



Sherman County Museum 7 / 07
Box 1248
Stratford, TX 79084

The Stratford Star

75 cents

Published for over 100 years in Stratford, Sherman County, Texas 79084

usps 523

Number 11, March 15, 2007



Girls Golf Team Takes 1st

The Stratford High School girl's golf team won 1st place at the Booker Golf Tournament on Monday, March 5, 2007. Kelsey Stein also was 3rd place medalist. Shown from left, Jordan Confer, Kelsey Stein, Whitney Garza and Merilee McDaniel.

Prospective Scholarship Donors

If you wish to give a scholarship to a student in the Class of 2007, please contact: Tiffany Confer at 366-3322.

PROM TIME

Vest Free w/ any Tux Rental
Great Prices
Great Selections
Hair Creations
396-2809

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.

Depot Museum Spring Fundraiser

The Depot Museum will have their Spring Fund Raiser on Sunday March 25, 2007. It will be a Hamburger Dinner at the County Barn from 11:30 to 1:30. Free Will donation. The Museum is Free to the Public and strives to preserve local history for future generations.

Breast Cancer Screening Clinic to Be Held

The Don and Sybil Barring-ton Cancer Center Comprehensive Breast Center will conduct a Breast Cancer Screening Clinic at First United Methodist Church, 520 N. Main, in Stratford on March 29, 2007.

Breast cancer affects one in eight women. The key to winning the battle against cancer is early detection by having an annual breast exam, mammogram and performing a breast self-exam each month.

All exams are done by appointment only.

Call (806) 356-1905 or 1-800-377-4673 for more information or to schedule an appointment.

Golden Nail Awards April 13

The Imagination Station will be recognized at the Golden Nail Awards sponsored by the Amarillo Chamber of Commerce. The dinner and awards will be held in the Heritage Room of the Amarillo Civic Center, April 13th. Reservations are required and more information will follow or contact the Amarillo Chamber of Commerce or Gaynelle Riffe.

The Golden Nail Awards honor those supporting the Arts in the Area. The Golden Nail Symbol is derived from the bit of folk wisdom,

For the want of a nail, the shoe was lost.

For the want of a shoe, the horse was lost.

For the want of a horse, the rider was lost.

For the want of a rider, the battle was lost.

For the want of a battle t, the kingdom was lost.

And all for the want of a horse-shoe nail.

COOKING HEALTHY SERIES TO BE OFFERED

By Susie Spurlock

Cooking Healthy Series will be offered in Stratford March 27, April 3, April 10, and April 17th. The classes will be held from 6:00 p.m. - 7:00 p.m.

The four week cooking series will focus on food preparation skills with less fat, sugar, sodium, and emphasis on 30 minute dishes with 10 or less ingredients. The cooking school will be conducted from 6:00 - 7:00 p.m. at 308 Kay Avenue, Stratford.

Cooking Healthy School is designed to help individuals prepare foods that reflect MyPyramid dietary guidelines. Cost of the school is \$5.00 per person per session or \$15.00 per person for all 4 lessons. The school is limited to 10 participants.

Extension educational programs conducted by the Texas Cooperative Extension serve people of all ages regardless of socioeconomic level, race, color, sex, religion, handicap or national origin.

For more information or to enroll in the class, contact the Sherman County Extension Office at 806-366-2122 or come by 701 N. 3rd Street in Stratford. Registration deadline for the class is March 26th.

Looking for Rocks

The Imagination Station is looking for rocks or people who know about rocks in order to help out with Super Science Saturday, March 31st. If you can help us contact Laurie Spurlock @ 366-2772, Gaynelle Riffe @ 396-5303 or Yvonne Pittman. Thanks for your help.

Prom Time Again

If you have Christmas 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.

WALK ACROSS TEXAS KICKOFF MARCH 22

By Susie Spurlock

WALK ACROSS TEXAS kickoff will be held Thursday, March 22, 2007. The kickoff event will be held at 5:45 p.m. on the front steps of the Sherman County Courthouse in Stratford. In the event of inclement weather, the kickoff event will be held at the Sherman County Exhibit Building.

Walk Across Texas is an eight-week program that will spark some friendly competition in Sherman County. Teams of eight will compete to see who can log the most miles walking, jogging, or even biking. Participants may also log miles for the walk using an exercise bike or treadmill. Teams will keep track of their miles, which will be posted in the Extension Office and other places around the community, according to Susie Spurlock, Sherman County Extension Agent.

Sunday, March 25 and end Saturday, May 19th. Susie Spurlock, County Extension Agent for Family and Consumer Sciences states there is still time to pre-register.

Mary Allen Elementary Students will be conducting Walk Across Texas during their P.E. time under the direction of Mrs. Rhonda Matthews. Parents and friends can encourage students to earn bonus points by walking after school with family members and friends. Student bonus miles log pages will be distributed to Mary Allen students which will allow students to log miles walked with family members.

To participate in Walk Across

Texas, first get a team together.

Choose a team captain and name your team. Fill out a registration form available at the Sherman County Extension Office, located in the Courthouse Annex at 701 N. Third Street or call 366-2122. If teams wish they may register on-line

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

Creativity is allowing yourself to make mistakes. Art is knowing which ones to keep.

—Scott Adams

Editors Note: This letter was given to me by Butch Ellison. I want to share it with my readers in hope that maybe it will help one person (hopefully more). The young gentleman who wrote this letter committed suicide. He felt like he had no choice.

My Sad Story By Robert E. Savitz

Dear World,

The worst decision I've ever made, came about eight and half months ago with a vengeance. I never thought my life would ever slip back into the gigantic black hole it was sunken into six years ago, but I always destroy everything worth losing way before it disappears from my possession. I left this letter behind in hopes; maybe it will help someone refrain from screwing their life up like I've twisted mine into tiny bits and pieces of broken memories that don't even matter anymore. In half a month, my life will change for the better, or most likely will become much worse than it has been. Therefore

WORKSHOP SCHEDULED TO TRAIN 4-H SHOOTING SPORTS VOLUNTEERS

Texas Cooperative Extension will offer a regional workshop for current and newly recruited 4-H Shooting Sports leaders and coaches in West Texas. The workshop is set for April 27-28 in Lubbock.

Workshops will encompass archery, pistol, rifle, reloading, shotgun, black powder, and coordinators training-instruction specifically geared for coordinating a local shooting sports club or program. Instructors will address teaching and coaching techniques, the fundamentals of safety and firearms nomenclature, and strategies for success in youth program leadership.

A handloading and reloading class will be offered if sufficient interest. Reloading classes will require a minimum of five participants, but 10 is preferred. The workshops will feature hands-on instructions in all sessions. All courses are dedicated to teaching marksmanship in each shooting sports discipline. Those who complete the archery training can qualify for National Archery Development Association instructor certification.

All volunteers who attend are trained by certified state instructors. Volunteers who complete this training and demonstrate experience with at local club can qualify to serve as a state 4-H Shooting Sports instructor and coordinator.

The registration deadline for the Lubbock training is April 6th. Registration forms and information is available at the Sherman County office of the Texas Cooperative Extension.

These workshops are an opportunity for volunteers to get started with the 4-H shooting sports program, which emphasizes shooting, hunting, and marksmanship skills.

In Sherman County, over 40 youth are involved in the Shooting Sports project which meets weekly during the months of February - April at the Stratford Rifle and Pistol range.

For more information, contact Susie Spurlock, County Extension Agent at 366-2122.

Severe Weather Planning For Texans

March 4, 2007 through March 10, 2007 has been set for Severe Weather Awareness Week. Texans are urged to make plans and be prepared in the event of severe weather before it strikes.

Your family should have an Emergency Supply Kit which should include the following:

- First Aid Kit
- Cash (power outages means banks and ATM may be unavailable)
- Road Maps
- Battery-operated radio and flashlights with extra batteries
- Important documents and records, photo ID, proof of residence
- Fire extinguisher
- Blankets, sleeping bags and extra clothing
- Extra medications and prescriptions, hearing aid and other special medical items
- Eyeglasses and sunglasses
- Toilet paper, clean-up supplies, duct tape, tarp and rope
- Can opener, knife, tools, booster cables
- Special supplies needed for babies, older adults or pets
- Remember to change perishable supplies and water every six months.

DELAY THE GAME WHEN THUNDERSTORMS APPROACH

Sports fields are dangerous places to be during thunderstorms.

National Weather Service and Texas Emergency Management urge Texans to delay the game when thunderstorms approach.

Sports fields are large, open areas where you and your companions may be the tallest objects. Metal bleachers, fences, light poles and goal posts attract lightning. When lightning hits these objects, the charge travels along the object; potentially injuring anyone in contact with the metal. Lightning can bounce off any of these objects and strike people nearby.

Schools athletic programs, day care centers and summer camps, as well as coaches, referees and parents participating in field events need to understand the dangers of lightning. They should be prepared to suspend games and move the players and spectators inside nearby buildings or into cars and buses until the storm passes.

