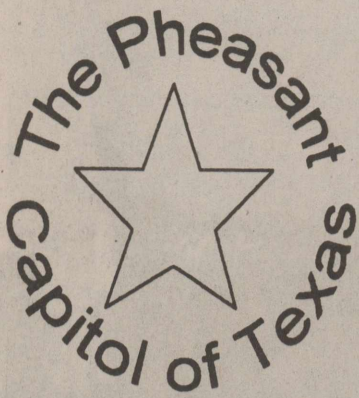


Ann Wells 10/03
 Box 809
 Stratford, TX 79084

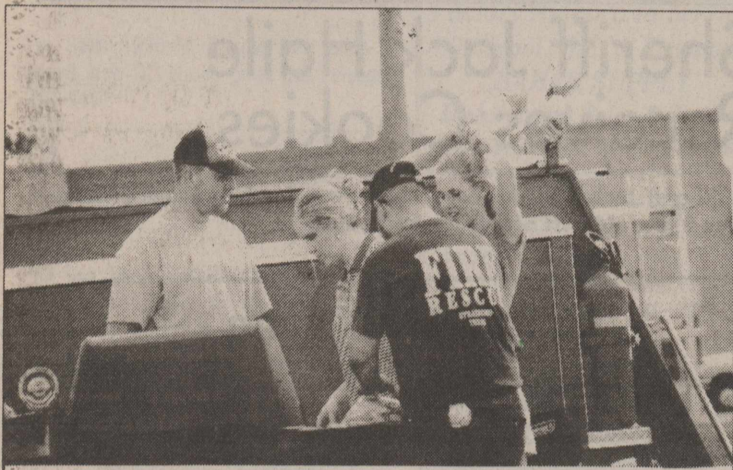


THE STRATFORD STAR

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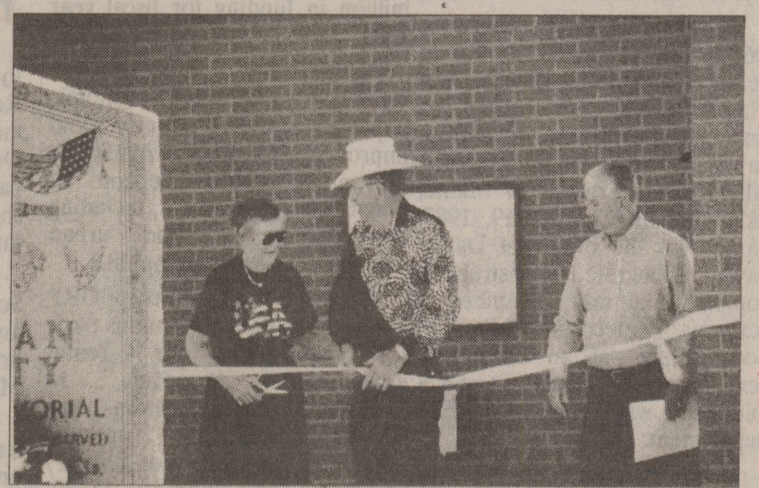
NUMBER 28 July 10, 2003



Stratford Fire Department held a Fund-Raiser on Saturday, June 28, 2003 to help with the expense of building a new building. Shown above and below some of the folks who were working and enjoying the beautiful evening. They will be having a work day this Saturday, July 12, 2003 starting at 7 a.m. Anyone willing to help is welcome.



These three youngsters (names unknown) enjoying the 4th of July Festivities at the Park.



Stratford Cemetery Directory & Veterans Memorial Dedicated On Friday July 4th, 2003

A dedication was held on Friday, July 4, 2003 at the Stratford Cemetery for the new Cemetery Directory and Veterans Memorial. Shown above is Marillyn and George Harkins cutting the ribbon. George and Marillyn spent many hours traveling throughout the tri-state area to obtain information and ideas for the directory project. A good crowd was on hand for the ceremony. If you haven't already seen the new Directory and Memorial, take a trip to the cemetery and look at the new structure.



"Now the Fun Begins"

Now the "fun" begins. If you have been by the location of the new fire station, you have seen the metal framework all laid out to erect. The day has finally arrived. The first Station Raisin' work day

is Saturday, July 12, 2003. We will start at 7:00 a.m.

Anyone willing to help is welcome. There will be sign-in sheets for record keeping purposes.



Playing Beach Volleyball, sponsored by the Prospectus Study Club, from left Heather Robertson, Amber Larance, Kayla Robertson and in back Alicia Adams.

SHS Computer Lab-July 19th

July 19th, 9 a.m. - 4 p.m. SHS Computer Lab. Come and work on creating a web page on the community web site for your business or organization.

Cowboy Church Every Wednesday

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

North Fork School Reunion

There will be a North Fork school reunion Saturday, July 12th at the Four Corner Cafe at 12 noon.

All ex-students, teachers and friends are invited.

By helping one another in times of disaster, nations are strengthening the bonds of goodwill that will yet bring the peoples of earth together.
 —Walter Van Kirk

Make all men your well-wishers, and then—in the year's steady sifting—some of them will turn into friends; and friends are the sunshine of life.
 —John Hay

No matter how widely you have traveled, you haven't seen the world if you have failed to look into the human hearts that inhabit it.
 —Donald C. Peattie

Monday Night Computer Class

Monday night computer class Imagination Station 7:00 p.m. "Access"-Bring your address book and make mailing labels.

Scot Hall To Host Physical Therapist

As a follow-up on Dr. Perry Bassett's program on "fitness for seniors", arrangements have been made for a demonstration of "chair" exercises at SCOT Hall. The date is this Wednesday, July 9, at 2:00 p.m. The demonstration will be presented by Cisco Garcia, who is an associate physical therapist. All senior citizens are invited to participate, and the exercises can be done while sitting in your chair.

This will be an opportunity to learn something about staying fit.

Stratford Ranch Rodeo Scheduled For August 1 & 2, 2003

The Stratford Ranch Rodeo has been scheduled for August 1 & 2, 2003 in conjunction with the Stratford Jamboree. The Calcutta will take place on Friday night (Aug. 1) at 7:30 and the rodeo will begin both nights at 8:00 p.m. The ticket prices are adults-\$3.00, Children-\$2.00 and infants are free.

A new announcer has been contacted. Troy Snook of Hooker has announced numerous high schools & college rodeos as well as barrel races and teaming ropings. Troy describes himself "as a poor team roper who likes to talk!" The crowd can expect great entertainment from this man.

Good Food, Games, and Fireworks were enjoyed by all who attended the 4th of July at the Park.

Computer Camp July 14th-18th

Free Computer Camp July 14-18 at Imagination Station.
 9-11:30 a.m. ages 5-7, Shanda Davis - KidsPix & Digital Camera.
 1-3:30 p.m. ages 8-10, Tina Duke - Powerpoint.
 6-8:30 p.m. ages 11-13, Linda Young - Front Page building Web Site.

To register call Linda Young at 753-4484 or 366-7673. This service provided by the TIF grant.

Musical At Scot Hall

Musical At Scot Hall-Saturday, July 12, 2003 7:00 to 9:00 p.m. Our Stars to entertain us for the evening are: Courtenay Shields, Boise City, OK daughter of Alan & Jan Shields. Courtenay has won Cimarron County Miss American Rose Talent Contest, also the last two years she won Cimarron County 4-H Talent Contest.

Boyd Spurlock, a local man loves to sing. He sings in the choir at the Methodist Church.

Larry & Jodi Daniels, Dumas, TX. Larry plays the guitar and sings. He plays at the Big Texan in Amarillo and comes highly recommended.

This is a free will offering. The money received will be used to make some needed improvements on Scot Hall.

The community is invited for an evening of entertainment.

One Stroke Painting Class To Be Held

There will be a "One Stroke Painting Class" starting on Monday, July 14th and Thursday, July 17, 2003 at the Sherman County Barn from 6 to 8:30 p.m. Louise Moore is the Instructor from Amarillo.

Classes cost \$25.00 per session and paint brushes and paint will be available for purchase.

For more information call Bobbie Strong-evenings at 396-2802.

Cont. on page 2

Mary Allen Elementary Back-to-School Goods & Bake Sale

Saturday, August 2 from 8:30 until 1:00, Mary Allen Elementary will have a Back-to-School Sale. Stratford ISD employees and some Community friends have donated children and adult clothing, toys, various household and outdoor items, plus many "treasures" so far unnamed. There will also be a Bake Sale. The sale will be held at the Mary Allen Parking Lot. All proceeds will go toward the MAE Math and Reading Incentives Program.

Last year with your donations of money, staff provided the students with cookies, ice cream, soft drinks, pizza, t-shirts for our Camp-Out, awards for our Accelerated Reading program,

and other items and activities throughout the school year. Our staff and children work hard and we enjoy providing the children work hard and we enjoy providing the children various incentives for their hard work.

Special items have been donated and drawings will be held throughout the day for these items. If you would like to donate "treasures" for the Parking Lot Sale or goods for the Bake Sale please call Mary Pat Williams at 396-2050 or Ronda Mathews at 366-2291 before Friday, August 1. We will pick your items up for you. Come one come all Saturday, August 2 from 8:30-3:00 to find the bargains of a lifetime, along with good food.

Stratford Jamboree

FRIDAY AUGUST 1 & SATURDAY AUGUST 2

AUG 1

- 5:00PM MEET AND GREET EX-STUDENTS @ COUNTY BARN
- 7:30PM CALCUTTA BEFORE RODEO
- 8:00PM RANCH RODEO @RODEO ARENA

AUG 2

- 6:00AM CHUCKWAGON BREAKFAST
- 8:00AM COWBOY CHURCH
- 10:00AM OLD TIMERS KING AND QUEEN @FIRST STATE BANK OF STRATFORD
- 11:00AM PARADE "RED WHITE AND YOU"
- NOON LIONS BBQ @PARK
- 12:30PM LIVE MUSIC @PARK
- 2:00PM TRACTOR PULL, KIDS GAMES, HORSE SHOE PITCH @ PARK
- 8:00PM RANCH RODEO @ RODEO ARENA

Obits

Danny Wayne Davis

Texhoma-Danny Wayne Davis, 42 of Texhoma, Oklahoma passed away at his home late Saturday afternoon July 5, 2003.

