

The Stratford Star

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Number 7, February 15, 2007

Program



Carlisle Speaks At Imagination Station

Anette Carslile gave a program Thursday at The Imagination Station on the ongoing education study conducted in Amarillo by "Twenty/20". This is a study of the demographics of he future and the effect on the economy, resulting in steps to be taken now to improve the egion. The public is invited to attend the study sessions in Amarillo. Check the web site 'Twenty/20" for more information. L/R Duane Mungia, Anette Carslile, Tim Gilliland, Bill & Betty Fesler.

Sierra Murray Fund Set Up

A fund has been set up for Sierra Murray at Happy State bank, or you can make donations at Elk Junction or Let's Make Arrangements.

2007 TREE SALE

which should keep the landscape at 366-2200. nteresting. Please keep in mind, hat as in years past, several Pinewood Derby species of evergreen seedlings are n VERY SHORT SUPPLY OR ARE NON EXISTENT and orders should be made as soon as possible. We will do everything possible to see that you get the rees that you want for your pecific needs. Order forms can be picked up if you come by, or we can mail it if you give us a call. We can also email the order form if you supply us with an email address. Just call us or mail us at swcd@xit.net.

The District can also fill equests for drip irrigation supplies. We do not keep this in stock, but will help in the design of your system and order exactly what is needed for you. Delivery s usually within three working lays. On our order sheet you will notice that we can also take care of your needs regarding weed parrier. This is especially mportant in windbreaks because we do not want the newly planted seedlings to have to fight with weeds and grass for water. The parrier will help prevent the growth of weeds and grass and

also helpful in the garden for now. The City has 30 days to newly planted flower beds and dispose of them. They are in the around newly planted landscape Recycle area. trees.

If you need a Tree Order Form, want to place an order for trees, Methodist Men have any questions regarding the trees or need help planning for Pancake Supper your particular needs, please do not hesitate to contact the District

Thank you for your continued February 22, from 5 to 7 p.m. support of conservation in at First United Methodist Sherman County.

Prospective Scholarship Donors

If you wish to give a scholarship to a student in the Tiffany Confer at 366-3322,

Story Time to Begin

Time is here once again for Story Time at the Sherman Sherman County Soil and Water County Public Library will begin Conservation District's annual on Wednesday, February 14, Office will be open from 2:00 Free Sale. If you have any special 2007 at 9:30-10:15. Dates for the PM to 5:00 P.M. only. wants or wishes as far as trees go spring session will be his year, please call the office at Wednesdays, February 14 & 28 will expire are Steve Hays and 396-5517 ext. 3 and we will be and March 7 & 21. Story Time is DeWain Trayler. Holdover nappy to try and find what you open to all children ages 2-5. need. We have added a lot of Volunteers are also needed to Willborn, Patti Vincent, Brent lifferent species of 5 gallon help with reading and activities. If Spurlock and Greg Wright. potted trees this year as well as you would like to register your everal 10 gallon potted trees, child or volunteer, contact Sandy

March 4

The Boy Scouts of Stratford will be holding their Pinewood Derby on Sunday March 4th at 1:00pm. The Imagination Station will be the host spot. There will be awards in Tigers, Wolves, Bears, Weebelos and Open categories. Anyone wishing to race in the open category is welcome. There will also be a prize for best design in each category. If you have any questions, please call 366-2772.

COMPUTER **QUESTIONS??** Ask

Shanda Davis The Imagination Station Wednesday, 4:00 - 5:00

City Has Tires to Dispose Of

The City of Stratford has to ceep the moisture in the ground. get rid of all their discarded tires. The four and six foot squares are If any Feedyards need them to cover pits, please come get them

Methodist Men Pancake or the NRCS at 396-5517 ext. 3. supper will be held Thursday, Church Fellowship Hall. Free Everyone donation. invited.

SCHOOL BOARD **ELECTION**

The Stratford Independent School District will hold a Trustee Election on May 12, Anyone interested in applying for a place on the ballot Class of 2007, please contact: may do so from February 10 through March 12, 2007. You at apply may Superintendent's Office, 503 N. 8th Street, from 8:00 A.M. until 4:00 P.M., Monday through Friday. On March 12th the

Board members whose term

City of Stratford to **Hold Election**

The City of Stratford will hold an election on Saturday, May 12, 2007 to fill three places on the ballot. The expiring terms are: Ernie Maiwald, Councilmember, Nancy Kimball, Councilmember, Blake Confer, Councilmember. These are twoyear terms. Beginning Monday, February 12, 2007, anyone interested in filing for a place on the ballot may pick up a packet from City Hall, 518 N. Third, between the hours of 8.00 am and 5:00 pm, Monday thru Friday. The last day to file for a place on the ballot is Monday, March 12, 2007 by 5:00 pm.

Stratford Hospital Board to hold Election

Stratford Hospital District Board has two openings in the upcoming election. Deadline for signing up is February 10th through March 6th from 8:00 a.m. to 5:00 p.m. Applications may be picked up at the Business Office at Coldwater Manor. Board members whose terms will expire are Wayne Smith and Kathie Altman. Hold over members are Kenton Kimball, Kathy Allen, and LeRayne Donelson.

Stratford Community & High School Blood Drive sponsored by Student Council Wednesday, February 21st

8:30 a.m. to 3:30 p.m. **High School Activity Center** 503 North 8th Every donor will receive a T-

shirt. For an appointment, please call 10877-574-8800 Coffee Memorial Blood Center, 7500 Wallace Blvd., Amarillo, TX 79124



Sandy Williams, Coordinator of Stratford First Responders, gave t he program at GFWC/Prospectus Study Club Feb. 7.

TEEA

religion, age, or national origin.

Parents the chance to put a

-Paul Cantalupo, M.D.

MyPyramid Clinic Lunch and Learn to Meet February 21st February 22 By Susie Spurlock

By Susie Spurlock

dietary advice that was published at 12 noon at the County information in 2005, but do you really Extension Office. The program caregivers of the elderly, family understand what it means to you will be "MyPyramid and Walk members caring for an aging personally?

invited to come by the also. Imagination Station Thursday, February 22 anytime between the guest to share updates on the Free health screenings will hours of 2:00 p.m. and 7:00 p.m. Spring to learn more about MyPyramid, scheduled April 12 in Dalhart. what it means to each individual and test their knowledge of what of \$5.00 per person. Interested blood pressure checks.

the correct food portion sizes are. Susie Spurlock, County Consumer Sciences will be 20th so that adequate preparations diabetes management, hosting the clinic in the computer can be made. lab. She will be teaching those MyPyramid website to obtain a County Office of Texas medication will displayed.

Reyna Everett will be volunteering as a translator at the Support-Your-Student clinic for non and/or limited English speaking residents.

Sherman County Family Living choosing. Committee with Laurie Spurlock and Reyna Everett providing line for \$20. leadership for this educational session. For more information, letter/characters. contact the Sherman County Preference: (ex: band, basketball, MyPyramid and Walk Across Extension Office at 366-2122.

Educational programs payable to Stratford Annual Staff sponsored by Texas Cooperative Please Contact us at (806) 366-Extension are open to all citizens 3347. Deadline: February 21, without regard to race,' color, sex, 2007 disability, religion, age or national origin.