The Governor's Division of Emergency Management offers the following lightning safety tips. If you can hear thunder, you are close enough to be struck by lightning.

If you are outdoors with no shelter available, stay low.

Move away from hills and high places and avoid tall, isolated trees.

Do not touch metal objects, such as tennis rackets, baseball bats or golf clubs.

Do not ride bicycles, or lean against metal fences or metal sheds.

Do not lean against a car or truck - get inside vehicle quickly.

If you feel your hair suddenly stand on end, it means you may be a lightning target.

Crouch low on the balls of your feet and try not to touch the ground with your knees or hands.

Avoid wet areas that can conduct the lightning charge.

Cont. on page 3

OBITS



BECKY KNIGHT RAYMOND

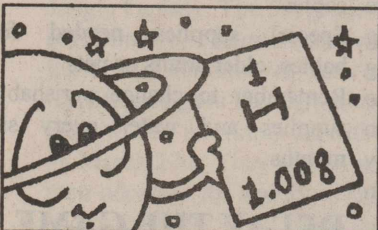
STRATFORD — Becky Knight Raymond, 43, died Monday, March 5, 2007, in Dallas.

Services were held at 2 p.m. March 8, 2007 in Parker-Ashworth Funeral Home in Kaufman with the Rev. Todd Peavy officiating. Burial will be at 2 p.m. Friday in Stratford Cemetery with Rodney Weatherly officiating.

Mrs. Raymond was born March 22, 1963, in Dumas to Kenneth and Jimmie Dale Davis Knight. She was raised in Stratford. She attended Amarillo College, studying medical administration. She moved to Dallas, where she worked for Baylor Medical Center. She then moved to Kaufman in 1990, where she was a member of the Cottage Heights Baptist Church. She married Rickey Raymond on Oct. 18, 1990, in Kaufman.

She was preceded in death by a brother, Jim Rob Knight; and a sister, Debbie Knight.

Survivors include her husband; her parents; a brother, Roy Knight of Dalhart; a stepsister, Tammie Gerber of Bushland; and many other relatives and friends.



Nitrogen is the predominant element in the Earth's atmosphere, compared to helium on Mercury, carbon dioxide on Venus and Mars, and hydrogen on Jupiter, Saturn, Uranus and Neptune. Pluto's elements are methane and nitrogen.

Letters to the Editor

Dear Stratford Community,

First of all, on behalf of the Relay for Life committee, I would like to thank everyone for their support of our relays the last couple of years. Stratford is a very giving town and I know the American Cancer Society appreciates it. After much discussion, the RFL committee has decided to not do a relay this year. Although we raise lots of money, attendance at the relays is not what we would like it to be. Also, manpower on the committee itself is lacking somewhat. We need some new members to bring new life to this event! We are STILL going to raise money for the ACS though, because we feel that we can't let them down when it comes to our contribution. We are asking people to still form teams and to raise money. Our intentions are to raise money until sometime in August when we will have some type of culminating event to recognize our teams and to have a luminaria ceremony. The committee is planning to do a rib dinner in April with all funds raised going to the ACS. We will also be selling luminaria bags for our ceremony to honor the survivors and remember the loss of our loved ones to this terrible disease. It is with regret that we are not doing a relay as such, but hopefully we can still raise enough money to match what we have been able to do in the past. We are in need of committee members so if anyone is interested in helping with this worthwhile cause please let me know. Email me at desine.garza@stratfordisd.net or call me at 753-6484. It is my hope that next year we can bring back relay and make it a HUGE success! Also, any businesses, organizations, or individuals and their families wishing to help out with fundraising please let me know ASAP. **START FUNDRAISING NOW!!!**

Thank you,
Desine Garza RFL Co-Chair

Never interrupt your enemy when he is making a mistake.
—Napoleon Bonaparte

Dear Readers,

I have been out of town for about a month and have found several changes. The 4 telephone towers sprouting up are SPRINT on James Crawford, Murphy Farms, Simpsons Corner and Ted Bouldin.

There is a large "Aurora Organic Dairy" in construction located off South 287 four miles west on County Road Y. The manager is Chuck Timmons from Dublin, Texas. He has purchased the Jerry Lasley home. Another possible Dairy Site is planned in the same area. Shhh, this is a secret even though the air and water permitting are in the works or filed and dirt is moving. It will take a large number of dairies to supply the Hilmar Cheese Plant in Dalhart and I understand quite a bit of land in the southwest part of the county has been sold. My special interest is transportation and this industry will put a large number of trucks on the road.

Tumbleweeds, Tumbleweeds! They have spread their seed everywhere and are a fire threat. Where did they come from? Maybe from CRP ground. I was just in Washington DC with Ports-to-Plains and I mentioned the tumbleweeds to Congressman Mac Thornberry. He said his mother has already informed him of this problem. This is a benefit of moisture in the late summer.

The Guymon Community Theatre information: Production of "MeshuggahNuns" another Nunsense, March 23-31. Call 580-338-0019.

This is information that was interesting to me, perhaps to you too. Gaynelle



In 1997, the number 42 was officially retired by all major league baseball teams in honor of the 50th anniversary of Jackie Robinson's breakthrough with the Brooklyn Dodgers.

Hello Scot Members

Several Scot members went to canyon to the museum last Monday, a great time was had by all

Remember that the office is open 1-3pm Monday, Wednesday, and Friday for a visit or to pay your dues or other activities.

Bingo is at 7 pm this Thursday night, the 15th, also the birthday party for the March birthdays at 2 pm on the 15th, crafts on the 20th - easier decorations and now sew pillow and or Throws are being worked on, come play with us and leave with a smile and a project.

A special event is scheduled for Tuesday the 20th for a program on the wind farms from 3-4pm by Judge Carter

Board meeting is the 20th and luncheon is the 22nd at noon

Please keep in your prayers Wanda Woolsey, who is dealing with a rare medical condition.

Don't forget the Hereford trip for those that have signed up. See you at SCOT.

The Stratford Star

Published Every Thursday at 805 Purnell, Stratford, TX 79084

Martha (Marty) Robertson Editor & Publisher

Shari Hudson-Advertising & Photography

Subscription Rates \$25.00 per year in Sherman & Adjoining Counties \$32.00 per year all others \$20.00 per (9 months) College Rate
The Stratford Star Box 8
1-806-366-5885
FAX-1-806-366-5885



Guymon, Okla

Movies Beginning March 16

Premonition

PG-13 Sandra Bullock

300

R Gerard Butler

The Ultimate Gift

PG James Garner

Breach

PG-13 Ryan Phillippe

Wild Hogs

PG-13 Tim Allen John Travolta

Zodiac

R Jake Gyllenhaal

Bridge to Terabithia

PG Josh Hutcherson

Ghost Rider

PG-13 Nicholas Cage Peter Fonda

FRESH POPCORN EVERYDAY
Party Room & Arcade

Showtimes 580-338-3281

Off 580-338-8969

www.northridge8.com

Cash & Credit cards only

STEVENSON & SONS

PEST CONTROL

Termite & Pest Control • Rat Control • Bird Control
Yard & Tree Spraying

Residential • Commercial

Farms • Ranches

"Professionals in Pest Control Technology"

249-4202 Jim Stevenson, Owner

Dalhart • Stratford • Hartley
Licensed & Insured

Reward Yourself

Now is the time to reward yourself.

Reward Checking is the newest personal checking account available at First State Bank. It acts like a regular checking account but has bonus features that actually reward you for having it.



Reward Checking

4.85% APY

Earn Free ATM Use

Free Online Banking & Bill Pay

www.firstclassbanking.com

*Some restrictions do apply. Annual Percentage Yield (APY) correct as of 2/1/07. Some restrictions do apply. Minimum account opening deposit of \$100 required. Rate is variable and may change after account opening.

ALLSUP'S

Prices Good Thru 3/24/07

DIET COKE, SPRITE OR

COKE
6 PACKS

\$1.99



DIET COKE, SPRITE OR

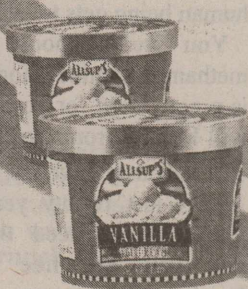
COKE
20 OZ. BTL.