Funeral services were held on Tuesday, July 8, 2003 at 10:00 a.m. at the Texhoma Pentecostal Church of God with Pastor Larry Brace officiating. Interment was at Stratford Cemetery in Stratford, Texas under the direction of a Dawson-Welch Funeral Home of Texhoma, OK.

Pallbearers: D.J. Davis, Dusty Davis, Ricky Davis, Robin Davis, David Davis, Randy Davis, Chip Crigger, Chad Crigger. Honorary Pallbearers: Joe Council, Butch Council, Edd Richesin, Jamie Payne, Roger Prater.

Danny was born February 17, 1961 in Independence, Kansas to Delbert Edward and Beverly Ann (Hawk) Davis. He moved to Texhoma in February, 1998 from Dalhart, Texas. Danny married Sally Kristen Council in Miami, Oklahoma on October 19, 1987. Danny was the owner of Danny Davis' Concrete Construction Company and was a member of Texhoma Pentecostal Church of God. Danny was an EMT with Texhoma Ambulance and a volunteer with Texhoma Fire Department.

Survivors include his wife Sally Davis of Texhoma; six children-Tricia Hearne, Princeton, NJ, Sharie Davis of Lawton, OK; Danny (DJ) Davis of Lawton, OK; Dustin Evans-Texhoma, Stephanie Davis of the home; Sheena Williams of Texhoma. His parents: Delbert & Beverly Davis of Stratford; 4 brothers-Randy Godsey and David Davis, both of Stratford, Ricky Davis of Dalhart, Robin Davis of Pueblo, CO. 2 sisters: Cheryl Prater of Dalhart, TX, Debbie Richesin of Booker, TX; two grandchildren Michael Davis and Elizabeth, both of Lawton, OK. Numerous nieces, nephews and cousins.

Memorials may be made to the Davis family for help with expense. Memorials will be accepted at Dawson-Welch Funeral Home, 715 W. Main-P.O. Box 445, Texhoma, OK. 73949.

Stratford Rodeo
Cont. from page 1

needed: Events-\$200.00; Buckles-\$175.00; Top Line-\$150.00; Line-\$50.00; and general-an amount accepted "added Money" sponsorships beginning at \$300.00. If a business would like to donate items (such as saddle blankets) instead of cash for prizes, please allow for 5 identical items.

The concessions will be provided through the Angel Tree Project. Mayrene Aduddell is the chairman.

The stock has been contracted with Robert Eitbauer-Horses, Randy McCracken-steers, and Ricky Elliott-Cows/calves.

The rodeo will begin at 8:00 p.m. to allow for the ex-students reunion to have their programs/parties in the early evenings. Then, the students can attend the rodeo and have a great time home in Stratford! Hopefully, also by waiting till later in the evening, the heat will be dissipating thus making the performances more comfortable for the people and animals.

For more information, please contact Paula at the Chamber Office (806-366-2260).

QUICK CHOCOLATE FUDGE SAUCE

(Makes 2 1/2 cups)
Serve this delicious sauce over ice cream, pound cake or brownies, or place in a pretty bowl and surround with fresh fruit for dipping. Include apples, oranges, bananas, kiwi, pears and strawberries.

- 1 can (12 fl. oz.) CARNATION Evaporated Milk
- 2 cups (12-oz. pkg.) semi-sweet chocolate morsels
- 2 teaspoons vanilla extract

COMBINE evaporated milk and morsels in medium, heavy-duty saucepan. Cook over low heat, stirring frequently, until morsels are melted. Remove from heat; stir in vanilla extract.

SERVE warm as a dipping sauce for fresh fruit or spoon over ice cream or cake. Store remaining sauce tightly covered in refrigerator.

KID TIP: If you don't want your kids working over the stove, give them the task of spooning the ice cream or preparing and peeling the fruit.
Prep Time: 5 minutes
Ready in Time: 10 minutes

Texas Farm Service Agency Announces Sign-Up for Grassland Reserve Program

On June 30, 2003, The Texas Farm Service Agency (FSA) began accepting applications for the recently announced Grasslands Reserve Program (GRP). FSA is partnering with the Natural Resource Conservation Service (NRCS) to implement GRP, in cooperation with the USDA Forest Service.

According to Rebecca Hemphill, County Executive Director for the Sherman County Farm Service Agency, GRP is a voluntary program that provides financial and technical assistance to landowners and operators for the preservation and conservation of the nation's grasslands. Nationally, GRP will protect up to 2 million acres of privately owned grassland, rangeland and pastureland and provide \$49.9 million in funding for fiscal year 2003.

"Enrollment of land in GRP will have a positive economic impact on the country and improve environmental quality by preventing the conversion of grassland to other uses, including crop production and urban development," said Hemphill.

FSA or NRCS will accept GRP applications on a continuous basis for easements or rental agreements. According to Hemphill, this program has several enrollment options: easements (permanent or 30-year) and rental agreements (10, 15, 20, or 30-year). To participate in GRP, offers must be private land and include at least 40 contiguous acres.

Eligible landowners who enroll in GRP will receive payment for permanent easements based on the fair market value of the property less the grazing value of the land. Payment for 30-year easements will be equal to 30 percent of fair market value of the property less the grazing value.

Participants with approved rental agreements will receive annual payments that do not exceed 75 percent of the grazing value of the land. If restoration is determined necessary by NRCS, a restoration agreement will be incorporated within the rental agreement or easement.

According to Hemphill, GRP enrollment permits common grazing practices, haying, mowing, or harvesting for seed production, subject to certain restrictions.

"GRP merges elements of the Conservation Reserve Program (CRP) and the Wetland Reserve Program (WRP) and like its predecessor programs, GRP funds allow for restoration and preservation of environmentally sensitive land and conserve water resources," said Hemphill.

For additional eligibility criteria and information regarding GRP, contact the Sherman County FSA office at 806-396-2211 or visit the USDA Web sites at <http://www.fsa.usda.gov/dafp/grp> or <http://www.nrcs.usda.gov/program/s/farmbill/2002>.

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

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



Imagination Station Phase II Nearing Completion

Imagination Station Phase II is nearing completion with the replacement of window/door to double doors to accommodate large exhibits.

New Exhibit At Depot Museum To On Display

Your Museum is getting ready to hang a Martha Harrison Retrospective Art Exhibit for the month of July and part of August. Do you have any Martha Harrison paintings that you would let us show? Please bring them to the museum.

This exhibit will be up for the School Reunion August 1 and 2, and the Jamboree, and please bring your guests to see the Depot Museum.

Thanks to our illustrious leader, Ann Wells, The Museum is on line now with a web page. Log on to www.stratfordnet.net & click on nonprofit organizations.

When you come by the Museum, 17 N. Main, You will see the new display care giver in memory of Elsie Pearle Spurlock Freeman, by her children.

Tree-Identification Guide Book Available From The National Arbor Day Foundation

"What Tree Is That?", a pocket guide for identifying trees, is available from The National Arbor Day Foundation.

The 72-page guide will help you identify 135 different trees found in the eastern and central U.S.

Well-known trees are included: oaks, maples, spruces and pines. Also species such as horsechestnut and mockernut hickory, sassafras and shadbush, persimmon and pawpaw and pagodatree and pecan.

Dozens of drawings illustrate the trees' leaves or needles and their acorns, berries, seed pods, cones, and other identifying features. "What Tree Is That?" is organized to make it easy to identify trees in a simple step-by-step fashion.

"Helping people enjoy and appreciate trees is central to the educational mission of the Arbor Day Foundation," John Rosenow, the Foundation's president, said. "Being able to identify trees is important to knowing how to care for them and how to plant the right tree in the right place."

To obtain your tree ID guide, send your name and address and \$3 to "What Tree Is That." The National Arbor Day Foundation, Nebraska City, NE 68410. Or go online to arborday.org.

Our Insect Enemies

How To Protect Your Home From Termites

(NAPS)—It's important for homeowners to keep drywood termites from taking a bite out of their houses—and their nest eggs.

Every year termites cause more than \$2 billion in treatment and repair costs. Because most people's homes represent their largest investment, stopping termites has become a top concern for many homeowners across the country.

Termites live in colonies deep inside the wood (including roof and floor beams) of a home. The insects are constant wood eaters and their colonies, which can include thousands of termites, can go undetected for years. Signs of termite infestation include:

- Severely blistered wood or woodwork with pinhead-sized holes.
- Piles of six-sided pellets on floors, windowsills and attic space.
- Discarded wings or dead termites near light sources.
- Hollow sounding wood.

Pest management professionals say the best way to protect your home from termites is to treat with whole-structure fumigation. Fumigants such as Vikane® gas fumigant

*Trademark of Dow AgroSciences LLC
Vikane is a federally Restricted Use Pesticide.

Honor Rolls

Stratford Junior High "A" Honor Roll 6th Six weeks. Eric Burton, Kelsi Dennis, Luke Haile, Jonathan Knight, Shelby McDaniel, Janeth Reyes, Sunny Russell, Nick Serna, Lyndsi Thiessen, Chrystal Thompson, Jennie Witcher, Channing Ziemann.

6th Grade-Brooke Barnard, Stephanie Bell, Anne Brooks, Manuel Chavoya, Sinead Everett, Chandra Hawkins, Clayton Johnson, Derek Johnson, Jayton Lawrence, Deborah Molina, Margarita Rocha, Jon Seawright, Jenny Spurlock.

7th grade-Jordan Confer, Kristen Crabtree, Michael Frizzell, Samantha Hart, April Peregrino, Whitney Reese, Michael Reinart, Yadira Rojas, Kelsey Stein.

8th grade-Candie Bell, Brant Cummings, Tiffni Drake, Rhia Everett, Ryan Ewers, Evan Haile, Shadley Hawkins, Daniel Hays, Pablo Ibarra, Landan Luna, David Marquez, Merilee McDaniel, Daniel Nusz, Crystal Peregrino, Krista Reta, Eric Riffe, Steven Rueda, Rustin Russell, Juliana Taliaferro, Lillian Valenzuela, Harrison Walden, Lisa Walls, Bryce Wright.