Prom Time Again

If you have Christmas ever happens in your life. Lights, extension cords, staple guns that we can use for Prom on March 31, 2007 please mark these items with your name and call Lynette Kautz at 366-3302 or 396-2498.

Learn as if you were going to live forever. Live as if you were going to die tomorrow. -Mahatma Gandhi

Williams Sandy

Williams Gives

gave the Feb. program GFWC/Prospectus Study Club. Stratford's First Responders Network was her subject. She is Coordinator. In addition to a slide presentation, she had pamphlets and articles for emergencies.

Cindy Jackson, president, conducted the business. It was reported that Project Christmas Card raised \$4,135. This longtime club and Stratford Star project benefits the Library.

Club members need to turn in their recipes for the upcoming new cookbook.

Plans were made for the Feb. 13 Coldwater Manor party.

Present were Cindy Jackson, Oline Caraway, Sandy Baskin, Pat Hartman, Margaret Reed, Dorothy Haile, Mattie Baskin, Laurie Spurlock, Gina Jones, Marty Bain, Michelle Lutes, Marylou McDaniel.

"GERIATRICS ON THE GO TUESDAY" By Susie Spurlock

Tuesday, February 20, 2007 "Geriatrics on the Go" Mobile Health Fair will be in Stratford. All Sherman County residents are invited to attend this free event.

The mobile health fair will be at You have heard and read about Lunch and Learn TEEA will SCOT Hall from 10:00 a.m. until MyPyramid, the US government's meet Wednesday, February 21st 2:00 p.m with free educational Across Texas". All members are loved one. Stratford area residents are invited and guests are welcome professionals working with geriatric clients or students Jean Everett will be a special interested in geriatric nursing.

> Conference include glucose, cholesterol screening, Walk this Weigh, Lunch will be served at a cost Body Fat Analyzer (BMI), and participants are asked to call the Amarillo College

Extension Office at 366-2122 by Students will be presenting Extension Agent for Family and 5:00 p.m. Tuesday, February information that will include: fall prevention and safety, control who attend how to utilize the conducted by the Sherman hypertension/high blood pressure, guide for a personalized daily Cooperative Extension are open osteoporosis education, arthritis food intake guide. In addition, an to all citizens without regard to advice, caregiving and aging, exhibit on correct portion sizes race, color, sex, disability, exercise for older adults, and

colon cancer update. Additional booths Alzheimer's Association, Area The Annual Staff is offering Agency on Aging of the Panhandle, Amarillo Alzheimer's The clinic is sponsored by the support Line on the page of your Academy, Panhandle Council for the Deaf, Panhandle Area Health You can Purchase your own Education Center, Veteran's Administration Health Care Please limit your line to 45 System, and Texas Cooperative Page Extension-Sherman County with students grade, etc) Make checks Texas.

The fair co-sponsors are SCOT

and Sherman County Extension Family and Consumer Science program. For more information, contact Susie Spurlock at 366-2122 or Lynn Wells at 396-2011 or Karen Russell, Amarillo College Division of Nursing at 806-356-3691. Love absolutely everything that

Educational programs of the Texas Cooperative Extension are open to all citizens without regard to race, color, sex, disability, religion, age or national origin.

Hope is the only bee that makes honey without flowers. -Robert Ingersoll

If love is the answer, could you please rephrase the question? -Lily Tomlin

NEWLY REMODELED HOME **FOR SALE **

816 N. Maple Call Brett Cummings to view: 753-6677 or 366-7664



JOHN S. KILLIAN, D.V.M.

Large Animal Veterinary Services Beef, Dairy, Equine 806-753-7760 Cell 806-769-4474 Ranch

KELLYS **GYMNASTICS**

is having a gymnastic meet on

Saturday, Feb. 17 10:00 a.m.-1:00 p.m. **County Barn**

> To Showcase Our Stratford Gymnasts!

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Without ice cream, there would be darkness and chaos. -Don Kardong

The Stratford

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79084 Martha (Marty) Robertson Editor &

Publisher Shari Hudson-

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> others \$20.00 per (9 months)

College Rate The Stratford Star Box 8

1-806-366-5885 FAX-1-806-366-5885



Guymon, Okla

PG-13 Diane Keaton Mandy Moore

Party Room & Arcade

GET 'ER DONE DUNCAN CHEVROLET STUDENT OF THE WEEK HUNTER

Hunter is a member of Elk Football, Basketball and Track teams. He is also a member of member of the 4-H Shooting team. He has received numerous awards for his participation in these events. more



El Primo's **Ribbon Cutting**

www.duncanchevrolet.com

The Chamber of Commerce would like to invite the public to a

Ribbon Cutting El Primo's

514 E. Texas Ave. Thursday - Feb. 15, 2007

4:00 P. M.

Please help us welcome Javier Rodriguez and his new Mexican Food Restaurant



Movies Beginning February 16

Bridge to Terabithia PG Josh Hutcherson

Music & Lyrics
PG-13 Hugh Grant Drew Barrymore

Norbit PG-13 Eddie Murphy

Hannibal Rising R Gaspard Ulliel

Stomp The Yard PG-13 Columbus Short Because I Said So

Night at the Museum

FRESH POPCORN EVERYDAY



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806-367-8029 Out of Town Special!

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AQUA NET HAIR SPRAY

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14.7 OZ. / WHILE SUPPLIES LAST

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BAR-S BACON

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RICOLA COUGH DROPS CHERRY HONEY OR ORIGINAL 10 CT. / WHILE SUPPLIES LAST

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COMBO MEAL

COM	DO MEALS		
COMBO NO. 1	BACON/EGG BISCUIT & 16 OZ. COFFEE \$1	.9	9
COMBO NO. 2	SAUSAGE/EGG BISCUIT SA	.9	9
COMBO NO. 3	BBQ SANDWICH \$1		
NO. 4	8 32 OZ. TALLSUP		
COMBO	SPICY POPCORN CHICKEN SE	1	

COMBO NO. 6 2 HOT LINKS WITH BREAD B 32 OZ. TALLSUP



Kerrick News

By Marylou McDaniel

Terry & Barbara Schoonover visited with son Kelly in Folsom, N.M. during the weekend.

home, Doug Welcome Taylor. He moved back from Waco.

Minnie, Ralph James and Annette Hampton recently had a pizza party and taffy pull for 28 family & friends. All the fog the area has been

having is getting OLD.

Not much new this week. Everyone just stayed home!



Eric Burton and Nicole Davis are students of the week at

Stratford High School. Some of our students are gone to the San Antonio Stock Show this week. The Student Council delivered cookies to the SISD staff on

Wednesday for a Valentine's

Day treat. Thanks STUCO! Can you believe it? This week is the end of the Fourth Six Weeks! Report cards go out next Wednesday. Just 2 more Six Weeks then summer!

The junior high and high school teachers had TAKS administration training on Tuesday and Wednesday. Some of the TAKS tests will be given on February 20.

The band directors will be at their convention this week. The regular District meeting will be Thursday in Stinnett.

Many classes are working hard on TAKS preparation. That's the main focus right now.



Boy Scouts Complete Requirement

The Wolves of Boy Scouts just completed their requirement on tools. Brent Spurlock gave the program and then helped them make a tool carrier. The boys had a blast. Shown with their carriers are (standing) Gage Brooks, Russell Spurlock, Wyatt Dushay, Cole Smith, Zorro Daniels, Kobi Garza, (kneeling) Tristan Weinette and Blake Snider.

