

# THE STRATFORD STAR

75 CENTS

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Number 19 May 8, 2003

#### **CASA Volunteer** Information Session

CASA Volunteer Information Session, Monday, May 12, 2003 at 12 p.m. 1219 N. Butler (BA & LeRayne Donelson's in Stratford.

Come and learn about becoming a child's advocate. There is NO OBLIGATION by attending the meeting; it is just a chance to learn more about CASA and how you can be a child's voice in court. If you have any questions, please contact Kari or Mary at (806) 244-2684.

### **Volunteers** Needed

The Sherman County Public Library is in need for volunteers to assist with this year's Read Across to announce the Valedictorian and Texas summer reading program. Salutatorian for the 2002-2003
This year's theme is "Mission School year. The Valedictorian is
Possible: Spy A Book". The Juliana Taliaferro, daughter of
reading program is scheduled to Mrs. James Taliaferro. begin on June 2 with four reading Juliana has a numerical grade programs every two weeks with an point average of 98.571 for two afternoon at the movies on the off years of work. Juliana has

### Cowboy Church Meets Wednesdays

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

### **Cemetery Clean-Up** On Going

Twelve persons cleaned up most of the Cemetery Saturday, May 3. Most worked from before 8:00 a.m. to 10:30 (without a break) as the wind begin to pick up. Three truck loads of limbs and tumble weeds were hauled off and burned. All of the Cemetery was not covered and after the wind Sunday there is still opportunity for those who couldn't make it Saturday to have a part in the Clean-Up. Any day will be fine.

Please check family plots for damaged faded. arrangements. Some plots still need a permanent marker. Let's get ready for Memorial Day. Clean-Up Day workers, 8:00 to 10:00 shift; George & Gayle Harding, Linda Spurlock, Wayne Smith, Joyce McBryde, Sue Hudson, Sandy & Ellen Tillery, Bill & Selma Pendleton, Don & Gaynelle Riffe.

> SUMMER BASEBALL SEASON KICK OFF FUNDRAISER PENDLETON PARK FRIDAY, MAY 9 5:30-7:30

BURGERS HOT OFF THE GRILL WITH CHIPS AND ICE COLD COKES \$5.00

> HOMEMADE ICE **CREAM \$1.00**

PLAYERS COME MEET YOUR TEAM AND COACHES!

THE ENTIRE COMMUNITY IS INVITED WE NEED YOUR SUPPORT!



Valedictorian Juliana Taliaferro

Salutatorian **Daniel Hays** 

### Junior High Valedictorian & Salutatorian Announced

Stratford Junior High is proud week. Read Across Texas participated in Cross Country, programs are open to all students Basketball, Track, All-Region grades Pre-K thru 6th grade. Read Band, Globe News Spelling, UIL "The Stratford Star" for more Readywriting, Number Sense and details coming soon. Contact Impromptu. Her hobbies and Sandy at the Library 366-2200. interests include golf, listening to music, reading, decorating and gardening. Juliana is a member of the First Methodist Church.

### First Ag Credit Approves Military Appreciation Policy

The First Ag Credit board of directors recently approved the Military Appreciation Policy for members of the armed forces called to active duty. Under this program, any First Ag Credit stockholder called to duty as a result of September 11, 2001 or the Iraq War can receive a substantially reduced interest rate and deferred payments to ease at least a portion of their financial burden. For further information please contact your local credit

### Good Luck Deidre

The Salutatorian is Daniel Hays, son of Mr. and Mrs. Steve Hays. Daniel has a numerical grade point average of 96.952 for two years of work. Daniel has participated Football, Basketball, Track, Mathematics and Spelling. His interests and hobbies include football; basketball, paintball and X-Box. Daniel is a member of First Baptist Church.

The faculty and staff of the Junior High wish the students great success in Stratford High

### Conservation **Reserve Program** Sign-Up

May 5-May 30, 2003

USDA Farm Service Agency's Conservation Reserve Program (CRP) is a voluntary program available to agricultural producers to help them safeguard environmentally sensitive land. Producers enrolled in CRP plant long-term, resource-conserving covers to improve the quality of water, control soil erosion, and enhance wildlife habitat. In return, FSA provides participants with rental payments and cost-share assistance. Contract duration is 10

FSA will hold CRP sign-up for a four-week period from May 5 to May 30, 2003. This is the first general CRP sign-up since enactment of the 2002 Farm Bill on May 13, 2002. The last general sign-up was conducted in early 2000.

Sherman County currently has approximately 9,400.0 acres available to bid into the CRP program. If you are interested in this program, please contact the Sherman County FSA office at 806-396-2211 or visit us at 418 North 4th Street.

### Citizens of Stratford:

I would like to express my concern regarding various properties within the City which need specific attention. City of Stratford Ordinance numbers 181, 184 and 248 prohibit allowing any accumulations of rubbish, debris, trash or any other other objectionable, unsightly, or unsanitary material to accumulate on any property within the corporate city limits of the city. Also, City of Stratford Ordinance numbers 164 and 248 require that all weeds and grass be kept mowed to prevent becoming unsightly and/or creating a fire hazard. This is especially important as we come into the Spring and Summer seasons. These ordinances also prohibit any other types of debris from being located on any real estate within the City of Stratford.

I would like to give all citizens the opportunity to take care of these matters on their own. However, effective May 1, 2003, should there be any properties which do not meet City codes, the property owner(s) will be notified per a certified letter. This letter will give the property owner(s) a deadline to bring the property up to code before further action is pursued, including recovery of any incurred costs.

I would like to encourage all citizens to help make Stratford a clean place to live and a tourist attraction for travelers passing through. If you have any questions regarding the disposal of any items, please feel free to stop by my office or call City Hall at 366-5581. I appreciate your immediate attention concerning these matters.

Sincerely, **Wayland Brown** City Administrator

### **Election Results**

Election results in Saturdays election are as follows: Stratford Hospital Board-Margaret Reed (I) 49, Larry Drake (I) 69, Ken Forthman-22, Wayne Smith-120, H.D. Meil-28, Betty Brown-90, Shawn Claypool-31. Winners-Wayne Smith and Betty Brown.

There was a total of 212 casting votes-82 Absentee and 130 voting on Saturday.

### NOTICE

The City of Stratford has a City Ordinance concerning "Abandoned" and "Junked" automobiles. Due to the number of vehicles in violation of this ordinance and the increase in complaints the city is receiving, the Police Department will be taking the appropriate action to enforce this ordinance.

The ordinance states that vehicles must display current registration (tags) and motor vehicle (inspection inspection sticker) if the vehicle is registered in Texas. If the vehicle is registered out of state it must have current registration displayed. Additionally, Texas state law requires vehicles to be registered in Texas if the owner resides in Texas.