2 FOR \$2.22

ASSORTED FLAVORS

ALLSUP'S
ICE CREAM

2 FOR \$4



Store No. 52
101 S. Poplar
Stratford, TX
806-396-5334

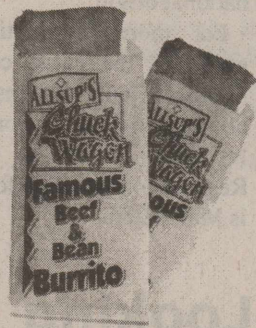
SPECIALY MARKED
JUNIOR MINTS, DOTS
OR TOOTSIE ROLLS

3 FOR 99¢



FAMOUS ALLSUP'S
BEEF & BEAN
BURRITO

BUY ONE
GET ONE
FREE



HOT, BACON CHEDDAR, JALAPENO & CHEDDAR,
VINEGAR & SALT OR CHILI CHEESE

TOM'S FRIES

REGULAR 99¢

79¢



MORE SPECIALS

- BLUE BUNNY ICE CREAM SANDWICH EACH 69¢
- BROWNIE BAKER ASSORTED MUFFINS 99¢
- POWERADE ASSORTED FLAVORS 32 OZ. \$1.39
- CATFISH FILLETS 3-5 OZ. 2 FOR \$1.89
- AMERICAN FINEST SANDWICH SLICES 12 OZ. 99¢
- ALLSUP'S SANDWICH BREAD 24 OZ. / 79¢ EACH OR 2 FOR \$1.09
- ALLSUP'S WHEAT BREAD 24 OZ. / 89¢ EACH OR 2 FOR \$1.29
- BAR-S BOLOGNA 12 OZ. PKG. \$1.29
- BAR-S BACON 12 OZ. PKG. \$2.09
- AVOCADOS 3 FOR \$1.00
- TOMATOES 4 PACK \$1.29
- LIMES 20 FOR \$1.00
- MI MAMA FLOUR TORTILLAS 10 CT. PKG. 89¢
- SOFT'N GENTLE BATH TISSUE 4 ROLL PKG. 99¢

BUY A 16 OZ. ALLSUP'S COFFEE OR CAPPUCCINO

GET A 50¢ GRANDMA'S COOKIE

FREE

ALLSUP'S "MOO" GET ONE FREE!

BUY 12 GALLONS OF FRESH ALLSUP'S MILK... GET ONE FREE!

Collect 60¢ Milk "Moo" Stamps Today & You Could Win FREE Milk For A Year!

COMBO MEALS

- | | | | | | |
|-------------|--|--------|--------------|---|--------|
| COMBO NO. 1 | BACON/EGG BISCUIT & 16 OZ. COFFEE | \$1.99 | COMBO NO. 6 | 3 TAMALES, HOWLERS & 32 OZ. TALLSUP | \$2.59 |
| COMBO NO. 2 | SAUSAGE/EGG BISCUIT & 16 OZ. COFFEE | \$1.99 | COMBO NO. 7 | 2 HOT LINKS WITH BREAD & 32 OZ. TALLSUP | \$2.49 |
| COMBO NO. 3 | BBQ SANDWICH & 32 OZ. TALLSUP | \$1.99 | COMBO NO. 8 | 2 CORN DOGS & 32 OZ. TALLSUP | \$2.59 |
| COMBO NO. 4 | HOMESTYLE POPCORN CHICKEN & 32 OZ. TALLSUP | \$2.69 | COMBO NO. 9 | CHIMICHANGA & 32 OZ. TALLSUP | \$2.39 |
| COMBO NO. 5 | SPICY POPCORN CHICKEN & 32 OZ. TALLSUP | \$2.69 | COMBO NO. 10 | 2 BEEF & BEAN BURRITOS & 32 OZ. TALLSUP | \$2.59 |

Kerrick News

By Marylou McDaniel

Leonard & Peggy Hawkins celebrated their 23rd, wedding Anniversary with a trip to Lake Tahoe, CA. Monday-Thursday.

Jo June McDaniel had cataract surgery Monday in Amarillo.

Linda Whitson, Clayton, accompanied her.

Marjory Munden was in Amarillo and brought Mike McDaniel home from the hospital. Mike is doing great following his appendectomy.

Minnie Hampton & Ralph James Hampton were in Missouri Friday-Sunday on business and visiting family.

Ted Iribeck is home again, Kerrick has their mailboxes now at the community center.

Bill Boren celebrated a birthday the 8th. Neighbor Jo June McDaniel gave him an electrified fly swatter! Weekend visitors were daughter Kerry Carlisle and Kelly, Kevin & Kole of Abernathy.



ELK TALES

By Lynda Hauser

Sunny Russell and Alex Martinez are students of the week at Stratford High School.

Ryan Kisner, a student from OPSU has been doing observations in the junior high. He will spend 30 hours with the junior high faculty. He will observe classes, discuss curriculum, assist in planning and teach a few lessons.

This week we're out of school for Spring Break, so there's not much news. Some upcoming events include the high school Academic Meet in Canadian, Algebra TAKS practice, and the One Act Play Dinner Theater.

Mrs. Haynes first grade class enjoyed the video-conference with the first grade class from Humble ISD. They were getting ready for the Houston Livestock Show and Rodeo and we got to tell them some kids from our town would be there showing their animals. We enjoyed their cheer box and we are going to try to get one made too.

5th grade math classes are really working hard on TAKS. After school sessions started this week and continue next week. We are excited to take this test on April 3 and ALL pass it!!

The 6th grade math class is finishing up work on percents and starting work on geometry.

The junior high ESL class completed their study of the novel *Winn-Dixie* by filling bottles with their writings and attaching them to a small tree in their classroom to duplicate the bottle tree made by one of the characters in the novel. They also visited the local grocery store to complete a worksheet which used grocery products.

No Elk Tales next week. Will be back after Spring Break!

Auto

(NU) - With the ability to sprint from a standstill to 60 miles per hour in under five seconds, the new Porsche Cayenne Turbo is hotter than a pepper to the taste buds of auto aficionados. Since the model's introduction in 2003, Porsche's sport utility vehicle has been perceived by many car enthusiasts as having raised the bar for high-powered, luxury SUVs. Porsche has enhanced its engine injection technology and improved the aerodynamics of the vehicle's design to significantly increase the model's fuel efficiency. For more information, visit www.porsche.com/usa.

Letter to Editor

Cont. from page 1

occasions that they used ice. So, if you've never experimented with methamphetamine, for your future family's sake, stay away from it completely! If you have then my explanation of why my life is getting taken away by the state will most likely sound familiar, or I promise that it will be as if someone's reading your palm's telling you about what to get prepared for real soon.

After my introduction to meth when I was twenty, I soon developed a sense of degradation and found myself doing stuff I'd never dreamed possible growing up as a child. I've yet to meet someone that told me they knew at age ten they wanted to someday grow up to be a junkie and a thief! I wasn't using maybe just four or six months, and I was a full blown criminal who'd rob you blind if you blinked in my presence.

First part to the long story. In less than a year's time of using, I managed to rack up three separate felonies and was facing over a decade in prison time all because

I made a bad choice at age twenty! I ended up getting one year in jail, with eighteen months probation upon my release. I was spared by the criminal justice system and the District Attorney and given a chance to try a normal life on the outside of penitentiary walls as a rehabilitated drug addict. I'm guessing my year stretch in the slammer taught me to stay away from the devil meth for almost four years, because I didn't use once when I got released and told myself I never would use meth again as long as I breathed air on this green earth. To me, in my opinion staying completely meth free for nearly four years is a good thing after being a junkie, and seeing none of your peers you ran with in the past able to quit for even one month.

People don't ever see those achievements, even being meth free that long, when they catch you high again like the old days. You can lose four years of trust and respect faster than the amount of time it takes you to put that pipe to your lips a relapse, and trust me that's fast. I decided maybe after all that time clean I was ready to try and see if smoking a little speed (meth) could still afflict me with so much addictiveness after abstaining from it so long. Well that's the rest of this long and boring testimony to you, and hopefully a lesson comes to the lucky reader! Trying meth just one time after four years ruined everything I worked hard to get back in my life, from my previous meth addiction!

After relapsing once, I began using every day and soon lost my job I'd kept for so long. As if that

wasn't bad enough, one of my so called friends left an empty bag in the passenger side door pocket that the state police found and charged me with methamphetamine possession for my third time! I'm not going to blame this person for the simple reason that it is my fault that I started using again! Being my third felony charge, I'm facing a possible nine and a half years in prison if convicted. Did I mention my son is barely seven months old? Hopefully I've been helpful to someone, listen to my warnings! Don't mess with meth, or you will suffer like me.

Thanks

Births

Mike and Brenda Brownlee are proud to announce the birth of another granddaughter. Adaiiah Joy was born to Tai Ann and Paul McClendon on February 15 in Abilene. She was 20 1/2 inches long and weighed 8 pounds and 5 ounces.

Proud grandparents are Mike and Brenda of Stratford and Phil and Jenny McClendon of Lubbock. Great-grandparents are Avin and Ora Mae Brownlee of Dumas and Ray and Fran Orson of Lubbock.

Opening New Windows Of Opportunity Savings And Retirement Advice For Women

(NAPS)—Women are making tremendous strides in their financial lives. Female homeownership is at an all-time high, with one-fifth of residential real estate now being held by single females. Women are now the primary breadwinners in roughly one-third of U.S. households. Still, women are more likely to face shortfalls in retirement than their male counterparts.

"Today's women often try to do it all: running a household, caring for a family, and working full- or part-time jobs—with precious little time to think about the present, much less the future," said Donna DeMaio, president of MetLife Bank, N.A. "However, women owe it to themselves to plan for the future."

DeMaio recommends trying to set aside just one hour a month to plan for the future. "Even if you think you don't have time, you need to make planning a priority," said DeMaio. "By considering the options that are available, you can gain greater peace of mind and leave yourself in a better position to meet your goals."