Cards of Thanks

Thank you everyone for the flowers, cards, telephone calls. visits and prayers. The past weeks have been personal bewildering adventure for me with tests, prognosis, procedures and treatment. Your encouragement and deeply prayer are appreciated.

Ann Johnson

Words cannot even begin to express how I about everyone cards, food.

can't enough

weeks of therapy to go. Thanks for hanging in there with us. You

"simply the best"

Never look down to test the ground before taking your next step; only he who keeps his eye fixed on the far horizon will find the right road.

—Dag Hammarskjold

I think that is what love iswhen it's unimaginable to be away from the person, and you care about what makes them happy more than what makes

attention, and attention to a Please contact Diane Trull at subject depends upon our inter- 244-3216 est in it. We rarely forget that information. which has made a deep impression on our minds.

-Tryon Edwards

Pet of the Week



The Dalhart Animal Rescue Shelter needs your old blankets, towels, & rugs for the dogs and puppies. If you have any that you would like to provide them, please contact Linda Reimer at 244-6326 (leave message) or 249-5333. You can also drop

The Dalhart Animal Rescue Shelter ("no "kill" facility) currently has over 100 dogs and puppies available for adoption. These dogs are all sizes & range in age from 4 weeks on up. The older dogs have been spayed 'and/or neutered & have their shots. These dogs need a good

them off at the shelter.

We also seeking are responsible individuals provide foster care for the dogs. -Clay Aiken If you feel you would like to take one or two and care for them for a couple of months, we will provide free food. AH of these dogs have had their shots The secret of a good memory is and are looking for lots of Jove. additional for

THE STRATFORD STAR Thursday, February 15, 2007 Page 3

Purpose Driven Life Program

Join us during the Lenten Season as we go through the Purpose Driven Life by Rick Warren. We will meet on Wednesdays at 7 pm in the Fellowship Hall at the First Methodist United Church starting February 21 Feb 21 discuss Days 1-7 Feb 28 discuss Days 8-14 March 7 discuss Days 15-21 Skip Spring Break week March 21 discuss Days 22-28 March 28 discuss Days 29-35 April 4 discuss Days 36-40

Christian **Poetry Contest**

STRATFORD - A \$1,000 grand prize is being offered in a special poetry contest sponsored by Christian Poets Guild, free to everyone. There are 50 prizes in all totaling \$5,000.00.

To enter, send one poem of 21 lines or less to Free Poetry Contest, 1638 Dogwood Ln Ackworth, GA 30102-1820. Or online www.freecontest.com. The deadline for entering is February 14, 2007.

Poems may be written on any subject, using any style. "A typical poem," says Contest Director Cecilia Gica, "might be a love poem, or nature poem, one that inspires the reader."

Be sure your name and address appears on the page with your poem. If you wish a winner's list please enclose a return envelope.

Ruby Citrus Sparkler

2 ounces lime-flavored

sparkling water

6 ounces Ocean Spray® Light Ruby™ Grapefruit Juice Drink 3 ounces orange juice

Pour grapefruit juice drink and orange juice into a glass with ice. Top with sparkling water. If desired, garnish with orange or lime slice. Makes 1 serving.

who has been so kind to me and my family since my surgery. All flowers, visits, phone calls. And to everyone who has had to take me either doctor appointments grocery therapy or special thanks to Marihoward, Nita Kathie, Zelda, and Joyce. You don't know how I appreciate you girls. When I get my right hand back to write a personal thank you, everyone will get Thanks also to Duane, Shari (who has really had to pick up the slack) Gregg and Richard Chumley. thank you Thanks Stratford for your patience and understanding at this getting better everyday, but I still have several

Marty

15 Years, 4500 Babies In Dumas



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110 S. Bliss Monday-Thursday 8 a.m. - 5 p.m. Friday 8 a.m. - 12 noon

Citizen of the Year Nomination Form - 2007 Stratford Chamber of Commerce P. O. Box 570 Stratford, TX 79084

> 806-366-2260 Please turn this in by Feb 28, 2007

NOMINEE: FAMILY INFORMATION: WHY YOU THINK THIS PERSON SHOULD BE NOMINATED FOR CITIZEN OF THE YEAR: COMMUNITY INVOLVMENT/ACTIVITIES/ACCOMPLISHMENTS: NAME & PHONE # OF PERSON COMPLETEING THIS FORM: SIGNATURE:

ADDITIONAL INFORMATION MAY BE ATTACHED:

Thank you for your nomination

First Assembly of God

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

First Christian Rev. Walter Reed

5th & Main Sunday School 9:45 am (nursery) Morning Worship 10:45 am (nursery) No Sunday Evening Worship Service Wed.: Youth Choir 3:45 pm, Chi Rho 5 p.m., CYF 6 p.m., Bell Choir 6:50 p.m., Adult Choir 8 p.

First United Methodist

Rev. Gene Weinette 520 N. Main Sunday School 9:20 am Morning Worship 10:30 am Junior High UMY 5:00 pm Senior High UMY 6:00 pm

St. Joseph Catholic **Father Aleksy Kowalski**

6th & Pearl Rectory - 366 - 5687 Sunday morning: 9:00a.m. (English), 12 noon. (Spanish) Service . Wed. Thurs. Fri.—6 p.m. Sat. 5 p.m. Sacrament of Reconciliation: Before Mass.or by appt. Christian Formation Classes: K-6th Grade, Wed. afterno Jr. & Sr. High, Wed. - 6:30-8:30 p.m.

Church of Christ

Ernie Maiwald

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

Heritage Bible Baptist Pastor Rick Carter

302 S. Main - For More Info-call 396-2212 Morning Worship - 11 a.m. Evening Service 6 p.m. Wed. Service - 7:30 p.m.

First Baptist Pastor Billy Chambers

702 N. 3rd Sun.—Coffee - 8:30 Sunday School - 9:30 Worship Service - 10:30 Wed. -Children-6:00, youth-7:00

La Mision Bautista **Mision Bautista**

401 S. Wall 396-5376 Domingo-(Sunday) Estuela Dominical 9:45 am

Miercoles (Wednesday) Servicio De Adoration 11:00 am & Servicio De Oraction 6:00 pm Servicio De Adoration 6:00 pm Susninos Durante El Servicio.

Estudio Biblico

Se Cuidamos



The Churches of **Stratford** Welcome You

THE HEART OF LOVE

Valentine's Day has become a time for engagements and wedding bells. It's a time of love. We give a heart shaped valentine to represent the giving of our own m heart to that special person in our lives. But we know it is what is in our hearts that really counts.

Amazingly enough, this is the message of the Bible. "Let us love one another, for love is from God; and everyone who loves is born of God and knows God" (1 John 4:7). Here is the heart of the matter. Love comes from a heart transformed by God. Those who are born of God can say, "The love of God has been poured out within

our hearts by the Holy Spirit who was given to us" (Romans 5:5).

This is a supernatural work of God which is hard to accept. Why? We set our own standards for love based on feelings. When the flame of love is gone we think the love has also gone. We forget the aspect of commitment. We forget the "until death do us part" commitment. We want the privileges of love without the responsibilities. But God's love in our hearts does two things. First, it causes us to keep our commitments. Second, it causes us to enjoy the one to whom we are committed!

