2260).

**NOMINATION FORM  
 STRATFORD CHAMBER OF COMMERCE  
 2002 AWARDS**

**CITIZEN**

Nominee: \_\_\_\_\_

(First) (Middle) (Last)

Family Information: \_\_\_\_\_

Qualifications/Accomplishments: \_\_\_\_\_

Community Involvement: \_\_\_\_\_

Name and address of nominator: \_\_\_\_\_

Signature: \_\_\_\_\_

Type or print brief explanations. Additional information may be submitted as an attachment.

Deadline - April 7, 2003

**One Act Play**



More cast members of the play from left, Heather Robertson - Tilliebell, Alicia Renzleman - The Stepmother, and Tiffany Duke - Gladiola.

**11th Annual Antique Tractor Show To Be Held**

The Texas Plains Two-Cylinder children's pedal tractor pull will be Club will host its 11th annual held Saturday afternoon. antique tractor show March 22 Concessions will be by the hale and 23 at the Ollie Liner Center in County Farm and Ranch Museum. Plainview, TX. There will be Admission is free and donations antique tractors, small engines, will be accepted. For more and antique equipment on display. information contact Paul Sarchet The display will be 8-6 on at 806/744-4457. Saturday and 0-4 on Sunday. A

**F.Y.I.**  
 By Sheriff Jack Haile

Last week I talked about grams of meth. What is a gram? It's 0.035 of an ounce. It is what is contained in a pack of artificial sweetener such as Sweet & Low or Splenda. And why is what meth weighs that important? Because the punishment for possession, delivery or manufacture of meth is decided by weight in grams. And the punishment is higher for delivery or manufacturing than it is for possession. Meth falls under Penalty Group 2 in the Health and Safety code. If a person has possession of under one gram it is a state jail felony, between one and four grams it is a third degree felony, between four and four hundred grams a second degree felony and over 400 grams is punishable by life in prison, or not more than 99 years but not less than five years and a fine not to exceed \$50,000.00. The law also states, "including adulterants or dilutants." That means if a person has over four grams of a substance and the D.P.S. Chemist finds any trace of meth in that four grams you're charged as if it was 100% meth.

I once got a call about 3 p.m. about a reckless semi just north of Stratford on 287 heading north. I caught up with the cattle truck about the road side park. The empty cattle truck was weaving from across the center line and then would come back and run off the right shoulder. The good thing was he was going about ten m.p.h. The driver refused to pull over and the "chase" continued for about 3 miles at a top speed of about 10 m.p.h. I finally pulled in front of him and he stopped. I asked the driver to step out of his truck and when he did I noticed he had a nose bleed. I asked him if he was all right and he said yes. I asked him if he knew where we were and he said yes, we were in eastern Kansas. He then looked at my badge and the tags on the patrol car and asked, "What is a Texas sheriff doing in Kansas." I asked if I could look in his truck and he said sure. I located his meth and placed him under arrest. According to his log book he had been on the road for over 36 hours straight. He had unloaded cattle at Cimarron Feeders at 6 a.m. that morning. I visited with him the next day and he had no idea where he had been the precious eight hours or how he came to be north of Stratford. Meth is just plain scary stuff.

Motorgraders, Loaders, Dozers, Dump Trucks, Water Trucks, Belly Dumps, Compaction Equipment

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## Scholarship Opportunities

For the seniors at Stratford High School, there are many scholarship applications that will be due during the months of April and May. The following is a list of those scholarships and their due dates. If you have any questions regarding the requirements for these scholarships, come by the scholarship board outside Mrs. McBryde's office at the Junior High School or call Mrs. McBryde at 366-3322.

### Local Scholarships:

Prospectus Study Club, V.O. Lasley Memorial, Stratford Chamber of Commerce, Stratford Fire Department and Nu Beta Sorority Scholarships - due April 1st

Dalhart Order of the Eastern Star - due March 31st

Slough Foundation Scholarship - due April 1st

Panhandle State Foundation Scholarship - due April 1st

North Plains Groundwater Conservation District Scholarship - due April 1st

E.W. Carter/Sunray Co-op Scholarship - due April 4th

Delta Kappa Gamma Society Scholarship - due April 7th

Dalhart Elks Lodge Scholarship - due April 15th

Dalhart Knights of Columbus - due April 15th

Burke Bell Memorial Scholarship - due April 25th

Earl and Conrad Riffe Memorial Scholarship - due May 1st

\*\*\*  
Every calling is great when greatly pursued.  
—Oliver Wendell Holmes

\*\*\*  
Always do right. This will surprise some people and astonish the rest.  
—Mark Twain

\*\*\*  
Peace and justice are two sides of the same coin.  
—Dwight D. Eisenhower



## Study Club Presents Books

Prospectus Study Club donated and presented each student in Kindergarten a new book on Tuesday, March 4th. Prospectus Members Laurie Spurlock and Marsha Wright are shown above presenting the books to the students.



## Baby Shower Held

Kara Britton and son Caden Michael of Lubbock were honored with a baby shower Sunday, March 2, 2003 in the home of Tami King. Shown above is Kara Britton, Great Grandmother Ora Mae Brownlee of Dumas and Grandmother Brenda Brownlee.

## Blackwoods In Gospel Concert

Southern Gospel music fans know who the legendary Blackwoods are! They will be in concert in a rare appearance in our area Sunday, March 16, at 7:30 p.m. at the Elkhart, Kansas High School Auditorium! You won't have to drive to a metropolis to enjoy the incredible songs and inspirational music of one of America's premier groups. That's right, they are close to home!

The Blackwood Brothers began singing in gospel ministry in 1934 and although the names and faces have changed somewhat during almost seven decades—the spirit, enthusiasm and excitement continues! You'll hear old favorites and make new favorites as R.W. Jr., Ron, and their wives, Donna and Shelly respectively, team up with Steve Warren and Aaron McCune to blend their unique voices in top quality harmony and glorify the Lord.

So whether you are a Southern Gospel fan or not, you'll be moved drawn closer to the Lord during

their gifted signing and desire to magnify the Lord. Their years of spiritual experience and depth, teamed with their young attitude will be evident. This could be a highlight of the year for your family! Consider bringing a friend along.