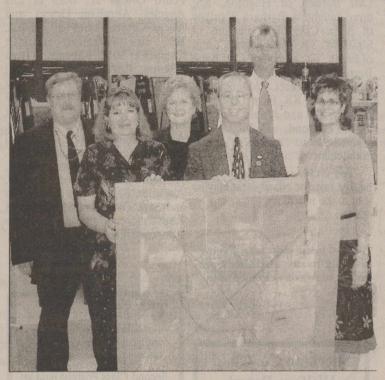
The ordinance concerns vehicles parked on private property as well as on the street. The only acceptable way to store a vehicle in this condition is to store it in a building or behind a six foot tall solid fence. In other words, vehicles that do not have current registration and inspection displayed cannot be on the street or in the front yard, and only in the back yard with an appropriate fence.

If you have any questions or are not sure if your vehicle is in compliance, you may come to City Hall where you can the complete ordinance and we will answer any questions you have. Also, before you construct a building or fence I would recommend checking with City Hall to insure your project will be lawful in accordance with other City Ordinances, Zoning and Permit issues.

Vehicles found to be out of compliance will be stickered with a red sticker on the driver's side window giving 48 hour notice to take care of the vehicle. Failure to comply will result in the city taking the appropriate action to remove the vehicle at the vehicle or property owner's expense and fines assessed.

Sincerely, **Dwayne Dennis** Stratford Police Department

Happy Mothers Day!



TxDOT Staff for Public Meeting L/R Kenneth Peter, Cheryl Luther, Brenda Knoll, Mark Tomlinson, Kenny Course, Tonya

### TxDOT Public Meeting

By Gaynelle Riffe

Department relief routes propositions to 52 because of the train?) attendees to the Public Meeting,
Tuesday, April 29. Three to the East. It would displace one suggested routes were presented irrigation well, one mobile home the City Hall and I understand Mr. T had them at Betty's!

and bottle neck at the intersection of US 54 and US 287. Kenny Course, TxDOT Area Engineer gave the following information: Due to Ports to Plains Corridor, Projected traffic on US 287 in 2004-3400, in 2024-6600: Projected traffic on US 54 in 200403200, in 2024-4200.

Railroad Traffic at present is 22 trains on UPSP and 7 trains on BNSF. BNSF is planning to route the loaded coal trains from north through Stratford with return empties through Dalhart. This would increase this traffic to 20 trains a day. Stratford is seeing a grade separation to allow emergency vehicles access to the highways south of the Railroad. (do you remember when the fire truck watched a building burn

of while waiting for a passing train? Transportation, Amarillo District And the wreck on the highway that presented grade separation and the ambulance could not get to

for Public thought and comment. and 3 irrigation pivots. It would The next public meeting will be offer access to two roads, State 15 held in a few months. Maps of the and US 54 with economic proposed routes will be posted in opportunities for expansion of the the Stratford Star windows also at City.

Alternate II shows a relief route to the West. It would go Please consider each of the over the scenic landfill, remove three alternatives with future some improvements and affect an economic irrigated field. Access from US development in mind to find the 287 relief route to US 54 would best solution to move traffic over offer one opportunity for the railroads and to eliminate the economic development. Business Route Hwy. 287 will still be maintained.

Alternate III shows the grade separation on the present route. It would displace approximately 12 structures and created a dangerous crossing to the cemetery on 3rd St.

TxDOT wants the public to consider the proposals and make comments and give suggestions for the best solutions for the future growth of Stratford.

One far sighted comment was "Let's just stop the Ports-To-Plains Corridor from coming through Stratford and keep this just as they a:e"! I guess we could also ask the railroad to route their trains so they would not be inconvenient.

### Check It Out!!!!!!

Commission, is pleased to State Bank of Happy, the library announce the 2003 Texas Reading has obtained a movie site license Possible: Spy a Book!"

The purpose of the Texas Reading Club is to promote reading, stimulate curiosity, and attract children to the library. The the reading programs and if you emphasis is on letting children would like to help contact Sandy read for fun and helping them at the Sherman County Public retain valuable reading skills Library or call 366-2200. during their summer vacations. they read. The children grades to be able to start loaning videos receive awards for reading and used in our library will be sold at attending the programs. Swim our upcoming book sale in June.

The Sherman County Public passes are being donated by the Library in cooperation with the First State Bank of Stratford. Also, Texas State Library and Archives through a donation by the First Club. The theme is "Mission and will be holding "Afternoon at the Movies" and "Family Night at the Movies" during the summer months. Watch for more details!

Volunteers are still needed for

The library is still accepting The Texas Reading Club is a self-donations of books, audiobooks paced reading program in which children keep track of the books donations of videos we are hoping Pre-K through 6th grade will soon). All materials which are not

### **CONGRATULATIONS TO** TIFFANY DUKE 2nd IN STATE IN POETRY INTERPRETATION

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MORE IN NEXT EDITION!

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### **Obituaries**

James Wade (Pete) Burnett

Clemencia Ortega

Boise City, OK. James Wade (Pete) Burnett, 84, died Sunday, April 27, 2003. Wednesday, April 30, 2003. Rosary was held

Mortuary.

Mr. Burnett was born June 15, 1918 in Cimarron County. He married Marie Wray on Feb. 15, 1941 in Boise City.

Survivors include three sons, Wade Burnett of Cleburne, TX, Pedro; five sons, Francisco Ortega Dean Burnett of Boise City and Carl Burnett of Hugoton, KS; Pedro Ortega Jr., both of Los three daughters, Barbara Wardlaw Angeles, Abraham Ortega and of Boise City, Doris Parsons of Mario Ortega, both of Liberal, Stratford, TX and Lynda Clifton KS; six daughters, Carmen of Fritch, TX; a brother Carl Babe Comacho of Phoenix, Irma Burnett of Okemah, OK; three Moreno, Rosalva Ortega, Isabel sisters, Margaret Mitchell of Correa and Maria De La Luz Kansas City, KS, Faye Donley of Juarez, all of Mexico, and Maria Forsyth, MT and Jennie Dearduff Clemencia of Liberal, KS, four Edmond, OK; grandchildren; and 14 great- Alfredo Guevara, Juvenal grandchildren.

sent to the mortuary.

Blessed is the man who, having nothing to say, abstains from giving to words evidence of the fact.

-George Eliot

### Sherman Co. Child Welfare Board

To Report Suspected Child Abuse, Call Kathie Altman - 366-5611 David Cross - 396-2396 Ken Forthman - 366-2586 Patsy Harland - 827-7568 Michael Meyer - 827-7453 Jesse Resendes - 769-4454 Bob Sweeten - 366-5848 **Austin Hotline** 

1-800-252-5400 ALL CALLS CONFIDENTIAL

DIET COKE, SPRITE, OR

3 LITER BTL.

1 69

6 PACK

COCA-COLA

Clemencia Ortega, 65, died

Wednesday, April 30, 2003.