When assessing your options, DeMaio suggests the following:

Saving Advice:

- First, pay off debt. For those who have incurred a significant debt burden, it may be wisest to pay off credit cards first. The high interest rates that most cards carry can eat up your extra cash.
- Make homeownership work

for you. Homeownership gives a person access to home equity loans, or lines of credit.

- Establish a savings plan. Even if you need to start small by saving just 10 or 20 dollars a month, the key is getting started. Many financial institutions will automatically transfer a certain amount to your savings each month.

- Consider Money Market Accounts and CDs. Choose a Money Market Account to set aside funds for a rainy day or to wait until a better savings or investment opportunity comes along. Shop around for the best rate from a company you know and trust. CDs are a good option, too, as they usually earn a higher interest rate than savings accounts. CDs, like Money Market Accounts, are considered conservative investments. Look for banks that offer consistently high rates—some institutions offer short-term promotional rates that may drop significantly after a few months. Also, consider direct banks, which typically offer better rates than local banks.

Retirement Advice:

- Make retirement savings a priority. Although there are fewer women in the workforce (60 percent of women versus 73 percent of men), women, on average, live longer lives. To help jump-start your retirement savings, consider the following options:
- If your employer has a 401k,

4-H FASHION SHOW MARCH 26

The Sherman County 4-H Fashion Show will be held Monday, March 26, 2007. The achievement event will be at the Sherman County Exhibit Building in Stratford.

Judging of contestants will begin at 5:30 p.m. followed by the Fashion Show and Awards program at 7:00 p.m. 4-H project members from the Stratford area are learning skills in the areas of clothing construction, clothing care, grooming and modeling, textile art, knowledge of fibers and fabrics, and participated in educational tours.

4-Hers and families are reminded that Fashion Show Entry Forms are due in the County Extension Office on Wednesday, March 21st.

Community members are invited to the Fashion Show to show their support of youth and view the accomplishments of members. Sponsors of the Sherman County 4-H Fashion Show are the Sherman County 4-H Parent & Leaders Association, Sherman County Texas Extension Education Association, and Cooperative Extension.

be sure to invest in it. This is smart money, because it reduces taxable income and funds grow tax deferred until money is withdrawn. Plus, many companies will match your contributions up to a certain percentage.

- Think about IRAs. In an IRA, funds and their earnings grow tax deferred until you begin withdrawals. Your annual contribution may also be fully or partially deductible, depending on your income level and whether you are covered by another retirement plan. For added savings, look for a no-fee IRA. Before contributing to an IRA, consider consulting with a tax advisor regarding eligibility to contribute, as well as contribution limits.

- Look for "guaranteed income" in preparation for retirement. According to the U.S. Department of Labor, only 32 percent of women get pension benefits, compared with 55 percent of men. To ensure a steady stream of income in retirement, women may need to purchase guaranteed products such as annuities.

MetLife offers several free brochures to help people better prepare for the future and understand the intricacies of investing, including "Building Financial Freedom" and "Investing Basics." Both are available for free by calling (800) MET-LIFE (1-800-638-5433) or by visiting www.metlifebank.com.

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.m.

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. afternoon
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 Adoracion 11:00 am
& Servicio De Oration 6:00 pm
Servicio De Adoracion 6:00 pm
Susninios Durante El Servicio.

Estudio Biblico

Se Cuidamos

The Churches of Stratford Welcome You

The Day, He Came Into My Heart

The wings of butterflies seemed brighter,
The sun shed a rosier glow, And the sunbeams
seemed to dance faster,

As the breezes softly did blow; The grass
seemed a little bit greener, Every flower with
more color glowed

The day Jesus entered my heart
And His love into my heart flowed.
The birds flew a little bit higher,
Sang their joyous symphony
And all of God's lovely creations
Opened up for my eyes to see.

The beauty I never had noticed,
I viewed now with such wondrous awe.

In the sea, the trees and the mountains,
God's power and great love I saw.

My heart was so filled with joy as
My spirit within seemed to soar.

With all Nature my heart seemed to cry out,
"He is worthy to be adored!"

Helen Gleason

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.

Servicio 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

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-Thursday 8 a.m. - 5 p.m. Friday 8 a.m. - 12 noon

Monday - Saturday 7 a.m. - 5 p.m.

110 S. Bliss





"Women's Health Issues" was the topic of Susie Spurlock at GFWC/Prospectus Study Club March 7. At right is Mary Lou Albert.

Women's Health Issues

"Women's Health Issues" was the program presented by Susie Spurlock, Extension Agent, to GFWC/Prospectus Study Club March 7. The Club met at the Library with Cindy Jackson, president, conducting the meeting.

Top of Texas District meeting is March 24 in Dumas. Registration needs to be in by March 16 to Nelda Askey, 1719 Peach Ave., Dalhart, TX 79022. Registration/lunch is \$18.75. The meeting will be at St. John's Lutheran Church, 207 S. Meredith Ave. Dumas.

Members present were Cindy Jackson, Shorty Albert, Mattie Baskin, Sandy Baskin, Dorothy Haile, Joyce Hart, Pat Hartman, Ann Johnson, Marylou McDaniel, Laurie Spurlock, Barbara Haile, Linda Swain, Oline Caraway, Connie Oquin, Patti Vincent, Marty Bain.

Track Results

The 7th grade Lady Elks placed 6th at the Sunray Track Meet held March 2-3. Individual results as follows:

High Jump - Tori Rouse tie for 2nd; 300 M Run - Tori Rouse 3rd 3:09.98; 800 M Relay - 4th 2:22.76 (Perla Reta, Tori Rouse, Adriana Ibarra, Monica King); 200 M - Monica King 3rd.

The 8th grade Lady Elks placed 2nd at the Sunray Meet. Individual results as follows:

1200 M Run - Jessica Ibarra 5th 4:59.39; High Jump - Rubi Rueda tie for 5th 4'04"; Long Jump - Kelsie Keener 1st 15'00.75"; Rubi Rueda 3rd 13'08.25"; Shot Put - America Terraza 4th 25'09.50"; 400 M Relay - 3rd 1:01.36 (Kimberly Melton, Taylor Melton, Lindsy Confer, Jessica Ibarra); 800 M Run - Kelsie Keener 1st 2:54.11. Jessica Ibarra 2nd 3:04.38; 100 M Hurdles - Esmerelda Sauzamede 1st 18.45; 100 M Dash - Kimberly Ricks 3rd 14.50; 800 M Relay - 1st 2:06.02 (Taylor Melton, Beatriz Marquez, Rubi Rueda, Kelsie Keener); 400 M Dash - Kimberly Ricks 6th 1:20.74; 200 M Hurdles - Rubi Rueda 1st 36.28; Esmerelda Sauzamede 2nd 37.41; 200 M Dash - Lindsy Confer 6th 32.23 and 1600 M Relay - 2nd 5:10.71 (Morgan Carter, Taylor Melton, Rubi Rueda, Kelsie Keener).

The 7th grade Elks placed 4th at the Sunray Meet. Individual results as follows:

1200 M Run - Justin Mungia 4th 4:16.30; Jesus Rueda 6th 4:20.98; High Jump - 1st Braden Hudson 5'04.00"; Shot Put - Wyatt Smith 4th - 28'04.50"; 400 M Relay - 2nd 58.56 (Neftali Valenzuela, Justin Mungia, Edgar Guerrero, Braden Hudson); 110 M Hurdles - Braden Hudson 4th 22.51; 100 M Dash - Wyatt Smith 6th 14.91; 800 M Relay - 3rd 2:12.70 (No Names given); 1600 M Relay - 3rd 4:39.31 (Braden Palmer,

Justin Mungia, Braden Hudson, and Jesus Rueda).

The 8th grade Elks placed 3rd at Sunray. Individual results as follows:

Discuss - Tyler Wright 1st 113'07.00"; Kyle Horsford - 2nd 107'10.00"; High Jump - Bryce Cummings 2nd 5'00.02"; Pole Vault - Vincent Rueda 2nd 8'06.00"; Shot Put - 1st Byron Deanda 39'00.20"; 400 M Relay - 3rd 55.30 (Vincent Rueda, Tyler Wright, Bryce Cummings, Michael Ortega); 110 M Hurdles - Bryce Cummings 2nd 20.06; Tyler Wright 5th 22.06; 100 M Dash - Byron Deanda 6th 13.58; 800 M Relay - 5th 2:02.58 (Cain Sanchez, Trevor Christian, Kyle Horsford, Byron Deanda); 200 M Hurdles - Vincent Rueda 1st 30.59; Michael Ortega 5th 31.13; 200 M Dash - Byron Deanda 4th 27.84; 1600 M Relay - 5th 4:40.45 (Bryce Cummings, Kyle Horsford, Tyler Wright, Michael Ortega).