Tickets are only \$8.00 for adults and \$5.00 for students (in advance) and can be obtained by calling (620) 697-4832, or they will be \$10.00 at the door. What a bargain for an evening of outstanding music and inspiration! (Sorry, credit card technology not available for ticket sales.) Call for yours today!

Elkhart High School Auditorium is located just off Highway 27 and Morton Street in the northwest part of town, with plenty of parking and easy access. The Blackwoods will have music and other items for sale. Doors open at 6:30 p.m. come get in on one of the most exciting music events in this area this spring! See you there!



## Customer Appreciation Day Held

Brooks Motor Car Quest held their Customer Appreciation Day on Thursday, March 6th. Lunch was served and door prizes were awarded.

Members of St. Joseph's Catholic Church would like to invite the Stratford Community to a Farewell Party for JOSIE RENDON at Rendon's Headquarters on Thursday, March 13, 2003 6:30 - 8:00 p.m. There will be a money tree to help with her journey

## REAGAN & BROWN AUCTIONEERS FARM & RANCH EQUIPMENT C D SHAMBURGER RANCH - OWNERS DATE - THURS. MARCH 27TH, 2003 TIME - 10:00 A.M.

LOCATION: From Texline, TX go 13 miles East on Hwy 296, then 4 miles North on Hwy 296 to the Shamburger Ranch Sign, then 1-mile on dirt road to auction site. From Dalhart, TX go 18 miles Northwest on Hwy 87, then turn North and go 13 Miles on Hwy 1879, then 4 miles to Shamburger Ranch sign, then 1 mile on Dirt Road to Auction Site. WATCH FOR AUCTION SIGNS.

TRACTORS, COMBINES, CROP HEAD, INSILAGE CUTTER, FRONT END LOADER, ROAD GRADERS, TRUCKS, FEED TRUCKS, GRAIN CART, PICKUPS, SUBURBAN, IRRIGATION ENGINES & EQUIPMENT, TANKS, WINDMILL & GENERATOR, MISC. & UNCLASSIFIED, LIVESTOCK SUPPLY, TRAILERS, FARM EQUIPMENT, SHOP TOOLS & EQUIPMENT.

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### First Assembly of God

Terry Callis, 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. Bob Sweeten  
5th & Main  
Sunday Coffee Fellowship 9:00 am  
Sunday School 9:45 am  
Morning Worship 10:45 am  
No Sunday Evening Worship  
Wed., Adult Choir 8:00 pm

### First United Methodist

Rev. Mark Metzger  
520 N. Main  
Sunday School 9:40 am  
Morning Worship 10:50 am  
Junior High UMY 5:30 pm  
Senior High UMY 6:00 pm  
5:00 pm Cable Ch. 3 for  
Morning Worship Service - Ev. worship - 7:00

### St. Joseph Catholic

6th & Pearl  
Rectory - 366 - 5687  
Sunday morning: 8:30 a.m. (English), 10:30 a.m. (Spanish)  
Sacrament of Reconciliation: Before Mass.  
Christian Formation Classes: K-6th Grade, Sun. - 9:00 a.m. - Jr. & Sr. High, Wed. - 6:30-8:30 p.m.

### Church of Christ

Larry Evans  
N. 3rd & Chestnut  
Sunday School 9:30 am  
Morning Worship 10:30 am  
Evening Worship 5:00 p.m.  
Wednesday Bible Study - 7:00 p.m.

### Calvary Baptist

James Washburn  
302 S. Main -806-396-5335 lv. message  
Sunday School - 10 a.m.  
Morning Worship - 11 a.m.  
Evening Service 6 p.m.  
Wed. Service - 7:30 p.m.

### First Baptist

Brent Farney  
702 N. 3rd  
Sunday School 9:45 a.m.  
Morning Worship 10:50 a.m.  
Church Training 6:00 p.m.  
Evening Worship 6:00 p.m.  
Wednesday Bible Study 7:00 pm

### 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  
Susninios Durante El Servicio.

## The Churches of Stratford Welcome You

### Confirm Your Calling

Most colleges and universities have a specialty. They serve the needs of individuals who want to follow a particular vocation. Do you know this is a reflection of God's desire for our world? After creation, God said to Adam, "Be fruitful and multiply, and fill the earth, and subdue it; and rule over the fish of the sea and over the birds of the sky, and over every living thing that moves on the earth" (Genesis 1:28). You see, God wanted man to build a society on this earth. And so we all have different vocations and jobs to do in society, right down to the present time. Yes, we are to learn various skills so we fit into society as productive citizens. But there is more to it than that. God wants us to build a culture which is honoring to Him! And this means you must understand your calling to be a Christian. It is not sufficient to go to school and learn a skill so you can earn a good wage and support a family. All that is very important. But you must also see your vocation as a calling from God. And in order to do that, you must follow God through His Son, Jesus Christ. You must confess Christ as the Lord over your life. You must see as sin, your desire to live life apart from God and apart from Christ. And you must return to God. There must be a new desire in your life to glorify God rather than yourself. And so you must ask God's forgiveness for your sin. And you must trust in the death of Christ as the only adequate payment for that sin. Then you will begin to see your life, your work, your marriage, and your family, as God's plan for you to be a part of a society which honors Him!

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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.  
Mcir 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

### ACHIEVEMENT

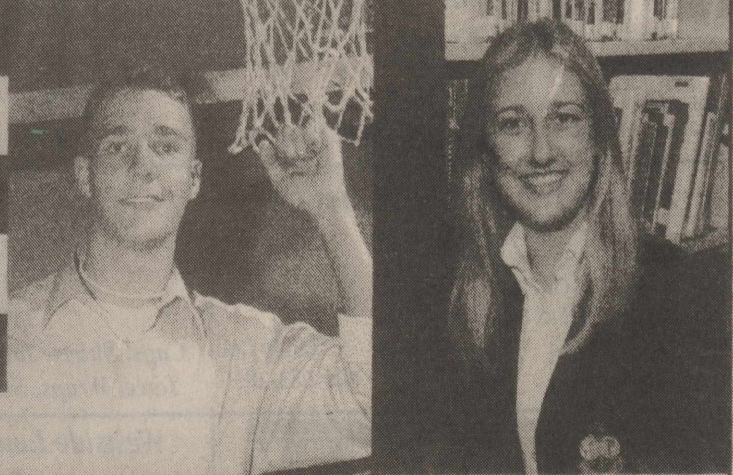
### DISCIPLINE

### RESPONSIBILITY

### LEADERSHIP

### SELF-ESTEEM

### MOTIVATION



San Marcos Baptist Academy is a private boarding school for boys in grades 6-12 and girls in grades 8-12. Day school is available for boys and girls in grades 6-12.