Graveside services were held at Tuesday, April 29, 2003 in St. 2 p.m. Saturday in Garrett Joseph's Catholic Church of Cemetery in rural Boise City with Stratford. Mass was held at noon Wednesday. Harold James officiating. Wednesday, April 30 in the Arrangements were by Cimarron Cemetery by Boxwell Brothers Funeral Directors of Dumas.

> Mrs. Ortega was born in San Pablo, Mexico. She was a member of St. Joseph's Catholic church.

Survivors include her husband, of Stratford, Ernesto Ortega and 11 brothers, Raymondo Guevara, Guevara and Pedro Guevara Jr., The family suggests memorials be to a favorite charity and may be sent to the mortuary.

Augistina Sanchez of Chillicothe and Sara Ortega of Stratford; 18 grandchildren; and four greatgrandchildren.

### The Stratford Star

Published Every Thursday at 309 N. Main, Stratford, Texas 79084

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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 Box 8 1-806-366-5885

Fax 1-806-366-5885

What is the difference between a jail and a penitentiary? Almost all counties in Texas have a jail. Jails are owned by the county and operated by the sheriff. The Texas Jail Commission oversees the operation of the jail and makes sure that their rules are followed. The Texas Legislature oversees the jail Commission and the Governor appoints the members of the Jail Commission. The Jail Commission sends out inspectors to inspect the jails and see if there are any problems.

When a person is arrested they are brought to the county jail. The arresting officer fills out the booking form and they are placed in jail. A magistrate will then determine a bond, read the person their rights and determine if they want a court appointed lawyer or if they want to hire one on their own. When the person post their bond they can leave jail. If they can't post their bond they have to wait until their case comes to court. The longest we've held anyone awaiting trial is one year and three months. A person can be sentenced to the county jail for Class A and B Misdemeanors. The longest we have held a person for conviction of a misdemeanor is 11 months and twenty days. Jails hold everyone. It is usually the first stop in the criminal justice

A penitentiary is run by the state. In Texas the Department of Criminal Justice (T.D.C.J.) runs the prison system. Only convicted felons can be sent to T.D.C.J. and only a District Court Judge can sentence a person to the penitentiary. If they are sentenced to a State Jail the maximum sentence is two years. A State Jail is just another name for the penitentiary. The other classes of felony, capital, first, second and third go to other T.D.C.J. facilities. Fifteen years ago a person sentenced to prison did about one month for every year of sentence. Meaning that a person sentenced to twelve years did about twelve months in the penitentiary. When Texas started building all the new prisons that changed. A person convicted of a felony will now do about ninety percent of their time before they are released. While the county jail is the first stop in the criminal justice system the penitentiary is the last.

A man's feet should be planted in his country, but his eyes should survey the world.

-George Santayana

Come by and help us celebrate the arrival of Conrad Odell, son of David and Ginger Odell. Sunday, May 18th 2-3:30 p.m. In the home of ViAnn Reed 709 North Chestnut Stratford, Texas

> Hostesses: Paula Everett ViAnn Reed Gail Hunsaker Sonja Kendrick Cindy Russell Linda Surin Barbara Haile Selections at Ellies and Duckwalls



### Stratford ISD Education Foundation Annual Drive ☐ YES! I accept your invitation to become a Donor. My gift to the Foundation will be:

□ \$25,000+ Platinum Education Partner □ \$2,500 Emerald Education Partner

Signature for credit card charge \_\_\_\_

☐ \$15,000 Diamond Education Partner ☐ \$1,000 Sapphire Education Partner

□ \$10,000Gold Education Partner□ \$ 5,000Silver Education Partner□ \$ 5,000Ruby Education Partner□ \$ 250Bronze Education Partner ☐ My tax-deductible gift is enclosed in the amount of \$\_\_\_\_ ☐ I desire to pay my pledge in \_\_\_\_\_ installments of \$\_\_\_\_

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Phone: Office ( ) Home ( )

☐ My name may be publicly released when gifts are acknowledged. ☐ I do not wish to have my name publicly released when gifts are acknowledged.

The deadline for your founders contribution or pledge is May 31, 2003. Make your contribution payable to the Stratford ISD Education Foundation and mail to Post Office Box 108, Stratford, Texas 79084. Thank You



May 4, 2003 thru May 17, 2003

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11.5 OZ./ REG. \$2.99 .....

Fish Fry! Take Mon'out

Sunday, May 11

First Christian Church

11:30 a.m.

NOTICE: There will be NO Mother's Day luncheon this Sunday. Too many people have other plans. The community will skip a luncheon this month.

Bill Gillenwaters was taken to the hospital last Friday. Monday he was still in Amarillo BSA Hospital last Friday. Monday he was still in Amarillo BSA Hospital

Gary Hudgins had surgery May 2 and came home the next day. He is doing well.

Terry & Barbara Schoonover, Brady & Trisha Schoonover and children attended Pioneer Days at Guymon.

Peggy Hawkins took daughter Chandra and Cricket Asher to Pioneer Day in Guymon. They enjoyed the carnival and craft show.

Mike & Marylou McDaniel were among those attending the AAU basketball tournament in Amarillo. Families and friends of the four Stratford girls on the Comets team were there Friday-Sunday. On the team are Shadley Audrain, Candie Bell, Rhia Everett, & Merilee McDaniel. The team won second, receiving medals and a trophy.

John and Mayle Riffe are proud to announce the arrival of their son, Grayson Lee, March 24, 2003. Grayson weighed 10 lbs. and many caribou as people. was 21 1/2 inches long.

Grayson was welcomed by big brother Ethan and big sister Emma. Grandparents are Bill and Kathy riffe and Merle and Jan

### Online

(NU) - Do you find yourself searching for specific services or products on the Internet and not being able to get exactly what you want in a short amount of time? If so, you aren't the only one that ends up frustrated. The challenge for businesses is getting in the top listings to reach the online consumers that spend more than \$425 million each year buying goods and services. For information on search engine listing success and how it can work for your Web site, visit www.webgenius.com or call 1-877-5-GENIUS (1-877-543-6487).



Mika and Adam Bell were honored with a baby shower in the home of Patti Vincent on Sunday, May 4, 2003. Shown from left, Mandi Haynes, Geneva Bell, Jeanne Bell, Mika, Lori Willborn, Nancy Flick, Sherry Willborn holding RaeLeigh and LaRissa Luna.

#### Food

(NU) - Feed kids without a hassle. Feeding kids can be fun for both you and your children with recipes like Mystery Pirate Ships, available on

Alaska has almost twice as

When traveling with a pet, ask

your own vet if he has any asso-

ciates in the area near your

Spring makes its own statement, so loud and clear that the gardener seems to be only one of the instruments, not the composer.

-Geoffrey B. Charlesworth

### Food

(NU) - Serve simple. slimming poached eggs. For example. Easy. Elegant Asparagus Poach can start off a nutritious day, serve as a savory lunch dish or finish a hectic day as an easy-to-prepare dinner entree. This recipe and others are available on www.aeb.org.

