

The Stratford Star

75 cents

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

usps 523

Number 3, January 17, 2008



Lermons Finish Exercise Session

Sherman County 4-Hers Ransom Lermon (left) and Rowdy Lermon (right) finish an exercise session with a treat of feed for arena they desire. their two pigs in preparation for the 2008 Sherman County Junior Livestock Show on January 24, 25, 26.

EMT Basic Class

To Begin Jan. 15

EMT Basic Class will begin

on January 15th (Tuesdays and

Thursdays) from 7 to 11 p.m.

Anyone interested contact

4-H to Sponsor

Frito Pies, Baked Potatoes, Hot

Ham and Cheese Sandwiches,

along with Hot Beef sandwiches

are the main food selection items

at the concession to be held

during the Sherman County

Livestock Show and Sale January

Sponsored by Sherman County

development, and supplies to

enhance 4-H programs. Local

businesses assisting with the

Dalhart LaRita

January 18

one-or-a-kind

Theatre, Friday,

The International concert

pianist Peter Simon makes Franz

Liszt come alive in this exciting

production at the LaRita Theatre

in Dalhart, Friday, January 18 at

8:00 p.m. Tickets \$15.00,

available at the Dalhart Chamber

of Commerce 806-244-5646

Dalhart LaRita

The international concert

pianist Peter Simon makes Franz

Liszt come alive in this exciting

one or a kind theatrical

production at the LaRita Theatre

in Dalhart, Friday January 18 at

8:00 p.m. Tickets \$15.00 are

available at the Dalhart Chamber

of Commerce 244-5646

at 930-0937.

Pianist at

January 18

theatrical

German Sausage for Sale

Craig Kautz has been invited to participate on our state's

football team in the Down Under bowl to be held in Australia

in the summer of 2008. He will be selling homemade German

Sausage for \$4.00 per pound. To place your orders please

contact Lynette Kautz at 396-2498 or 366-3302 or Jeff Kautz

awards

and

leadership

members with

scholarships.

recognition.

Jimmy Lanning at 396-2844.

Concession

Weather Line 366-2000 Sponsored by Stratford Grain & ADM/Alliance Nutrition Greg Wright -7 days a week, updating as needed

Volunteer Community Responders **Meeting To** Be Held

Volunteer Community Responders meeting Monday, January 28, 2008 at 7 p.m. Stratford Fire Station. New members invited encouraged!

The Sherman County Public concession include Brown's Meat Library will no longer carry paper Locker, Moore Food Pride, First copies of IRS forms. Most forms Ag Credit, and Express Lanes. are available online at The public is invited to come Library and enjoy hot food, homemade www.irs.gov patrons may use the public pie, and an assortment of soft computers at the library to print drinks and candy at the any forms at a cost of \$.10 per concession while supporting the page. If you have any questions youth livestock show exhibitors. regarding this matter, please contact the library at 366-2200.

Presley Fund Set Up At Bank

A medical fund for the son of J.B. & Amanda Presley has been set up at the First State Bank of Stratford. Fore more information contact the First State Bank 396-5521.

> Elks in Action Performance Jan. 11th & Jan. 18th Half-time of Varsity girls games Parents: Have your child to the activity gym by 6:15 these days.

Stratford ISD Education Foundation **Begins Lecture** Series

meaningful career and that their need to remember.

Our first presentation will be Entry Deadline worldwide to work in the Junior to go to St. Louis to begin his Cleanup Session

the presentation. about. You may leave the Sunday information with Dinah Horsford Livestock Show. 4-H, proceeds from the or Dinah camping at 753-7999 Donelson

County Livestock Show Reminders By David Graf

"The final days are approaching for many youth in Sherman County who have been preparing show the students that they have grooming." Below are some items Harrington Foundation. many opportunities for a these exhibitors and their families

be showmanship practice.

this Friday January 18th at 10:00 Friday, January 18 is the deadline communities. Livestock

We invite any interested youth and Livestock Show Board This brought the total match Horsford knows first hand what is citizens to join us this Friday for members should be on hand to potential to \$100,000 for involved, "These kids must spend assist with cleanup and barn communities such as Stratford a minimum of \$200 for a quality Also the foundation invites you preparation at the County Exhibit that met their fundraising goal by feed for just one pig, not to to assist them by letting us know Building and Barn. Youth have the end of 2007. of anyone who is enjoying a selected whether they will assist The Stratford ISD Education entry fees, and equipment." career that you feel the students with cleanup duties on the Foundation Advise & Consult Obviously these projects require a would be interested in hearing Saturday before the show, or the Fund will function much like a significant commitment both County mini

contact by calling her at 366-3300 4-H exhibitors are urged to begin assess needs and to make teaching that responsibility is Horsford finalizing project record forms for recommendations to the Amarillo learned one day at a time, over concession are used to assist 4-H @stratfordisd.net, Marsha Wright their 2008 livestock projects. Area Foundation Board of and over, hi life and with youth 366-2482, Graf said, "These records serve as Directors for disbursement of livestock projects, this is gmwright@amaonline.com or BA a great tool for youth to learn funds. These funds also provide particularly true. or basic record keeping and the seed money for the According to David Graf, ba@amaonline.com Currently discipline in managing money, community to build a legacy for Extension Ag/NR Agent for plans are underway for the next They must be submitted at the presentation to be Friday March end of your project in order to principle. Watch for additional complete the requirements of the project." The Extension office or views the Community Funds opportunity it offers a youngster adult leaders are always willing to program as a way to bring and a parent or leader to work, assist youth or new families with community leaders together to learn, and struggle together. No these records.