The Varsity Elks placed 3rd at the Sunray meet on March 2-3rd. Individual results as follows:

Shot Put - Sandro Gomez - 2nd 40'10.00"; 400 M Relay - 1st 46.78 (Angel Resendes, Gorge Robles, Alex Martinez, Jessie Lopez); 110 M Hurdles - Craig Kautz 2nd 15.61; Brant Cummings 3rd 15.91; 100 M Dash - Angel Resendes - 1st 11.72; Jesse Lopez 3rd 12.51; 800

M Relay - 1st 1:38.07 (Jorge Robles, Hunter Buckles, Angel Resendes, Alex Martinez; 300 M Hurdles - Craig Kautz 1st 42.78; 1600 M Relay - 2nd 3:51.59 (Jorge Robles, Alex Martinez, Craig Kautz, Angel Resendes).

The J.V. Elks placed 2nd at the Sunray Track Meet. Individual results as follows:

Discuss - Victor Carrera 4th 94'11.00"; High Jump - Justin Smith tie for 1st - 5'02.01"; Long Jump - Derek Johnson 2nd 17'08.00"; Shot Put - Victor Carrera 1st 39'00.50"; Braden

Hamilton 4th 33'09.00"; Triple Jump - Justin Lanning 4th 35'01.00"; Wesley Anderson 5th 28'02.00"; 400 M Relay - 2nd 53.36 (Victor Carrera, Servando Torres, Roy Allen, Erik Ruiz); 800 M Run - Justin Smith 3rd 2:40.65; 110 M Hurdles - Justin Lanning 1st 18.74; Wesley Anderson 5th 21.21; 100 M Dash - Pepe Licon 3rd 12.46; 800 M Relay - 3rd 1:48.57 (Servando Torres, Justin Lanning, Pepe Licon, Erik Ruiz); 400 M Dash - Pepe Licon 2nd 1:02.54; 200 M Dash - Derek Johnson 1st 25.75; 1600 M Run - Justin Smith 3rd 6:01.40; 1600 M Relay - 2nd 4:07.98 (Derek Johnson, Pepe Licon, Servando Torres, Jay Hacker).

TECHNOLOGY

Hand-Held 'Camera That Talks' Helps Blind People Read

(NU) - For Gary Wunder, reading a concert program or a handout at a meeting is a luxury he never dreamed would be possible.

Wunder, a computer programmer analyst in Missouri, is blind, and a new hand-held device recently introduced by the National Federation of the Blind has opened a new world of possibilities for him.

The Kurzweil-National Federation of the Blind Reader photographs and reads most printed materials with the click of a button. When the user holds the device, dubbed "the camera that talks," over a printed document - a letter, restaurant menu, airline ticket, business card or office memo - the contents of the document are played back in clear, synthetic speech. It is the first portable device of its kind.

A combination of a digital camera and personal digital assistant, the reader uses character-recognition software and text-to-speech conversion technology.

"This little machine has completely changed my awareness about the print around me," Wunder said. "It is amazing to go to a public event and actually read the program, to go to a work meeting and be able to read the handout. What a thrill it is to take a business card and get the information off of it quickly enough to remember why I took the card in the first place."

The reader is portable and can store thousands of printed pages with easily obtainable extra memory. It has a head- phone jack, so it doesn't disturb

SPICED CHOCOLATE ALMONDS

(Makes 2 cups)

- 1 large egg white
- 1 teaspoon vanilla extract
- 2 cups whole natural almonds
- 1/2 cup sugar
- 1/4 cup cornstarch
- 1 tablespoon unsweetened cocoa powder
- 1 teaspoon chili powder
- 1/2 teaspoon kosher salt
- 1/2 teaspoon ground cinnamon
- 1/2 teaspoon ground cumin

Preheat oven to 225 F. Line a baking sheet with parchment paper. Place egg white in a large bowl; whisk until frothy. Whisk in vanilla.

Add almonds and gently toss until completely coated. Place remaining ingredients in a bowl and toss until well-combined.

Add sugar mixture to the almonds, a quarter at a time, and gently toss until well-coated. Transfer almonds to the prepared sheet and arrange in a single layer.

Bake for 15 minutes, then stir and bake for 15 more minutes, or until coating is lightly colored and dried out. Remove from oven and immediately loosen with a metal spatula. Cool before serving.

4-H FASHION SHOW ENTRIES DUE MARCH 21

By Susie Spurlock

The Sherman County 4-H Fashion Show will be held Monday, March 26, 2007. The achievement event will be at the Sherman County Exhibit Building in Stratford.

Judging of contestants will begin at 5:30 p.m. followed by the Fashion Show and Awards program at 7:00 p.m. 4-H project members are learning skills in the areas of clothing construction, clothing care, grooming and modeling, textile art, knowledge of fibers and fabrics, and participated in educational tours.

4-Hers and families are reminded that Fashion Show Entry Forms are due in the County Extension Office on Wednesday, March 21st. Entry materials may be obtained from the Sherman County Extension Office.

Community members are invited to the Fashion Show to show their support of youth and view the accomplishments of members. Sponsors of the Sherman County 4-H Fashion Show are the Sherman County 4-H Parent & Leaders Association, Sherman County Texas Extension Education Association, and Cooperative Extension.

Educational programs sponsored by the Texas Cooperative Extension serve all people of all ages, regardless of socio-economic level, race, color, sex, religion, disability, or national origin.

For more information, contact Susie Spurlock, County Extension Agent for Family and Consumer Sciences at 806-366-2122.

New York Times Best Sellers @ Your Library Fiction

By Sandy Baskin-Librarian

1. Step on a Crack by James Patterson
2. Sisters by Danielle Steel
3. The Watchman by Robert Crais
4. The Double Bind by Chris Bohjalian
5. Alexandria Link by Steve Berry
6. Plum Lovin! by Janet Evanovich
7. For One More Day by Mitch Albom
8. High Profile by Robert B. Parker
9. Family Tree by Barbara Delinsky
10. Cross by James Patterson
11. Natural Born Chamer by Susan Elizabeth Phillips
12. Hannibal Rising by Thomas Harris
13. Deep Storm by Lincoln Child
14. Water for Elephants by Sara Gruen
15. The Fifth Vial by Michael Palmer
16. Friday Night Knitting Club by Kate Jacobs
17. Dear John by Nicholas Sparks
18. Next by Michael Crichton
19. The Boleyn Inheritance by Philippa Gregory
20. Memory Keeper's Daughter by Kim Edwards
21. The Snow Flower and the Secret Fan by Lisa See
22. Forever by Karen Kingsbury

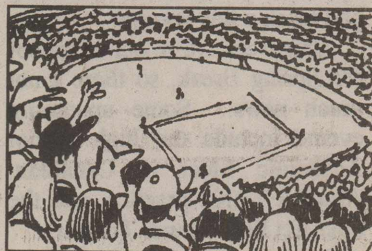
1. In An Instant by Lee and Bob Woodruff
2. The Audacity of Hope by Barack Obama

3. The Innocent Man by John Grisham
- 4.1 Feel Bad About My Neck by Nora Ephron
5. Marley & Me by John Grogan
6. Born on a Blue Day by Daniel Tammet
7. The World Is Flat by Thomas L. Friedman
8. Amazing Grace by Eric Metaxas
9. Who Moved My Cheese by Spencer Johnson

10. The Proper Care and Feeding of Marriage by Laura C. Schlessinger
11. The Measure of a Man by Sidney Poitier
12. 90 Minutes in Heaven by Don Piper
13. Night by Elie Wiesel
14. The Tipping Point by Malcolm Gladwell
15. The Freedom Writers Diary by The Freedom Writers with Erin Gruwell
16. The Worst Hard Times by Timothy Egan
17. Team of Rivals by Doris Kearns
18. The Devil in the White City by Erik Larson
19. An Inconvenient Truth by Al Gore
20. 1776 by David McCullough
21. Tuesdays With Morrie by Mitch Albom
22. Manhunt by James L. Swanson
23. The City of Falling Angels by John Berendt
24. 1491 by Charles C. Mann
25. Rich Dad, Poor Dad by Robert T. Kiyosaki
26. The South Beach Diet by Arthur Agatston
27. Seven Habits of Highly Effective People by Stephen R. Covey

To check the availability of these items go to www.hle-lib.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.



The baseball stadium with the largest seating capacity is 3COM Park at Candlestick Point, home of the San Francisco Giants. The stadium holds 63,000 fans.