There will be an information session at the J.W. Marriott (5150) Westheimer, Houston) on Tuesday, March 18th at 7:00 P.M. Please come and learn about our curriculum, campus life, and admissions for the upcoming 2003-2004 school year. PUBLIC INVITED

2801 Ranch Road 12 . San Marcos, TX 78666 . 1-800-428-5120 . e-mail: admissions@smba.org . www.smba.org  
San Marcos Baptist Academy does not discriminate on the basis of race, color, national or ethnic origins.



### Girls All-District Basketball Named

Named Girls All-District Basketball from left, Alisha Sladek - 1st Team, Erin Ashley - Honorable Mention, Amie Witcher - Honorable Mention, Amber Larance - Honorable Mention and Yadira Ortega - 1st Team. Congratulations to these Lady Elks!

#### Stratford Elks Golf Schedule 2003

March 3	Dalhart-girls
4	Dalhart-boys
10	TBA
17	Dual with Panhandle @ Borger-Huber (B & C) ✗
24	Sunray @ Pheasant Hills-Dumas (B & G)
31	District boys @ Borger-Huber Girls @ Pampa-Hidden Hill.
April 7	District: boys @ Borger-Huber
8	District: girls @ Borger-Phillips
21-22	Regional: boys @ girls @
May 5-6	State Meet @ Austin

### Gamma Xi Chapter of Delta Kappa Gamma Society International Holds Meeting

The Gamma Xi Chapter of the Delta Kappa Gamma Society International met Sunday, March 2, 2003 at the Dalhart Senior Citizens Center. The meeting was chaired by president, Kathie Altman of Stratford. Meeting on Texas Independence Day, the chapter celebrated its 63rd birthday with a skit about the founders of Gamma Xi. The major emphasis for this meeting was membership. Janet Pipkin of Sunray serves as the chapter membership chair.

Scholarships and Grants-in-Aid application deadlines were discussed, as well as honors to members Mary Jo Ondracek, Women of Distinction in Girl Scouts, and Janet Pipkin, New Jersey Writing Project presenter at the state convention.

Janet Pipkin distributed the reading buttons, which members will give to the kindergarten students in their districts.

Members enjoyed refreshments provided by member from Hartley. Babysitting was provided by Brownie Troop #13.

Members present were: Kathie Altman from Stratford; Ann Hormel from Hartley; Syndi Kneller from Texline; Frances Wardlaw and Frances Holden from Dumas; Janet Pipkin, Joanie Hightower, and Beverly Hendrix from Sunray; and Shirley Hendricks, Cindy Ballard, Portia Dees, Mary Jo Ondracek, Nelda Askey and Sandra Kelso from Dalhart.

April's meeting will be the ceremonials meeting for the year as a celebration of the founding of Delta Kappa Gamma, remembrances of members past, and initiation of new members.

### Coombes Called To Active Duty

Feb. 28, 2003 (FHTNC)--Marine Corps Maj. Jonathan P. Coombes, a 1983 graduate of Stratford High School, Stratford, Texas, was recently called to active duty in support of Operation Enduring Freedom while assigned to 4th Assault Amphibian Battalion, 4th Marine Division, home based in Tampa, FL.

4th Marine Division is the largest ground combat element in the Marine Corps and is comprised of approximately 22,000 Marines across 42 states. The unit's primary mission is to provide trained combat and combat support personnel and units to augment and reinforce the active component in time of war or national emergency.



### Partners in Literacy workshops

**What:** Training to help you, help your child become a better future reader

**Who:** Parents of preschool to kindergarten children

**Where:** Mary Allen Elementary Cafeteria

**When:** February 17  
March 17  
April 14  
6:30 to 8:00

Sponsored by Mary Allen Reading Recovery, Migrant, ESL, Special Education Departments, and Region XVI-ECI

### Child Care Provided



### Socios en talleres de la instruccion

**Que:** Entrenando para ayudarle, ayude a su niño hacer un lector mayor en el futuro

**Quien:** Padres del pre-entrenamiento a los niños del jardín de la infancia

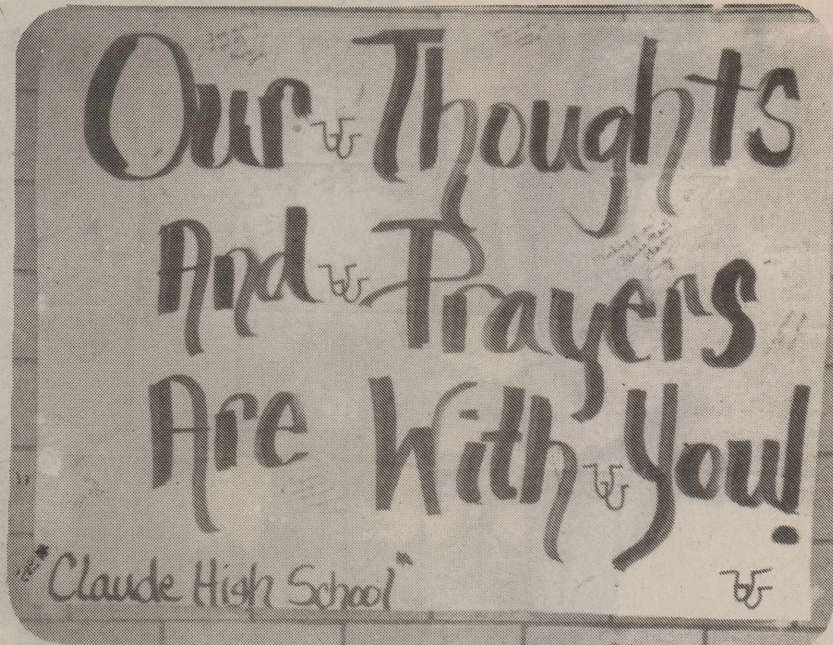
**Donde:** Mary Allen Elementary Cafeteria