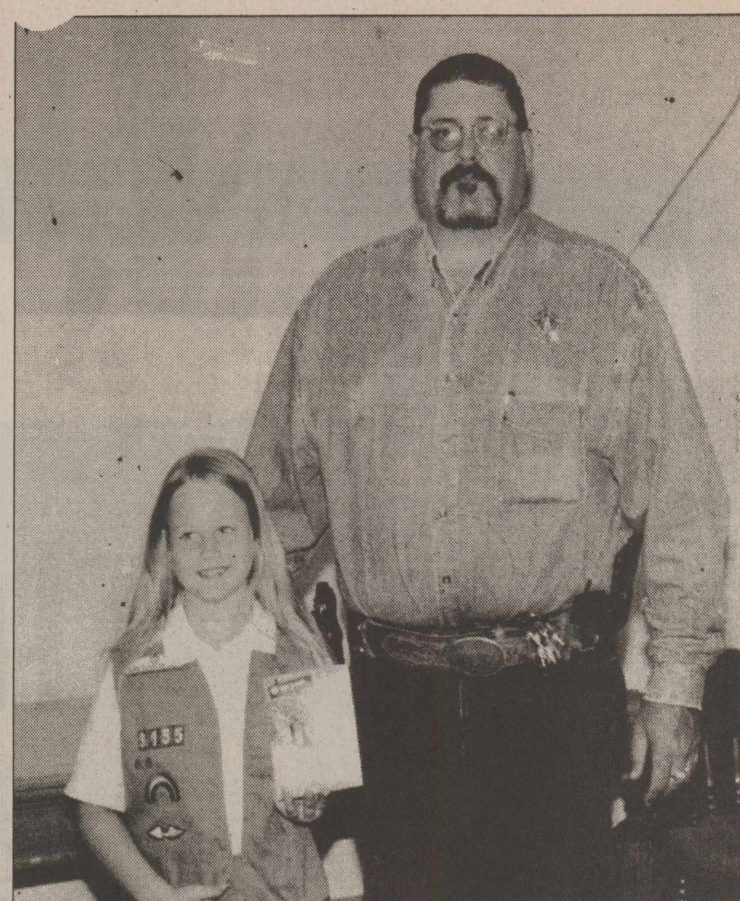
Stratford High School 2nd Semester Honor Roll.

9th grade-Maira Argomaniz, Sandra Barraza, Allison Baskin, Brady Bell, Haley Buckles, Andrew Correll, Casey Crabtree, Staci Hays, Josh Lanning, Robert Seawright, Emily Shafer, Walter Spurlock, Jordan Taylor, Chelsi Thiessen, Connor Vincent, Cheyenne Ziemann.

10th grade-Mayra Garay, Tyler Haynes, Brittany Hudson, Josh King, Rocio Molina, Craig Reinart, Lindsay Stein, Kayla Willard.

11th Grade-Erin Ashley, Jason Ashley, Ashlee Glock, Amber Larance, Briah McClellan, James Nusz, Maria Robles, Mimi Ruiz, Heather Seiler, Melissa Tijerina, Stephanie Washburn, Adam Witcher, Twyla Young.

12th grade-Alicia Adams, Clint Adams, Denton Crabtree, Robin Daniels, Tiffany Duke, Dylan Everett, Veronica Ortega, Alicia Renzelman, Matthew Taliaferro, Amie Witcher, Katie York, Scott Zak.



Sheriff Jack Haile Receives Cookies

Sheriff Jack Haile is shown above receiving Girl Scout Cookies from 9 year old Girl Scout- Jessica Lomax.

Arts in the Area

By Gaynelle Riffe

*** note new listing

- June 6 "Texas" Palo Duro State Park 806-655-2181
- Aug. 16 Starlight Theater Tuesday Concert Series 7:00 p.m. Sam Houston Park on Western St. Amarillo
- June 10- Aug. 26 "Lone Star Rising" Lake Meredith Borger Chamber of Commerce 806-274-9050
- June 11 Aug. 17 "Les Mis'erales" Panhandle Students Amarillo Little Theatre 806-355-3096
- July 10-12 "Dreadful Doin's at Cider Mill" Melodrama Dalhart LaRita Community Theatre 244-5646
- Aug 7,8,9 Buddy- The Buddy Holly Story Amarillo Civic Auditorium 806-355-9991 www.amarillolittletheatre.org
- Aug. 21-31 Ringo Starr Amarillo Civic Coliseum 806-378-3096
- Aug. 26 *** Amarillo Opera "The Merry Widow" Mary Jane Johnson Amarillo Civic Auditorium 806-372-SING
- Sept. 20****

Station Raisin'

Work Day

To Be Held

Saturday, July 12, 2003

7 a.m.

Location-New Fire Station
Anyone willing to help is welcome. There will be a sign-in sheet for record keeping purposes

AgriPartner Report

Week of July 3, 2003

Dallam, Sherman, Hartley & Moore Counties

First generation southwestern and European corn borer are feeding on leaves and in the whorl of corn plants. A few fields have infestations that are high enough to justify an insecticide application; however, if borers have entered the stalk, an insecticide application will be of little value.

Although slowed by cool, wet conditions, western corn rootworm beetles are emerging. They will feed on leaves causing damage that is of little concern. Rootworm beetles will also feed on available silk hand have the potential to reduce pollination. More importantly, they will lay the eggs that will hatch next spring and become your 2004 rootworm problem. Not continuously planting corn on the same land is one way to avoid a rootworm problem.

Cool, wet conditions can be credited for helping keep the spider mite infestations low. Only sporadic, light infestations are reported along field edges generally next to wheat. Monitor these early infestations, for they may continue to increase and spread throughout a field to the point of requiring a miticide application to control them.

Some corn earworm whorl-feeding has been observed in most fields, however, this early damage is primarily cosmetic and rarely of economic importance.

Corn leaf aphids are present in some sorghum fields. These aphids are not considered important pests; however, they are important from the standpoint that they establish a beneficial insect population that will help in controlling greenbugs that develop later.

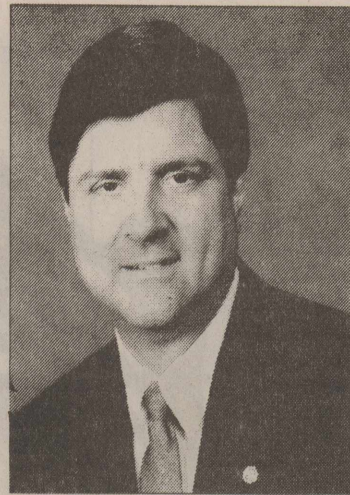
Check for cotton fleahoppers and Lygus bugs in area cotton. Once cotton begins to square these bugs become important pests, because they feed on the squares and cause them to shed. With much of the cotton late, producers can ill-afford to lose any squares to these pests.

Beet armyworm moths have been caught in pheromone traps, but no infestations have been reported in fields.

Lollies Lines

By Lorelyn Powers

Note: In this town on the Range the skies are cloudy today the wind is busy blowing the town is busy with all its people doing their various things to make their lives the best they can be. One day last week when on the roads out in the country the farmers are very busy bringing in their crop of wheat. Summer school is over and the vacation bible schools will be in Session. Is not this summer going quickly it seems to be that it is; and since the deadline is past and the summer heat is 77 degrees, I hope everyone is where they can get plenty of water to drink and stay cool. So let's take care of each other and be kind to one another.



Dr. David M. Bonner

Local Dentist Graduates From Advanced Training

For a lot of people, a beautiful white smile can be achieved in a matter of a few weeks instead of years. How is this possible? This can be done through a conservative technique that reshapes the teeth and fits them with porcelain laminates that are metal-free, and look and feel like the real thing. Many people can now improve their smiles without the necessity of braces. These natural looking restorations can create the perfect smile that may be desired by many...instantly!

A local dentist, Dr. David M. Bonner has recently completed post-graduate training at the prestigious Las Vegas Institute for Advanced Dental Studies in Nevada. Dr. Bonner completed the Advanced Functional Aesthetics program under the world-renowned Dr. William Dickerson, a Fellow of the American Academy of Cosmetic Dentistry. While at the Institute, Dr. Bonner underwent intensive training including completing a case on a live patient under the direction of the teachers.

Dr. Bonner is one of the few dentists in the area that has completed a program that teaches these skills. Dr. Bonner's commitment to excellence is emphasized by undergoing this training to provide patients with only the best restorations and care possible. By undergoing this training, Dr. Bonner has achieved the clinical ability that few dentists in the country are even aware exist. For more information, call LVI at (888) 584-3237 or Dr. Bonner at (806) 935-6811.

Walk Across Texas Health Break

While experts cannot agree how much to blame increasing age for weight gain, every middle aged or older person knows maintaining a healthy weight becomes harder every year. This weight gain occurs for many reasons. Weight tends to go up with age because metabolism slows down a little each year, but we eat the same amount of calories. Women seem to have more of a problem with weight gain than men, probably because a woman's body normally has more fat and less muscle than a man's. Muscle uses more calories than fat. People with more muscle tend to burn more calories.

Excess weight is hazardous to one's health. Weight gained in the abdominal area is considered to be the most dangerous.