### You're Invited! Come and meet the new President of Harrington Regional Medical Center



**David Sougstad** 

The Imagination Station Tuesday, May 13 from 4 - 6 pm Remarks by Mr. Sougstad at 5 pm Refreshments will be served.

Harrington Regional Medical Center is the land management and economic development corporation which manages the 420 acre campus housing the regional medical center in Amarillo.

# Taking Charge!

A Special Program

for Women

Edward Jones is delighted to welcome Mrs. Fields Cookies founder, Debbi Fields, for a conversation on how planning. persistence and a positive outlook allowed her to take charge of life as mother, wife and successful businesswoman. In addition to Mrs. Fields' inspirational story, you'll learn how to address the unique financial challenges many women

To reserve your seat or for more information on this free one-hour event, please call or stop by. If you are unable to attend this special video presentation, please contact our office for other viewing options.

**Tuesday, May 13, 2003** 10:30 a.m. - 5:30 p.m. - 7:30 p.m. 217 Denrock



**Tommy Wood** 217 Denrock Dalhart, TX 79022 (806) 249-5360 www.edwardjones.com

Edward Jones

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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: 8:30a.m. (English), 10:30 a.m. (Spanish) Sacrament of Reconciliation: Before Mass. Christian Formation Classes: K-6th Grade, Sun. 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 Iv. 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 Adoration 11:00 am Servicio De Oraction 6:00 pm Servicio De Adoration 6:00 pm Susninos Durante El Servicio.

### The Churches of Stratford Welcome You

### **God's Family Life**

As Mother's Day comes once again, our thoughts turn toward home and the family. But sadly, one of the greatest problems in our society today is the breakdown of the family. There are many contributing factors. One of them is the view that the Bible is an archaic book which is irrelevant for today's complex problems. For example, we are told that the Bible's view of the family is hopelessly outdated. We are told that those who wrote about the family in the Bible were so influenced by their culture that what they have to say means nothing for today. Suppose I show you that what the Bible says about the family is not cultural at all. Rather, it is a about the tamily is not cultural at all. Rather, it is a corrective to the devastating problem of sin. Would that make a difference! It should! You see, when Adam and Eve sinned against God, they suffered certain consequences. God put the results of sin this way, He said to Eve, "Your desire shall be for your husband, and he shall rule over you" (Genesis 3:16). Here God was telling Adam and Eve about the devastating consequences of sin in their relationship. Eve would want to desirate Adam. Adam would research by exercicing to dominate Adam. Adam would respond by exercising tyrannical rule over Eve. It's a picture which is repeated time after time in marriages. Interestingly enough, the very same words are used about sins desire to dominate us. Listen, "Sin is crouching at the door; and its desire is for you, but you must master it" (Genesis 4:7). Now, when Paul comes along and says, "Wives be subject to your own husbands" (Ephesians 5:22), he is trying to correct a problem that results from sin. And when he says, "Husbands, love your wives" (Ephesians 5:25), he is speaking to a problem that results from sin.

> 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.

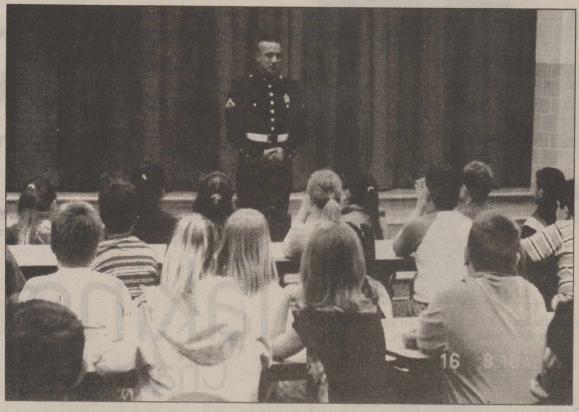
Meir Co Les Serv De Ador 5 p.m.

**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

Estudio Biblico &

Se Cuidamos



Marine Corps Reserve Lance Cpl. Jesse Porras held an assembly at the Mary Allen Elementary for 3rd & 4th graders recently and also visited Pre-K through 2nd grade classes. Porras, a 2002 graduate of Texhoma spoke to students about the Marines and boot camp and answered questions for the students.

### Local OHS WIC Clinic Helps Pregnant Women Prepare for New Baby

Women, Infants and Children arrival. Here are some of the (WIC) program and what it offers issues the OHS WIC staff discuss mothers and their young children. with expectant mothers: What they may not realize is that

WIC, which is administered in infants up to age 1, but even a few project or not."

your area by Outreach Health months of breastfeeding is better Services, is a well respected, than none at all. Breastfeeding can federally funded program that decrease the incidence or severity gives children a healthy start by of infant illness such as diarrhea, encouraging optimal nutrition ear infections and bacterial during the critical stages of meningitis. development, including the 2. What prenatal period. WIC participants use? have access to vouchers for assessments, ongoing nutrition education classes, meal planning assistance, immunizations and support.

breastfeeding, postpartum or have 9ban infant and/or children younger than five years of age. WIC staff work with their pregnant clients to program that make sure they are eating a discriminate based on race, color, nutritionally sound diet and help national origin, age, sex, or enroll. The cost is \$30 and the

Convictions are the mainsprings of action, the driving powers of life. What a man lives are his convictions.

-Francis C. Kelley

Many people know about the them prepare for their baby's

1. How will you feed your eligible participants can receive infant? The American Academy of Melyn Johnson, "The grant money WIC services from the very Pediatrics recommends breastmilk can certainly make the difference as the best source of nutrition for in being able to implement a

2. What type of diapers will you basic

3. What steps have you taken to baby proof your home?

Each month Outreach Health Services offers WIC services to breastfeeding instruction and more than 33,500 clients in 58 Texas counties. Income and These free services are residency requirements may apply. available to middle-to-low income For information on WIC services, women who are pregnant, contact the WIC clinic in your community www.outreachhealth.com

WIC is an equal opportunity does

Beauty: The adjustment of all parts proportionately so that one cannot add or subtract or change without impairing the

harmony of the whole. -Leon Battista Alberti

### **Grant Writing Seminar To Be Given**

Free money is what some

"Although I would never consider grant money to be 'free',

Johnson, who has written many successful grants, is teaching a two-day grant writing seminar in Guymon May 24 and 25

"The seminar will touch upon information government grants, " Johnson explains, "but it will focus more on foundation and corporate grant

Each person enrolling is asked to have a community project or civic endeavor in mind to work on so that the grant narrative for that project is near completion at the end of the two-day session. Grants covered in this class are typically not awarded to individuals or privately owned projects.

The class is limited to 15 member and you are not expected to have grant writing experience to lass is being held at the Ambassador Inn from 9 a.m. to 4 p.m on Saturday, 9 a.m. to 2 p.m. on Sunday.