**Cuando:** del 17 de febrero  
del 17 de marzo  
del 14 de abril

6:30 a 8:00

Patrocinado por los departamentos, la recuperación de la lectura de Mary Allen, el Migrantes, ESL, educación especial y Region XVI-ECI

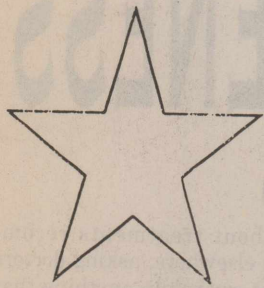
Proporcionamos Cuidado de niños



### Claude High School Sends Poster

Claude High School sent Stratford High School a Poster that read "Our Thoughts and Prayers Are With You!" after the tragic loss of Tiffany Knight March 1st. Claude lost five teenagers and two firefighters in their small community, and Stratford appreciates their taking the time to do this for SHS. It gives you a warm feeling to know that folks will still take time to reach out to other persons going through a rough time. Thank You Claude.

<h3>Business Directory</h3>	<h3>COLDWATER MANOR</h3> <p>"LOVE SPOKEN HERE" 1111 BEAVER RD., STRATFORD, TX (806)396-5568</p>
<h3>WALTER LASLEY &amp; SONS INC.</h3> <p><i>THE Feedyard</i> Since 1953 753-4411</p>	<h3>STEVENSON &amp; SONS</h3> <p>PEST CONTROL Termite &amp; Pest Control • Rat Control • Bird Control • Yard &amp; Tree Spraying Residential • Commercial • Farms • Ranches "Professionals in Pest Control Technology" Licensed &amp; Insured 249-4202 Dalhart • Stratford • Hartley</p>
<h3>Stratford Grain Co.</h3> <p>Stratford 396-5541 Lautz 769-4485 4 North Main</p>	<h3>Robert's Service Center</h3> <p>400 S. Poplar 396-2882 Auto Repair &amp; Lawn Mower Repair</p>
<h3>CONSUMERS</h3> <p>208 Texas <i>We Sell Seed &amp; Fuel</i> Farmland, Acço, &amp; Moorman Seeds &amp; Diamond Shamrock Products 366-2261</p>	<h3>Blue Stuff of Stratford Texas</h3> <p>Betty Chamberlain 802 N. Pearl St. Stratford, TX 79084 (806)366-2843 E-Mail: rjb@xit.net</p>
<h3>Stratford Auto Electric</h3> <p>119 S. Wall, Stratford, Texas 79084 Phone 366-5941 366-5857 <i>Alternator, Starter, Magneto Repair</i> Since 1964</p>	<h3>Allen-Tarver Insurance Agency</h3> <p>Carolyn A. Tarver Auto • Home • Life • Commercial Bus: (806)396-5810 • Res: (806)396-2393</p>
<h3>Betty Brown's Medical Claim Service</h3> <p>605 S. Main P.O. Box 7 Stratford, TX 79084 806-396-2623</p>	<h3>Joe Flores</h3> <p>Farm Bureau Insurance 396-5538 office 396-5389 home</p>
<h3>Brown's Meat Locker</h3> <p><i>Custom Wholesale &amp; Retail Meat</i> Federally Inspected Hwy 287 South 396-2513</p>	<h3>Jesse's Gun Shop</h3> <p>Gun Repairs • Sales • Cleaning Hours: Mon. - Fri. - 1730 - 2000 Sat. - 0800-1600 Jesse Resendes (806) 769-4454 111 S. Maple Stratford, TX 79084 (806) 366-3134 Shop</p>
<h3>A &amp; I PARTS CENTER</h3> <p>AUTOMOTIVE AND INDUSTRIAL PARTS - THE CAR CARE PEOPLE Jerry Ewers Manager P.O. Box 1146 (806) 366-5561 201 N. 2nd - Stratford, TX 79084 Fax: (806) 366-2583</p>	<h3>Your Home Town Pharmacy</h3> <p>ELK PHARMACY 317 N. Main P.O. Box 380 Stratford, TX 79084 806-396-5505 Major Prescription Plans Accepted Gayland Vandiver, R.Ph. Debbi Vandiver/ Owners Carlton Cards • Millionaire Bandy Gifts • Cookie and Balloon Bouquets</p>
<h3>Lehr Air/Lehr Fertilizer</h3> <p>P.O. Box 585 Stratford, TX 79084 Off. 806-396-2284 Fax 806-396-5454 Randy Home 580-543-6488 Randy Cell 806-683-2830</p>	<h3>Tommy's Embroidery</h3> <p>580-423-7718 Texhoma, OK 210 Hwy 54 West Caps, Shirts, Jackets, Baby Blankets, Towels, Towel Wraps, School Logos, &amp; Much More!</p>
<h3>THRIEFTWAY</h3> <p>Big Town Selection • Small Town Friendliness Wide Selection Frozen Food Quality Foods Fresh Produce Hwy 54 East 396-5586</p>	<h3>Westside Laundry/Stratford Laundry &amp; Dry Cleaners</h3> <p>410 N. 4th - Stratford, Texas 396-2841 Owners - Jerry &amp; Janie Smith Operators - Bob &amp; Keri Harris</p>
<h3>This Space Available</h3> <p>Call 366-5885</p>	<h3>Joe Taylor, Photography</h3> <p>PO Box 27 1305 N Chestnut Stratford, TX 79084 806-366-2459 Weddings, Portraits, Etc.</p>
<h3>Joan Bell THE TRAVEL STORE</h3> <p>iated with National Travel Systems A Full Service Travel Agency 396-5958 1-800-753-2792</p>	<h3>Rockin' C Cross Appraisals</h3> <p>Farm, Ranch &amp; Residential Appraisals 711 Purnell P.O. Box 1172 Jn 3:16 Stratford, TX 79084 Bus: (806) 366-7525 Fax: (806) 366-7515 DAVID J. CROSS General Certified Real Estate Appraiser Texas, New Mexico, Oklahoma</p>



