## The Straiford Star



THE STRATFORD STAR
Thursday, May 8, 2003

| Obituanes |  |
| :---: | :---: |
| W |  |
| Boise City, OK. James Wade (Pete) Burnett, 84, died |  |
| Wednesday, April 30, 2003. Rosary was he |  |
| 2 p.m. Saturday in Garrett Joseph's Catholic Church of |  |
|  |  |
| Harold James officiating. Wednesday, April 30 in the |  |
|  |  |
| Mortuary. Mr. Burnett was born June 15, | Cemetery by Boxwell Brothers Funeral Directors of Dumas. |
| Mr. Burnett was born June 15, 1918 in Cimarron County. He <br> Mrs. Ortega was bor married Marie Wray on Feb. 15, 1941 in Boise City. Pablo, Mexico. She was a of S. Joseph's Catholic ch |  |
| Wade Burnett of Cleburne, TX, Pedro; five sons, Francisco Ortega Dean Burnett of Boise City and of Stratford, Ernesto Ortega and |  |
|  |  |
| Carl Burney of Hugoton, KS; Pedro Ortega Jr., both of Los |  |
| of Boise City, Doris Parsons of Mario Ortega, both of Liberal, |  |
|  |  |
| of Fritch, TX; a brother Carl Babe Comacho of Phoenix, Irma |  |
| sisters, Margaret Mithell of Correa and Maria De La Luz |  |
|  |  |
| Kansas City, KS, Faye Donley of Juarez, all or Mexico, and Maria |  |
|  |  |
| Forsyth, MT and Jennie Dearduff Clemencia of Liberal, KS, fourof Edmond OK; 11 brothers, Raymondo Guevara, |  |
| grandchildren; and 14 great- |  |
| The family suggests memorials all of Mexico; three sisters, |  |
|  |  |
| be to a favorte charity and may be Augistina Sanchez of Chillicothesent to the mbrtuary. |  |
|  | and Sara Ortega of Stratford; 18 |
|  |  |
|  |  |

nothing to say, abstains from giving to words evidence of the
fact.
Sherman Co. Child
Welfare Board To Report Suspected Child Abuse, Call Kathie Altman - 366-501
David Cross - $336-2366$ Ken Forthman - 366-258 Patsy Harland - 827-7568 Michael Meyer - 827-7453 des - 769-4454 Austin Ho ALI CALIS CONFIDENTIAL

| The Stratford Star |
| :---: |
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| The Stratford Star |
| Box 8 |
| 1.806-366-5885 |
| Fax 1-806-366-5885 |

## F.Y.I.

By Sheriff Jack Haile
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 oversees the operation of the jail and makes sure that their rules
are followed. The Texas Legislature oversees the jail are fomission 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. inspect the jails and see if there are any problems.
When a person is arrested they are brought to the county
ail. The arresting officer fills out the booking form and they are 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 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 eve
system.
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 are 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. facilitites. 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 that a person sentenced to twelve yeara did about tex alle mon new
in the penitentiary. When Texas started building all the ne 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 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

## Alsisup'

May 4, 2003 thru May 17, 2003


FUJI QUICK SNAP

aulsprs
ICE CREAM


Odell, son of David and Ginger Ode Sunday, May 18th 2-3:30 p.m.
In the home of ViAnn Reed 709 North Chestrut Stratford, Texas

Hostesses:
Paula Everett Viłnn Reed Gail Sursaker Sonja Kendrick Cindy Rusself Linda Surin Barbara Haile
Sefections at Elfies and Ductwalls