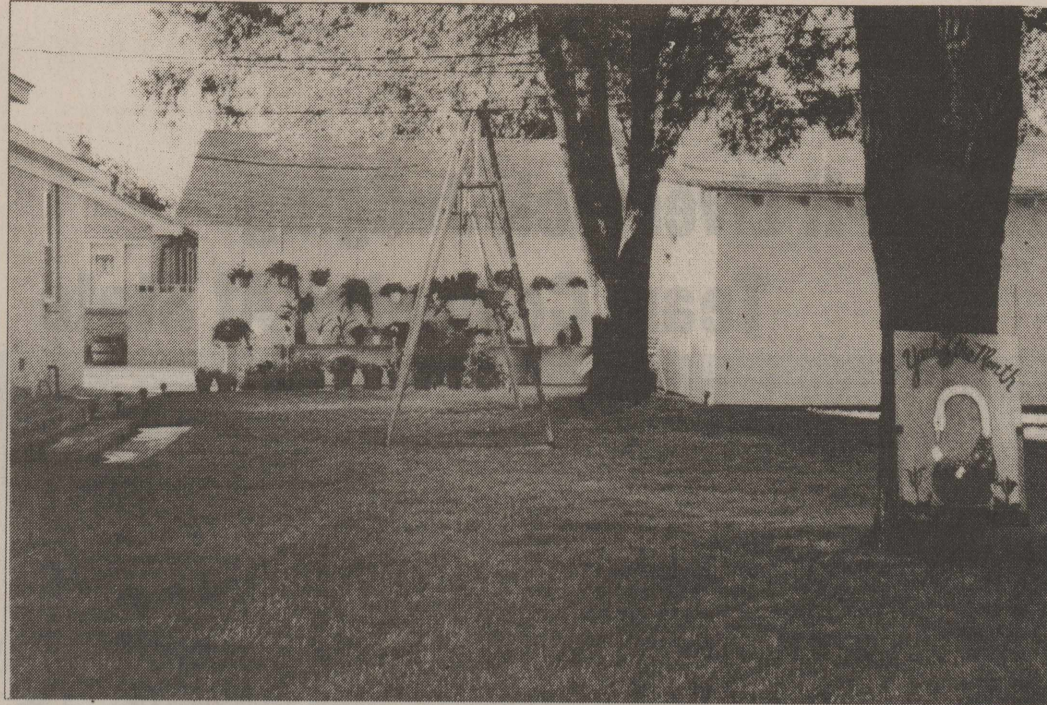
While a tendency to gain weight is inevitable, weight loss is not. Key strategies for weight loss according to the 629 women in the National Weight Control Registry, average age 44 years, who successfully lost an average of 65 pounds and kept it off for 5.5 years are simple. Reduce calories, fat intake, and the size of food portions, avoid "pig out foods," and increase physical activity levels.

Does controlling calories mean a starvation diet? No, in fact, losing weight slowly, about 1/2 to 2 pounds a week, by cutting calories and increasing physical activity produces better results than trying to starve. If the body senses it is being starved, metabolism decreased and cravings for sugar and fat increase. Women in the National Weight Control Registry ate an average of five meals a day, and they did not skip meals.

How can you increase your metabolism, increase muscle mass and decrease abdominal fat? two kinds of physical activity help. First, an aerobic activity like walking is important. Adding strength training is the second type.

Whether you try to lose weight by reducing calories or increasing physical activity or both, realize that both are easily given up if you go too fast. Slow and easy produces the best results. According to research spending enough time getting ready to make the change and learning about your options produces the best results. Having a partner or group to support your changes works best too.

Whether you want to walk for fitness or to lose weight, Walk Across Texas is a great way to travel the road to better health.



Yard of the Month

Yard of the Month for July is Velma's Hanging Garden. Yard of the month address is Homer and Velma Blake at 319 N. Maple.

FCC Vacation Bible School July 23

First Christian Church Vacation Bible School will be held on Wednesday, July 23, 2003 from 9:30 a.m. to 3 p.m.

Every human being is intended to have a character of his own; to be what no other is, and to do what no other can do.

—William Ellery Channing

Check Out These Web Sites:

Shriners International Headquarters at www.shrinershq.org.
Lightbulb Press at www.lightbulbpress.com.
Food and Drug Administration Center for Devices and Radiological Health at www.fda.gov/cdrh.
Freedom from Hangovers at www.doublechaser.com.
California Strawberry Commission at www.calstrawberry.com.
For a free Retirement Checkup, visit www.americanexpress.com.
Department of Veterans Affairs Licensing and Certification information at www.gibill.va.gov.
NatureScape® Patio Rooms at www.pgtindustries.com.
Penske Truck Rental at www.pensketruckrental.com.

You can easily judge the character of others by how they treat those who can do nothing for them or to them.

—Malcolm Forbes

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High Value.

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Cactus Compost (806) 371-4791
Stratford Feedyard (806) 396-5501

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Licensed & Insured

Jim Stevenson Owner
Dalhart • Stratford • Hartley

Station Raisin'
Sat. July 12
7 a.m.



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
Monday - Saturday 9 a.m. - 6 p.m.

110 S. Bliss

935-6599

Walk Across Texas Health Break

Winning at losing weight, is there really a chance for me? Perhaps the doctor has told you to lose weight, or maybe you just know you should lose weight. However, you have tried repeatedly with little or no success. Should you just give up?

According to researchers at the University of Pittsburgh and the University of Colorado, losing weight is not easy, but almost everyone can be successful—even people who have lost and gained weight many times in the past as well as those who have never lost weight before. These researchers surveyed 629 women who had lost 30 pounds or more and kept it off for an average of 5.5 years.

Ninety-three percent of these successful losers, average 44 years old, had tried to lose weight unsuccessfully before. Their average weight went from 210 to 145 pounds when they finally experienced success.

These women credited their success to cutting calories and/or fat grams, decreasing portion sizes, eliminating certain foods, and increasing exercise—usually walking and aerobics. They maintained their weight loss by continuing these practices even after reaching their goal weight. They also reported no skipping meals; most reported eating five meals a day. They limited eating out to no more than three meals each week; only one of those meals was at a fast food restaurant. They also used up to 2700 calories a week in physical activities beyond the calories required for daily activities like gardening or housekeeping.

Getting started is not easy. Sixty percent of the women in the study said they participated in some type of formal program including Walk Across Texas. Forty-one residents are participating in Walk Across Texas and have logged 1662 miles during the month of June.

Church of Christ Son Harvest Vacation Bible School

You are invited to a One-day Vacation Bible School to be held at the Stratford Church of Christ, 3rd & Chestnut. The day is Saturday, July 12th, 2003, from 9:00 a.m. until 2:00 p.m. Lunch will be served and children will be ready to be picked up at 2:00 p.m. at the building.

The children will learn about Jesus, the Son, through puppet presentations, songs, visual lessons, and crafts. All children from age 2 to 6th grade are invited. It will be a day of fun and learning. Please come and join us.

Govern a great nation as you would cook a small fish; don't overdo it.

—Lao-tze

The Churches of Stratford Welcome You

Marriage & Divorce

What are causes and cures for divorce? Well, the big cause of divorce is unfaithfulness. The vows men and women make to each other before God are cast aside like a worn out pair of blue jeans. People are found to be untrustworthy. They do not keep their word. Now I'm not just talking about cases of adultery. Adultery is rampant in America. Failure to keep your word is much worse than the actual adultery. Most marriage vows include a commitment to love your husband or wife until death separates you. Unfortunately, when the emotional high in marriage subsides, some folks think love has departed. So they bail out of their marriage. Incompatibility they call it. Most states have very liberal divorce laws. So it's easy for folks to break their promises. But God takes a very dim view of breaking marriage vows. "It is better that you should not vow than that you should vow and not pay" (Ecclesiastes 5:5). You may walk out of your marriage and get a divorce from the state. But as far as God is concerned there are only two legitimate grounds for divorce. The first ground is adultery. Matthew 19:0 says, "Whoever divorces his wife, except for sexual immorality, and marries another commits adultery." Second, in the situation where one marriage partner becomes a believer in the Lord Jesus Christ and finds he or she is married to an unbeliever, God permits the unbeliever to file for a divorce. He says, "If the unbelieving one leaves, let him leave; the brother or sister is not under bondage in such cases" (1 Corinthians 7:15).

First Assembly of God

Kevin Anderson, Pastor

921 Fulton
Sunday School 9:45 am
Morning Worship 10:45 am
Evening Worship 6:00 pm
Wed. Bible Study 7:00 pm

First Christian

Rev. 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. - 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 6:00 p.m.
Wednesday Bible Study - 7:30 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 Oration 6:00 pm
Servicio De Adoracion 6:00 pm Se Cuidamos
Susninos Durante El Servicio.

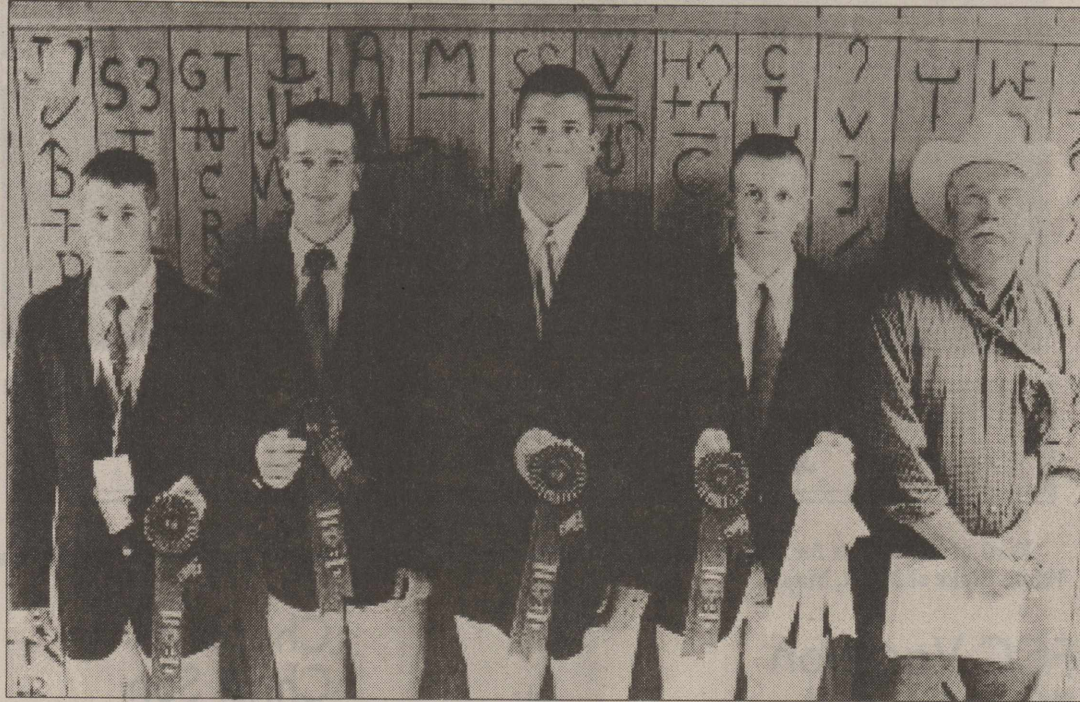
Sponsored by:
Thriftway 396-5586
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Lautz 769-4485
Ellie's 396-2092
Stratford Star 396-5885
Walter Lasley & Sons, INC
753-4411