It Pays To Look In The

# Star Classifieds

..The Best Salesperson Around

Phone 366-5885

## For Sale

Propane Bottle Exchanges now available at THE General Store. 4-18-tfn

We have Holland Barbecue Grills and Commercial Front Deck Lawn Mower. Call for more information: 727-4671. 5-2-tfn

It's Prom Time!! Tuxedos available at Hair Creations. Call 396-2809. 2-27-tfn

Time for Halls treatment for your early prevention of weeds and crabgrass. THE General Store. 2-13-tfn

For Sale: Regular Angus bulls, 1-2 yr. old. R&A Angus. Boise City, (580)426-2474 or (806)339-3596. 1-30-8xc

Rentals available at THE General Store. Appliance dolly, sheetrock jack, cement mixer, and rotatiller, airless paint sprayer, and rotary hammer drill. 8-1-tfn

Need Sprinkler Insurance? Call Allen-Tarver Insurance 205 N. Main Stratford, TX Competitive Rates with Mechanical/Electrical Coverage 806-396-5810 or 5513 3-27-c

For Sale: 2001 Ford Explore Sport - 2 door, automatic, A/C, all power. Call 396-2047 or 679-0692. 3-13-tfn

For Sale: Sewing machine, serger cabinet combination. 396-2222. 3-13-1xc

For Sale: Wood Frame Daybed w/mattress. \$75.00. Call 396-5368. lv. message. 3-13-1xc

For Sale: 1990 Chevy Lumina Van, APV, Real Clean, Real Cheap. 396-5396. 3-13-4xc

FOR SALE - ANGUS BULLS 10-14 months Reg. Bulls. Call Glynn Don Hughes, Canyon - 806/655-5838. 2-20-3xc

For Sale: 2000 Ford Power Stroke 250 series. Trailer pkg, extended cab. \$23,000 call Larry Parsons 806/339-1405 or 366-2558. 3-20-c

## Services

Is your House or Foundation Settling? Cracks in brick or walls? Doors won't close?...Call Childers Brothers Stabilizing & Foundation Leveling. 1-800-299-9563 or 806-352-9563 Amarillo, TX. 1-4-Tyrd

**New & Used Appliances**  
Factory Authorized Service  
Whirlpool, G.E. & Frigidaire  
**BABER SUPPLY**  
DishNetwork Sales & Service  
1-800-292-4023 1-580-423-7255

**HANG-N-THERE**  
Custom Painting  
Quality  
\*Interior/Exterior \* Drywall Repair  
\*Texture \* Specially Interior Finishes  
\* Water Damage  
FREE Estimates  
806-366-2850  
References available

## Garage Sale

Yard Sale: 516 N. Chestnut, Friday, March 14th, 8:30 a.m. - ? If weather is bad, it will be inside. 3-13-1xc

## For Rent

For Rent: Available April 1, 2003, 3 bedroom. Call 355-6396 or 676-6509. 3-13-tfn

For Rent: Small 2 bdrm house with fenced backyard. New storm windows & carpeting. 619 N. Wall. 396-2364 9-12-tfn

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

For Rent: Nice 2 bedroom house, central heat & air. Good Location. Call 806-333-7418. 10-17-tfn

## Houses for Sale

House for Sale: Great Location, beautiful corner lot, 2 large bedrooms, 1 large bath, garage, central heat/AC. 806-659-2345. 8-2-tfn

House For Sale or Lease: Recently remodelled 2500 sq. ft house. 3 bdrm, 2 baths. Call for more information. 244-2155 or 333-7120. 8-8-tfn

For Sale: Beautiful home on 1 acre - 519 S. Spruce. 2100 Sq. ft. 4 yr. old, 4 bedrooms, 2 1/2 baths, double car garage. Open floor plan large kitchen. Call 1-559-947-3272. 3-6-4xc

3,600 sq. ft. 3,000 living, 3 bedroom, 3 bath, 2 living areas w/double fireplaces, covered/lighted patio, 2 car garage, corner lot, near both schools, 1220 N. Chestnut. For more info. call 1-903-732-5402 or 396-2498. 1-3-tfn

For Sale: 3 Bdrm, 2 bath brick home, double car garage, fenced in backyard, across from City Park, 702 N. 7th. Call 396-2425, 396-2845, 396-5841, or 396-1050 for more information. 1-16-tfn

For Sale by Owner: Owner financing possible on 2 story, 3 bedroom, 1 bath, 1760 Sq. ft, rock fireplace, beautiful backyard with big tree, deck across back of house and rock fountain. 816 N. Maple. \$55,000. 727-4664 or 753-6677. 1-9-tfn

## Card of Thanks

We would like to thank everyone from the bottom of our hearts for their heartfelt sympathy and loving kindness during our loss. The food, flowers, cards and memorials have overwhelmed us. We will always hold dear those who came by, and personally shared in our grief. A special thanks goes out to the high school students who have been to our home so many times during the last week. Although we are moving away, the kindness you have shown will always be with us. Please continue to hold us in your thoughts and prayers and Tiffany in your hearts.

The family of Tiffany Knight

I would like to thank everyone for remembering me with their visits, cards, thoughts, and prayers during the recent passing of my loved ones.

The Ted Irlbeck Family

Words are not adequate to express the appreciation we have for the people of Stratford. And for the many prayers, and phone calls made on Bills behalf. We want to extend a special thank you to our EMT Crew Jimmy, Larry and Verlie and Michelle who responded so quickly Saturday morning. All our prayers have been answered.

Bill & Kathy Riffe

Dreams are the touchstones of our characters.

—Henry David Thoreau

I like the dreams of the future better than the history of the past.

—Thomas Jefferson

## Legal Notice

### ABANDONED MOTOR VEHICLE NOTICE OF SALE

In compliance with Vernon Civil Statutes Article 4477-9A, Section 5.03, Litter Abatement Act, I will proceed to sell at Public Auction to the Highest Bidder, for Cash, on the 1st of April, 2003.

All of the following listed abandoned motor vehicles.