Stratford Launches Community Fund Youth Through Amarillo Livestock **Area Foundation**

The Amarillo Area Foundation The Foundation is adding as their livestock projects for the is pleased to announce the part of its emphasis, a lecture County Show," said David Graf, Stratford community has met their series featuring ex students. The agriculture and natural resource \$100,000 fundraising goal to series will be presenting both agent for Texas AgriLIFE establish the Stratford ISD local and non resident exes Extension in Sherman County. Education Foundation Advise & sharing their careers with our "There are a number of details Consult Fund. This \$ 100,000 these youth must complete, in will be matched by the Amarillo The goal of the foundation is to addition to feeding, training, and Area Foundation - Don and Sybil

To celebrate the Amarillo Area Foundation's 50th anniversary in year many businesses and dreams do not have to be limited. Pig Clipping & a Bowl of Beans 2007, panhandle communities individuals step up and give We have already identified exes 4-Her's are reminded of the were challenged to raise \$50,000 generously to support our youth who have both locally and training and actual clipping locally and the amount would be through the premium sale," says throughout the country entered sessions for their swine project on matched by a grant from the many interesting and rewarding Thursday, January 17 at the Amarillo Area Foundation. The the help of each and every careers. The list of exes identified County Barn. Come at your combined monies would then be have entered all walks of life and convenience from 5 to 8 p.m. Be used to create Donor Advised are living proof that our students sure to bring towels to dry your Designated Community Funds participate and learn some very are prepared to enter virtually any pig after washing. There will also through the Amarillo Area Foundation to benefit programs that meet needs in the respective start as early as March the

a.m. at the High School. Chris for youth to stop by the Sherman Response to the Community Riffe will be sharing about his County Extension Office to enter Fund program has been career that has taken him their animals for the 2008 County extraordinary. In light of exercise and groom it for the Show. unprecedented fundraising efforts County Show. computer program industry. He is Youngsters may enter up to three by communities throughout the temperatures often require they currently under contract to work animals per specie, but each panhandle, the Don and Sybil carry water to their animal twice for Mastercard and will be person is allowed to sell only one Harrington Foundation agreed to per day to achieve weight gain as leaving on the 21st of this month animal in the Premium Sale. match an additional \$50,000 of needed to be competitive." community fund contributions Saturday, January 19 at 1:00 p.m. made by December 31, 2007. and a 4-H and FFA parent, Lance

foundation for An the future through growth of the Sherman County, "The greatest

combined with the Foundation don't." match bring the total in The youth of Sherman County

Please mail checks to the Amarillo Area Foundation, 801 S. Fillmore, Suite 700, Amarillo, Texas 79101. All checks should be made payable to the Amarillo Area Foundation Stratford ISD Education Foundation Advise & Consult Fund.

Supporting **Projects**

By David Graf

Sherman County is well known for supporting its youth from sports to academics to livestock projects according to Barney Wilborn, 2008 chairman of the Livestock Funds Committee for the Sherman County Junior Livestock Show Board. "Each Wilborn. He continues, "Without individual's support, many of these kids would not be able to useful life lessons."

Wilborn goes on, "These kids previous year and many start in October with their animal. Then they must care for it daily, train, Freezing

Volunteer swine project leader mention the cost of the animal, the personally

advisory Parents, leaders, and advisors all at the superintendents office or 4-H Livestock Project Records committee has been established to must be committed to patiently

> benefit I see that can be had in a The Amarillo Area Foundation livestock project is the address the most critical areas in other extracurricular activity need of funding. The Foundations provides this type of one on one sees this as a way to leverage learning experience- one that is additional dollars and to increase sorely needed by today's youth. If impactful grantmaking. As of you want to impact a young December 31, 2007, 23 funds person, help them every step of have been established by the way on a tough project, then Panhandle communities. The be there to grin when they win or community fundraising efforts pat them on the back when they

> community funds to \$4.5 million. appreciate each and every The Stratford Area Foundation, individual who supports their Inc. Community Designated Fund livestock project, whether it is will accept contributions at all contributing to the Buyers Fund times with donations made to the or just attending the Livestock Amarillo Area Foundation and Show and giving them a pat on restricted for your community the back. This year's show is fund. All donations are tax Friday, January 25 and 26, deductible according to the limits followed by the Premium Sale at 6 p.m. on the 26th.



2008 King & Queen

Crowned 2007-2008 Basketball King and Queen on Friday, January 11 Craig Kautz and Jordan Confer.

Sherman County Stock Show Schedule

Thursday, January 24th -

Friday, January 25th -

Saturday, January 26th -

Showmanship

Wednesday, January 23rd - Begin arrival of goats, lambs, pigs. 3:00 p.m. Deadline for animals to be in barn. 4:00 p.m. Begin weigh in of goats, lambs, pigs (in this order) 9:00 a.m. Lamb Judging, Lamb Showmanship, followed by Swine Judging, Swine Showmanship. 8:00 a.m.- Weigh and check-in of steers and heifers

10:00 a.m.- Meat Goat Judging, Goat Showmanship, followed by Steer Judging, Heifer Judging, Cattle

4:30 p.m.- Buyers Appreciation BBQ 6:00 p.m.- Premium Sale

Bruce Terry 1939-2008

Bruce Terry - 68 passed away Sunday, January 6, 2008 in Amarillo, Texas, Memorial services were held at 10:00 AM. Thursday, January 10, 2008 at Morrison Memorial Chapel with Rev. Roy Martin, pastor of Bible Baptist Church in Sunray officiating. Arrangements were by Morrison Funeral Directors.

Bruce Terry was born October 2, 1939 in Alliance, Ohio to George and Thema Terry. He graduated from Hereford High School with the class of 1957. On October 2, 1960 he married Polly Monroe. He moved to Dumas in 1972 and had worked for Dumas Co-Op until his retirement. Bruce enjoyed gardening and farming. He was a loving husband, father and grandfather. Bruce was a member of First United Methodist

He was preceded in death by his parents and a sister, Janet.

Survivors include; his wife, Polly of the home; daughters, Paula Nusz of Stratford. Connie Burton and husband, Sherwin of Stratford, Mary Ann Ely and husband, Chad of Sunray; sisters, Ruth Ann Smith and husband Don, and Jean Williams all of Denver; grandchildren, James and Daniel Nusz, Eric and Rhyan Burton, and Garrett and Abby Ely; and niece, Kathy Dory of Denver.

Memorials may be made to American Diabetes Association, PO Box 11454, Alexandria, VA 22312.

City Asks **Drivers** to **Exercise Care** in Cemetery

The City has expressed concern over drivers straying off the paved paths in the Cemetery. According to City Cemetery Supervisor Daryl Salmon, cars are deviating from the paths and have come close to running over graves. "This is very disturbing," said Salmon, "Common concern and dignity regulate that care be given when driving around graves."

According to Salmon, the City has placed T-Posts and other appurtenances around the paths to indicate where driving is allowed, but some of the devices have been run over and destroyed.

The City asked that all persons driving in the cemetery please exercise extreme caution when in the Cemetery. According Salmon, the City advises all nortuary and monument vorkers of the requirement.