Business Directory

WALTER LASLEY & SONS INC.
THE Feedyard
Since 1953
753-4411

Stratford Grain Co.
Stratford 396-5541
Lautz 769-4485
4 North Main

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

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

A PLUS PEST CONTROL
"We'll Send Your PEST Packing... GUARANTEED"
Bees, Cockroaches, Fleas, Rodents, Termites, Odor, scorpions
For All Your PEST Control Needs Call: 806-948-4438
TPCL# 13446PT
Roger Hull (Steward) - soluspestcontrol@hotmail.com

A & I PARTS CENTER
AUTOMOTIVE AND INDUSTRIAL PARTS - THE CAR CARE PEOPLE
Jerry Ewers
Manager
P.O. Box 1146
201 N. 2nd-Stratford, TX 79084

DON'S COLLISION CENTER
STRATFORD NEW CUSTOM AND COLLISION BODY SHOP
DON ADUDELL—owner
319 S. Poplar Phone 396-2812

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
New Construction
Remodeling
Roofing
Free Estimates
610 E. Taylor
P.O. Box 217
Texline, TX 79087
806-333-4253 806-362-4253

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

Allen Insurance Agency
Joanie Ivy
Auto • Home • Life • Commercial
Bus: (806)396-5810

DUNCAN
P.O. Box 510
Stratford, Texas 79084
Phone 806.366.5557
Fax 806.366.2100
www.duncanachsevolet.com
email duncanachsevolet.com

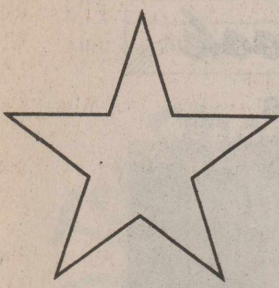
Jesse's Gun Shop
Gun Repairs • Sales • Cleaning
Hours: Mon. - Fri. - 1730 - 2000
Sat - 0800-1600
Jesse Resendes
(806) 763-4454
(806) 366-3134 Shop
111 S. Maple
Stratford, TX 79084

Your Home Town Pharmacy..
ELK PHARMACY
317 N. Main
P.O. Box 380
Stratford, TX 79084
806-396-4505
Major Prescription Plans Accepted
Gayland Vandiver, R.Ph.
Debbi Vandiver/ Owners
Carlton Cards...Millionaire Candy...Gifts
• Qoolds and Balloon Bouquets

This space available

Home and Garden

(NU) - Carefully planning the style of windows and doors is an important step in creating a seamless transition from the inside of your home to the natural beauty of its surroundings. P. Allen Smith, award-winning garden designer and host of the television show "P. Allen Smith's Garden Home," recommends a housing style where "transitional spaces between the home and garden invite residents to spend more quality time outdoors." For information about purchasing windows and doors for your home, call Marvin Windows and Doors at 888-537-8268 or visit www.marvin.com.



It Pays To Look In The

Star Classifieds

..The Best Salesperson Around

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 4-1-tfn

It's that time of the year-Time to fertilizer. Come to THE General Store for Halts or A-vert for your yard care. 2-15-c

For Sale: 2000 Mercury Grand Marquis LS 60,000 miles \$8500.00 1998 Super cab Ford (Black) Nice pickup \$7,000. Call 806-674-3118 and ask for Barry 3-15-tfn

Services

Ger Your Mower ready for Spring. We carry parts for mowers and weed eaters. Call Travis 396-2512. 4-6-c

Stolen

Stolen-W.W. White single Axle 14 foot gooseneck full nose 1/2 top trailer. If any info call Randy McCracken 806-333-2134. 3-15-c

Help Wanted

WANTED: Energetic, Dependable, Honest, Hardworking individuals to fill challenging and rewarding positions in XIT Communication's Customer Service Department. Bilingual skills preferred, but not required. Two positions open: one in Dalhart and one in Stratford, Applications available from any XIT Customer Care Center. XIT Communications is an Equal Opportunity Employer. 3-15-c

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

The Stratford Chamber of Commerce is looking for someone to fill the secretary/office manager position. This person must have great people skills, be self-motivated, well organized, have networking abilities, and be computer literate. Please send resume to PO Box 5 Stratford, TX 79084. 2-22-tfn

TRANSPORTATION MAINTENANCE TECHNICIAN I JOB REQUISITION NUMBER: 011377

The Texas Department of Transportation will be accepting applications for one full-time position at the Dallam County Maintenance Office located at 12190 US HWY 87, Dalhart, Texas. The starting salary will be \$9.29-\$12.05 per hour. A completed application is required and applications will be accepted until 5:00 p.m. Friday, March 23, 2007. For further application information, including a complete job vacancy notice; contact the nearest Texas Department of Transportation. Information may also be accessed via the Internet at www.tx.dot.gov/careers/. Mailed applications should be postmarked no later than the day the job vacancy closes and sent to: 5715 Canyon Drive, Amarillo, TX 79110; Attn: Human Resources. If more information is needed or if an applicant needs an accommodation in order to apply for this job, contact Barbara Franks at (806) 356-3232. TX DOT IS AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER. Published in The Stratford Star, Thursday, March 15, 2007 and Thursday, March 22, 2007.

COLDWATER MANOR has openings for a dietary cook and part-time housekeeping person. 3-22-c

For Rent

2 Bedroom House for Rent: 609 N. Grace-Call 303-618-0060. 12-7-tfn

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

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. 2-1-tfn

REDUCED: 3 Bdrn, 1 1/4 bath on large corner lot, 1201 NW 2nd St. Sprinkler system, fenced yard. Call 366-2153 for appointment. 10-21-tfn

For Sale: 611 N. Chestnut, 3 Bdrn, 1 full bath- 2 1/4 bath, CH/A detached garage, Big back yard with storage building. Close to school, 366-2401. 5-5-tfn

New Listing! House for Sale, 3 bd, 2 bath, 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. 1-4-tfn

House For Sale: 3 Bedroom, 2 1/2 bath, 2 car garage, 2718 Sq. Ft., New Central Air, Large Living Room, Den/Sun room, Gorgeous Rock Fire Place, Storm Cellar, Big Bath Room with Jacuzzi Tub, Amazing Storage, Close to Schools, Call 396-5320 after 5:00. Will show by appointment only. 3-1-tfn

House for Sale: 1214 Division St. Stratford, Texas 1/2 block from Mary Allen Elementary School. Great neighborhood, brick, 4 bedroom, 2 bath, game room, remodeled-open kitchen to family/dining, central air, rock fireplace with fenced in back yard. Selling for appraised value. Call Carolyn Tarver 210 824 8451, 210 854 8924 or 806 396 5810 8-17-tfn

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 bdrn, 2 bath, 3 car garage with living area, 90'x140', 516 N. Poplar (806)249-6554 12-30-07

For Sale: Country Living, 15 miles from Stratford. 25 from Dalhart, 4000 plus living, 4 bedrooms, 3 bath, formal dining, oak flooring, basement, 40 x 50 insulated shop. All rooms extra large. Call 366-3233 for appointment. 3-29-c See pictures @ Shermancountytx.org

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

Approx. 640.7 Acres of land, w/dbl. 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 acres of land- \$961,050.00

All acreage has irrigation equipment. All crops and farm equipment will be retained by seller. Seller will sell CRP land.

1202 N. 5th-\$116,900.00-4/1-7/5 home. Recently updated. Living Room w/fireplace. 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.

408 N. 8th-Stratford-\$95,000.00 3/1 3/4/1 Home Call: Lindahl Realty (806) 935-7300 or 1-866-935-7300.

402 N. 8th-Stratford-\$29,500.00 2/1 Home Call: Lindahl Realty (806) 935-7300 or -1866-935-7300.

301 N. Poplar-Stratford-\$275,000.00 60 x 100 Commercial Building Showroom & Office Call: Lindahl realty (806) 935-7300 or 1-866-935-7300. 9-21-c

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 them off at the shelter.

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 home.

We are also seeking responsible individuals to provide foster care for the dogs. 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 and are looking for lots of love. Please contact Diane Trull at 244-3216 for additional information.

Ad Rem Land Co.

803 S. Bliss • Fax: 935-7687
935-7364

E-mail: adrem@adremland.com
website: www.adremland.com

NLS So 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. - \$140,000

Commercial Building

512 Chestnut - \$43,000

3 2 1 Shop

Farms & Ranches for Sale

SHERMAN COUNTY SECTIONS- three 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 working area.

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, +caliche 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

To avoid situations in which you might make mistakes may be the biggest mistake of all. -Peter McWilliams

Legal Notices

Texas Department of Transportation will host two Informational Meetings on March 26 & 27, 2007 concerning the planning of future projects.

The informational meetings are held to explain how the department plans transportation projects. We would like to receive the public's input regarding the current Transportation Improvement Plan for the district.

On March 26, 2007, (Monday) the meeting will be between 2:00 and 6:00 p.m. at TxDOT's Dumas Area Office. The Office is located at 1249 North Maddox, Dumas Texas, On March 27, 2007 (Tuesday) the meeting will be between 2:00 and 6:00 p.m. at the Conference Center for TxDOT in Amarillo. The Conference Center is located at 5715 Canyon Drive, Building H.

The come and go meetings will cover transportation plans for all areas of the Panhandle and the City of Amarillo. A short video of current and proposed projects will be shown. The Area Engineers will be available to answer any questions or discuss future and current projects. Draft versions of current transportation plans will be presented at the meetings for public comment.

Written statements and other exhibits may be submitted to the District Office at 5715 Canyon Drive (P.O. Box 7368) Amarillo, Texas 79114-7368. Comments must be received no later than April 9, 2007.