Location of the sale will be:

C&D Body Shop  
814 East Texas Ave.  
Sherman Co. Barn  
501 South Maple  
10:00 a.m. at C&D Body Shop

SALE WILL BEGIN AT:

10:00 am at C & D BODY SHOP

YEAR	MAKE	MODEL	VEHICLE IDENTIFICATION NUMBER	TAG STATE
1985	PONTIAC		2G2AF19X81219922	OP 259 KS
1984	VOLK		WVWJ10632611015775	PS 7517 KS
1978	FORD	PK	SG101822147	EX 1166 KS
1988	CHEV		1G1011W430145655	EX 1166 KS
1987	BUICK	LESABRE	G40P54C311404551	
1988	PONTIAC	LMA	K121N21631B30128	3861XC OK
1985	BUICK	PARK AVE.	1G10W6931E1401145	HW1241 KS
1992	CITRY	LBA	3C3XA4635N1278928	GR1011 TX
1989	MERC		2ME1N36X1K0635227	1K1211 KS
1983	BUICK	LLM	1G4AP37Y60N450242	DC 63Y TX
1980	PLY	TK	BB21AX106369	
1979	BUICK		4F69Y9X147270	5061HX TX
1993	FORD	PROBL	1ZV1220SP5193975	7056JM AR
1993	FORD	ARO	1FMC1A1101P3146386	41 6001 TN
1988	HONDA	LXI	JHM1A5647C027079	026HHP AZ

You must be a Texas resident to bid at this sale

Jack Haile  
Sheriff Jack Haile  
Sherman County, Texas

Published in The Stratford Star, Thursday, March 6, 2003, Thursday, March 13, 2003, Thursday, March 20, 2003 and Thursday, March 27, 2003.

SALE DATE: APRIL 1, 2003

SHERMAN COUNTY MISCELLANEOUS SALE

THIS SALE WILL FOLLOW THE SHERMAN COUNTY ABANDONED

MOTOR VEHICLE SALE AT THE SHERMAN COUNTY BARN

A LIST OF SOME OF THE ITEMS FOLLOWS:

1. Lincoln Arc Welder (Burned)
2. 1987 Chev pickup (Burned)
3. Courthouse windows
4. Surplus office equipment
5. 1" wood blinds
6. Mini blinds
7. Brief case
8. File Drawer
9. Scanner
10. Curtain Rods

Published in The Stratford Star, Thursday, March 6, 2003, Thursday, March 13, 2003, Thursday, March 20, 2003 and Thursday, March 27, 2003.

## Help Wanted

### STORE PERSONNEL

Allsup's Convenience Stores is seeking personnel for its store in Stratford. Ideal candidates will enjoy working with the public, be dependable, well-groomed and able to work various shifts, including nights and weekends.

We offer competitive wages plus two different medical plans, dental and life insurance, profit sharing and paid vacation.

For immediate consideration please apply in person at:  
Allsup's - 101 S. Poplar EOE

Cimarron Feeders seeking mature, D & C Greenhouse is seeking a conscientious processor. Newly remodelled processing facilities and benefits, team atmosphere with respect for refined skills and quality performance. Contact Dustin Thurman at (580)543-6383. 3-13-4xc

Conservation is a state of harmony between men and land.  
—Aldo Leopold

15 Years, 4500 Babies In Dumas  
**Women's Health Center**  
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.  
935-6599

## Iron Deficiency A Big Problem

Austin, TX-Iron deficiency is the most common nutritional deficiency in the world. It affects an estimated 7.8 million adolescent girls and women of childbearing age and 700,000 one- to two-year old children.

"Because iron plays a critical role in our ability to think, remember and learn, the effects of iron deficiency are very serious," says Ann Latham, registered licensed dietitian and an assistant director for Outreach Health Services (OHS) Women, Infants and Children (WIC) program.

Nutrition research has shown that children who do not get enough iron in their diets score lower on mental and motor development tests, have shorter attention spans, explore their environment less and are not as happy as other children. That's the bad news.

The good news is that iron deficiency is preventable. The OHS WIC program offers these tips for making sure your child consumes enough iron:

\*From birth to age one year, feed your baby breast milk or iron-fortified infant formula. The American Academy of Pediatrics (AAP) recommends that formula with iron be given to children who are not breast-fed to prevent iron deficiency. It is a myth that low-iron formulas help treat colic, constipation, cramps or gastroesophageal reflux. Low-iron formulas should only be used under the supervision of a pediatrician.

At age four to six months, introduce iron-fortified infant cereal as your baby's first solid food. Start with a single-grain infant cereal with iron. Most experts recommend beginning with rice cereal, then adding oat and barley cereals to expand baby's tastes.

\*Include meat in your child's diet. The form of iron found in beef, poultry and fish is called "heme-iron." It is up to five times more absorbable by the body than "non-heme" iron, which is the type found in fruits, vegetables, breads and cereals.

\*For extra "oomph," give your child an orange or orange juice with his breakfast cereal. Eating foods containing vitamin C in the same meal with iron-rich plant foods helps the body absorb more iron. In addition to citrus fruits, cantaloupe, broccoli and green peppers are excellent sources of vitamin C.

WIC is a well respected, federally funded program that gives children a healthy start by encouraging optimal nutrition during the critical stages of development. WIC participants have access to vouchers for healthy foods, ongoing nutrition education classes, meal planning assistance, nutritional assessments, immunizations and breast-feeding instruction and support.

Each month Outreach Health Services offers WIC services to more than 33,500 clients in 58

Texas counties. Free WIC services are available to middle-to-low-income women who are pregnant, breast-feeding, postpartum or have an infant and/or children younger than five years of age. Income and residency requirements may apply. For information on WIC services, contact the WIC Clinic in your community or visit [www.outreachhealth.com](http://www.outreachhealth.com)

WIC is a equal opportunity program that does not discriminate based on race, color, national origin, age, sex, or disability.

Stratford WIC Clinic 702 N. Third Street (806) 396-5554.