Time is the silent, never-resting thing...rolling, rushing on, swift, silent, like an all-embracing oceantide, on which we and all he universe swim.

-Thomas Carlyle

Ask the Geek

By Kevin McDonald

The Right-Click of Happiness

If you've had your computer for a while, take a look at your mouse. Pay particular attention to the left mouse button - the one you're used

to clicking all the time. Is the plastic a little bit worn from where you've clicked it a few bajillion times? Maybe there's a little bit of "finger-dirt buildup" lingering right around the sweet spot where you're used to resting your finger. Now, look at your right mouse button. If you noticed much "wear and tear" on the left button, see how the right button compares. If it looks like you've never even clicked the poor neglected thing, this week's article is for you.

"Right-clicking" is typically used to bring up "context-sensitive menus." In other words, when you right-click something, you are presented with options that are specific to whatever it was that you right-clicked. For example, if you're using Windows 2000 or Windows XP, a y right-clicking your "My Computer" icon. When you do, you'll be presented with a small context-sensitive menu that lists shortcuts to several areas of your system. One of your options is "Properties." Clicking "Properties" in this menu will display information about your computer, such as what kind of processor you have, how much RAM, and exactly what version of Windows you're using, such as "Windows XP Professional Service Pack 2."

Right-clicking the "My Computer" icon also gives you access to a really handy system tool when you select "Manage" from the contextsensitive menu. The "Manage" menu option lets you access the Windows Device Manager, where it lists all of the nuts-and-bolts components and drivers that Windows is using. "Manage" also lets you view error logs, disk management features and see a list of "Services." These areas aren't always for the faint of heart, but feel free to look around to your heart's content. Just don't make changes that you're not comfortable with or don't understand.

If you right-click your Desktop (not on an icon, but just about anywhere else that isn't being used by a program or shortcut), you can select "Properties" from the little menu that appears. This takes you directly to the area of Windows where you can change your desktop background, screen saver, display resolution and lots more.

In programs like Microsoft Word, right-clicking a page lets you change the properties of that document. Right-clicking a selected word or group of words (or even every word in a large document) will let you change the font, alignment, line spacing and many other things. Right-clicking a cell in Excel gives you options for that cell.

Don't forget tool bars! At the top of most applications like Word, and even Internet Explorer, right-clicking a blank area of the toolbar (all the buttons along the top of the program's window) lets you modify the toolbar to add or remove button.

There are thousands of shortcuts directly under your right mouse button. Click away and discover quicker ways to get things done!

****************** Kevin McDonald is a professional computer technician and novelist. He lives in Stratford with his wife children. He owns and operates

Definition Computers: 806-366-7637. Email Kevin at askthegeek@definitioncomputers.com with your questions.

bob to viamezak terif evin Anderson. Pastor

Trenda Maiwald is a senior at Stratford

High School. She is involved with the big

blue band. She is a cast member with

one-act play. Trenda also helps the Lady

Student of the Week

www.duncanchevrolet.com

Elks being a manager.

Consumer

(HLAA), hearing loss has become the nation's number-one disabili-

Americans are unsatisfied when trying to enjoy television – due to

muffled dialog that can make a favorite program unwatchable. To com-

bat this problem, listening devices such as the Original Dialogue

Speaker, sold exclusively by firstSTREET, give hearing-impaired

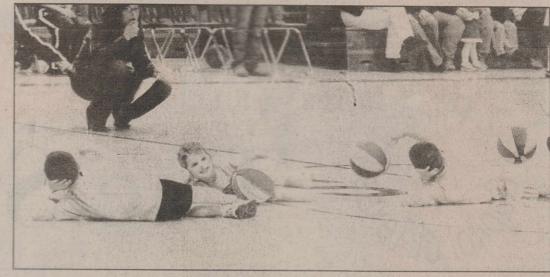
www.firststreetonline.com or call 866-681-7107.

Americans an added listening boost when relaxing in front of the TV.

For more information on the Original Dialogue Speaker, visit

(NU) - According to the Hearing Loss Association of America

While it's a common pastime for people of all ages, many older



Elks In Action

Elks in Action performed at half-time of the Lady Elks game on Friday, January 11. They will perform again this Friday, January 18.

Letter to the Editor

Dear Editor:

I have often kidded myself about writing a letter to the editor about things that concerned me, but didn't think I ever would--but now I'm really concerned. Elmer thinks he lost his silver dollar money clip. Thursday, January 3rd at the car wash. In his 80 year old mind he thought as soon as the Lost signs went up and the paper came out with the Lost ad in it, that the phone would start ringing with a found call. NOT YET! Every 3 or 4 hours he will say, I can't believe someone hasn't found my clip. Well, this is Sunday and still no phone call. So please if you found the clip, give him a call. I will even offer a reward for its return. Keep the money that was in it and return something that was very valuable (with memories) only to Elmer. Return for reward. Charline Oquin 396-5647.

Thanks, Charline

You must stay drunk on writing so reality cannot destroy you. -Ray Bradbury



Guymon, Okla

Movies Beginning January 18

27 Dresses PG-13 Katherine Heigl Cloverfield PG-13 Michael Stahl-David **Mad Money**

PG-13 Diane Keaton Queen Latifah Sweeny Todd R Johnny Depp

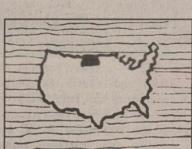
PG-13 Ellen Page Michael Cera The Bucket List

National Treasure 2 PG Nicholas Cage Alvin & the Chipmunks PG (Animated)

FRESH POPCORN EVERYDAY Party Room & Arcade Showtimes 580-338-3281 Off. 580-338-8969 www.northridge8.com

Cash & Credit cards only

Thank You



Rugby, North Dakota is considered the geographic center of the North American continent.

Ag Marketing Meeting January 17

By David Graf

Ag producers and interested allied industry representatives are invited to attend an ag marketing session being offered by Texas AgriLife Extension Service in Sherman County and the Ag Marketing Group. The meeting will be a dutch treat supper at the Elks Junction Restaurant from 6 to 8 p.m., said David Graf, AgriLife Extension agent for ag/natural resources in Sherman County. Reservations requested to assure adequate seating for everyone.