Sponsored by;

Stratford Grain 396-5541 Lautz 769-4485 Stratford Star 396-5885 Walter Lasley & Sons, INC. 753-4411

Templo Hispano Eben-Ezer **Pastor Roberto Frescas** 205 N. Poplar - Hwy 287 Escuela Dominical 10 a.m. Serbicio De Adoracion 5 p.m.

Kerrick Community Church

Meir Co Les Serv De Ador 5 p.m.

Pastor Roy Harris Community Building Sunday Merning - 11:00 a.m. Sunday Evening-6:00 p.m. Prayer Meeting - 7:00 p.m. Wednesday

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New York Times Best Sellers @ **Your Library** By Sandy Baskin, Librarian

Fiction

1. Plum Lovin' by Janet Evanovich

2. For One More Day by Mitch Albom

3. Alexandria Link by Steve

4. Cross by James Patterson 5. Hannibal Rising by Thomas

6. Deep Storm by Lincoln Child 7. White Lies by Jayne Anne

8. Hide by Lisa Gardner

9. The Hunters by W.E.B Griffin 10. Next by Michael Crichton

11. Bad Blood by Linda Fairstein 12. The Boleyn Inheritance by Philippa Gregory

13. Dust by Martha Grimes 14. The Suspect by John

Lescroart 15. The Terror by Dan Simmons 16. Dear John by Nicholas Sparks 17. Water for Elephants by Sara

Gruen 18. Shadow Dance by Julie Garwood

19. The Friday Night Knitting Club by Kate Jacobs

20. Trouble by Jesse Kellerman 21. The Cat Who Had 60 Whiskers by Lilian Jackson Braun

22. True Evil by Greg lies 23. Web of Evil by J. A. Jance

24. Treasure of Khan by Clive & Dirk Cussler

25. Wild Fire by Nelson DeMille

26. Stalemate by Iris Johansen

27. Memory Keeper's Daughter by Kim Edwards

28. The Snow Flower and the Secret Fan by Lisa See

Non-Fiction

1. The Innocent Man by John Grisham 2.1 Feel Bad About My Neck by Nora Ephron

3. Marley & Me by John Grogan 4. The World Is Flat by Thomas L. Friedman

5. The Life and Times of the Thunderbolt Kid by Bill Bryson 6. The Freedom Writers Diary by The Freedom Writers with Erin put to good use!!! Gruwell

7. Night by Elie Wiesel

8. 90 Minutes in Heaven by Don

9. The Devil in the White City by 10. Team of Rivals by Doris

Kearns

11. An Inconvenient Truth by Al Gore

12. The Worst Hard Place by

Timothy Egan 13. 1491 by Charles Mann

Bradley 15. You're Wearing That? by

Deborah Tannen 16. Tuesdays With Morrie by

Mitch Albom 17. Guns, Germs, and Steel y

Jared Diamond 18. 1776 by David McCullough

19. City of Falling Angels by John Berendt

Program by Arthur Agatston

21. The Proper Care and Feeding of Marriage by Laura C. Schlessinger

22. Who Moved My Cheese? By Spenser Johnson

23. The Purpose Driven Life by Rick Warren

24. South Beach Diet by Arthur Agatston

25. Rich Dad, Poor Dad by Robert T. Kiyosaki

26. The Seven Habits of Highly Effective People by Stephen R. Covey

27. Smart Love by Phil McGraw To check the availability of these items go to

www.hlclib.org/stratford/index/html

Next click on "Search the catalog" and search Sherman County Library. Call 366-2200 and we will be happy to place a hold on the item for you.

What is more mortifying than to feel you've missed the Plum for want of courage to shake the

-Logan Pearsall Smith

Rett Syndrome Is Reversed in Genetic Mouse Model

Cincinnati, OH (February 8, 2007) -The Rett Syndrome Research Foundation (RSRF) announces results of a landmark study reversing the symptoms of Rett Syndrome (RTT) in a genetic mouse model. The findings, by Adrian Bird, Ph.D., of theUniversity of Edinburgh and Chairman of the RSRF Scientific Advisory Board, appear online in Science Express on February 8, 2007. Rett Syndrome is a severe childhood neurological disease that is the most physically disabling of the autism spectrum disorders.

Caused by mutations in the gene MECP2, RTT affects primarily girls, striking at random in early childhood and destroying speech, movement and functional hand use. Many children become wheelchair bound; those who walk display an abnormal, stifflegged gait. Disordered breathing patterns and Parkinson-like tremors are common.

Restoration of fully functional MECP2 over a four week period eradicated tremors normalized breathing, mobility and gait in mice that had previously been fully symptomatic and, in some cases, only days away from death.

"Like many other people, we expected that giving MECP2 to mice that were already sick would not work," said Bird. "The idea that you could put back an essential component after the damage to the brain is done and recover an apparently normal mouse seemed farfetched, as nerve cells that developed in the absence of a key component were assumed to be irrevocably damaged. The results are gratifyingly clear, though, and must give hope to those who are affected by this distressing

disorder." This is the disorder that Lexi Cisneros has. Last October over \$1100 was sent to Rett Syndrome research thru donations made at Elk Junction in honor of Lexi. This money has obviously been

Chiful Food Ideas

Unique Flavors Inspire Recipes From Entrées To Desserts

(NAPS)—While Americans' love affair with chocolate is easily expressed in desserts, the delicacy contains fruit, spice and wood notes that can enhance entrées as well. One way to try this taste sensation is with Switzerland's number-one chocolate brand—just arrived on U.S. shores

Fresh from the world's chocolate capital, Chocolat Frey AG offers a unique opportunity for personal indulgence. The company's confections also inspire a range of recipes for chocolatethemed meals—everything from entrées to beverages to desserts.

Americans will immediately notice a major difference in the chocolate: the unusual and surprisingly delicious flavors, such as Rhubarb & Aloe Vera and Hot Chilli Pepper. With a choice of white, milk and dark chocolate varietals, Frey offers the world's most extensive range of chocolates. In all, the company has shipped 11 gourmet flavors in elegant, slim bars for Americans to sample and savor.

A chocolate-themed dinner, for example, might revolve around an entrée of Coquilles St. Jacques with chocolate and cranberry sauce, a soft-frozen chocolate marquise with kiwi fruit dessert, and white, milk or dark chocolate crème beverages.

Gourmet chocolate, like fine wine, is at its best when properly stored and served. Frey specifies that its chocolate always should be kept in a cool place, but not in the refrigerator where the shine could be marred by frosty flecks.

Other tips for cooking with chocolate include:

Always cut chocolate with a



Coquilles St. Jacques with chocolate and cranberry sauce.

lightly warmed knife to prevent

· When melting chocolate, break into pieces in an uncovered steel pan to prevent condensation from dripping into the chocolate. Water will change the chocolate consistency.