### Check Out These Web Sites:

- Jackson Hewitt Tax Service at [www.jacksonhewitt.com](http://www.jacksonhewitt.com).
- Microsoft Corp. at [www.microsoft.com](http://www.microsoft.com).
- Federal Trade Commission at [www.ftc.gov](http://www.ftc.gov).
- To learn about identity theft, visit [www.usps.com/postalinspec](http://www.usps.com/postalinspec) tors.
- Junior Achievement at [www.ja.org](http://www.ja.org).
- 1-800-FLOWERS at [www.1800flowers.com](http://www.1800flowers.com).
- PrivacyGuard at [www.privacyguard.com](http://www.privacyguard.com).



## Dahl & Edwards Winners In Calf Scramble

As a sponsor of the 2003 Calf Scramble Event at the 54th Annual San Antonio Stock Show and Rodeo, H-E-B along with the Calf Scramble Committee are helping the youth of Texas grow and prosper in their agricultural endeavors. Walter Dahl & Justin Edwards were winners in the February 16, 2003 4:00 p.m. performance. Shown congratulating them are (L to R) Committee members, Chairman Joe Ernst, Susi Medbury, #12 Walter Dahl, #15 Justin Edwards, Team Captains Melissa & Mike Mahala.

## U.S. Army's National Training Center Preparing Soldiers For World Conflicts

(NAPS)—To train America's soldiers for escalating global conflicts throughout the world, the U.S. Army operates extensive war game training exercises to simulate real world combat and ensure U.S. military preparedness in the 21st century. Although these exercises take place throughout the world, the Army operates a first-class warfare training facility in California, designed to prepare Army units for desert warfare conflict.

Based in California's Mojave Desert at Ft. Irwin, the National Training Center (NTC) is the Army's premier combat training installation in the world, providing a realistic, desert warfare environment. This training environment, complete with a lethal and dedicated opposing force and significant maneuver space (over 300,000 acres), allows Army units to sharpen their skills and focus by fighting the resident NTC Opposing Force (OPFOR).

The OPFOR, one of the world's elite military training units, prepares the visiting brigades by simulating the tactics, appearance and strategies of America's enemies. Their sole mission is to prepare Army units in advance of deployment to hostile situations by exposing them to every element that would be present in a combat situation. Soldiers face the stresses of strategic and logistical management of an Army brigade while confronting guerilla warfare, chemical threats, air attacks and civilians on the battlefield.

"OPFOR's mission is to make



sure that every soldier is prepared for every possible combat situation, whether it be dealing with terrorist activities or biological warfare. We make sure that they're prepped and ready," said Col. Joe Moore, commander of the OPFOR. "The NTC and OPFOR are the standard that everybody measures their own success and combat capability against."

In addition to the actual exercise, real-time instruction is another crucial aspect of the exercise. A vast cadre of professional coaches observes and guides the exercises to maximize the learning and training. Called "observer controllers," these soldiers observe unit performance and combat effectiveness while teaching and advising the unit leaders. In addition to this real-time instruction, NTC leaders also conduct daily After Action Reviews, which help the unit break down the specific exercise of the day to identify strengths and weaknesses.

"The most important goal for these rotations is that every soldier can improve upon their fundamental soldier skills and learn from their time spent at the NTC," added Moore. "The object of

the battles out here is not winning or losing so much as it is learning from the battle. The real point is to train the visiting unit since they will be the one deployed into forward combat."

Another important aspect is the use of the Multiple Integrated Laser Engagement System (MILES). The MILES system provides tactical engagement simulation for force-on-force training using eye-safe laser "bullets." Each individual and vehicle in the exercise has a detection system to sense hits and perform casualty assessment in order to provide for the most realistic environment. Laser transmitters are attached to each soldier and vehicle weapon system and accurately replicate actual ranges and lethality of the specific weapon systems. MILES training has been proven to dramatically increase the combat readiness and fighting effectiveness of military forces.

NTC war game exercises operate ten times a year and reemphasize the central principle that the U.S. Army, built on the strength of well-trained soldiers and state-of-the-art technology, is the most successful and powerful army in the world.

"It makes me proud to know that I'm helping train the Army," said Capt. Josh Ekis, military intelligence officer, NTC. "Our role here is to make sure that no soldier goes into harm's way untrained."

For more information about the National Training Center, visit [www.Irwin.Army.Mil](http://www.Irwin.Army.Mil).

# HEALTH AWARENESS

## Surviving Blood Cancers Advances in Treatment: Staying Informed

(NAPS)—In recent years, new and better treatments have dramatically increased the survival rates of patients with leukemia, Hodgkin and non-Hodgkin lymphoma and myeloma—blood cancers that originate in the bone marrow or lymphatic tissues. Now, more than ever, patients need to stay informed about the growing number of treatment choices in order to make the best decisions about their care.

"It is exciting to have new weapons in the fight against cancer, and it's important for patients to learn all they can about them. When people are diagnosed with a blood cancer, the decisions they make can be critical," said Robin Kornhaber, MSW, Senior Vice President, Patient Services, The Leukemia & Lymphoma Society, the largest voluntary health organization dedicated to blood cancer research, education and patient service.

Today, patients have many more treatment options than they did years ago. There are nearly 50 different drugs to treat blood cancers.

To help patients keep up to date with new developments, the Society provides programs ranging from community-based "Learn from the Expert" forums to national teleconferences and live Webcasts. Last year alone, the Society had more than 200,000 contacts with patients and families.

A good place to start gathering information is the Society's Information Resource Center (IRC), staffed by social workers, nurses and health educators. The IRC

helps patients and caregivers find out about promising new therapies and cancer clinical trials, financial aid, education programs and a number of different support groups.

Kornhaber offers the following advice to help people as they navigate the extensive information available and learn to cope with their disease.

**617,000 Americans have leukemia, Hodgkin or non-Hodgkin lymphoma or myeloma. Every five minutes, someone new is diagnosed with blood cancer. Every nine minutes, someone dies.**

• **Get the most accurate information about the disease.** Learn about your specific disease type and the latest treatments available, clinical trials, how to find a specialist, second opinions.

• **Be prepared with a list of questions.** Prepare a list of questions in advance when calling or talking to your doctor. It is easy to forget your questions if you feel rushed or upset. Bring someone with you to write down the answers to your questions, or bring a tape recorder so you can record the doctor's explanations.