All interested citizens are invited to attend the public meeting. Persons interested in attending the meetings whom have special communication or accommodation needs are

encouraged to contact Cheryl Luther at 806.356.3249. Requests should be made no later than two days prior to the public meeting. TxDOT will make every reasonable effort to accommodate these needs.

Published in The Stratford Star, Thursday, March 1, 2007 and Thursday, March 15, 2007

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-827-7728
Jesse Resendes-366-3134
Ernie Maiwald-366-5546

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

After climbing a great hill one only finds that there are many more hills to climb.

-Nelson Mandela

Happiness isn't something you experience; it's something you remember.

-Oscar Levant

It would be possible to describe everything scientifically, but it would make no sense; it would be without meaning, as if you described a Beethoven symphony as a variation of wave pressure.

-Albert Einstein

NOTICE FOR BIDS

Sherman County will accept sealed bids until 2:00 p.m., Thursday, April 5, 2007 for the purchase of a used truck tractor and new belly dump trailer for use by the Sherman County Road and Bridge Department. Bid specifications are available at the County Judge's office, Courthouse Room 204, Stratford, Texas. Bids will be opened at 2:00 p.m. on Thursday, April 5, 2007. Bids will be considered at 9:00 a.m., Tuesday, April 10, 2007 at the Regular Meeting of the Sherman County Commissioners' Court. Bids may be delivered to Sherman County Judge, Terri Carter, 701 N 3rd St. Room 204, Stratford, TX 79084 or mailed to P O Box 165, Stratford, TX 79084. No bids accepted by fax. Late bids will not be considered. Sherman County reserves the right to reject any or all bids. Terri Carter, Sherman County Judge. Published in The Stratford Star, Thursday, March 15, 2007 and Thursday, March 22, 2007.



When lions are reunited after a separation, they greet each other by rubbing cheeks.



The U.S. is home to about 850 different species of trees.



Cornelius Van de Steeg of Perry, Iowa, was a practicing lawyer until the age of 101.

HEALTH

New Treatments Help Men Fight Prostate Cancer

NewsUSA

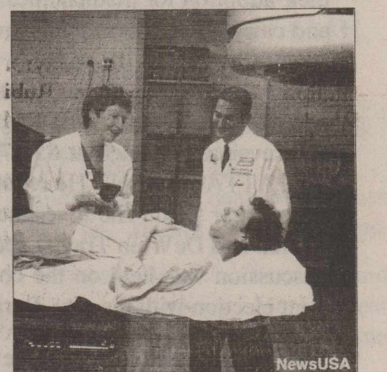
(NU) - Prostate cancer is the most common form of cancer among American men. In fact, according to the American Cancer Society, as many as 1.8 million American men have the disease at any given time.

Although treatments for prostate cancer have existed for years, men can now choose from a wider variety of therapies than ever before. One in six men will develop prostate cancer at some point in his lifetime, but only one in 34 will die of the disease, and this statistic is improving with each passing year.

After being diagnosed with prostate cancer, patients will often discuss treatment methods with a radiation oncologist, a cancer doctor who specializes in treating diseases with radiation therapy, and a urologist, a surgeon who specializes in the urinary tract. Possible options for dealing with prostate cancer include surgery, external beam radiation therapy, hormone therapy, chemotherapy or prostate brachytherapy.

Sometimes, a combination of treatments proves to be the best way to fight prostate cancer; for example, some men undergo surgery followed by external beam radiation therapy, also known as radiotherapy. External beam radiation therapy, which involves a series of daily treatments to accurately deliver radiation to the prostate, often proves to be successful in treating cancer.

Brachytherapy involves treat-



External beam radiation therapy is a safe and effective outpatient procedure.

ing the cancer by inserting radioactive sources into the gland itself. Seed implants are given by inserting small metal seeds of radioactive iodine or palladium directly into the prostate while the patient is under anesthesia.

To better understand your options, it's important to speak with several cancer specialists before undergoing any kind of therapy, as each man's cancer and health parameters are unique. Doing so can help you choose the most effective and suitable treatment for your life and condition. Organizations such as the American Society for Therapeutic Radiology and Oncology can help you learn about your treatment options and establish contact with specialists suited to your condition.

Visit www.rtnswers.org for more information.

Health

(NU) - Whether it's called shingles or "St. Anthony's Fire," a vivid testament to this skin disorder's intensely painful red rash and blisters, new treatment options are offering hope for millions of Americans with this condition. A new over-the-counter treatment from Aura targets the cause of the disease by boosting the body's immune system. A natural alternative to prescription drugs, it has no known side effects and doesn't conflict with other medications. Aura is available at CVS, Meijer, Brooks/Eckerd, Pharmacia and other pharmacies nationwide. For more information on shingles, visit www.aura.com.

Women's Health

(NU) - High blood pressure is an often-overlooked and easily detected risk factor that affects more than 39 million American women. Most women are astonished to learn that 80 percent of middle-aged women, ages 40 to 60, have one or more risk factors for heart disease, including high blood pressure. "It is so important for women to talk to their doctors about high blood pressure and cardiovascular disease, even if that doctor is their OB-GYN," said Dr. Elizabeth Ofili, professor of medicine and chief of cardiology at Morehouse School of Medicine. For more information about reaching your blood pressure goal, talk with your doctor or visit www.bpsuccesszone.com.

STRATFORD INDEPENDENT SCHOOL DISTRICT BOARD OF TRUSTEES REGULAR SESSION

March 8, 2007

The Stratford ISD board of Trustees met in regular session on Thursday, March 8 2007. President Joe Reinart established a quorum was present and called the meeting to order at 7:00 PM.

Board members present: Joe Reinart, Brent Spurlock, Patti Vincent, Greg Wright, Steve Hays, Barney Willborn and DeWain Trayler.

Guests present: Misti McBryde, Steve Haynes, Clint Seward, Dinah Horsford, Lynette Kautz, and Eddie Metcalf.

Mr. Seward led the invocation.

Mr. Gilliland introduced Eddie Metcalf, athletic director.

Mr. Gilliland gave the monthly recognition.

1. The following Elks and Lady Elks received **All District Basketball Team** honors:

Brant Cummings

Honorable Mention - Kaleb Horsford, Hunter Buckles

Merilee McDaniel

Crystal Peregrino

Honorable Mention - Jordan Confer, Candie Bell, April Peregrino, Kristen

Crabtree

The **Academic All District** team honors went to:

Brant Cummings, Daniel Hays, Craig Kautz, Harrison Walden, Jordan Confer, Kristen Crabtree, Whitney Garza, Merilee McDaniel, Crystal Peregrino, Kelsey Stein

Congratulations to these athletes on their efforts on and off the court.

2. The **Student Council** held their annual blood drive on Wednesday, February 21st. A total of 40 pints of blood were donated. Thank you student council for allowing the community and student body the opportunity to donate blood.

3. **High School Student of the Week** honors went to the following students: Feb 19 Yessenia

Ibarra and Craig Kautz

Feb 26 Deborah Molina and Bryce Wright

Mar 5 Jennie Spurlock and Severo Duran

4. Several Junior High students participated in the Sherman County Spelling Bee

on Wednesday, February 28th. M'Lynn Wells was the Senior Level County

Champion and will advance to the Regional competition in Amarillo. Others participating included Hunter Everett, Tiffany Torres, Mary Ann Spurlock, Mazie Vincent, Nathan Bennett, Dillon Sellers, Matthew Chaffee, Shyanne Acker, Tyler Seward and Alex Asher.

Mrs. McBryde gave the elementary report. She reported on the "Flat Stanley" project that the 3rd graders participated in. Many interesting responses have been received. The 3rd grade reading TAKS results are in with 97% of the students passing. She commended the third graders and Shanda Davis on their efforts. The re-take for that test will be in April. She passed out a comparison chart of the PASS series test projections and the actual results of the TAKS tests. The two were very close. The 4th graders continue to take benchmark tests. The K-2nd students have taken the Tera Nova test. Open House was Tuesday, March 6. It was well attended with most of the students being represented by a parent or family member. She reported an enrollment of 223.

Mr. Seward gave the junior high report. Enrollment is currently at 171. The junior high students attended the Earth Adventure presentation. This was a grant that Laurie Gilliland had applied for and was awarded through the Stratford ISD Education Foundation. The students were able to go inside a huge balloon of the earth and learn about our changing planet through state of the art, high-resolution satellite imagery. Butch Henry came on Friday, March 2 and gave a presentation on the history of the panhandle. He brought several artifacts with him for the students to look at. Open House was Monday, March 5 and was well attended. The junior high GT group will travel to Amarillo to see Cirque Dreams Jungle Fantasy. The 5th grade TAKS reading results are in. 12% of the students received commended performance. Remediation will begin with those that did not pass. The re-take will be in April. The junior high continues to work on benchmark tests.

Mr. Haynes gave the high school report. Track and Golf season are well underway. The UIL Academic meet will be on March 22 with 53 students participating. The district One Act Play competition will be on March 27th. They will have a dinner theater on March 24th. The textbook committee has completed their adoption for mathematics. The high school will be getting new computers, new science equipment and calculators. These items are being purchased with federal funds/high school allotment. He reported an enrollment of 179.