Templo Hispano Eben-Ezer
Pastor Roberto Frescas
205 N. Poplar - Hwy 287
Escuela Dominical 10 a.m.
Sercbio 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

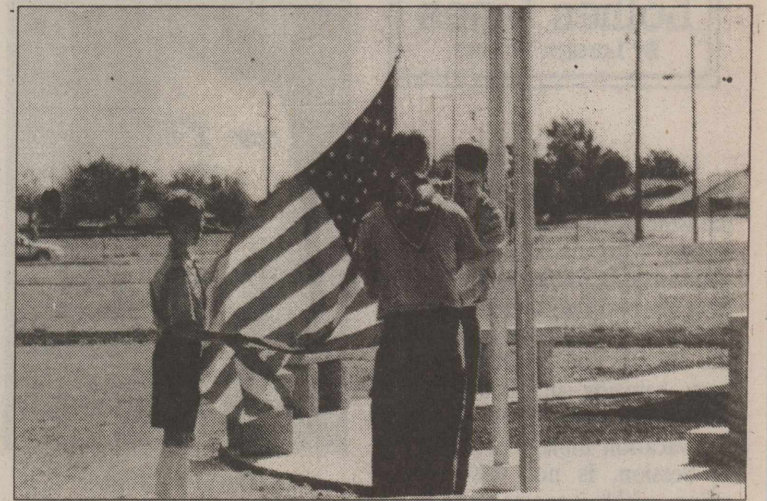
Sherman County 4-H Livestock Judging Team Competes At State

The Sherman County Livestock Judging Team placed eighth place at State 4-H Round-up held June 10-13, 2003 at Texas A&M University in College Station, Texas. The four member team earned the right to compete against the other top teams from across Texas by placing second at the District 1 Contest held in Canyon in April. Team members Justin Edwards, Justin James, Ole Dahl, Troy Shores and coaches Garland Dahl and Johnny James attended the four-day event along with Leslie Neve, Sherman County Agriculture Extension Agent. The team put in three days of intensive practice the three days prior to the contest, including receiving help from some former Texas A&M Livestock Judging Team members. However, all the hard work paid off, along with the Eighth place Overall Placing the team earned third place in Beef Cattle, Justin James placed third place in the beef division and Ole Dahl placed fifth in overall swine division. Congratulations to all these exhibitors for a great job, Sherman county 4-H is proud to have the eighth best livestock judging team in the state!



Sherman County 4-H Livestock Judging Team-L-R Justin Edwards, Ole Dahl, Troy Shores, Justin James and Garland Dahl

Necessity of action takes away the fear of the act, and makes bold resolution the favorite of fortune.
—Francis Quarles



Posting the colors at the Dedication for Cemetery Directory and Veterans Memorial were members of Troop 38 from left, Austin Riffe, Scott Zak, and Andrew Correll on Friday morning July 4th.

Station Raisin'
Sat. July 12
7 a.m.

Health Bulletin

Living with Alzheimer's Disease: One Man's Story Provides Hope to Others

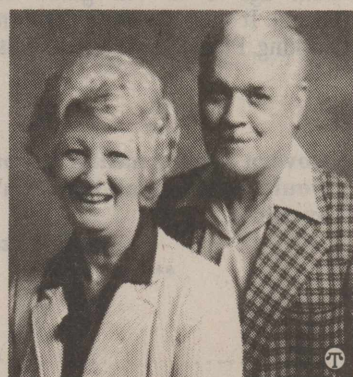
(NAPS)—People who have loved ones with signs of Alzheimer's disease (AD) shouldn't give up hope—medical treatment is helping millions of patients and their caregivers cope with this devastating illness. William's story is one example of the difference that diagnosis and treatment of the disease can make.

William's life was completely disrupted by AD. Although he had a master's degree in science, untreated AD caused him to stop talking and made this normally gentle man abusive and aggressive. Eventually, William's troublesome behavior left his family with no choice but to admit him to an AD unit in a nursing home.

When Dr. Ghooray saw the 79-year-old man, his diagnosis was an advanced moderate stage of AD. Along with William's behavioral problems, he was almost entirely unable to care for himself, so Dr. Ghooray started him on Exelon® (rivastigmine tartrate) therapy. Exelon is a prescription medication that is used to slow the progression of the symptoms of mild to moderate AD.

After a year on Exelon, Dr. Ghooray now stages William's disease as mild and has discontinued treatment with two psychiatric medications prescribed to help William's behavioral problems. According to Dr. Ghooray, William's response to his Alzheimer's treatment is the best he's ever seen.

Most notably, William has been released from the nursing home. He simply no longer belongs there. Back at home, his wife sees a big



Medical therapy has helped people like "William" (right) living with Alzheimer's.

change in William. In the nursing home, William needed constant care. Now he can stay home alone while his wife does the shopping.

"Not all people with Alzheimer's disease will have the same response to treatment as William, but his story is a prime example of why it is important to be proactive and not bury our heads in the sand when it comes to treating this disease," said Jay Ellis, a neurologist with Alzheimer's Support Services in Pittsfield, Massachusetts. Dr. Ellis chairs the expert advisory panel of a program called "Daily Victories: Cases for a Cause," which recently profiled William's story in an effort to educate others about the importance of early diagnosis and treatment of AD. "Through this program, we hope to show how medical therapy has helped people like William living with Alzheimer's so that more patients may benefit from treatment," said Dr. Ellis.

Novartis Pharmaceuticals Cor-

poration has donated funds to AD advocacy groups across the country for each case of an Exelon patient submitted to the "Daily Victories: Cases for a Cause" program. In total the program has raised \$50,000 for organizations including the National Council on the Aging (NCOA), the National Family Caregivers Association (NFCA) and various state chapters of the Alzheimer's Association.

The benefits observed with Exelon may be due to the way it works in the brain. Although the exact causes of AD are not fully understood, it is related to chemical changes in the brain involving a neurotransmitter called acetylcholine. This neurotransmitter is related to memory and ability to carry out daily activities. Exelon increases the amount of acetylcholine in the brain by blocking two enzymes—acetylcholinesterase (AChE) and butyrylcholinesterase (BuChE)—that are involved in breaking it down. While the clinical significance of BuChE has not been established, blocking both AChE and BuChE may present another therapeutic approach in AD.

For further information, consult your doctor or visit www.AlzheimersDisease.com.

Free Resource Available:
Free "I.D.A.D. (Identify Alzheimer's Disease) Resource Kits" are available by calling toll-free 1-877-439-3566 or visiting www.nfca.org. The kit contains educational materials such as a video, a memory questionnaire and informational brochures specifically for family caregivers.

Travel Ideas

Great Vacations Start With Careful Planning

(NAPS)—Memorable and relaxing vacations usually start with careful planning. Keys to sound vacation planning include: researching your dream destination, budgeting for your getaway, and figuring out how to safely and conveniently manage your finances during your trip.

Here are a few tips and tools—from the payment experts at Visa USA—to help get your vacation off to the right start, whether you're flying to an exotic location or visiting a National Park.

• Before you go, create a budget to help guide your travel decisions, including destinations, transportation, and accommodations. For example, stay in your dream hotel one night and an economical hotel for the remainder of the trip to save money. If you want to go all out, long-term financial planning can also help you budget and save for the vacation of a lifetime. More tips and budgeting tools are available on www.practicalmoney.com, a Web site designed by Visa to help people improve their financial skills.

• Payment cards—like credit, debit and pre-paid cards—are a safer alternative to cash, due to protections on lost or stolen cards. Payment cards are also convenient alternatives to traveler's checks. For example, Visa's Travel Money Card, which can be purchased in any amount, enables



A growing number of consumers are using an automatic system to handle their bills while on vacation.

travelers to access funds at ATMs for local currency at favorable exchange rates in 127 countries. Using a card to pay for your airline, train, or cruise tickets ensures you can recover your ticket costs if your transportation is cancelled.

• If you're taking a payment card along, be sure to bring emergency numbers for the financial institution that issued your payment card in the event that it is lost or stolen. Report a lost or stolen card immediately. Keep a record of the account numbers and expiration dates for your cards stored in a safe location—other than your wallet. You'll need this information to report a stolen or lost card. You may be eligible for a replacement card or emergency

funds, which is usually delivered within 24 hours.






• Always memorize your personal identification number (PIN). Don't write it down in your wallet or on the back of your card. Designate different PIN numbers for each of your payment cards. When using an ATM, shield the keypad with your body to ensure that no one can see you punch in your PIN number.

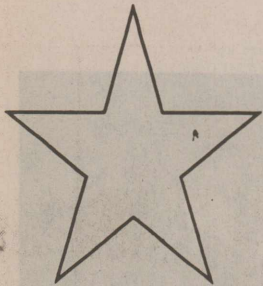
• To help prevent fraudulent activity, never leave payment cards or documents containing personal information, like car rental agreements, unattended in your hotel room (even in your suitcase), by the pool, or in your vehicle. Use the hotel safe if necessary.

• Always keep your sales slips to reconcile them with your account statements upon your return home. Report any errors or unknown charges to your issuing bank immediately.

• Remember to pay your monthly bills. Just because you've gone on vacation doesn't mean your financial obligations come to a stop. To protect yourself from missing bill payments while on vacation, use your payment card to set up automatic bill payments to handle regular obligations, like home and cellular phones or cable TV, in a secure and timely manner.

For additional information or to learn more, please visit www.visa.com.