· Grate chocolate by hand to produce the most beautiful curls. To help you plan a chocolatethemed meal, Chocolat Frey offers the following entrée recipe:

Prep time: Approx. 30 minutes

2 carrots, shaved into long

1 small whole leek, cut into

long, wide strips 8 to 12 sea scallops 4 tsp. olive oil

1 shallot, chopped

1 tsp. butter

Salt

1 cup fish or chicken stock

1% oz. Frey Noir Authentique

extra dark bittersweet

chocolate, 78% cocoa 4 tsp. whole-berry cranberry sauce Generous pinch of cayenne pepper Generous pinch of ginger

For sauce, melt butter in a saucepan and gently sauté shallot until transparent. Add fish stock and cloves. Continue to heat until liquid has reduced by half. Chop up chocolate. Add to stock with cranberry sauce. Continue to cook over a low heat until sauce thickens. Add pepper and ginger to taste. Set aside and keep warm.

Rinse scallops in cold water and pat dry. Sear in oil for 1 minute each side in a wide frying pan. Remove scallops from pan. Simmer vegetable strips in cooking juices for two minutes. Season with salt. Place scallops on top. Cook an additional 2-3 minutes. Arrange scallops and vegetable on warmed plates and pour on sauce. Makes 4 servings

Hint: This dish goes well with long-grain rice.

Americans can find 3.5-ounce bars in five of Switzerland's favorite flavors in Target stores: Pécan & Caramel, Bouquet d'Oranges, Citron & Poivre, Café & Cacao, and White Blueberry. Also available are 10.5-ounce bars of Swiss Dark Chocolate and Swiss Milk Chocolate. A special Swiss reserve of six specialty flavors-Hot Chilli Pepper, Noir Satin, Rhubarb & Aloe Vera, Merveille de Lait, Coeur de Macadamia and Noir Authentique—are also being offered at select Target stores listed at www.chocolat-frey.com.



The pretzel was first made by monks in southern Europe as a reward for children who learned their prayers. It is shaped to represent the crossed arms of a child praying.



An Irish cow, Big Bertha, lived to the record age of 48 before her death in 1993. In addition, she gave birth to a record 39 calves.

Stratford Hospital District

Coldwater Manor

Stratford Family Medical Clinic

Stratford EMS

Proudly serving the medical needs of

Stratford and Sherman County

TRCC # 11427

PALMER CONSTRUCTION

806-333-4253 806-362-4253

New Construction

Remodeling

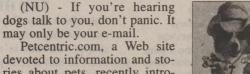
Roofing

Free Estimates

TECHNOLOGY

You've Got 'Doggie-Mail'

NewsUSA



14. Flags of Our Fathers by James ries about pets, recently introduced a feature called "Doggie-Mail," an interactive service that allows dog lovers to send free e-mail messages in the voice of their very own customized canine When visitors log on to the

site, they can choose one of three animated dogs to convey their message and then customize the character's wardrobe, props and scene. 20. The South Beach Heart They can choose to deck out their dog in a cowboy hat and dress shirt, or jazz up the pooch's panache with a feather boa and sunglasses. They can then pick a variety of backdrops for the dog, including a dude ranch or a festive Hawaiian

After choosing a dog and customizing its outfit, users select a prerecorded message for the dog to speak, or type in their own message and choose a voice to accompany it. Petcen tric.com also offers a toll-free number where users can record a message in their own voice. Once the e-mail has been customized, they can send the talk-

www.xyience.com.



Petcentric.com's "Doggie-Mail" allows visitors to send e-mail messages with a variety of modifiable features.

ing dog and its message to as many friends as they like.

Visitors to the site can also watch clips of actor and author John O'Hurley reading excerpts from his new book "It's Okay to Miss the Bed on the First Jump: And Other Life Lessons I Learned from Dogs."

"Dogs bring out a host of emotions in us," said O'Hurley, "not the least of which is humor."

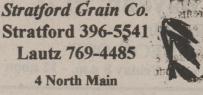
For more information or to start using Doggie-Mail, visit www.petcentric.com. The site also contains a gallery of pet photos submitted by subscribers, feature articles, product and book reviews and other pet-related content.

Directory

WALTER LASLEY & SONS INC. THE Feedyard

Since 1953 753-4411

Stratford 396-5541 Lautz 769-4485 4 North Main



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(806) 769-4454

Toe Taylor, Photography PO Box 27 1305 N Chestnut Stratford, TX 79084 806-366-2459 Weddings, Portraits, Etc.

Stratford Auto Electric 119 S. Wall, Stratford, Texas 79084

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Betty Brown's Medical Claim Service 605 S. Main P.O. Box 7 Stratford, TX 79084 806-396-2623



Allen Insurance Agency

Joanie Ivy

Auto • Home • Life • Commercial

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Manager P.O. Box 1146 201 N. 2nd-Stratford, TX 79084

This Space Available Call 366-5885



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Carlton Cards...Millionaire Candy.Gifts
- Cookle and Balloon Bouquets

This space available

worry never robs tomorrow of its sorrow, it only saps today of its

Health

game. The root of the problem often lies in the central nervous sys-

tem. Melatonin is a chemical in your system that regulates the sleep

cycle. Serotonin, which regulates appetite, sleep and mood, is necessary for your body's production of melatonin. A vitamin-enriched supplement, such as XTKO from Xyience, could help. If you're not get-

ting enough vitamin B-6, magnesium and zinc in your diet, your body might not be producing enough melatonin and serotonin. Along with

these nutrients, XTKO contains an amino acid that plays a role in normal sleep function, and potassium citrate, because potassium deficien-

cies often manifest as insomnia. For more information, visit

(NU) - Not getting enough sleep can really throw you off your

-Leo Buscaglia

Phone 366-5885

For Sale

For Sale or Lease-Morten Building, 54' x 72' x16. 396-2305. 6-22-tfn-

Used Tire sale: Duncan Chevrolet 366-5557

7-28-tfn-

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

For Sale: 6 month old Lift Chair. Fits tall woman or man. Excellent condition. Brown. Paid \$749. Asking \$400.00. Also, Transfer Shower Bench, \$30. 366-3151 or 806/683-4603. 2-15-p-

It's that time of the year-Time to fertilizer. Come to THE General Store for Halts or A-vert for your yard care.

Help Wanted

Full time position available w/benefits. Apply in person at THE General Store 2-15-4'x-

Temporary position available: Farm workers, 03/15/07 to 12/31/07 @\$8.32 p/hr (or AEWR if higher). Free housing, 48 hrs p/wk. 3/4 guarantee, transportation and subsistence expenses to worksite paid after 50% completion. Tools, equipment, provided at no cost. Min 3 months experience. Need CDL with air brake endorsement, provide driving record or obtain DCL in first two months. Duties: operate self custom propelled combine. transporter truck, grain truck. Basic literacy and math skills required. Meidinger & Son, Stratford, TX. Interested? Contact Panhandle Resource Office, 500 E. 1st St. Dumas, TX 79029. Call 806-935-3351 and reference Job Order #TX7999730.

Sherman County Sheriff's Office is applications dispatcher/jailer. Work a rotating shift. insurance and retirement benefits. Training provided. For more information call the Sheriff's Office at 806-366-5551. You can pick up an application at the Sheriff's Office in the court house at 701 N. 3rd. Sherman County is an E.O.E. We reserve the right to accept or reject any applications. 2-8-c3x's-

> **NOW HIRING! Temp Positions Available NEED IMMEDIATELY! Apply at Dumas Office:** (806) 934-0150 **Industrial Electrician**

Position in Stinnett Journeyman License

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Equipment Operators Position in Perryton EXCELLENT Relocation Package.