Members are already enrolled from Buffalo, Boise City and Woodward, OK and Miami, TX.

For more information about the class, contact Melyn at MelynJ@ptsi.net or 580-338-5838.



May 2003



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
				1st Grade Field Trip to Liberal, Kansas	TAKS Test	
				TAKS tests	ne de latina.	118 e 4 1888 - 80
					Sate UIL Academic Meet Band Trip - San Antonio	
	5	6	7	8	9.	10
5.22); ne 100 an A	SNOW DAY - NO SCHOOL	FFA Calf Fry - 7:30 PM	Tenco l	Band Banquet - 7:30 PM		en
from sin.	flues forti m	SBDM Meeting - 3:45 PM HS	prisipeds prisipeds		23,00	Berio & Des Bro
		Library			184 01 384 Q	COT gittan (d) 2 gidan
0-0/74-	State Golf Meet San Antonio				State Tr.	ack Meet
),	1			1.5		
1 0	12	13	14	15	16	17
MOTHER'S DAY	FHA Picnic - 7:30 PM	5th - 7th Awards Assembly - 10.00 AM Gym	4th Grade Science Fair - 1:00 PM - 3:00 PM	Band Concert - Gym - 7:00 PM	AR Camp Out - 11:30 AM AR Ceremony - 10:30	E 37 100
96-209		Athletic Banquet - 7:30 PM		School Board Meeting - 8:15	Scholastic Banquet - 7:30 PM	and granes
nos.s		MAE to County Library for Storytelling		PM	STUCO Hamburger Luncheon	prist
114		Kinde	rgarten Swimming Le	ssons		20y
18	19	20	21	22	23	24
High School Baccalaureate - 8:00 PM - First	SISD Education Foundation Meeting - 8:00 PM -	Elementary Play Day	Kindergarten Trip to Zoo	2nd Grade Field Trip to Discovery Center	HS Graduation - 8:00 PM - Gym	Teacher Work Day
Christian Church	PM - Imagination *Station	Kindergarten Graduation - 7:00 PM - MAE	School Board Spring Training - Canyon	3rd & 4th Grades Field Trip to Wonderland	K - 4th Grades Awards	10.0 quiter Sittle Sittl
Ador 5 p.	as Serv Ba	Cafeteria		JH Graduation - 8:00 PM - Gym	Assembly - 9:00 AM MAE Cafeteria	on Bac
2.5	26	27	28	29	30	31
21	Shiing win	22mo J			35. 3	The Interference
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### For All Mothers

By Manuel Roybal, Jr.

Here's to all "Lonely Mothers" Who in life have given all To raise their "Sons" and "Daughters" And never get a call

And to the working. "Mothers" Who made "Life" so warm and nice Who through unselfish deeds of "Love" Made her life a "Sacrifice"

> And to the "Christian" mother Her "Golden" hair now "Gray" By hours of endless "Praying" For her "Children" everyday

And to the patient "Mothers" Who wait at home alone For just a card or letter Or the ringing of the "Phone"

May "God the King" protect each one Whether near or far away And bring you all His "Peace" and "Joy" On this your "Mothers Day"

### Business Directory

### WALTER LASLEY & SONS INC. ·

THE Feedyard Since 1953 753-4411

Stratford Grain Co. **Stratford 396-5541** Lautz 769-4485

4 North Main **CONSUMERS** 

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

### Stratford Auto Electric

119 S. Wall, Stratford, Texas 79084 Phone 366-5941 366-5857 Alternator, Starter,-Magneto Repair Since 1964

### Betty Brown's Medical Claim Service 605 S. Main P.O. Box 7

Stratford, TX 79084 806-396-2623

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Hwy 287 South

396-2513

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**Jerry Ewers** Manager P.O. Box 1146 (806) 366-5561

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201 N. 2nd - Stratford, TX 79084

Randy Home 580-543-6488

Fax: (806) 366-2583

Randy Cell 806-683-2830

### Big Town Selection \* Small Town Friendliness

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affiliated with National Travel Systems A Full Service Travel Agency 396-5958 1-800-753-2792

> This Space Available Call 366-5885

#### STRATFORD HOSPITAL DISTRICT Coldwater Manor

Stratford Family Medical Clinic Stratford EMS Proudly serving the medical needs of Stratford and Sherman County

This Space Available Call 366-5885

### Robert's Service Center

400 S. Poplar 396-2882

Auto Repair & Lawn Mower Repair

Blue Stuff of Stratford Texas



Betty Chamberlain 802 N. Pearl St. Stratford, TX (806)366-2843 E-Mail-rjb@xit.net

Allen-Tarver Insurance Agency

Carolyn A. Tarver Auto • Home • Life • Commercial Bus: (806)396-5810 • Res: (806)396-2393

Joe Flores Farm Bureau Insurance 396-5538 office

396-5389 home

Jesse's Gun Shop Gun Repairs Sales Cleaning Hours: Mon. - Fri. - 1730 - 2000 Sat. - 0800-1600

Jesse Resendes (806) 769-4454

111 S. Maple (806) 366-3134 Shop Stratford, TX 79084

Your Home Town Pharmacy.

317 N. Main
P.O. Box 360
Stratford, TX 79084
806-396-5505
Gayland Major Prescription
Plans Accapted Gayland Vandiver, R.Ph. Debbi Vandiver/ Owners

Carlton Cards...Millionaire Candy.Gifts
. Cookie and Balloon Bouquets

Tommy's Embroidery 580-423-7718

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

Westside Laundry/Stratford Laundry & Dry Cleaners 410 N. 4th - Stratford, Texas 396-2841 Owners - Jerry & Janie Smith

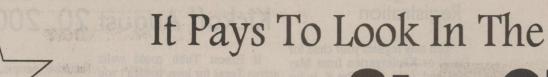
Operators - Bob & Keri Harris



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Farm, Ranch & Residential Appraisals 711 Purnell X 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 Appraise Texas, New Mexico, Oklahoma



## Star Classifieds

Phone 366-5885

.. The Best Salesperson Around

For Sale

Stratford Grain Company has corn fed market hogs & steers for sale. Call 396-5541 for information. 4-10-4xc--

electricity, propane. \$45,000. 806- Amariilo, TX. 681-7636 or 806-679-8694.

For Sale: 73 yards of good used beige carpet. \$2.00 a yard. Call 366-2290.

5-8-1xc--

5-8-1xc---

For sale: 1991 Toyota 4-Runner, 125,000 miles. \$7300.00 OBO. 366-

For Sale: 1988 Ford F250, 99,700 miles. manual, very dependable truck \$3900.00 and Slide In Pop-up camper for small truck \$275.00 Call 580-546-7197.

For Sale: Dark wood veneer dresser with mirror. Excellent shape-\$100. Call 396-2013 5-8-c

### Help Wanted

HELP WANTED-AVON REPRESENTATIVE Earn 50% \$10.00 to start Free books & samples. Call 1-877-317-2680 Ind. Rep.