<p>Business Directory</p>	<p>STRATFORD HOSPITAL DISTRICT Coldwater Manor Stratford Family Medical Clinic Stratford EMS Proudly serving the medical needs of Stratford and Sherman County</p>
<p>WALTER LASLEY & SONS INC. <i>THE Feedyard</i> Since 1953 753-4411</p>	<p>NORMA'S PRECIOUS MOMENTS 218 N. Main 366-7622 Gift Items, Balloons, Avon, Jafra Candy, Cosmetics & More!</p>
<p>Stratford Grain Co. Stratford 396-5541 Lautz 769-4485 4 North Main</p>	<p>Robert's Service Center 400 S. Poplar 396-2882 Auto Repair & Lawn Mower Repair</p>
<p>CONSUMERS 208 Texas We Sell Seed & Fuel Farmland, Acco, & Moorman Seeds & Fertilizer Diamond Shamrock Products 366-2261</p>	<p>Blue Stuff of Stratford Texas  Betty Chamberlain 802 N. Pearl St. Stratford, TX 79084 (806)366-2843 E-Mail: rjb@xit.net</p>
<p>Stratford Auto Electric 119 S. Wall, Stratford, Texas 79084 Phone 366-5941 366-5857 <i>Alternator, Starter, Magneto Repair</i> Since 1964</p>	<p> Allen-Tarver Insurance Agency Carolyn A. Tarver Auto • Home • Life • Commercial Bus: (806)396-5810 • Res: (806)396-2393</p>
<p>Betty Brown's Medical Claim Service 605 S. Main P.O. Box 7 Stratford, TX 79084 806-396-2623</p>	<p>Joe Flores Farm Bureau Insurance 396-5538 office 396-5389 home</p>
<p>Brown's Meat Locker <i>Custom Wholesale & Retail Meat</i> Federally Inspected Hwy 287 South 396-2513</p>	<p> Jesse's Gun Shop Gun Repairs • Sales • Cleaning Hours: Mon. - Fri. - 1730 - 2000 Sat. - 0800-1600 Jesse Resendes (806) 769-4454 111 S. Maple (806) 366-3134 Shop Stratford, TX 79084</p>
<p>A & I PARTS CENTER AUTOMOTIVE AND INDUSTRIAL PARTS — THE CAR CARE PEOPLE Jerry Ewers Manager P.O. Box 1146 (806) 366-5561 205 N. 2nd - Stratford, TX 79084 Fax: (806) 366-2583</p>	<p>Your Home Town Pharmacy..  ELK PHARMACY 317 N. Main P.O. Box 360 Stratford, TX 79084 806-396-6505 Major Prescription Plans Accepted Gayland Vandiver, R.Ph. Debbi Vandiver Owners Carlton Cards, Millionaire Candy, Gifts Cookie and Balloon Bouquets</p>
<p>This Space Available Call 366-5885</p>	<p>Tommy's Embroidery 580-423-7718 Texhoma, OK 210 Hwy 54 West Caps, Shirts, Jackets, Baby Blankets, Towels, Towel Wraps, School Logos, & Much More!</p>
<p>THRIFTWAY Big Town Selection • Small Town Friendliness Wide Selection Frozen Food Quality Foods Fresh Produce Hwy 54 East 396-5586</p>	<p>Westside Laundry/Stratford Laundry & Dry Cleaners 410 N. 4th - Stratford, Texas 396-2841 Owners - Jerry & Janie Smith Operators - Bob & Keri Harris</p>
<p>Joan Bell THE TRAVEL STORE affiliated with National Travel Systems A Full Service Travel Agency 396-5958 1-800-753-2792</p>	<p> Joe Taylor, Photography PO Box 27 1305 N Chestnut Stratford, TX 79084 806-366-2459 Weddings, Portraits, Etc.</p>
<p>This Space Available Call 366-5885</p>	<p>Rotkin' C Cross Appraisals Farm, Ranch & 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

Services

Houses for Sale

Cards of Thanks

Legal Notice

Bridal Selections for Deanna Wright & Tye Young available at www.cindystouchofTEXAS.com 806-727-4670. 7-10-3xc

For Sale: 2001 Ford Taurus, PS PW PL-V6 am/fm. Retail-\$11,950.00 A.D. Pay off \$9250.00. Offers call 396-5685 or 655-2860. 7-10-p

For Sale: 1996-Fd Ranger low miles-5 speed, new CD stereo great gas mileage 727-4412. 7-17-p

For Sale: 25 KVA Generator - \$2,000. Call 753-7398 or 366-5398 lv. message. 7-10-tfn

For Sale: Used furniture: sofa sleeper, love seat, rocking chair, kitchen table with 6 chairs. See at 1319 N. Chestnut Apt. 1 Call 366-7633. 7-10-c

Garage Sale

Garage Sale: 508 N. Wall, Saturday, July 12th, 8 a.m. - 7. 7-10-1xc

Garage Sale: 604 S. Fulton, 9 a.m. - 7, Saturday, July 12th. 7-10-1xc

Garage Sale: Saturday, July 12th, 611 N. Chestnut, 9:00 a.m. - 1:00 p.m. 7-10-1xc

Big Garage Sale: 3 Family, Sat. July 12th, 8:00 - 3:00 p.m., 115 S. Maple. 7-10-1xp

Mary Allen Elementary Back-to-School Parking Lot Sale/Bake Sale. Saturday, August 2, 8:30 - 1:00. Bargains, drawings, & food. 7-10-4xc

Seeking Custom Harvesting

3rd Generation Harvester, seeking custom harvesting, John Deere Equipment-Local References Available 1-580-819-1496. 10-30-c

Help Wanted

Stratford Area Youth Care Agency has an opening for the Director's Position at Lollipop Junction. For qualifications and job description, contact any board member. Wesley Spurlock, President 806-396-2864 home or mobile 806-753-7215 and leave message. 7-10-2xc

Station Raisin'
Sat. July 12
7 a.m.

Station Raisin'

Work Day

To Be Held

Saturday, July 12,
2003

7 a.m.

Location-New Fire Station
Anyone willing to help is welcome. There will be a sign-in sheet for record keeping purposes

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. 1-4-1ypd

New & Used Appliances Factory Authorized Service Whirlpool, G.E. & Frigidaire BABER SUPPLY Dish Network 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

Nice 2-bedroom Trailer House for rent. \$300.00 a month, \$100.00 Deposit. Call 935-6702. 7-10-tfn

Very nice, tastefully remodeled apartment-2 BDR all new appliances 1320 N. Chestnut, new owners, professionally managed 244-3418. 6-26-tfn

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

Your Finances

HELPFUL FACTS FROM EXPERTS

Tips On Choosing A Financial Advisor

(NAPS) Finding a good financial advisor could be just the thing to help your nest egg grow. There are plenty of these professionals around. However, it's a good idea to take a few precautions before handing over your life's savings.

Americans for Financial Security (AFS) suggests you ask potential advisors the following questions:

- What financial planning designations have they earned?
- How long have they been doing financial planning?
- Will they provide at least three references of current clients?
- Have they ever received disciplinary action from a professional or regulatory body?

To further help you manage your money, AFS offers free, easy-to-use online investment calculators at www.afswebsite.org that can answer many of your personal finance questions.

AFS helps members aspire, focus and succeed by monitoring crucial small-business legislation, supplying free tax and business information, granting thousands of dollars in scholarships each year and offering more than 100 money and time saving benefits. For more information, call 1-800-492-1016 or visit them online at www.afswebsite.org.

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

For Sale: 2 Story House, 3+ bedrooms, 2 baths, easy clean storm windows, lots of closet space, lg. back yard with large fences, side corner lot. 615 N. Fulton, 806-396-2860. 6-19-8xc

House for Sale: Brick home, 1309 N. Division, excellent location. Large fenced yard, 3 bedrooms, 2 full baths, storage bldg. Shown by appt. only 1-928-213-9868 or call 396-2593. 6-19-4xp

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

House for Sale: 3 bedroom, 2.5 bath, 1 car garage, 1800 sq. ft. living area. 611 N. Chestnut. Call 366-2035. 6-19-3xc

House for rent, 2 bdrm, living room, kitchen & basement. Call 366-2493 or 753-7761. 7-10-2xp

House for Sale: 3 BR, 2 Bath, carport. 802 N. Fulton. Call 396-2403. 7-10-4xc

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. 7-10-tfn

Ad Rem Land Co.



801 S. Bliss #107, Dumas
806-935-7364

Fax 806-935-7687 or call
Arnita Lane 366-5853

New Listing: Very Spacious. 3 BR, 1 bath, extra large fenced corner lot, large utility room. \$53,000.

Super Nice home with all new floor coverings and paint. Walk-in 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.

Lovely 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.

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

Career

(NU) - Although the job market has been looking grim lately, you finally landed an interview. But that was the easy part. You still have a lot to think about when preparing to meet with a potential employer. Positive body language, like a firm handshake and a bright smile, are important. Do you have a bright smile? If not, don't fret. Technology has made acquiring a whiter smile easier, safer and faster. For instance, more than 5,000 dentists provide the Rembrandt One-Hour Whitening Program, which uses a power light bleaching technique that bleaches all teeth at once or one at a time to concentrate on problem teeth. For more information, call 1-800-972-1236 or log on to www.rembrandt.com.

Waiting, done at really high speeds, will frequently look like something else.
—Carrie Fisher

EDUCATION News & Notes

A Special Thanks To Teachers

(NAPS)—As the school year winds down, it's time to say a big "thank you" to teachers who work so hard to give the gift of learning every day.

If you're looking for an original way to thank the special teacher in your child's life, you



A thoughtful and useful gift for teachers may be found in a Parent-Teacher Store, which has a large array of educational materials.

may want to consider a gift certificate from a Parent-Teacher Store. The store carries a large array of instructional materials, educational toys, and games, and scholastic items that teachers can use in the classroom.

Parent-Teacher Stores proudly serve the needs of teachers by specializing in quality educational products that help make learning fun and creative. Besides gift certificates, they offer teacher resource guides, school supplies, activity books, arts and crafts, science and nature kits, and teaching aids, and more.

To find a Parent-Teacher store, visit <http://www.TeacherStores.com>.

The City of Stratford would like to thank Dick Chumley and Coronado Feeders for the use of the fog machine on July 4th. The patrons at the park on that day certainly were grateful for your generosity.