Mr. Gilliland gave the superintendent report. He gave the transportation report. Cost per-mile was .39 cents for the month. He then gave the monthly budget summary. Monthly expenditures are at 41.57% and revenue collected at 85.77%. Tax collections are at 97.72%. He then gave the investment report. SEE ATTACHMENT He reported to the board that ER Bell will serve on the ESC Board of Directors for another term. The investment policy (CDA LOCAL) was also reviewed. Brent Spurlock made the motion and DeWain Trayler seconded to accept the consent agenda as presented. Motion carried 7-0.

Discussion was held on the contract with Sherman County to run the trustee election. This will be a joint election with the city. Barney Willborn made the motion and Patti

Vincent seconded to accept the contract. Motion carried 7-0.

Discussion was held on the current substitute pay. The pay for our district is low compared to other districts. Mr. Gilliland recommended raising the pay to \$50.00 per day for non certified and \$55.00 for certified. Patti Vincent made the motion and Greg Wright seconded the motion to accept the recommendation and increase the pay. Motion carried 6-0-1. Brent Spurlock abstained.

Mr. Gilliland reported that the state provided teacher insurance premium will increase next year. He recommended that the district increase the local contribution to \$265.00. Currently the local contribution is \$225.00. DeWain Trayler made the motion and Barney Willborn seconded to approve the local increase. Motion carried 7-0.

A short recess was taken at 7:50 PM.

At 7:54 PM the board adjourned into executive session pursuant to Texas Government Code section 551.074.

At 8:40 PM, the board adjourned into regular session.

Brent Spurlock made the motion and Patti Vincent seconded to approve the elementary teacher contract renewals as presented by Misti McBryde subject to assignment. Motion carried 7-0.

DeWain Trayler made the motion and Greg Wright seconded to approve the elementary teacher contract renewals as presented by Clint Seward subject to assignment. Motion carried 7-0.

Barney Willborn made the motion and Steve Hays seconded to approve the elementary teacher contract renewals as presented by Steve Haynes subject to assignment. Motion carried 7-0.

Joe Reinart read letters of resignation from Mettie Judd, Judy Drake and Steve Haynes.

Brent Spurlock made the motion and Steve Hays seconded to accept the resignation of Mettie Judd with regrets. Motion carried 7-0.

Patti Vincent made the motion and Barney Willborn seconded to accept the resignation of Judy Drake with regrets. Motion carried 7-0.

Steve Hays made the motion and DeWain Trayler seconded to accept the resignation of Steve Haynes with regrets. Motion carried 7-0.

Discussion was held on positions that are open in the district. An update was given on the construction project.

There being no further business, the meeting was adjourned at 9:32 p.m.

Decorator's Notebook

Sprucing Up Tired Spaces

(NAPS)—Any time of year can be a good time to spruce up your home. Try new colors, new styles and even a few new pieces to breathe life and energy into tired old spaces.

For instance, something as simple as rearranging your furniture can make a big difference in a room. Separate pairs, angle sofas and beds, move things away from walls and establish new conversational groupings. The decorators of INTERIORS by Decorating Den also suggest using pieces from other rooms in your house and letting go of things that no longer appeal to you. They offer these additional tips:

• **Lighten The Atmosphere**—Clearing your rooms of excessive clutter and collections, as well as items such as heavy draperies and dark area rugs, will lighten the room's atmosphere. It will also make the room easier to clean and maintain.

• **Freshen Up The Fireplace**—When fireplaces are no longer in use but remain the focal point in the room, cover up the vacant opening with a beautiful container generously filled with bunches of tall, carefree faux greenery, such as magnolia leaves, laurel branches or palm fronds.

• **Brighten Up Your Color Scheme**—Replace deep jewel tones with softer brighter colors. Try working in a lighter neutral palette, or captivating colors such as new leaf green, sparkling aqua, or sunny coral. The good news is that you can incorporate fresh color without getting rid of everything you own. Just read on.



Fresh Look—Rearranging furniture can breathe new life into a room.

• **Use Cover-ups**—Disguise formal and dark upholstery with light-colored, cotton or linen custom-made slipcovers. You can also use the cover-ups on wood dining chairs, headboards and tables. For a renewed look in your bedrooms, simply replace heavy duvets and spreads with lightweight coverlets.

• **Introduce A Fresh Pattern**—Bright floral prints fit all seasons beautifully, but other smart fabric choices are polka dots, bold stripes, botanicals and leafy patterns.

• **Add Something New**—Adding a new lamp, rug, painting or piece of furniture will rejuvenate a room in the same way a new outfit can lift your spirits.

Visit www.DecoratingDen.com for more decorating ideas and a home makeover gallery.

HINTS FOR HOMEOWNERS

Don't Let Germs Crash The Party

(NAPS)—According to the Centers for Disease Control, approximately 76 million cases of food-borne diseases, commonly known as food poisoning, occur in the United States every year. Fortunately, you can help keep your family out of such statistics.

Food-borne illnesses are attributed to bacteria that can grow and spread throughout the home. The best way to protect yourself is to understand the science behind bacteria growth and spread. Noted microbiologist Joe Rubino recommends taking preventative, scientifically proven measures to help keep your family healthy, happy and safe.

1. **Keep your refrigerator at the proper temperature.** "The temperature of the food, as well as where it is stored, is crucial to the safety of everyone. Make sure the temperature of your refrigerator is accurate to prevent bacteria growth and spread." Test the temperature of your refrigerator to ensure that it is no higher than 40 degrees Fahrenheit.

2. **Thaw and cook food to proper temperature.** Use a thermometer to make sure that meat and poultry have been thawed all the way through. "Do research on the time needed to thoroughly thaw ingredients. The heat from cooking food kills bacteria that live in things such as meat and poultry. If the inside of your food is not thawed completely, it won't get hot enough to eliminate the threat."

3. **Prevent cross contamination.** "The danger lies in contact between cooked and uncooked food and remnants, so take pre-



With a little care, you can keep food-borne illness from crashing your parties.

cautions to always keep them separate. Use cutting boards that come with removable mats to cut down on washing time and keep food safe." If you can't find one of these, wash your cutting board with hot water and soap after each use.

4. **Sanitize all surfaces that come into contact with food.** "Sanitizers, such as Lysol Food Surface Sanitizer, can kill bacteria and eliminate the threat of illnesses caused by E. coli and salmonella. They also require no rinsing and cleanup is quick and effective."

5. **Properly store leftovers.** Store remaining food in resealable containers and high-quality plastic bags. "Leftovers are enjoyed for days after. It is important that they are stored properly." Rubino recommends looking for products that boast airtight seals to keep food fresh.

Don't let food-borne illnesses invite themselves to your house. For more information, see www.lysol.com.

Fabulous Food

A Classic Snack Delivers Even More

(NAPS)—Whether atop a batch of homemade chili or mixed into a flavorful taco salad, Americans continue to find new ways to include the classic crunch of a favorite snack chip.

The snack's versatility may be one reason that this simple yet delicious snack celebrates its 75th anniversary this year.

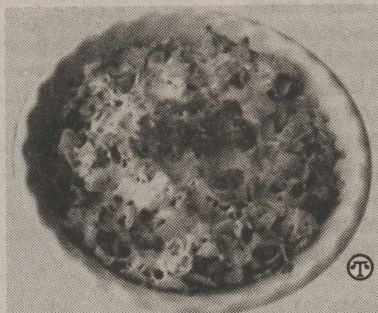
C.E. Doolin started the Frito Company in 1932 in San Antonio, Texas. Having purchased the Fritos Corn Chips recipe for just \$100, Doolin laid the groundwork for what would one day become a snacking empire. The simple chip is made from only three ingredients—whole corn, corn oil and salt—and contains no preservatives and no cholesterol. Today, that same three-ingredient recipe remains the heart of the brand's success.

While most often loved straight from the bag, the crunchy snack has been used as a side dish for warm dinners, as a topping for soups and salads and as an ingredient in pastas and casseroles.

Yet the brand's most timeless recipe remains the Fritos Chili Pie—one of America's favorite snack-food creations.

First developed in the late 1930s by C.E. Doolin's mother Daisy, the pie can still be found on menus across America.

Made with crisp, golden chips topped with a layer of warm and hearty chili, this classic dish



This chili pie is a classic served in restaurants across the country. It's crunchy, delicious and satisfying.

promises to accompany the chips through another 75 tasty years.

Fritos Chili Pie

Ingredients:

- 1 bag Fritos Corn Chips (1½ ounces)
- ½ cup chili without beans (heated)
- 1 tablespoon chopped onion
- ¼ cup shredded American or cheddar cheese

Preparation:

Open top of Fritos Corn Chips bag. Add chili, onion and cheese. For four servings, use four (1½-ounce) bags of Fritos Corn Chips, one (15-ounce) can chili, ¼ cup chopped onion, and 1 cup shredded cheese.

More delicious recipes can be found at www.fritos.com.