• **Learn how to best communicate with your health care team.** Your health care team is the primary resource for treatment advice and recommendations. Good communication can be maintained by establishing an open and trusting relationship with your medical professionals, which means consulting with

them about treatments recommended elsewhere, asking doctors to repeat or explain anything that is confusing, and understanding the role of each member of the treatment team.

• **Take advantage of free educational programs.** Participating in live educational programs, teleconferences or Webcasts will give you the opportunity to listen and learn about your disease from top medical experts. You can also hear what others with similar concerns have to say.

• **Seek support.** Feelings of confusion, loneliness and isolation are common to anyone with a serious illness. Reaching out to your peers, professionals, family members, or others can strengthen your ability to cope with the disease.

"When you are diagnosed with cancer, the information you receive can affect the rest of your life. I relied on the staff of the IRC to put me in the right direction. This is a great resource center, where you can get so much critical information all in one place," said Leigh Jenkins, a survivor of Hodgkin lymphoma.

With a network of 60 chapters, The Leukemia & Lymphoma Society provides community-based education programs and services throughout the country. Contact the IRC at 800-955-4572 or visit [www.leukemia-lymphoma.org](http://www.leukemia-lymphoma.org) for more information, including free booklets and publications on leukemia, Hodgkin and non-Hodgkin lymphoma and myeloma, or to inquire about educational and support programs.

\*\*\*  
The greatest wealth is to live content with little, for there is never want where the mind is satisfied.

—Lucretius

\*\*\*  
Courage is more exhilarating than fear, and in the long run it is easier.

—Eleanor Roosevelt

\*\*\*  
If you don't learn to laugh at trouble, you won't have anything to laugh at when you're old.

—Ed Howe

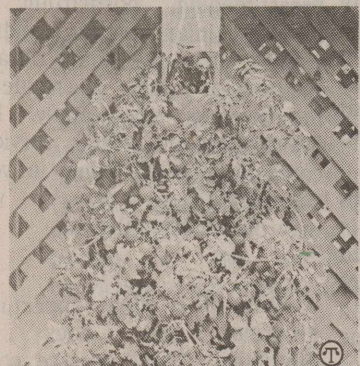


The Doctrine of Signatures was an ancient belief that plants, by the shape or form of their parts, indicated to man their medicinal uses.

## YOUR GARDEN

### Hanging Gardens

(NAPS)—You may not need a lot of earth to make your garden grow—just something to hang your plants on. Urban planters, people gardening in confined spaces and homeowners looking for something different have given a green-thumbs-up to hanging gardens.



Don't Get Fenced In—Hanging gardens don't need a lot of space to flourish.

Hanging gardeners can use kits to grow virtually anything from tomatoes to flowers, almost anywhere. For example:

#### Hanging Strawberry Kit

Kit includes 10 strawberry plants, a poly bag with holes to plant them in and a nylon rope for hanging. Planting instructions are also included.

#### Lobelia Babylon Bag Kit

Named for the famous hanging gardens, the kit's design lets you create gorgeous color in small spaces. It includes easy-to-grow lobelia seed.

#### Hanging Cherry Tomato Babylon Bag

The kit provides lush, hanging foliage through summer, as well as a harvest of ripe cherry tomatoes for salads or snacking.

For more information about these hanging gardens visit [www.bloomingbulb.com/bulb](http://www.bloomingbulb.com/bulb).

## YOUR GARDEN

### Tips On Keeping Plants Happy And Healthy

by Lance Walheim,

Bayer Advanced® Garden Expert

(NAPS)—Many people may wonder why it's important to feed plants. After all, doesn't soil contain all the nutrition a plant needs?

While it's true that many soils contain enough nutrients for the healthy growth of native plants, the soil in your backyard may not have enough nutrients for the plants you have chosen to grow there. In home landscapes, we want plants to grow faster, look better and be more productive. Consequently, many plants need to be fertilized to grow and look their best.

**How Do I Choose the Proper Plant Food?**

A good fertilizer promotes sustained growth in one easy step. Bayer Advanced Garden Triple Action Rose Food

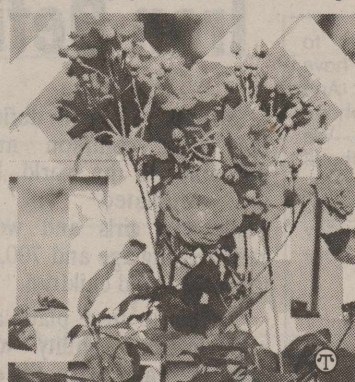
is a good example. Bayer Advanced Garden Triple Action fertilizers are a good example. By feeding continuously at all levels (plant, roots and soil), roses, flowers, vegetables, trees and shrubs receive the nutrients they need to thrive and look beautiful over the long haul.

#### Why Triple Action?

Triple Action from Bayer Advanced Garden affects the plant, roots and soil, so you'll be able to see the improvement:

• **Plant:** Feeds the plant to produce bigger flowers, foliage, fruits and vegetables and enhances the overall appearance of your plant.

• **Roots:** Builds stronger, deeper root systems, which more efficiently transport water and nutrients from the soil. Stronger root systems mean stronger plants that can better withstand heat and drought.



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• **Soil:** Enriches and fortifies your soil with additional nutrients that are stored in the soil and released when the plant needs it. A rich, fertile soil provides a foundation for establishing roots and replenishes vital primary nutrients.

#### How Do I Use Plant Food?

Bayer Advanced Garden Triple Action Plant foods are easy to use. Just sprinkle the plant food evenly over the root area or across the plant bed according to label instructions. It can be worked into the top 1/4-inch of soil if preferred. Fertilization should begin in the spring and continue at three-month intervals until fall. In mild winter climates, you may need to fertilize year-round.

You can learn more about caring for your lawn and garden and about discounts on various Bayer Advanced products by visiting [www.bayeradvanced.com](http://www.bayeradvanced.com) or by calling 1-877-BAYERAG.

Bayer Advanced® Garden Expert Lance Walheim has authored or contributed to more than 30 gardening books including *Roses for Dummies*, *Lawn Care for Dummies*, *Landscaping for Dummies* and *Vegetable Gardening for Dummies*.