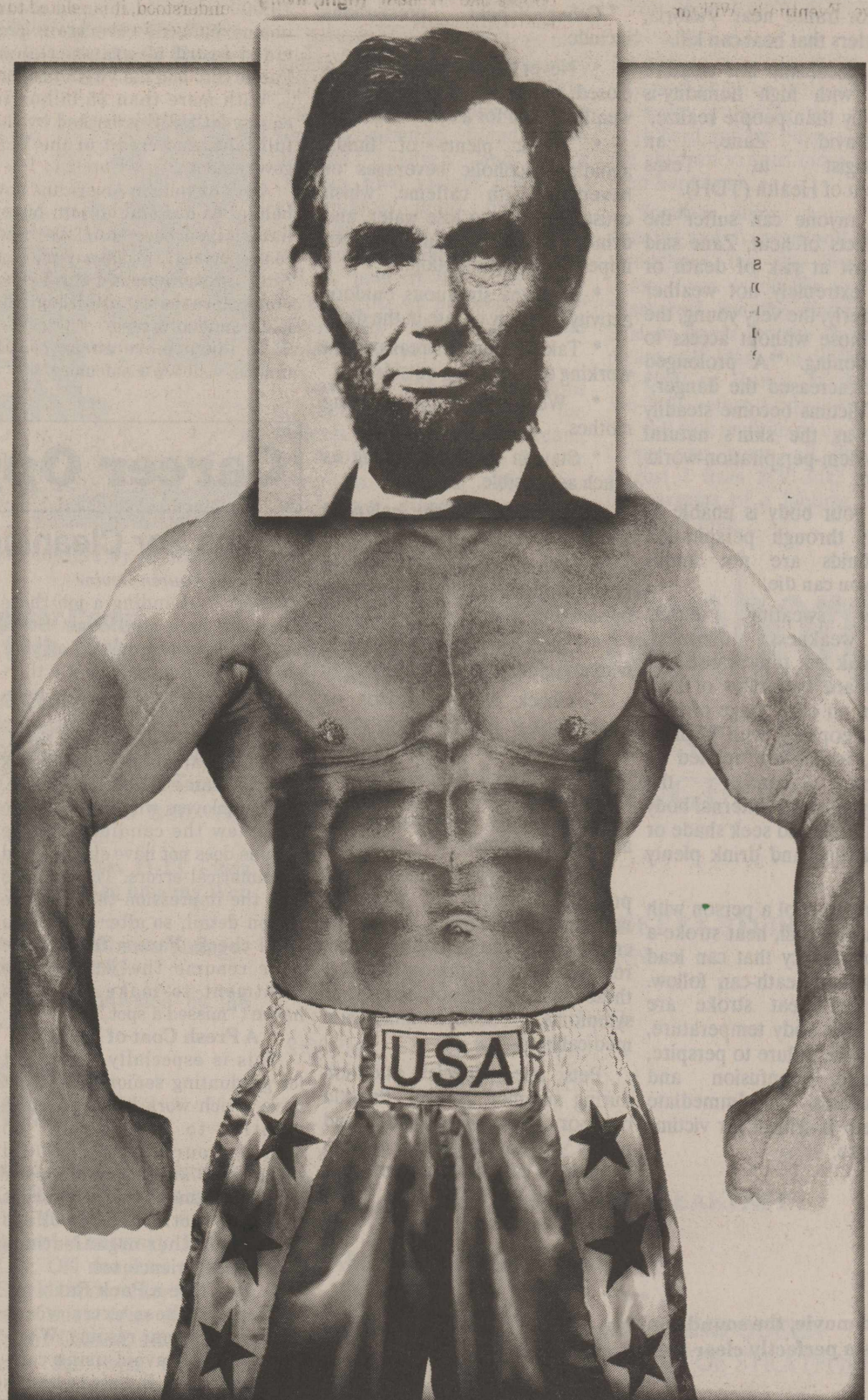
Stratford Fire Department

Thank you to each & everyone who helped with our loss in your own special way. Your acts of love & kindness helped us during a most difficult time. It is times like these that friends are so cherished.

Mary Faye
Randy, Mary Pat, Brad
Steve, LaVon, Shane, Shawn

Dear Friends & Neighbors, Your cards, letters and prayers have been greatly received. It has been quite a long haul, but the trip is almost complete. I returned home on June 27, 2003 and am getting better and stronger each day.

Thanks you all,
Harold, Judy and family

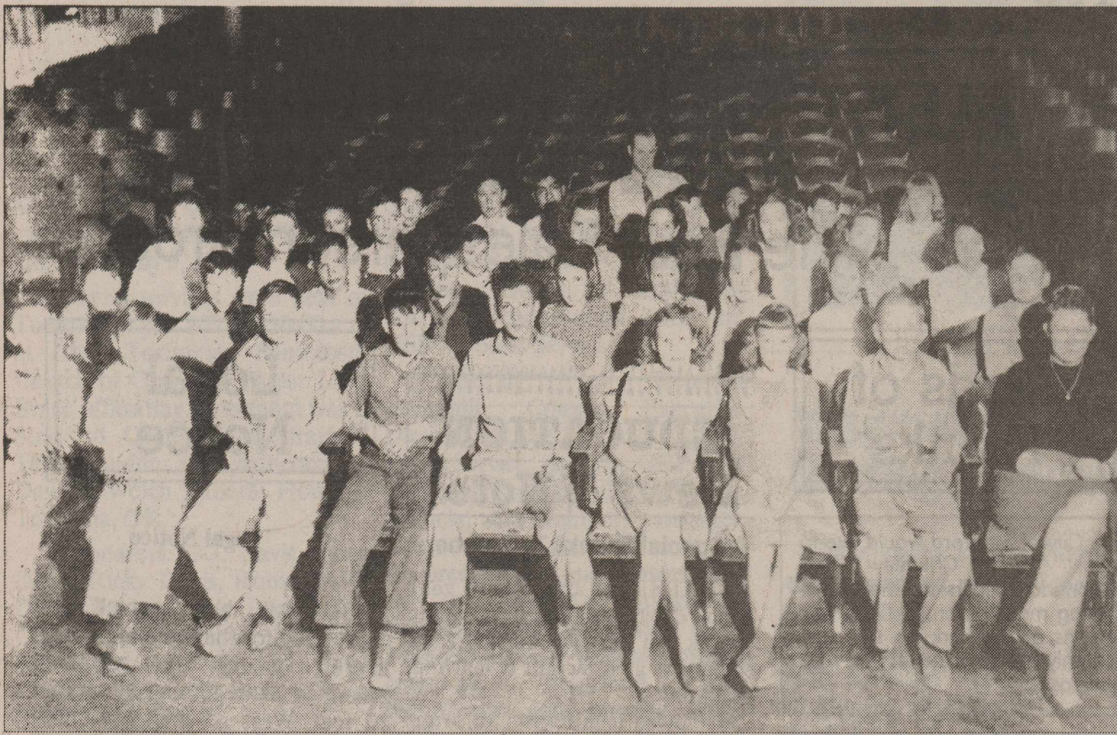


are you history buff?

Film. Photos. Facts. It's fun to know history. loc.gov



The LIBRARY of CONGRESS



Class of 1953 (6th Grade 1947) L/R Front Row: Alvin Bachman, Ronnie Engelbrecht, James Lowe, Roy Lee Newman, Bobby Reynolds, Charlotte Farris, Wilma Smith, Donald Weller, Claudine Wells. 2nd Row - W.A. Spurlock, Kenneth Herndon, Doyle Kirkwood, Dorothy Arnold, Juanell Mixon, Myrna Starker, Jeanne Price, Lyle Wakefield. 3rd Row, Wanda Bishop, Nell Foreman, Jerry Walden, Mary Lou Lavake, Juanita Sanderfur, Patsy Koontz, Martha Crabtree. 4th; John Harrison, Joe Everett, A.C. Willmon, Gordie Ramon, Mr. Harold Stewart, Serifin Ramon, Marion Sears/Brown, Adele Cunningham. Others absent or couldn't identify: Billy Gurrees, Letha Fedric, Joe Gaona, Glen Heiskell, Jean Norris, Jerry Norris, Thomas Norman, Shirley Plunk. Class will meet Friday at 7:00 p.m. at the County Exhibit Building to visit with family and friends and then more visiting at Donnie and Martha Ellison's, 490 S. Fulton. Saturday: Jamboree Parade and Barbecue. Afternoon visiting for classes 1952-53-54 at Donnie and Martha Ellisons. Saturday Night "Eat Out".

TDH Offers Tips For Surviving Texas' long, hot summer

Heat-related deaths and record-breaking high temperatures in Texas began earlier than usual this year, alerting health officials that the summer of 2003 could rival the heat waves and droughts in the 1990's.

In 1998, temperatures soared to record highs for nearly three months in most of the state and were linked to the deaths of 98 people. Since 1995, at least 427 deaths caused by hot weather have occurred in the state.

Recent tragedies, including the deaths of a 2-year-old child left unattended inside a hot van outside a suburban Dallas day-care center, a homeless man found in an El Paso arroyo, three people found in a sweltering railroad hopper car in Baytown and at least 18 smuggled immigrants enclosed in a tractor-trailer near Victoria, are reminders that heat can kill.

"Heat-specifically hot weather combined with high humidity is more deadly than people realize," said David Zane, an epidemiologist at Texas Department of Health (TDH).

While anyone can suffer the deadly effects of heat, Zane said people most at risk of death or illness in extremely hot weather are the elderly, the very young, the sick and those without access to air conditioning. "A prolonged heat wave increased the danger," he said. "Victims become steadily weakened as the skin's natural cooling system-perspiration-works overtime."

When your body is unable to cool itself through perspiration and if fluids are not amply replaced, you can die.

Profuse sweating, muscle cramps, weakness, dizziness, nausea, weak but rapid pulse and headaches are symptoms of heat exhaustion, an early stage of heat illness. People with these symptoms, which are related to dehydration and the accompanying rise in internal body temperature, should seek shade or air conditioning and drink plenty of water.

If efforts to cool a person with heat exhaustion fail, heat stroke—a medical emergency that can lead to disability or death—can follow. Symptoms of heat stroke are extremely high body temperature, red or dry skin, failure to perspire, rapid pulse, confusion and unconsciousness. Immediate medical help is critical for victims of heat stroke.

Most heat-related illnesses can be prevented by following some simple guidelines. Staying in air conditioning and drinking plenty of water are the most efficient ways to combat heat. If you do not have air conditioning, shade windows if possible and use fans to create cross ventilation. In prolonged high temperatures and high humidity, aim fans out the window to blow hot air out. In addition, try spending time each day in air conditioned environments such as

libraries, shopping malls and other public places. Keep an eye on children playing outdoors on very hot days because they can become dehydrated very quickly. Give them plenty of fluids, especially water, and dress them in light, loose clothing.