2 2or 5


20 OZ. BOTtLE DIET COKE, ${ }^{\text {SPRITF OR }}$ \& 50¢ TOM'S PLA
PEANUTS 99 ${ }^{\text { }}$

| SHURFINE FAST LITE CHARCOAL 2 LB. | $9^{\text {c }}$ |
| :---: | :---: |
| ALLSUP'S WHEAT BREAD $24 \text { OZ./ 69c EACH OR }$ | $2_{\text {for }}{ }^{5} 1.29$ |
| ALLSUP'S SANDWICH BREAD $24 \text { OZ./ 59C EACH OR }$ | 2fOR ${ }^{\text {\$ }} 1.00$ |
| WESTERN FAMILY AA BATTERIES 4PACK | BUY ONE GET ONE FREE |
| FOLGERS COFFEE 11.5 OZ./ REG. $\$ 2.99$ | \$1.99 |
| TENDER CRUST HAMBURGER OR HOT DOG BUNS 8 CT. PKG. | OR ${ }^{\text {S }} 1.00$ |
| SANTA FE FLOUR TORTILLAS 12 CT. / REG. \$1.59. |  |
| SMOKED TURKEY OR COOKED ARMOUR LUNCH MAKERS 2.6 OZ. / REG. \$1.39 | 99 ${ }^{\text {c }}$ |

99

AIN TOASTED


WESTERN FAMILY AA BATTERIES FOLGERS COFFEE TENDER CRUST HAMBURGER OR HOT DOG BUNS
red rave
ENEREY DRINK 2FOR ${ }^{5} 3$
TOM'S PLAIN OR RIPPLED
CHIPS
$2=0$

COMBO 2 CORN DOGS
s. 1.99Combo
NO.
3${ }^{\text {s }} 1.99$

| COMBO | SAUSAGE / EGG BISCUIT |
| :--- | :--- |
| NO. 4 | $\& 16$ OZ COFFEE |

'1.29


KLONDIKE OREO COOKIE SANDWICH $79^{〔}$



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 \& 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

Many people know about the them prepare for their baby
Women, Infants and Children arrival. 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 1. How will you feed you
eligible participants can receive infant? The American Academy eligible participants can receive infant? The American Academy of "says VIC services from the very Pediatrics recommends breastmilk Melyn Johnson, "The grant money WiC, which is administered in ast the best source of nutrition for can certainly make the difference
Win being able to implement a our area by Outreach Health months of breastfeeding is better project or not.
Services, is a well respected, than none at all. Breastfeeding can $\begin{gathered}\text { Johnson, who has written many } \\ \text { federally } \\ \text { funded program that decrease the incidence or severity }\end{gathered}$ successful grants, is teaching a federally funded program that decrease the incidence or severity successful grants, is teaching a
gives children a healthy start by of infant illness such as diarhea two-day grant writing seminar in gives children a healthy start by of infant illness such as diarrhea, two-day grant writing seminar in
encouraging optimal nutrition ear infections and bacterial Guymon May 24 and 25 . ncouraging optimal nutrition ear infections and bacterial The seminar will touch upon
during the critical stages of meningitis.
 $\begin{array}{lll}\text { prenatal period. WIC participants use? } \\ \text { have access to vouchers for } & \text { 3. What steps have you taken } & \text { gevelains, "but it will focus more on }\end{array}$ have access to vouchers for $\begin{aligned} & \text { 3. What steps have you taken explains, "but it will focus more on } \\ & \text { healthy foundation and corporate grant } \\ & \text { nutritional }\end{aligned}$ to baby proof your home? assessments, ongoing nutritition to baby proof your home? Each month Outreach Health Each person enrolling is asked
education classes, meal planning
assistance, immunizations and Services offers WIC services to assistance, immunizations and Services offers WIC services to to have a community project or
breasteeding instruction breastfeeding instruction and more than 33,500 clients in 58 civic endeavor in mind to work on
support.
Texas counties. Income and so that the grant narrative for that These free services are residency requirements may apply. project is near completion at the available to middle-to-low income For information on WIC services, project in near completion at the women who are pregnant, contact the WIC clinic in your covered in this class are typically io breasffeeding, postpartum or have community or
oratit infint and/or children younger www.outreachhealth.com than five years of age. WIC staff WIC is an equal opportunity
work with their pregnant clients to program that does not work with their pregnant clients to program that does no nake sure they are eating a discriminate based on race, color,
nutritionally sound diet and help national origin, age, sex, or nutritionally sound diet and help national origin, age, sex, or