Amarillo Brokerage will be presenting a program on marketing tools that will assist producers in managing input costs and commodity pricing. They will also offer insight and strategies that producers may want to consider in developing their 2008 marketing plan. Tim Weldon, a member of the Ag Marketing Group states, "This session should provide information producers can use to assist them in managing very strong commodity prices coupled with extremely high input costs".

The Ag Marketing Group was formed as a result of producers serving on the Sherman County Ag Committee, an integral part of the Texas AgriLife Extension

There is no fee for the meeting but interested persons are asked to call the Extension office at for the dutch treat

Western Dairy Transport, L.P.

Loader Positions Available Competitive Wages Medial Insurance Provided for Driver Optional Medical for Family Vacation and 401 K after first year

If you are at least 23 years old and have a class A CDL and recent verifiable semi driving experience, you can drive for a company that cares for the driver

> ContactKellv@800-854-7886 www.westerndairytransport.com

>>>>>>>>>> GERMAN SAUSAGE FOR SALE

Craig Kautz has been invited to participate on our state's football team in the Down Under Bowl to be held in Australia in the summer of 2008.

He will be selling homemade German Sausage for \$4.00 per pound.

To place your orders, please call Lynette Kautz at 396-2498 or at 366-3302 or Jeff Kautz at 930-0937.

Thank you for your support!

>>>>>>>>>

STEVENSON & SONS

PEST CONTROL Termite & Pest Control ● Rat Control ● Bird Control Yard & Tree Spraying

Trenda Maiwald

Residential . Commercial Farms • Ranches

"Professionals in Pest Control Technology" 249-4202 Jim Stevenson

Dalhart • Stratford • Hartley Licensed & Insured

> 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

Elks in Action Performance Jan. 11th & Jan. 18th Half-time of Varsity girls games **Parents: Have** your child to the activity gym by 6:15 these days.



15 Years, 4500 Babies In Dumas

Vomen'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**

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



Riffe Gives Tour

Gaynelle Riffe, left, was the guide on a trip through China for members of GFWC/Prospectus Study Club. A welcome at the gate is for Laurie Spurlock and Marty Bain.

A Trip Through

A trip through China was

Interesting

Marylou

Imagination

taken by GFWC/Prospectus

Study Club January 9th. Gaynelle Riffe was the guide

International; Program. It was

It was reported that Project

Christmas Card for Sherman

Library

Door Prizes were won by

Club will meet Feb. 6 for

their next meeting then on Feb.

12 for the Coldwater Manor

Traveling through China

were Cindy Jackson, Pat

Marylou McDaniel, Mattie

Baskin, Dorothy Haile, Linda

Swain, Laurie Spurlock, Marty

Karen Perrin was a guest.

Hartman, Margaret

Everett and Jill Killian.

Swain,

McDaniel and Jill Killian.

China Taken

the

held at the

Station.

\$2,655.00.

Birthday party.

Linda



Last week we started the 2nd semester and it was a busy week. Basketball games were held on Monday, Tuesday, and Friday. Basketball King Craig Kautz and Oueen Jordan Confer were crowned at the coronation at Friday's pep rally. Jim Morgan met with the seniors on Monday order their graduation announcements and caps and gowns. A motivational assembly with Jon Randles was on Tuesday. On Wednesday report cards went out, a Seward County Junior College representative met with the seniors, and the enrollment for Frank Phillips Concurrent courses was that afternoon. The high school All Region Band Clinic and Concert Bain, Joyce Hart, Paula was held on Friday and Saturday, and our speech students attended the Friona speech Tournament on

In Mrs. Everett's biology classes Jimmy tanning and Larry Morris Reflect upon your present blessblood typed the students for a lab ings, of which every man has in genetics. I know some of them many—not on your past mis-

Saturday.

Mrs. Carthel's seventh grade some. students did a quick study of Ellis Island before watching the onstage production about the famous "Port of Entry" television from the Amarillo Globe News Center for the Performing Arts. It was exciting to be able to watch the production as it was happening in Amarillo.

One thing the students learned was that Ellis Island opened in 1892, received the most immigrants in 1907 and was closed in 1954. This week the first grade is

working on singular and plural nouns, sorting things by groups and amounts, learning to add two digit numbers through money, and learning more diagraph and combinations to help our spelling skills. We are focusing on writing better sentences and stories as well.

Congratulations on a job well done at the Friona Speech Tournament! Trenda Maiwald and Tanner Riffe got 1st place in Duet Improv; Trenda Maiwald -3rd in Poetry; Lucero Ortega -2nd in Novice Informative; and the 2nd place team in Group Lip Sync included Courtenay Sell, Lucero Ortega, Darcy Rosales, Siearra Valenzuela, Tanner Riffe, and Kimberly Ricks. Also ries, grapefruit will fill you up were Wesley competing Anderson and Heidi Brooks.

Quote of the week: "Only I can change my life. No one can do it for me."

My spelling is Wobbly. It's good spelling but it Wobbles, and the choose to eat grapefruit by itself, letters get in the wrong places. it is also great when combined

Correct English is the slang of prigs who write history and essays.

-George Eliot

Grammar is the logic of speech,

2008 TREE SALE

Time is here once again for Sherman County Soil and Water Conservation District's annual Tree Sale. If you have any special wants or wishes as far as trees go this year, please call the office at 396-5517 ext. 3 and we will be happy to try and find what you need. We have added a lot of different species of 5 gallon potted trees this year as well as several 10 gallon potted trees, which should keep the landscape interesting. Please keep in mind, that as in years past, several species of evergreen seedlings are in 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 trees that you want for your specific needs. Order forms can Nostalgia: A device that removes 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 email us at swcd@xit.net. The District can also fill

requests for drip irrigation Some folks never exaggeratesupplies. We do not keep this in they just remember big. stock, but will help in the design of your system and order exactly what is needed for you. Delivery is usually within three working days. You can help your investment with the installation of weed barrier. We have this available also. This is especially important in windbreaks because we do not want the newly planted seedlings to have to fight with weeds and grass for water. The barrier will help prevent the

growth of weeds and grass and keep the moisture in the ground. The four and six foot squares are also helpful in the garden for newly planted flower beds and around newly planted landscape

If you need a Tree Order Form, want to place an order for trees, really didn't like the finger stick! fortunes, of which all men have trees or need help planning for your particular needs, please do -Charles Dickens not hesitate to contact the District or the NRCS at 396-5517 ext. 3.

Thank you for your continued support of conservation in Sherman County.