Sherman County Justice of the message Peace will accept applications for 5-8-2xcpart time clerk from April 17 thru May 9. Applications may be picked up in the Justice of the Peace office, room 102 of the Courthouse. 4-17-4xc--

### Garage Sale

J.A. & Gena Ray Carport Sale - 311 N. Chestnut - Sat., 5/17/03 (No Early Sales) 8:30 a.m. to 2 p.m. - A little bit of Everything. Check us out! 5-8-1xc-

### Household Sale

HOUSEHOLD SALE: Saturday, May 10, 9:00-12:00 noon, Cone & Juanita Donelson home, 613 Purnell, Stratford, TX. House has been sold. Everything left must go. Assorted household items, 2 large pieces pink carpet, Amber glassware, Christmas Ceramic decorations. Unpainted white china and china paints. No clothing, No furniture. Lots of breakable treasures so Please, No Children. 5-8-1xc--

### Lost and Found

Lost Cat: Answers to Sylvester, 2 years old, has two black tears in the corner of his eyes, has a black spot on his back thigh, has white legs & black & white body. Had no collar, if found please call (806)683-2029 ask for Traci. 5-8-1xc-

### **CHEF'S SALAD ITALIANO**

8 cups romaine lettuce in bite-sized pieces

1 pound fresh white mushrooms, thickly sliced (about 6 cups) 8 ounces sliced smoked

turkey, cut in strips 4 ounces sliced provolone

cheese, cut in strips 1 medium tomato, cut in 8

wedges ½ cup thinly sliced red onion ½ cup prepared roasted

garlic or Caesar dressing In a large salad bowl, place lettuce, mushrooms, turkey,

cheese, tomato and red onion. Add dressing; toss well.

YIELD: 4 one-cup portions

### Services

Is your House or Foundation Settling? Cracks in brick or walls? Doors won't close?...Call Childers Brothers Stabilizing & Foundation Leveling. 3-24 Acres, Quonset Barns, well, septic, 800-299-9563 or 806-352-9563 1-4-1yrpd-

> New & Used Appliances Factory Authorized Service Whirlpool, G.E. & Frigidaire BABER SUPPLY DishNetwork Sales & Service

1-800-292-4023 1-580-423-7255

Custom swathing and baling: 2 new John Deere Balers, volume discounts available. Call for quotes. John Bourk 580-546-7308 Cell# 806-683-5967; Matt Elder 580-349-1272 Cell# 806-570-4694.

### For Rent

5-8-4xc---

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

For Rent: 2 or 3 bedroom, 1 bath, new paint. Call 806-355-6396.

For Rent: 3 Barm, 2 Bath, 249-8058 after 5 p.m. or 366-3166 N

### Cards of Thanks

St. Joseph's Youth group would like to thank Stratford Grain for allowing us to have our Car Wash. We would also like to express our thanks to all the customers for their donations!!

> Sincerely St. Joseph's Youth Group

I want to thank everyone for their cards, get well wishes, phone calls and food. God Bless this whole community as this is the greatest

Margie Bryson

### Houses for Sale

House for Sale: Great Location, House For Sale or Lease: Recently beautiful corner lot, 2 large remodelled 2500 sq. ft house. 3 bdrm, 2 bedrooms, 1 large bath, garage, baths. Call for more information. 244-2155 central heat/AC. 806-659-2345.

House for Sale: 602 N. Maple, 2 bedroom, 3 baths, 2 car garage with storage, 2378 sq. ft. living. Immediate possession, \$80,000 call

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. 4-17-tfn-

House For Sale: 2 bedrm, large backyard, 414 N. Fulton. \$25,000. Call 727-4646.

For Sale: 3850 sq. ft. living area, 4 BR, 2 1/2 Baths, Basement, covered patio, 2 car garage, corner lot w/circle drive. 420 N. Chestnut. Call 806-396-2348.



The red bumps on a turkey's head are called carnuckles



A timocracy is a society or group of people in which the rich are the most powerful.

### Supermarket **ASSISTANT MANAGER**

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 Excellent Pay Vacation · Weekly Pay Health Insurance Plan

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Apply in person at Stratford Thriftway Or fax resume to (806) 256.2481

Or e-mail resume to tv@ marketsquarethriftway.com Call Tom Velasquez for more details (806) 256.2481

If you have great ambition, take as big a step as possible in the direction of fulfilling it, but if the step is only a tiny one, don't worry if it is the largest one now possible.

-Mildred McAfee

Every gathering of Americans—whether a few on the porch of a crossroads store or massed thousands in a great stadium—is the possessor of a potentially immeasurable influence on the future. -Dwight D. Eisenhower

or 333-7120.

3,600 sq. ft. 3,000 living, 3 bedroom, 3 REDUCED for Sale: 604 S. Fulton, 3 bath, 2 living areas w/double fireplaces, bdrm, 2 both, 1716 living, brick/steel covered/lighted patio, 2 car garage, corner siding, central heat/air, a/c new viriy lot, near both schools, 1220 N. Chestnut. windows, fireplace, large fenced unopposed and are hereby elected the Centers for Medicare & Medic-For more info. call 1-903-732-5402 or backyard, new ceramic cook-top, as built-in oven and microwave, dishwasher, pantry, ice maker hookup, utility room, carpet, new vinyl flooring, attic storage w/stairs, covered patic, 2 storage sheas, 2 car garage, electric door openers, Phone 254-772-7927



801 S. Bliss #107. Dumas 806-935-7364 Fax 806-935-7687 or call Arnita Lane 366-5853

Super Nice home with all new floor coverings and paint. Walkn closets, 2 bedrooms, 2 baths carport. Low price of \$38,000.

Nice 3 B/R brick home with central heat & air - heat pump New carpet, paint inside & out Very nice storage/shop. \$35,000. CLOSE TO SCHOOLS! Very nice 3 br, 1 3/4 baths, single garage, large living area, covered patio. \$68,000.

Lavely 2 Story on Corner Lot with 4 BR, 2 baths, detached 2 car garage, freshly painted interior, spacious living area. Kitchen. hall and main bath with parquet flooring. Central H & A, den. office, basement, metal roof. Must See. Priced at \$86,500. Nice Brick Home! 3 br, 2 bath. single garage. Nice kitchen

cabinets. Ready at \$54,000. Fireplace! 3 br. 1 3/4 baths. iving room, dining room and

gameroom all for \$38,500. Huge Closets! 3 br, 1 3/4 baths, single garage. Central heat and Nice yard and storage building. \$52,000.

Things are pretty, graceful, rich, elegant, handsome, but until they speak to the imagination, not yet beautiful.