Must Have DL & GED or High School Diploma, Will Train, Call for Details Mill Labor Loader

Operator Position Near Hartley Nightwatchman Position in Dalhart Responsible For Anyone Entering Or Exiting, Receiving Cattle, Unloading Cattle & Weighing Them In, **Checking And Securing** The Area, Will Be Trained No Fee To Applicants! Innovative Staffing Solutions,

LLC Dumas Office 500 E 1st St. Suite 213 806 934-0150

Pen rider, feed mill personal, general maintenance & cattle processor needed. Apply in Person. Dean Cluck Feedyard-105 Dean Cluck Avenue, Gruver, TX 9-14-tfn-



www.lionsquest.org or by call-A Texas tabby named Dusting 630-571-5466, ext. 648. was the world's most prolific cat. She produced 420 kittens during

Houses for Sale

3 Bedroom, 2 full baths, office area. Some new floor. Corner lot with 2 big buildings. 601 S. Pearl. 806-674-3118 or 366-3431. Ask for Barry Smith.

REDUCED: 3 Bdrm, 1 3/4 bath on large corner lot, 1201 NW 2nd St. Sprinkler system, fenced yard. Call 366-2153 for appointment.

For Sale: 611 N. Chestnut, 3 Bdrm, 1 full bath- 2 3/4 bath, CH/A detached garage, Big back yard with storage building. Close to school 366-2401.

HOUSE FOR SALE BY OWNER-\$38,710. Owner motivated for quick sale! Bring all offers! 819 N. 2nd St., 2 story stucco house, 4 bedroom, 2 1/2 bath, 5 lots on corner, has attached garage and 3 detached garages, basement. Call 806-930-8555 for appointment. 11-2-tfn-

For Sale: Remodeled 1237 sq. ft. home, 3 bdrm, 2 bath, 3 car garage with living area, 90'x140', 516 N. Poplar (806)249-12-30-07--

New Listing! House for Sale, 3 bd, 2 bth, HVAC, w/d hookups, 1750 sq. ft. Lg. family room, open tiled kitchen. custom cabinets and island. Huge walk-in closet in master. Additional storage shed in back. 311 S. Pearl, \$59,500. Call 396-2403.

206 N. 3rd-79,900.00 3/1.50/1 home. Kit. W/eating bar & pantry. Living rm. W/fireplace. Mstr. Brdm. W/sitting rm. 1 car w/storage & 2 car carport. Storm cellar. Call Lindahl Realty 806-935-7300, 1-866-935-7300

Approx. 640.7 Acres of land, widbl. wide mobile home w/garage \$640,700.00

Approx. 640.7 acres of land, 1/old abandoned house & Quonset barn-\$640,700.00

Approx. 640.7 \$961,050.00 acreage equipment. All crops and farm

equipment will be retained by

seller. Seller will sell CRP land. 1202 N. 5th-\$116,900.00-4/1.75 home. Recently updated. Living Room wffireplace. Den, Kitchen, wet bar. Mud room. Sewing Room 12 x 15 Corrugated Storage Building, extra lot

501 N. Poplar-\$45,000.00-Lobby area, 3 offices, 2 baths, shop w/10x12 overhead door. Cinder block building. Call Lindahl Realty (806) 935-7300 for more details.

935-7364 E-mail:adrem/a adremland.com

website: www.adremland.com MLS Se Habla Español

1214 Butler St. - \$130,000 3.2.2 The enclosed patio is a perfect 2nd living area or game room office.

107 West Texas Ave. - \$140,00 Commercial Building.

512 Chestnut - \$43,000 3.2 1. Shop

Education

(NU) - Lions Quest, a program sponsored by Lions Clubs International, trains kindergarten through 12th-grade teachers to teach responsibility, conflict resolution, communication skills and the dangers of drug and alcohol use. Students show improved achievement test scores; positive changes in attitudes toward substance abuse and violence; lower rates of disciplinary problems and dropping out; and decreased use of alcohol, tobacco and other drugs.

Legal Notice

NOTICE TO ALL PERSONS **HAVING CLAIMS** AGAINST THE ESTATE OF ROY POWELL CONWAY, DECEASED

Deceased were issued on Stratford, Texas 79084 until: February 5, 2007 under Docket

Guadalupe Nanez Conway 302 South Wall Stratford, Texas 79084.

of the attorney for the Estate after addressed as follows: Estate of Roy Powell Conway, Deceased c/o Greg Oelke

HUNTER & OELKE, P.C. 507 Denrock Ave., P.O. Box 792 Dalhart, Texas 79022

All persons having claims against the Estate which is currently being administered are required to present them within the time and in the manner prescribed by

DATED: February 5, 2007.

HUNTER & OELKE, P.C. By: Greg Oelke State Bar Card No. 15219700

Published in The Stratford Star, Thursday, February 15, 2007.

NOTICE TO CREDITORS

Notice is hereby given that original Letters Testamentary in the Estate of Benita M. Huereca, Deceased, were issued on October 3, 2006, in Cause No. 2117, pending in the County Court of Sherman County, Texas, against the Estate may be presented to the Estate addressed

Connie Harryman 224 S. Laurens St. Unit 412 Greenville, S.C. 29601

against this Estate which is currently being administered are required to present them within bid may be withdrawn until the the time and in the manner prescribed by law. This Notice was originally published on October 12, 2006, and it is being republished to show a revised address for the executor.

DATED the 7th day of February, Published in The Stratford Star,

Hunter & Oelke, P.C. By: Kimberly L. Allen Attorney for the Estate State Bar No.: 12199270 Published in The Stratford Star, Thursday, February 15, 2007.

For Rent

2 Bedroom House for Rent: 609 N. Grace-Call 303-618-0060.

For Rent: Office space on Main Street for rent. For information call (806) 396-5541

11-27-tfn For Rent: 1 Bedroom furnished Apt. 6th & Fulton. Call 396-5541 daytime, 396-5692 nights.

Pheasant Ridge Apartments 1319 & 1320 N. Chestnut Stratford, Texas "2 Bedrooms" Great for Senior Citizens and HUD

Approved

Call 806-244-3418



The Irish water spaniel is sometimes called the clown of the dog family.

INVITATION FOR BIDS

Sealed proposals addressed to the Honorable Mayor and Aldermen of the City of Stratford, Texas for the sealcoating of approximately 30,980 square yards of streets entitled:

SEALCOATING-2007 Notice is hereby given that will be received at the office of original Letters Testamentary for the City Manager at City Hall, the Estate of Roy Powell Conway, P.O. Box 188, 520 M. Third,

3:00 P.M. MARCH 12, 2007 No. 2124, pending in the County A cashier's check, certified check Court of Sherman County, Texas, or acceptable bidder's bond, payable to the Owner an amount equal to not less than five percent of the bid submitted, must accompany each bid as guarantee that, if awarded the contract, the Claims may be presented in care Bidder will, within fifteen days receipt of Documents, enter into a contract with the Owner and will execute bonds on the forms provided in the Contract Documents. Any bid received after the time and date listed above will be returned unopened and will not be considered.