FOOD

Citrus 101: Add Zest to Your Health with Citrus

NewsUSA

(NU) - If you're trying to get a leg up on good health, there's one tasty food you may want to get hooked on - citrus. Citrus fruits are not only one of the most delicious varieties of fruit, but they are also full of nutritional

One of the healthiest kinds of citrus fruits is the grapefruit. In season from October through May of each year, tangy, juicy grapefruit complements many other foods, making it easy to pair with other items. Getting its name from the fact that it grows on the tree in clusters, like grapes, grapefruit is known to provide a full day's supply of Vitamin C. But they also provide a plentiful supply of Vitamin A and contain dietary fiber. When it comes to calowithout packing on the pounds half of a medium-sized grapefruit contains only 60 calories.

When shopping for a good grapefruit, seek out a fruit that is heavy for its size. The heavier it is, the juicier it will be, making your planned grapefruit dish more delicious. Grapefruit will last for approximately two weeks when stored in a cool place in your home or up to six weeks in the refrigerator.

And while many people

-A.A. Milne with other healthy foods. Visit www.texasweet.com for

more healthy recipes.



Citrus fruits, like grapefruit, provide many tasty benefits. Rio Star Grapefruit and

4 servings 2 Texas Rio Star Grapefruit, sectioned with juice reserved

Avocado Salad

2 avocados, halved lengthwise and pitted 2 teaspoons fresh tarragon,

chopped 1/4 cup fresh lemon juice

2 teaspoons lemon juice 1/4 cup olive oil 3/4 teaspoon coarse salt Black pepper to taste

Brush two tablespoons of lemon juice over the flesh of the avocados and set aside. Add lemon juice, salt and tarragon to the reserved grapefruit juice and season with pepper. Whisk in olive oil in a slow, steady stream. Add grapefruit sections and toss gently. Place each avocado half on a plate. Top with the grapefruit mixture, dividing evenly. Serve immediately.

Human Interest

(NU) - In early 2008, construction will commence at the site of the the Martin Luther King, Jr. National Memorial, a four-acre plot located on the National Mall in Washington, D.C. For the past 10 years, the Washington, DC Martin Luther King, Jr. National Memorial Project Foundation has led this historic effort, taking the helm after it was

conceived more than two decades ago.

The centerpiece of the MLK Memorial is the "Stone of Hope," a even as logic is the grammar of three-story statue of King that emerges from a stone wall of granite. A grove of cherry trees will also encompass the landmark to under--Richard C. Trench score themes of justice, love and hope. For more information, visit www.BuildtheDream.org.

Kerrick News By Marylou McDaniel

Nicolas McDaniel is coming home from Iraq January 22! He called about the snow they had for four hours last week! There will be a covered dish dinner to welcome him home on Sunday, Jan. 27, at 1 p.m. at the Community Center. Everyone is welcome. There will be ham and turkey. Since it's unknown how many might come, that is why it is covered dish.

Last week there was supper and canasta at the Gillenwaters for Bud & Frankie Shields, Rolene Arkon and Jo June McDaniel.

be picked up if you come by, or the ruts and potholes from

-Doug Larson

-Audrey Snead

THE STRATFORD STAR Thursday, January 17, 2008 Page 3

Time is an avid gambler who has no need to cheat to win every time.

-Charles Baudelaire

C & M Furniture

1762 E. 1st, Dalhart, TX *244-4663 Mon.-Fri 9 a.m. to 5 p.m. Sat. 10 a.m.-4 p.m.

Bedroom suits, mattresses, Living Room suits, Dining Room suits, Washers, Dryers, Refrigerators and Stoves

JOHN S. KILLIAN D.V.M.

Large Animal Veterinary Services 5630 CR M • Stratford, TX 79084

Office: (806)366-7550 Cell: 806-753-7760

Clinic is now open for small animal care. Call for Appointment

The Red Door

Come Join Us for Brunch Thursday, January 17 10:00-11:30

TO WELCOME

Joli Asher—New Stylist & to Celebrate our 5th Anniversary

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 Jason Stone

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

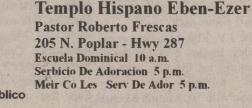
La Mision Bautista **Mision Bautista**

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



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



The Churches of Stratford Welcome You

1Timothy 6:10

For the love of money is the root of all evil: which while some coveted after, they have erred from the faith, and pierced themselves through with many

STRATFORD GRAIN

396-5541

769-4485

STRATFORD STAR

366-5885

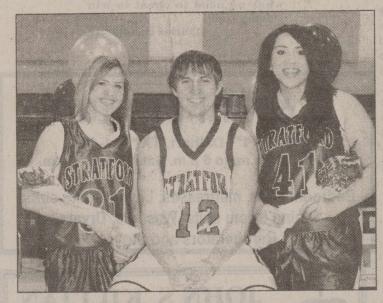
WALTER LASLEY &

SONS, INC.

753-4411

LAUTZ

2008 BASKETBALL CORONATION



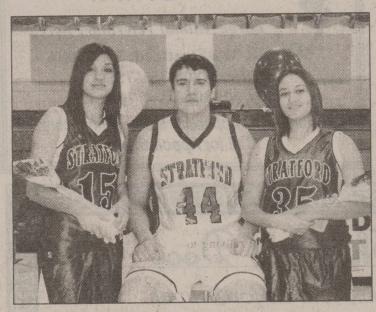
Basketball royalty nominees L/R Kristen Crabtree, Craig Kautz and April Peregrino.



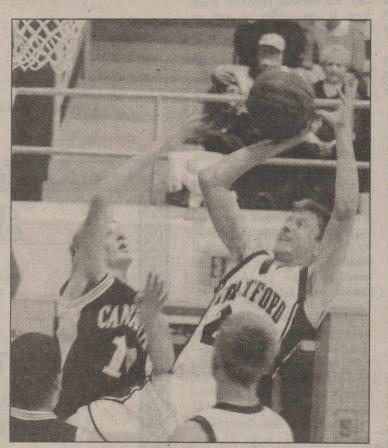
Basketball royalty nominees L/R Ivy Valenzuela, Sandro Gomez, Darcy Rosales.



Basketball royalty nominees L/R Kelsey Stein, Hunter Buckles and Jordan Confer.



Basketball royalty nominees L/R Yesenia Ibarra, Matt King and Lucero Ortega.