Convictions are the mainsprings
faction, the driving powers of
onvictions. - Francis C. Kelley

Beauty *** parts proportionately one cannot add or subtract change without impairing the mony of the whole. -Leon Battista Alberti

## Grant Writing Seminar To Be Given

## Free money is what

 not awarded to individuals privatelyowned projectsThe class is limited to 15 member and you are not expected
to have grant writing experience to enroll. The cost is $\$ 30$ and the
class is being held at the class is being held at the
Ambassador Inn from 9 a.m. to 4 p.m on Saturday, 9 a.m. to 2 p.m.

## unday.

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 $580-338-5838$.
$\square$ May 2003
GOODLUCK

## 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 <br> Directory | STRATFORD HOSPITAL DISTRICT <br> Coldwater Manor <br> Stratford Family Medical Clinic Stratford EMS <br> Proudly serving the medical needs of Stratford and Sherman County |
| :---: | :---: |
| WALTER LASLEY \& SONS <br> INC. <br> THE Feedyard Since 1953 753-4411 | This Space Available Call 366-5885 |
| Stratford 396-5541 Lautz 769-4485 4 North Main | Robert's Service Center 400 S. Poplar 396-2882 <br> Auto Repair \& Lawn Mower Repair |
| CONSUMERS <br> 208 Texas <br> We Sell Seed \& Fuel Farmland, Acco, \& Moorman Seeds \& Diamond Shamrock Products 366-2261 | Blue Stuff of Stratford Texas <br> Betty Chamberlain 802 N. Pearl St. ${ }_{7}{ }^{\text {Stratfoed }}$ (806)366-2843 E-Mail-rjb@xit.net |
| Stratford Auto Electric <br> 119 S. Wall, Stratford, Texas 79084 <br> Phone 366-5941 366-5857 <br> Alternator, Starter,-Magneto Repair Since 1964 | Allen-Tarver Insurance Agency Carolyn A. Tarver <br> Auto $\bullet$ Home $\bullet$ Life $\bullet$ Commercial Bus: (806)396-5810 Res: (806)396-2393 |
| Betty Brown's <br> Medical Claim Service 605 S. Main P.O. Box 7 Stratford, TX 79084 806-396-2623 | Joe Flores Farm Bureau Insurance 396-5538 office 396-5389 home |
| Brown's Meat Locker Custom Wholesale \& Retail Meat Federally Inspected <br> Hwy 287 South |  |
|  |  |
| Lehr Air/Lehr Fertilizer | Tommy's Embroidery <br> 580-423-7718 <br> Texhoma, OK <br> 210 Hwy 54 West <br> Caps, Shirts, Jackets, Baby Blankets, Towels, Towel Wraps, School Logos, \& Much More! |
| THETIETWIV <br> Big Town Solection $\star$ Small Town friondliness Wide Solection Frozon Food Qucifity Foods Prosh Produce Hwy 54 Eas! 39.5586 | Westside Luundry/Stratford Laundry <br> \& Dry Cleaners <br> 410 N. Ath - Stratford, Texas <br> 396-2841 <br> Owners - Jerry \& Janie Smith <br> Operators - Bob \& Keri Harris |
| Joan Bell <br> THE TRAVEL STORE <br> affiliated with National Travel Systems <br> A Full Service Travel Agency 396-5958 <br> 1-800-753-2792 | Vac Taylon, Photiguctly PO Box 27 1305 N Chestnut Stratford, TX 79084 806-366-2459 Weddings, Portraits, Etc. |
| This Space Âvailable Call 366-5885 |  |