Bidders are expected to inspect the site of the work and inform themselves regarding all local conditions,

Contract Documents are on file and may be examined in the office of the City Manager, City of Stratford 520 N. Third, Stratford. Texas 79084, phone (806) 363-5581 and the offices of Brandt Engineers, Consulting Engineers, 4537 Canyon Drive. Amarillo, Texas 79110, telephone (806) 353-7233.

Plans and Specifications may be obtained from the Engineers. Drive, Amarillo, Texas 79110, phone (806) 363-7233 in the

following manner. Cost: Fifty Dollars (\$50.00), nonrefundable, for each set of plans and specifications. Performance to: Connie Harryman. Claims and Payment bonds shall be set forth in the Contract documents. The Owner reserves the right to reject any or all bids and to waive any informalities in the bidding. in case of ambiguity or lack of clearness, the Owner reserves the All persons having claims right to adopt such interpretations as may be most advantageous or to reject the bid as informa. NO

> CITY OF STRATFORD DAVID BROWN, MAYOR

opening date.

Thursday, February 15, 2007 and Thursday, February 22, 2007.

Feed, Seed Or Hay

Seed Milo Contracts. Premium Prices Paid. 806-256-7394. 2-8-4xcSHERMAN COUNTY SECTIONSthree sections, 3 phase electricity, two nice homes and landscaping, Quonset barn, irr. wells, sprinklers, 3 miles hwy front,+caliche-WILL DIVIDE! HORSEMAN'S

PLEASURE/CATTLEMAN'S **DELIGHT-NW of GRUVER-80** acres +/-, nice 4,000+/-sq. ft. brick home, metal roof, fireplace, two car garage, irr. well, 1/4 mile sprinkler, quonset barn, pipe-rail pens, covered

HWY. 152 BETWEEN STINNETT & DUMAS-767 acres +/-, 4,000 sq ft +/-home & a 1,700 sq ft +/-home, beautiful homes and landscaping, large metal barn with office, irr. wells, sprinkler, strong water, hwy front. road-CONSIDER **DIVIDING!**

SHERMAN COUNTY 1/2 SECTION WITH PERMIT-plus 1 1/2 sections, hwy front., nice brick home, quonset barn, pens, irr. wells, sprinklers. Choice milk processing and dairy sites available in Dallam, Hartley, Moore, Oldham, Sherman and Hutchinson Counties. See our website or give us a call!

www.scottlandcompany.com Ben G. Scott-Broker 800/933-9698

Sherman Co. Child **Welfare Board**

To report Suspected Child Abuse, call

Kathie Altman-366-5611 Paula Everett-966-5445 Leonda Fedric-366-5992 Patsy Harland-827-7568 Belinda Hamilton-827-

Jesse Resendes-366-3134 Ernie Maiwald-366-5546

Austin Hotline 1-800-252-5400 **ALL CALLS** CONFIDENTIAL

'Clicking In' Revolutionizes **Online Advertising**

(NU) - In the world of Internet advertising, the number of "click-throughs" is all that matters. But in an industry that changes at warp speed, the way companies place ads and track results is changing, too. And "click-in" advertising could be coming soon to a computer monitor near you.

According to the Eyetrack 111 Brandt Engineers, 4537 Canyon study by the Poynter Institute, the Estlow Center for Journalism and New Media and Eyetools, Inc., banner ads at the top of Web pages get barely a glance. The ads that attract the most attention are the ones that blend into the surrounding editorial content.

But placement on a page is just one thing for online advertisers to consider. The rise of online broadcasting, fueled by new technology from companies such as Houston-based WhiteBlox, is bringing a new breed of consumer to the Web.

Internet television does not bring "surfers" to the Internet, it brings "media watchers." Media watchers don't want to surf the Internet for information. They come to watch an event or a proexpiration of 30 days from the bid gram. They have no desire to wander away from the television program, nor does the broadcaster want them to.

When tracking the results of Internet advertising, click-in, as opposed to click through, opens a new world of possibilities.

"When Internet television ads are designed to support click-in, the effect on ad tracking will be dramatic," says Greg Demetriades, chairman and chief executive officer of WhiteBlox.

Clicking through to an advertiser's Web site has always been fraught with problems, including fraud and the natural disconnect between the media and advertiser's site, he says.

Conversely, click-in ads are designed to be "micro-experiences" for viewers. Instead of visiting the advertiser's Web site, viewers are enticed to interact, if only briefly, with an interesting and engaging ad designed specifically for this Internet television environment.

While they may occasionally purchase an item, most often they'll simply request more information, enter a contest or answer a question. With each click, the advertiser collects data on the viewer and the impact of the ad, without the need for a third-party survey service.

Internet television gives advertisers marketing tools that allow them to conduct marketing campaigns in ways never imagined before. For example, they can do market research in real time, reach and engage prospects immediately, modify ad campaigns on the fly, deliver ads customized to individual viewers and process data to a detailed level never possible before.

For more information on Internet broadcasting, www.whiteblox.com.

Home

(NU) - Whether it's your child's finger-painting masterpiece or a candid shot snapped on the beach, it's now possible to turn those memories into murals. Murals Your Way, owned by the Hopkins, Minn.-based Environmental Graphics, can turn personal photographs into wall murals. "Murals are a hot trend right now," said Jackie Just, public relations director for Environmental Graphics, adding that the company's mural business has more than doubled in the past year. Custom murals from a photograph or original artwork are \$8.95 per square foot. For more information, visit www.muralsyourway.com.

O.K., guys now that we have your attention we have something to tell you about Valentine's Day. . . It's very important to the woman in your life!!! We know, you don't understand what all the fuss is about.

But, trust us - take the time to come in and pick out something special for her and she'll love it. Whether it's a heart shaped keychain or a sterling silver necklace, she'll be happy and you'll know it. Remember, we're right here and ready to help you stay out of the doghouse!



Acquisitions.

THE STRATFORD STAR Thursday, February 15, 2007 Page 6



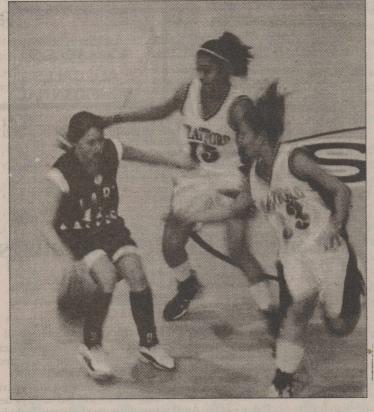
Stratford Elk Scott Hudson shoots free throws.



Lady Elk LaRissa Luna looks to pass the ball.



Lady Elk #15 Merilee McDaniel in the opening jump off.



J.V. Lady Elks #15 Yesenia Ibarra and #33 Darcy Rosales on defense.

Beef Youth Education

influencers through events and promotions around the state.

Beef Backed by Science

Beef Boot Camp

ultimately sell more beef.