Stratford Elk Kaleb Horsford goes up for two against

WHEN THE BER



Lady Elk Sinead Everett dribbles past Canadian player in the Lady Elks loss on Friday, January 11.

610 E. Taylor

P.O. Box 217



8th grade crown bearers Braiden Palmer and Perla Reta.



J.V. Lady Elk Kelsie Keener shoots free throws in their victory over Canadian on Friday, January 11.





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

PO Box 20118 Phone 806-367-5617 Amarillo, TX 79114 Cell 806-367-0070

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 Remodeling Roofing Texline, TX 79087 Free Estimates 806-333-4253 806-362-4253

loe Taylor, Photography

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



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

P.O. Box 510 Stratford, TX 79084 Phone 806-366-5557 www.duncanchevrolet.com

E-mail duncanch@xit.net AN AMERICAN REVOLUTION

This Space Available



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

(806) 769-4454 (806) 366-3134 Shop

111 S. Maple Stratford, TX 79084



201 N. 2nd Street - Stratford, TX 79084 Tele (806)366-5592 * Toll-free 800-624-5494 Fax(806)366-2583

WINDSHIELDS . LOCKOUTS . CUSTOM & COLLISION WORK Owner - Don Aduddell

Office 806-396-2812 · After hours 806-366-3233

Your Home Town Pharmacy... Gayland Vandiver, R.Ph. Debbi Vandiver/ Owners

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

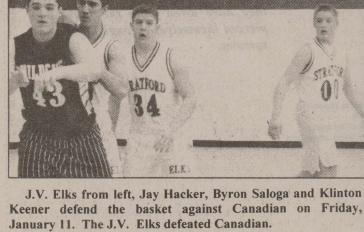
FARM BUREAU INSURANCE National Quality Award—35 Year Member

JOE FLORES

AGENT

P.O. Box 25 Hwy 287S. Stratford, TX 79084

Office Phone/806-396-5538 Bus. Phone/806-396-2422 Residence/806-396-5389 Fax/806-396-2113



Keener defend the basket against Canadian on Friday,

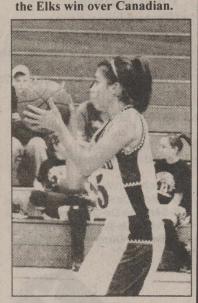
The 7th grade Elks lost to Panhandle 15-43 on January 7. with 4 points each and Kelby Hartman added 2 points.

Garza 2 points each.

Tuesday, January 8 35-29. Bryce Resendes, Craig Kautz and Cummings led the Elks with 13 Sandro Gomez 2 points each. points followed by Justin Lanning with 10, Klinton Keener Elks lost 17-35 to Spearman. 6, Michael Ortega 4 and Trevor Kelsie Keener led the Lady Elks Christian 2 points. On Friday, with 9 points followed by the J.V. Elks began District play Channing Zieman with 6 points. with a win over Canadian 32-24. The J.V. Lady Elks lost 27-51 to Trevor Christian led the Elks Panhandle on January 8. Jessica with 10 points followed by Justin Ibarra and Kelsie Keener led the Lanning with 9, Michael Ortega Lady Elks with 6 points each each, Bryce Cummings 2 and Kimberly Melton with 4 points Friday, January 11. Klinton Keener 1 points.

The Stratford Elks beat Tanner Wright led the Elks with Gruver 46-39 on January 8. 5 points followed by Reed Kaleb Horsford led the Elks with Schoonover and Michael Hacker 12 points followed by Tyler Wright and Kyle Horsford with 10 points each, Luis Ortega 8, The 8th grade Elks lost 33-40 Hunter Buckles 4 and Craig to Panhandle. Braiden Palmer Kautz 2. The Elks won their led the Elks with 15 points District opener on Friday, followed by Justin Mungia with January against Canadian 39-34. 6, Jesse Ruedas 4 and Edgar Kaleb Horsford and Tyler Wright Guerrero with 4 points each and led the Elks with 9 points each. Neftali Valenzuela and Marcos Kyle Horsford and Hunter Buckles followed with 6 points The J.V, Elks beat Gruver on each, Luis Ortega 3 points, Angel

On January 4, the J.V. Lady



Elk

Buckles concentrates as he gets

ready to shoot free throws in

Stratford

Hunter

Shooting free throws for the and Jay Hacker with 5 points followed by Rubi Rueda and Lady Elks Brianda Chavoya on



Star Classifieds

Phone 366-5885

.. The Best Salesperson Around

Help Wanted

Part-time Bookkeeper Needed ASAP: QuickBooks skills required including Payroll, AP, AR. Please include 3 business references with resume. Salary DOE. If interested send to Star Box 8, Stratford, TX 79084 or e-mail stardm@xit.net 1-31-c-08--

Circle H Animal Health is looking for dependable, hard-working, motivated individuals to work on our weigh day crews. If you would like a part-time job 2-4 days per month or would like to supplement your current income with a second job, we've got the job for you! Great pay! Stop by to fill out an application or bring your resume. Open 8-5 M-F. 3216 HWY 54 E. in 12-6-tfn

Help Wanted: Feeders, Tractor drivers, truck drivers, milkers, cow pushers, comparable pay & benefits. Come by office to pick up application. Aurora Organic Dairy-5490 Co. Rd. Y. For more information call 769-4447. 1-17-c-c4x's-

USED SALE

Tires, Tool boxes, Grill guards, headache racks, cars, pickups, SUV's and more. Duncan Chevrolet 366-12-6-tfn-

Wanted: Babysitter, prefer high school girl with car to pick up and drop kids off at school. 2 hours after school for 2 small girls. Call 1-806-282-2567 or 806-717-8167.

Needed: Daytime babysitter. For more inf. Call 806-282-2567 or 806-1-17-C-

COLDWATER MANOR has an opening for P-T L.V.N. or R.N. Apply in person with Angela. EOE.

For Rent

FOR RENT: 516 N. Chestnut. Inquiries please call 396-5304 or 753-6294. Habla espanol.