Phone 366-5885


HELP WANTED-AVON REPRESENTATVE
Earn $50 \% ~ \$ 10.00$ to start Free Earn $50 \% \$ 10.00$ to start Free books
samples. Call $1-877-317-2680$ Ind. Rep.
$6-26-c-\ldots .1$


House for Sale: Great Location, House for Sale or Lease: Recently
beautiful comer lot, 2 large remodelled 2500 sq. th house. 3 bdrm, 2




For Rent: 2 or 3 bedroom, 1 balt
neww paint. Call $806-355-6396$.
$4-17$-tin
For Rent: 3 Bdrm, 2 Bath, 249-8058 Sherman County Jusice of the
Peace will accept applications for Peace will accept applications for
part time clerk from Apill 17 thru May 9. Applications may be picked up
the Justice of the Peace office, the Justice of the Peace offic
room 102 of the Couthouse.

## Garage Sale

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

| Household <br> Sale |
| :---: |

HOUSEHOLD SALE: Saturday, May 10 , Donelson nom, cone 613 Juanita
holl, Everthing left must go. Assorted
household titems, 2 large pieces pink carpet, Amber glassware, Chisistmas decorations, Ceramic items, unpainied white china and china
pains. No clothing, No fumifure. Lots of breakable
Please, No Children.

| Lost and <br> Found |
| :---: |

Lost Cat: Answers to sylvester, 2 corner of his eyes, has a black spot on his back thigh, has white legs $\&$
block \& white body. Had no collar, if black \& white boay. Had no coilar, found ple
for Traci.
5


## Managing Diabetes With Portion Sizes

In the past decade or so, Carbohydrates - starches and you. For instance, your fist is
research has improved and sugars such as those found in about the same size as a one-cup esearch has improved and sugars such as those found in about the same size as a one-cup
expanded the dietary choices of pasta, beans, cereal, fruits, rice, portion; a handful is about one to people with diabetes. No longer bread, vegetables, juices, milk and two ounces; a palm is about three
are they limited to the exchange other dairy products, and anything ounces; a thumb is about on method of meal planning. Recent focus has been on
arbohydrate counting. Because starches and sugars carbohydrates - account for most of the glucose in the blood, especially right after eating, many
health professionals believe health professionals believe controlled if dietary carbohydrates are better controlled.
For some, carbohydrate
counting can counting can be easier to method, and easier to apply to the oods eaten every day. Meal planning is more flexible, and people with diabetes can even
have an occasional treat have an occasional treat, provided
they keep their glucose levels in -How to us
hey keep their g lase levels in planning meals.
heck. In addition to counting As a broad rule of thumb,
abrohydrates, carbohydrates, people with about half of the daily calories
diabetes also
benefit
from come from carbohydrates. $\begin{array}{lll}\begin{array}{l}\text { diabetes aso benefit } \\ \text { controlling portions. }\end{array} & \begin{array}{l}\text { from but because everybody is } \\ \text { Both } \\ \text { Bifferent, individual carbohyd }\end{array}\end{array}$ controlling portions. Both different, individual carbohydrate
techniques are important keys in
needs will vary from person to planning meal and controlling person. To find out how many
peed will vary from person to
per glucose levels. grams of carbohydrates you

## COUNTING

your heallh, professional, such as a Because carbohydrates affect dietitian
lood sugar levels more than educator.
other foods, and because A gram is a unit of weight - 28 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 complications, focusing on and to measure carbohydrates
controlling carbohydrate intake accurately. controiling carbohydrate intake accurately.
can make difference in blood Once you know how many
glucose levels.
glucose evels.
The more starches and sugars - each day - and when they should
Tarbenter
carbohydrates - you eat, the be eaten - you can plan your meal harder it is to control blood and snacks accordingly. To determine how many grams
Research has shown the of carbohydrate are in specific
mount of carbhydrates 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 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
sneaky, evil and cruel True they count the carbohydrates in measure the foods on a scale. they have many other fine qualhose sweets. But remember: For an accurate carbohydrate ities as well. Sweets usually also have a high fat content, and so are more likely to count, make sure portion sizes are provide more "empty calories" correct. To guesstimate portion