Other heat precautions include:

- * Never leave anyone in a closed, parked vehicle during hot weather, even for a short time.
- * Drink plenty of fluids, avoiding alcoholic beverages or beverages with caffeine, which cause the body to lose water, and drinks with excess sugar, which can impede water absorption.
- * Plan any strenuous outdoor activity for early or late in the day.
- * Take frequent breaks when working or exercising outside.
- * Wear light, loose-fitting clothes.
- * Stay in air conditioning as much as possible.
- * Eat frequent light, balanced meals.
- * Avoid dressing babies in heavy clothing or wrapping them in blankets.
- * Check frequently on people who are elderly, ill or disabled.
- * Check with a doctor or pharmacist before using medications such as diuretics and antihistamines if you're going to spend much time in the sun or be exposed to high temperatures for any length of time.
- * At first signs of heat illness—profuse sweating, dizziness, nausea, headaches, muscle cramps—move to a cooler place, rest and begin drinking fluids. If these measures do not lessen your symptoms, seek immediate medical help.

Pets need special attention during summer as well. Provide outdoor pets with shade and plenty of water. Never enclose animals in cars or in unventilated buildings.

In a good movie, the sound could go off, and the audience would still have a perfectly clear idea of what was going on.
—Alfred Hitchcock

I chose my wife, as she did her wedding gown, not for a fine glossy surface, but such qualities as would wear well.
—Oliver Goldsmith

A successful man is one who can lay a firm foundation with the bricks that others throw at him.
—Sidney Greenberg

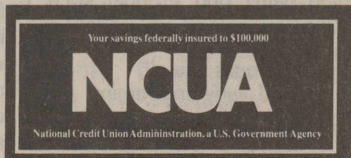
Lauren Devine is the senior vice president of operations for Adecco USA, the nation's largest staffing and human resource solutions company.

MONEY MANAGEMENT

Credit Union Advantages

(NAPS)—It can be reassuring to know that your savings are backed by the U.S. government. That's why many people choose to save in a federally insured credit union.

The National Credit Union Share Insurance Fund (NCUSIF) protects savings accounts up to



Smart Money—Members of federally insured credit unions have their savings backed by the U.S. government.

\$100,000 at the nation's nearly 10,000 federally insured credit unions. NCUSIF coverage is provided in all 50 states, Guam, Puerto Rico and the Virgin Islands.

With more than \$5 billion in equity, NCUSIF is backed by the full faith and credit of the U.S. government.

Over 82 million Americans now belong to a credit union. Many have joined because of the low-cost services, the above-average rates on savings and the below-market rates on credit cards, loans and mortgages.

To learn more about credit unions, visit www.nacfu.org.

Career Opportunities

Tips For Cleaning Up Your Resumé

by Lauren Devine

(NAPS)—Landing a job these days can be a challenge. Start your job search by dusting off your old resumé. You can give it a thorough clean-up job with these helpful tips:

Be Careful Not to Miss a Spot
In comparing two candidates with the same skills side by side, most employers will be inclined to interview the candidate whose resumé does not have spelling and grammatical errors. These gaffes give the impression that you are lax on detail, so after you run a spell check, have a friend give your resumé the white-glove treatment to make sure you haven't "missed a spot."

A Fresh Coat of Paint
This is especially important for graduating seniors who don't have a rich work history yet. In addition to listing your job duties, your resumé should include a summary of your accomplishments. Don't forget that your activities in college clubs and other organizations count as experience, too.

Don't Be a Pack Rat
Toss out those extra words cluttering up your resumé. Wherever possible, avoid using complete sentences. Bulleted phrases often impart a greater impact and make your resumé easier to read.

Don't Dress Up a Mess
While creative formatting may work for some positions such as marketing or advertising, most resúmes should rely more on substance than style. Besides, too many headlines or italicized statements can be confusing, so capitalize or bold only your most critical information.



Class of 1993 Reunion JULY 25-26 Stratford Country Club - L/R Top/Down: Sponsor Tami King, Supt. Sam Brite, Sunny Lasley, Kendall Bonds, Clinton Parsons, Sasha Browning, Jolina Garoutte, Principal Steve Haynes, Sponsor Mark Keener. (2) Alberto Aguilera, Wendy Allison, Jennifer Artho, Eneedit Baeza, Sulema Baeza, Melissa Beattie, Michael Brooks, Matt Brotherton, Lachelle Burton, Anna Cano. (3) Richard Chumley, Hazen Daniels, Toby Diamond, Donny Gray, Jody Guest, Brandon Hart, Neal Hauser, Chris Hernandez, Chandra Jackson, Josh Marshall, Angela McGinnis, Alicia Miller. (4) Carlos Montoya, Wade Plunk, Joy Powers, Teresa Presley, Rene' Reese, Jalane Rhoades, Ann Schlensig, Kiley Seaton, Larry Sims, Ian Weems, Derrick Wells, Matthew Williams.

MAKING LIFE MORE FUN

Houseboating Adventures—Affordable and Fun

(NAPS)—Travelers and outdoor enthusiasts everywhere are discovering houseboating adventures that offer upscale amenities and complete relaxation for an affordable price.

Taking your vacation on a houseboat avoids the hassles of crowds and driving and is easy on your budget. Here are 10 reasons to consider a houseboat adventure:

1. It's affordable. A houseboat vacation lets you bring along a group of friends or family and have meals, entertainment and other expenses divided by 10 people, which makes for an affordable vacation.
2. There are no traffic jams. Houseboat vacations offer the freedom to move about beautiful lakes and waterways at your leisure without the distraction of traffic or crowds.
3. You don't have to leave the country. America's lakes are plentiful and many are located in National Parks, forests or recreation areas—from Lake Mead, Nev. to Lake of the Ozarks, Mo.
4. You can re-connect with family. Many families hold annual reunions on houseboats.
5. It's easy. A professional staff



member will instruct you in the operation and rules of the water, plus how to beach the boat and tie it up. You'll usually cruise along at speeds from eight to 10 miles an hour, allowing you plenty of time to enjoy nature and the scenery.

6. A houseboat is a home away from home. Rental houseboat companies such as Forever Resorts provide everything you need aboard, including linens and towels, air-conditioning, queen size beds, TV and stereo, a fully equipped kitchen and many other comforts, plus a waterslide off the rear of the boat. There's a grocery service to stock your houseboat with food.

7. Experience almost endless entertainment. A houseboat vacation gives you plenty of time for fishing, skiing, and relaxing. Ski

boats or fishing boats can be towed and the upper deck of the houseboat is great for a relaxing sunset or sunbathing. You can explore the waterway area's cultural attractions.

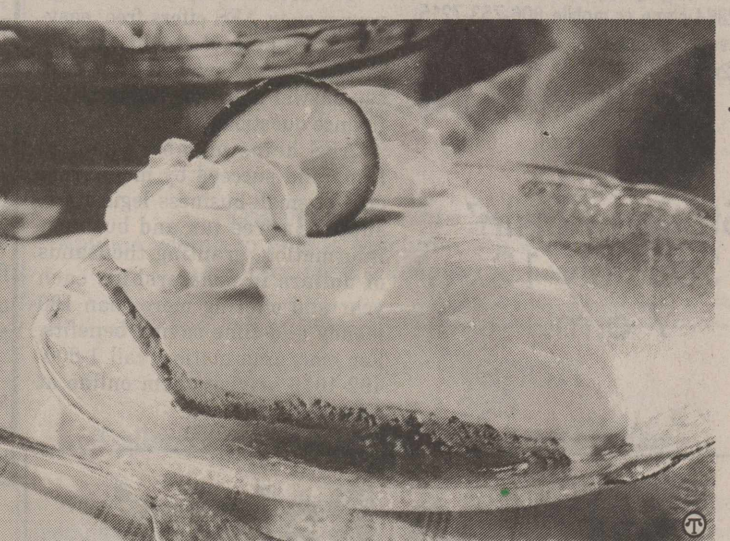
8. Visit national parks. View wildlife and explore things you wouldn't find in your own back yard.

9. Spend the holidays with family or friends. A houseboat provides a unique way to get together. Forever Resorts offers packages that include the turkey with a Thanksgiving houseboat rental. It can be a great way to start a new family tradition and not worry about having everyone at your house.

10. A houseboat trip can connect you to the outdoors and the environment, to the preservation and conservation of our natural resources.

When you consider your vacation options, think about a relaxing, floating adventure where you can immerse yourself in the tranquil surroundings of America's lakes. Fish, swim, kayak, stargaze, ski, laugh and make new memories. For more information, call 1-800-798-9810 or visit www.ForeverResorts.com.

Lime Cools The Sizzle Of Summer



This luscious Key Lime Pie is the essence of easy. Once you've made the crust, just fill it and chill it.

(NAPS)—When you're wilting in the sun, lime's tanginess is an instant perk-me-up, whether it's in margaritas, mojitos, salsas or refreshing desserts.

One of the best varieties is Florida's famous Key lime, named for the islands where it is grown. Compared to green limes, this yellow-tinged citrus fruit is smaller, more flavorful and brighter tasting, adding zip to everything from fresh papaya salad to rich Key lime pie.

Oddly enough, those famous pies are usually enjoyed in restaurants because Key limes are hard to find in grocery stores. Fortunately that is changing, and now pie with great Key lime flavor is a breeze to make at home with a mix, ready for parties or a family treat.

This recipe makes a rich, delicious pie that captures the flavor of Key limes and tastes even better when served frozen. It's the essence of easy—all you do is press the crust into a pie plate and bake it. Then fill it and chill it.

For other delicious recipes using a variety of Continental Mills products, visit the Web site at www.continentalmills.com.

Key Lime Pie

- 1 package Krusteaz Key Lime Bar Mix (1 pouch each complete crust and lime filling mix)
- 2 cups heavy whipping cream
- 1-2 drops green food color

Preheat oven to 350°F. Press full pouch of complete crust firmly into bottom of lightly greased 9-inch pie pan (no additional ingredients required). Bake 15 minutes.

Let cool completely. Place whipping cream, full pouch key lime filling mix and green food color in large bowl. Using an electric mixer, mix on high speed until mixture is thick or until stiff peaks form. Spoon filling into baked pie shell and chill 2-3 hours or overnight.

For firmer set, freeze several hours or overnight and serve frozen. Garnish with lime slices and whipped topping, if desired.

Makes 12 servings.