House to Rent: 609 N. Grace. Call 303-618-0060. 1-10-tfn-

Available for immediate occupancy. Large 2BR apartments, newer appliances, great location close to school. \$430-\$450 per month rent. Call 806-244-3418. 1-17-08-c-

For Sale

For Sale or lease 212 N. Poplar 40' by 60' office building. Call 806-679-5585. 11-1-tfn-

For Sale or Lease-Morten Building, 54' x 72' x 16. 396-2305. 6-22-tfn-

For Sale: New unbleached cloth diapers \$24.00/doz. Call 753-4473. 1-17-C-

Lost & Found

Lost: Silver dollar money clip. Keep the money, but please return the clip. Great sentimental value to me. Elmer Oquin, 396-5647 or 916 N. Maple, Box 811 Stratford.

Lost: Prescription sunglasses, call 1-17-08c-

1-10-c-



General of the Armies, John Per- thing silly. shing also held a law degree from the University of Nebraska.

Houses for Sale

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. See pictures @ Shermancountytx.org 6-28-tfn

ad Rem Land Co., TICReal 803 Bliss - Dumas, Texas 79029 MLS Se Habla Español IR (1)

935-7364 E-mail: adrem@adremland.com Website: www.adremland.com

SEAB ARD

What;s in your Stocking?

New Starting Wages for Live Production!

\$10.50-\$12.50 per Hour

(Depending on Experience)

Effective January 1, 2008

Average work week = 49 hours!!

"Why Look Anywhere Else?"

Call Us Today!

Guymon, OK Office

877-JOB-PORK

(877-562-7675) or 580-338-4908

www.seaboardfoods.com

EOE M/F/D/V

30-Minute Circuit Training Program

Saves Time and Burns Calories

the 30/30 Circuit training

program, which was developed

exclusively for 1-2-3 Fit's clien-

tele. Test subjects ranged in age

from 18 to 62, and physical activ-

ity levels varied from complete-

ly inactive to highly active. Af-

ter a period of six months,

researchers found that the 1-2-3

Fit circuit training program was

effective for all ages, body types

because you think you have no

time, consider trying a 30-minute

circuit training workout with ex-

cellent calorie-burning potential.

Even the most time-starved, in-

active person can now work their

for qualified club owners to join

their team. Information about

1-2-3 Fit's 30-minute circuit

training program or owning a

1-2-3 Fit club can be found at

www.123fit.com or by calling

1-888-Out-in-30 (688-4630).

Food

(NU) - During family gatherings, many look for a sweet treat that

Incorporating raspberries into your menu not only adds a little

nutrition to your menu - raspberries are considered a "heart healthy"

fruit that lowers cholesterol - but they can be easily obtained and eat-

en year-round. Seek out frozen raspberries in your local store for a

quick and easy way to obtain the same wholesome benefits that fresh

Health

you can't quite remember, your so-called tried-and-true shoes may

Follow these tips from the APMA to care for your feet:

(NU) - When was the last time you had your feet measured? If

When getting fitted for a new shoe, you should wait until later, in

Stay away from shoes that require a "break-in" period. Properly

For more information and guidelines on caring for your feet, vis-

1-2-3 Fit is currently looking

way to a healthier lifestyle.

Instead of ignoring exercise

and activity levels.

(NU) - In the age of 50-hour

work weeks, it's easy to let fitness

fall by the wayside. In fact, the

number one reason why most

people do not lead active

lifestyles is because of a per-

workouts are becoming increas-

ingly popular. While a new diet

and exercise program makes its

debut each week, consumers are

becoming more skeptical about

which craze to buy into. Lucki-

ly, there is an independent organ-

ization that tests and studies

exercise and fitness programs.

The American Council on

Exercise is the premiere fitness

certification, education and train-

ing organization worldwide. It

recently conducted a study to

help educate the public about

workouts that help lower body

weight, decrease risk of diseases

program came out on top and was

judged to be as, or more, effec-

tive than other methods of exer-

cise such as playing sports, jog-

ging or lifting weights. Since the

1-2-3 Fit workout combines car-

dio, strength and resistance train-

ing in just 30 minutes, it allows

for higher energy expenditure,

Fit's proprietary equipment

including the Simbio System and

The study evaluated 1-2-3

will complement the perfect dinner party.

have your feet crying out for a different size.

thus burning more calories.

raspberries offer.

it www.apma.org.

The 1-2-3 Fit circuit training

and increase energy.

For this reason, 30-minute

ceived lack of time.

e Season for

Commercial Property, 207 Texas Ave., Stratford 80 x 80 shop with 4.4 acres located on Dalhart Highway, 2 16' overhead doors with office space. \$129,000.

NEW LISTING! For sale by owner. 314 S. Fulton. 1662 total sq. ft. 3 CH&A. garage/double driveway. Large deck. Cash back at closing incentive. Will show by appt. 806-8-9-tfn



Great New Listing! 3 bedroom, 2 bath, home. 804 N. Fulton

Contact 396-2403

Lindahl Realty, LLC 701 S. Bliss/ PO Box 572 Dumas, Texas 79029

toll free (866)935-7300 Residential Property

14433 Hwy 287 Stratford \$127,500

4/2 1997 Saturn Manufactured Home on 24 acres. Cthdl. Ceiling, wood burning f.p. in Living room. Kitchen has island with eating bar, pantry, and builtin desk. Master bath has walk-in shower, dbl. sinks, and garden tub. 4 car Quonset garage w/ elec. Barn with 220, & 2 addtl. Quonsets on concrete slabs.

> 408 N. 8th. Stratford \$85,000

Room & more Room! In this 3/1.75/1 home w/ office or 4th bedroom. Dining w/built-in corner hutch. Bedrooms with walk-in

closets. Vinyl & carpet throughout home. Utility room. Fenced backyard, Wood deck, storm windows & doors, and storage building.

> 402 N. 8th Stratford \$20,000

2/1 Home on Lg corner lot. Wall heater, evaporative cooler, and gas stove in kitchen.

> Commercial Property 501 S. Poplar Stratford \$29,900

Commercial Building with lobby area, 3 offices, 2 bathrooms, & shop With 10x12 overhead door. It has approx. 1,776 sq. ft.

> 301 N. Poplar Stratford \$275,000

NICE! NICE! NICE! 60×100 Commercial Building on huge lot. Building has several overhead

doors, showroom, office, and handicap accessible restroom.

\$640,700 Approx. 640.7 Acres w/ dbl. wide mobile home and 2 car detached garage just South of Stratford.

the day because your feet swell throughout the afternoon. Be sure to In addition to holding the title Take time every day to do some stand when your feet are being measured or fitted.

Stay away from shoes that require a "break in" fitting shoes should be comfortable immediately.