-Ralph Waldo Emerson

### Legal Notices

ORDER OF CANCELLATION

Section 2.053(a) of the Texas could be avoided. To encourage Election Code. The following screening for colorectal cancer, the candidates have been certified as McBryde, Brent Spurlock, and National Colorectal Cancer Action Patti Vincent. Office sought- Campaign. Medicare and most

El Stratford Independent School District por la presente cancela la elecion que, de lo contrario, se hubiera celebrado el May 4, 2003 de cconformidad, con la Secion 2.053(a) del Codigo de Eleciones de Texas. Los siguientes candidates han sido certificados como caniddatos unicos v por la presente quedan elegidos como se halla indicado a continuacion: Candidato-Gared McBryde, Brent Spurlock and Patti Vincent. Caro al que presenta candidature-

Published in The Stratford Star, Thursday, April 24, 2003 and Thursday, May 1, 2003.

#### NOTICE TO BIDDERS

Notice is hereby given that Sherman County Commissioners" Court will accept sealed bids for tion-hungry, proactive consumers the purchase of one (1) wheeled front-end loader with hydraulic snow plow for precinct #3. Bids should be sealed and have "Bid Request" written on the outside of the envelope. Specifications may be picked up at the Sherman County Judge's Office located in the Sherman County Courthouse, 366-2021 or those interested may contact David Hass at 580-423-

County Judge at P.O. Box 165, minerals, vitamins and nutri-Stratford and will be received un to 9:30 a.m., May 12, 2003, at which time they will be opened and considered. Sherman County reserves the right to reject any and

David Hass Commissioner Pct. #3 Sherman County, Texas.

Published in The Stratford Star, Thursday, April 24, Thursday, May 1 and Thursday, May 8, 2003.



### Treatment Works On Most Arthritic Feet

(NAPS)—Your feet take tremendous abuse. Walking on cement can give each foot a 180-pound jolt with each step. Many people experience arthritis of the feet, but few are aware that this condition can often be successfully treated.

Arthritis is caused by the erosion of cartilage, the connective tissue at the ends of bones which allows bones to glide freely on one another. Walking on a foot with painful arthritis is similar to running an automobile without oil in the engine; the parts can't move smoothly. Eventually they grind on each other.

Other causes of degenerative arthritis are excessive motion in a joint, caused by an unstable foot or by trauma such as sprains and fractures. As arthritis progresses, it may cause pain and stiffness (especially in the morning) and eventually may limit everyday activities

Although arthritis of the feet and ankles may have different causes, the treatments are often similar. X-rays are required to correctly diagnose arthritis. Conservative (non-surgical) treatments may consist of strappings; arch supports (orthotics); supportive shoes; cortisone injections; and medications and physical therapy to relieve the symptoms.

Surgical treatments may include removal of bone spurs; partial removal of the arthritic joint; fusion of the joint to limit the motion which causes the pain; and joint replacement.

In most cases, reconstructive surgery can bring improvement. Relief of pain is the most common



arthritis pain in the feet can be alleviated through treatment.

benefit, but others may include an improved ability to move the joint, and an improved appearance. Surgery usually requires only one to two hours and is often completed on an outpatient basis. Surgical treatment will not cure arthritis or completely restore the joint to its natural health, but it will ease pain and make daily activities more manageable.

Podiatrists are foot care specialists who offer state-of-the-art treatment. Your podiatrist will examine your feet, possibly perform tests such as X-rays, and review the different treatments available for each condition. In many cases, the pain associated with arthritic conditions can be alleviated, allowing increased mobility and a healthier lifestyle.

For more information call 1-800-FOOTCARE or visit www.apma.org.

### Healthy

(NAPS)—If everyone aged 50 The Stratford Independent or older were screened regularly School District hereby cancels the for colorectal cancer (cancer of the election scheduled to be held on colon or rectum), at least one-May 3, 2003 in accordance with third of deaths from this disease Centers for Disease Control and follows: Candidate-Gared aid Services created Screen for Life: insurance plans help pay for screening tests. To learn more, visit www.cdc.gov/cancer/screenforlife. ORDEN DE CANCELACION or call 1-800-422-6237 or 1-800-



Increasingly, today's informaare finding that a variety of health issues can be treated through natural methods. More than 300 health conditions listed from A to Z are addressed in Healing Without Medication (Basic Health Publications, \$24.95), by Robert S. Rister. A full-service guide, it includes descriptions of the uses and properties of a wide variety of traditional and emerging healing techniques and details on interactions between common Bids should be mailed to the prescription drugs and herbs, tional supple

### MONEY MAKING IDEAS

(NAPS)—It is never easy to make the most of investments, but there is one option that remains a solid, steadily profitable venue for your money: real estate—a wise choice through good times and bad. With today's low interest rates and high employment figures, putting some net worth into housing is an enticing idea. But most real estate investors have absolutely no plan on how to get started. With the help of a bestselling book, virtually anyone can grow their fortune by investing in INVESTING houses and small apartment build-



Investing in Estate. Real Fourth Edition (Wiley, \$19.95), by Andrew McLean and Gary Eldred offers a discussion of the best meth-

ods and techniques for fixing and flipping properties and creating value. You'll also find all the information you need to start investing now, as well as up-to-date tips on maintaining cash flow, negotiating deals, spotting market trends and using the Internet as a research tool to find and buy properties. The authors show readers how to:

• Buy with little or no money

· Minimize taxes while building your wealth:

· Choose neighborhoods and properties that will beat the market with faster rates of appreciation; and

• Grow value in your properties by investing in improvements. Whether you need money for a child's college tuition, or just desire a higher standard of living, Investing in Real Estate can help you start building wealth now. It is available wherever books are

Some thoughts always find us young, and keep us so. Such a thought is the love of the universal and eternal beauty.

-Ralph Waldo Emerson

### **Managing Diabetes With Portion Sizes**

In the past decade or so, research has improved and expanded the dietary choices of people with diabetes. No longer are they limited to the exchange method of meal planning.

Recent focus has been on carbohydrate counting. Because starches and sugars carbohydrates - account for most of the glucose in the blood, especially right after eating, many health professionals believe glucose levels can be better controlled if dietary carbohydrates are better controlled.

understand than the exchange method, and easier to apply to the foods eaten every day. Meal planning is more flexible, and people with diabetes can even have an occasional treat, provided they keep their glucose levels in check.

carbohydrates, people diabetes also controlling portions. techniques are important keys in needs will vary from person to planning meal and controlling person. To find out how many glucose levels.