PreK \&
Kindergarten Registration

You may register your child fo
Pre-K or Kindergaten Pre-K or Kindergarten from May children 4 years old on or before involves meeting cerlain qualifications on income and
langage. Those not qualifying or Pre-K will be placed on a
waiting list and added to the program as space permits. The provided for both Pre-K and Kindergarten: valid birth
certificate certificate, updated shot record,
and social security number. For and social security number. For
more information, please call:
Mary Pat Williams, Princial 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 del 2 de junio al 6 . Pre-K es para ninos 0 antes de el 1 de septiembre de 2002. El criterio
del Pre-K implica reunir ciertos requisitos como los ingresos, y el idioma. Los que no califican para el Pre-k serán colocados en una
lista de espera y añadirlos segun se valla abriendo espacio. La
informacion siguiente se sebe proporcionar para ambos el Pre-K y el Jardin de la infancia:
certificado vălido de naciemiento certificado vâlido de naciemiento, el registro de vacunas, y el número
del seguro social.
Para más del seguro social Para mas
informacion, por favor de llamar a la Sra. Mary Pat Williams, la
Directora, de la ecsuela Mary Directora, de la escuela Mary
Allen elementales en $366-3340$. Allen elementales en $366-3340$.

Every man is his own ancestor,
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
across Texas for love, couldn't you inactive people," a TDH repor and a grou of friends welk stated.
"Particinting W Wh the Lone Star state for health? Texas is not only a great way to get Walk Across Texas is an eight- Texas is not only a great way to get
week program that will spark involved with our community, it's a some friendly competition in healthy habit," Spurlock added. Sherman County. Teams of eight To participate in Walk Across will compete to see who can log Texas, first get a team together. the most miles walking, jogging, or Biking and jogging teams are
even biking. The kickoff, for limited to four people. Choose a even biking. The kickoff for limited to four people. Choose a
Sherman County will be May 29 th. team caption and name your team. Teams will keep track of their Fill out a registration form miles, which will be posted in the available at the Sherman County Extension Office and other places Extension Office, located in the
around the community, according
Courthouse Annex at 701 N. Third around the community, according Courthouse Annex at 701 N. Third
to Susie Spurlock, Sherman Street. Great prizes will be to Susie Spurlock, Sherman awarded for those individuals who
County Extension Agent. Many people are unaware of $\begin{aligned} & \text { wish to pay the optional } \$ 4.00 \\ & \text { registration fee. }\end{aligned}$ positive benefits of exercise. regist According to the American Heart "The kick off event will be
Association, heart disease is the Thursday, May 29th at $6 \cdot 30$ p Association, heart disease is the Thursday, May 29 th at $6: 30 \mathrm{p} . \mathrm{m}$. at No. 1 problem in the United risk of heart disease Participants will clout miles could be significantly reduced by walked during the time period regular exercise. beginning Sunday, June 1 through According to the Texas Saturday, July 26th. "Come
Department of health, the positive effects of physical activity are not For more information, call the limited to lowering the risk of Extension office at $366-2122$. heart disease. $\quad$ Extension educational programs
serve people of all ages regardless Not only does regular exercisis serve people of all ages regardless
help relieve stress and anxiety
of socioeconomic level, color "elp relieve stress and anxiety, of socioeconomic level, color,


## Beuford says, "Get a sweet deal from XIT for Mother's Day!"

## Motorola 120† Digital Phone - Your Choice of Black or Silver

FREE Long-Stem Chocolate Rose FREE $\$ 30.00$ Activation See Store for Details

Add a hands-free kit for only $\$ 125.95$. Installation and antenna ( $\$ 75.00$ value) included.


## Sale Ends 5:00 p.m. May 9th

 Register for FREE Bouquet of Roses. Drawing May 9th. Need not be present to win.