Check Out Your Checkoff

A new educational brochure for youth, produced by the beef checkoff, utilizes fun games and

interesting tidbits to showcase the essential nutrients found in beef. Educating youth on the importance

of a healthy diet and the nutritional role of beef is a high priority for state and national beef checkoff

programs and a main focus for the Texas Beef Council. Included in the brochure are beef recipes that

children can prepare with the help of an adult. The brochure will be provided to youth and health

The Texas Beef Council recently conducted a Beef Boot Camp for the Defense Commissary Agency

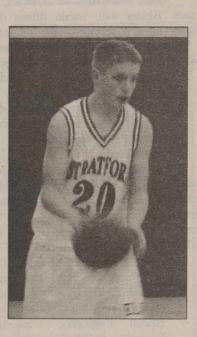
(DeCa). DeCa manages over 200 grocery stores on military bases throughout the U.S. and around the

world. In its eighth year, the DeCa boot camp is designed to provide educational training and hands-on

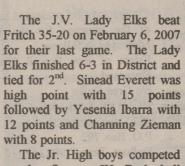
experience preparing beef. The boot camp session includes information on cooking methods as well as

basic meat science and the nutritional benefits of beef. The goal is for each DeCa participant to gain the

knowledge and confidence necessary to communicate with consumers on the military base and



brings the ball down the court.



at the Sunray JH Basketball tournament on February 3, 2007. The 7th grade boys beat White Deer in their 1st game 32-16. Braden Hudson was high point with 11 points followed by Marcos Garza with 8 and Justin Mungia with 6 points. In the championship game, the Elks beat Vega 38-22. Braden Hudson was high point with 23 points followed by Jesus Ruedas J.V. Elk Klinton Keener with 6 points. The Elks went 9-1 for the season

> The 8th grade Elks beat White Deer 40-28 in their first game of the tournament. Tyler Wright was high point with 14 points followed by Kyle Horsford with 13 points and Bryce Cummings with 7 points. In their championship game, the Elks beat Sunray 65-29. Kyle Horsford led with 23 points followed by Tyler Wright with 19 points and Bryce Cummings and 11 points: The Elks went 10-0 for the season.

The J.V. Elks beat Canadian on January 30th 46-33. Luis Ortega was high point with 20 points followed by Jay Hacker doing in school? Are you pleased with 12 points. On February 2nd, the J.V. Elks lost to West Texas 44-55. Brent Reed and Klinton ment? Keener were high point with 8 points each.

Varsity Elks beat Canadian 54-45 on January 30th. Brant Cummings was high point with 23 points followed by Kaleb Horsford with 10 points and Harrison Walden with 8 points. On February 2nd, the Elks lost 45-66 to West Texas with Brant Cummings scoring 14 points and and vice president of Sylvan



Stratford Elks on defense from left, Daniel Hays, Brant

Cummings, Kaleb Horsford and Harrison Walden.

J.V. Elk #24 Justin Lanning goes up for two.

EDUCATION

PARENTING

Tips to Strengthen Your Child's Performance in School

(NU) - How are your children with their performance, or do you think there is room for improve-

No matter what letters appeared on their report cards, it's never too late to help your children get excited about learning. This can be accomplished by creating an encouraging atmosphere in your home.

"It is important for parents to make everyday learning activities fun in order to enhance math, reading, writing and study skills," said Richard E. Bavaria, Ph.D.

Here are tips from Sylvan Learning Center on how to get involved with your children's learning processes and help motivate them for the rest of the school year:

· Set aside a specific time for homework and studying. Take advantage of this quiet time to sit with your child and work on your own paperwork. This visually demonstrates the importance of "work time" to your child.

· Set up a reward system. For example, deposit change in a small jar when homework is complete. As soon as the jar is full, treat the whole family to something everyone will enjoy.

· Have family reading time at least once a week. Utilize Book Adventure, a free Sylvan-created, interactive reading program that is available online at www.bookadven ture.com. Students choose their own books, take short comprehension quizzes and redeem their accumulated points for



small prizes.

· Refresh your child's study space. Make sure that all materials, such as pencil sharpeners, erasers and extra paper, are easily accessible and in adequate supply.

· Create study plans. Have your child do the most challenging assignment first, then work on easier tasks. Finish each homework session with a fun

 Seek opportunities to teach. Invite your child to participate in cooking or shopping to strengthen math skills.

· Find a study buddy. Encourage your child to choose a classmate with whom to study and swap books.

· Talk to your child's teachers. Find out if your child needs extra help in a specific subject in order to catch up or get ahead in the class.

For free guides and a variety of complimentary activity booklets and writing journals, visit the "Resources for Parents" section of www.educate.com or call 800-31-SUCCESS for additional information.

The beef industry is strongly impacted by research. A great example of the significance of checkofffunded research is the development of the Beef Value Cuts. According to CattleFax, Beef Value Cuts have added an extra \$60-\$70 value per head to cattle. The cuts are also gaining popularity xin foodservice, which sold 169 million pounds in fiscal 2006. Nearly 10,000 retail stores now carry at least one of the cuts, up from just 321 in 2003.

Beef at the Rodeo

The Texas Beef Council's (TBC) mobile marketing unit, the Ultimate Backyard, began its stock show and rodeo tour at the Fort Worth Stock Show in January. Throughout the event, TBC conducted 35 cooking and grilling demonstrations featuring the Mushroom Bacon Burger and Thai Marinated Steak, both provided by Nolan Ryan's All Natural Tender Aged Beef. In addition to demonstrations and sampling, TBC distributed more than 50,000 recipes, nutritional information and grilling guides. The Ultimate Backyard makes its next stop at the Houston Livestock Show and Rodeo at the end of February.

Clarendon College Judging Teams Place at Forth Worth

The Clarendon College meat judging team came out on top at the Junior and Senior Intercollegiate

Judging Contest at the Forth Worth Stock Show & Rodeo on Friday, February 2, 2007.

The team placed first out of ten teams. Derek Moore of Humble, was the first high individual and Josh Hasty of

Cleburne, was the eighth high individual.

Other members of the starting team included Jace McMath of Estancia, NM, and Paul Morales of In the alternates division, Kyle Larrison of Cleburne, was first high, Henry Ruiz of Eagle Pass, was

third high, Kelli Mock of San Antonio, was fourth high, and Frank Perez of Eagle Pass, was eleventh high.

The livestock judging team placed third out of 17 teams. Judd Gardner of Estancia, NM. finished 7th high in the

contest out of 102 contestants.

Other team members included Marcus Arnold of Panhandle, Calvin Rogers of Blum, Chance Williams

Quemado, NM, Ben Estes of Hollis, OK, Lindsey Jessup of Almena, KS, Katy White of Redrock, AZ, Jennifer

Blackburn of Grady, NM, Clete Vanderburg of Spearman, and Trevor Thompson of Pilot Point.

Hundreds of thousands of Americans who receive Medicare benefits now have access to an important tool for fighting vascular disease: a free abdominal aortic aneurysm screening. To learn more, visit www.aneurx.com.



Business

(NU) - Small businesses play an increasingly critical role in the U.S. economy, according to the U.S. Small Business Administration. In fact, small firms represent 99.7 percent of all employer firms and consistently generate more than 60 percent of net new jobs each year. With this trend in mind, Bank of America offers an online service that handles small businesses' end-to-end payroll needs. Easy Online Payroll significantly reduces the hours that small firms spend on payroll, saving the average small-business owner 200 hours a year. For more information, log on to www.bankofamerica.com/business24-7.



(NAPS)-Dennis Goodman, M.D., a cardiologist with Scripps Center for Integrative Medicine, created a supplement, HDL Booster, which has been shown to raise good HDL cholesterol levels. For more information, visit www.hdlbooster.com.