#### COUNTING CARBOHYDRATES

blood sugar levels more than educator. other foods, and because controlling blood sugar levels grams equal one ounce. Because helps prevent the start of diabetes they are so small, they can be used complications, focusing on and to controlling carbohydrate intake accurately. can make a difference in blood glucose levels.

carbohydrates - you eat, the be eaten - you can plan your meals harder it is to control blood and snacks accordingly.

amount of carbohydrates in foods foods, you can use several is more important than what kinds methods. Read labels, if the food of carbohydrates are eaten. That has one, or read books and other means people with diabetes can publications, visit Web sites of Some people say that cats are occasionally eat sweets, as long as diabetes organizations and/or they count the carbohydrates in measure the foods on a scale. those sweets. But remember: Sweets usually also have a high fat count, make sure portion sizes are content, and so are more likely to provide more "empty calories" sizes - especially when eating away with less nutrition that other from home - let your hand guide foods.

sugars such as those found in about the same size as a one-cup involves other dairy products, and anything ounces; a thumb is about one for Pre-K will be placed on a cakes, candy and pie - are an teaspoon. important part of nutrition. Counting carbohydrates can allow day by providing a variety of called the plate method. Visualize and social security number. For choices. It can also be used to a 9-inch plate, at least one-half of more information, please call:

order carbohydrates, you must know:

For some, carbohydrate -How many grams of starch, vegetable or grain, the counting can be easier to carbohydrates your body needs other is for a serving of meat or each day;

> -How many grams of carbohydrates are in different foods; and

-How to use this process in planning meals.

As a broad rule of thumb, In addition to counting about half of the daily calories with should come from carbohydrates. benefit from But because everybody is Both different, individual carbohydrate grams of carbohydrates you should eat each day, work with your health professional, such as a Because carbohydrates affect dietitian or certified diabetes

A gram is a unit of weight - 28 measure carbohydrates

Once you know how many grams of carbohydrates you need The more starches and sugars - each day - and when they should

Research has shown the of carbohydrate are in specific

For an accurate carbohydrate

Carbohydrates - starches and you. For instance, your fist is September 1, 2003.

#### PORTION CONTROL

One method of portion control Kindergarten: count half of the plate is divided in two - 3340. one is for a serving of bread, grams of starch, vegetable or grain, the protein (about the size of a deck of cards). In addition to the food on the plate, you can have one serving of a fat-free or low-fat dairy product.

> When planning menus, allow for more vegetables and wholegrain breads or cereals, and eat smaller servings of meats, meat substitutes, starches, fruits and low-fat milk.

line. Mentally divide your plate in half and proceed as before.

Remember: starch or one serving of fruit.

families do.

For more information contact Texas Cooperative Extension To determine how many grams agent Susie Spurlock at 366-2122.

> sneaky, evil and cruel. True, and they have many other fine qualities as well.

-Missy Sizick

### PreK & Kindergarten Registration

You may register your child for Pre-K or Kindergarten from May 1-23 and June 2-6. Pre-K is for children 4 years old on or before meeting certain pasta, beans, cereal, fruits, rice, portion; a handful is about one to qualifications on income and bread, vegetables, juices, milk and two ounces; a palm is about three language. Those not qualifying some friendly competition in made with added sugar such as ounce; and a thumb-tip is about a waiting list and added to the program as space permits. The following information must be provided for both Pre-K and for variation in foods eaten every and carbohydrate counting is certificate, updated shot record, match and adjust insulin to food the plate should contain two Mary Pat Williams, Principal, servings of vegetables. The other Mary Allen Elementary at 366-

### La Matricula de Pre-Ky Jardin de la infancia

Usted puede registrar a su nino para el Pre-K o el Jardin de la infancia del 1 de Mayo al 23 y del 2 de junio al 6. Pre-K es para los ninos de 4 años de edad los ninos o antes de el 1 de The plate method can be septiembre de 2002. El criterio handy when eating on a buffet del Pre-K implica reunir ciertos requisitos como los ingresos, y el idioma. Los que no califican para Blood sugar el Pre-k serán colocados en una levels will rise about the same lista de espera y añadirlos segun amount whether you eat one se valla abriendo espacio. La serving of milk, one serving of informacion siguiente se debe proporcionar para ambos el Pre-K People with diabetes don't y el Jardin de la infancia: usually need to follow special certificado válido de naciemiento, menu plans or prepare special el registro de vacunas, y el número foods. By watching portion sizes del seguro social. Para mas and counting carbohydrates, they información, por favor de llamar a can eat the same foods their la Sra. Mary Pat Williams, la Directora, de la escuela Mary Allen elementales en 366-3340.

> Every man is his own ancestor, and every man his own heir. He devises his own future, and he inherits his own past.

-H.F. Hedge

### Walk Across Texas Contest Kickoff August 20, 2003

If Ernest Tubb could waltz and a group of friends walk across stated. Pre-K the Lone Star state for health?

Walk Across Texas is an eightweek program that will spark Sherman County. Teams of eight will compete to see who can log the most miles walking, jogging, or even biking. The kickoff for Sherman County will be May 29th.

Teams will keep track of their miles, which will be posted in the Extension Office and other places around the community, according to Susie Spurlock, Sherman County Extension Agent.

Many people are unaware of positive benefits of exercise. According to the American Heart Association, heart disease is the could be significantly reduced by regular exercise.

According to the Texas Department of health, the positive effects of physical activity are not limited to lowering the risk of heart disease.

Not only does regular exercise

across Texas for love, couldn't you inactive people," a TDH report

"Participating in Walk Across Texas is not only a great way to get involved with our community, it's a healthy habit," Spurlock added.

To participate in Walk Across Texas, first get a team together. Biking and jogging teams are limited to four people. Choose a team caption and name your team. Fill out a registration form available at the Sherman County Extension Office, located in the Courthouse Annex at 701 N. Third Street. Great prizes will be awarded for those individuals who wish to pay the optional \$4.00 registration fee.

"The kick off event will be Thursday, May 29th at 6:30 p.m. at No. 1 problem in the United the Courthouse in Stratford. States. The risk of heart disease Participants will clout miles walked during the time period beginning Sunday, June 1 through Saturday, July 26th. Come out and plan to have lots of fun."

For more information, call the Extension office at 366-2122. Extension educational programs serve people of all ages regardless help relieve stress and anxiety, race, sex, religion, disability, or national origin.

### Arts in the Area

\*\*\* note new listing

"Smokey Joe's Café" Thur, Fri. Sat. Sun. May 8-25 Amarillo Little Theatre 806-355-9991 May 9-11 "Oklahoma" Fri., Sat. 7:00 Sun.2:30 Amarillo College Ordway Auditorium 806-371-5353 "Too Short & Field Mob" Amarillo Civic Coliseum 806-378-3096 www.panhandletickets.com

May 22 Harrington String Quartet 8:00 p.m. **Polk Street Antiques** Amarillo Symphony "Preservation Hall Jazz Band" Amarillo Civic Auditorium 806-376-8782 May 22

June 6 Aug. 16 Palo Duro State Park Amarillo Civic Auditorium 806-378-3096

www.panhandletickets.com "Lone Star Rising" Lake Meredith June 11 Borger Chamber of Commerce 806-274-9050 Aug. 17 Johnny Rivers ALT Special Event June 14

Amarillo Little Theatre 806-355-9991

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