-Philipa Walker

Acquisitions...

JANUARY CLEARANCE SALE!!! Beginning Jan. 19th, save 25-50% on merchandise throughout the store**, including decorative iron, tables, chairs, buffets, chests, oil paintings, lamps, mirrors, beds, hooks, crosses, stars, picture frames, chandeliers, purses**, scarves, hats, and SO MUCH MORE!

Acquisitions. . .

Open Monday-Saturday from 10:00 am.-6:00 p.m. at the corner of Hwys 54 & 287 in Stratford, Texas (**excluding jewelry, candles, and Two Bar West purses)

German Sausage For Sale

Craig Kautz has been invited to participate on our state's football team in the Down Under bowl to be held in Australia in the summer of 2008. He will be selling homemade German Sausage for \$4.00 per pound. To place your orders please contact Lynette Kautz at 396-2498 or

366-3302 or Jeff Kautz at 930-

COMMUNITY

Easy Ways to Clean, Beautify **Your Local Community**

(NU) - Volunteers from across America are rallying together for a cleaner, greener tomorrow — right in their own communities.

From litter removal and recycling to graffiti abatement and beautification of parks and playgrounds, millions of Americans will create cleaner, safer, more beautiful communities during Keep America Beautiful's Great American Cleanup, the nation's largest community improvement

This year's Great American Cleanup is expected to involve nearly 2.5 million people, volunteering more than 8 million hours in support of 30,000 events in all 50 states. President George W. Bush serves as honorary chair of the event for the fifth consecutive year in 2007. Mrs. Laura Bush joins him as honorary chair for the third con-

secutive year. In 2006, Great American Cleanup volunteers collected 228 million pounds of litter, planted more than 5 million flowers and trees and cleaned over 3,900 miles of nature trails.

What can you do in 2007 Keep America Beautiful offers these simple tips for protecting the environment and our communities:

· Always be prepared. Keep a litter bag in your car to dispose of litter. Try to pick up a piece of litter every day.

· Make a green scene. Planting grass, trees and flowers in public areas can reduce crime, increase property values and inspire community pride.

 Encourage adopt-a-spots. Ask local businesses to adopt a public space and maintain it reg-



Local youth participate in one of 15,000 Great American Cleanup activities across the U.S.

ularly to benefit your local econ-

· Recycle at home and at work. Recycling conserves energy, protects natural resources, saves landfill space and creates

· Encourage youth volunteerism and eco-awareness. Get involved with local schools to promote recycling drives and clean-up projects.

Support for clean communities continues to grow, as many companies sponsor volunteers' efforts. The 2007 Great American Cleanup national sponsors are: American Honda Motor Co., Inc., Firestone Complete Auto Care and TiresPlus, GLAD ForceFlex Trash Bags from The Glad Products Company, Pepsi-Cola Company, Sam's Club, The Scotts Miracle-Gro Company, Sparkle Paper Towels from Georgia-Pacific, Sprint Foundation, Troy-Bilt, Waste Management, Inc., and the Wm. Wrigley Jr. Company; Educational Partners: Rubber Manufacturers Association and The Wireless Alliance.

For more information about helping your community or participating in the Great American Cleanup, visit www.kab.org.

(NAPS)-The word "sharp'ner" s a term coined by Londoners for the first and only drink of the evening. A nationwide campaign has been launched to bring this British tradition stateside and to have the word added to several dictionaries. Visit www.houseof beefeater.com to learn more.

GoldMail is a new, easy-to-use messaging tool that allows customers to record their voice over visuals and text-from photos to documents to graphics to presentations-and share them via email or a Web page. To learn more, visit www.goldmail.com.

Things are looking up for the "urban loft," a popular contemporary style that isn't only for city dwellers anymore. New urbanism is a trend that continues to grow in popularity even in the middle of the suburbs. For more information, visit www.spaintiles.info.

You might not realize that your father's diabetes or your cousin's sickle cell disease could affect your child, but this family history information could help save your child's life. More information is available at www.cdc.gov/ncbddd/bd/family_

The Web site www.canus goatsmilk.com features over 60 natural skin care products made from goat's milk. They include goat's milk lotion and soaps that naturally moisturize and help soothe dry skin. There's even body

butter and foaming milk bath, all made from fresh goat's milk.

SnapVillage.com is a fast, simple and fun way to get fresh, highquality and affordable digital imagery for creative projects. The site offers more than 20 different categories and tens of thousands

According to the National Healthy Mothers, Healthy Babies Coalition, approximately 15 percent of women will experience postpartum depression after giving birth and it's important to get help. For information on this treatable condition, visit www.hmhb.org.

Quest Diagnostics has introduced a new option for patientsappointment scheduling. Schedule your lab appointment 24 hours a day, seven days a week, online at www.questdiagnostics.com or by calling (888) 277-8772 toll free. While appointments are encouraged, walk-in patients are welcome.

"You Be the VC," a new contest sponsored by Bang Ventures, is an open call for entrepreneurs to submit their ideas for new start-ups. The public will decide which three companies get start-up funds and resources. Submissions are due February 1, 2008. To learn more, visit www.youbethevc.com.

If left untreated, insomnia can affect your health, your relationships, your mood and your work performance.

New York Times Best Sellers @ **Your Library Fiction**

By Sandy Baskin-Librarian

- 1. A Thousand Splendid Suns by Khaled Hosseini
- 2. Double Cross by James Patter
- 3. The Shooters by W.E.B. Griffin
- 4. World Without End by Ken Follett
- 5. T is for Trespass by Sue Grafton
- 6. The Darkest Evening of the
- Year by Dean Koontz 7. Shadow Music by Julie
- Garwood 8. The Choice by Nicholas Sparks 9. Stone Cold by David Baldacci 10. Playing for Pizza by John
- Grisham 11. The Venetian Betrayal by
- Steve Berry 12. Bleeding Kansas by Sara Paretsky
- 13. For One More Day by Mitch Albom
- 14. Confessor by Terry Goodkind 15. Rhett Butler's People by
- Donald McCaig 16. Protect and Defend by Vince
- Flynn 17. Book of the Dead by Patricia
- Cornwell 18. The Chase by Clive Cussler 19. The Gift by Richard Paul
- 20. Home to Holly Springs by Jan
- 21. Hand of Evil by J. A. Jance
- 22. Third Degree by Greg Isles 23. Amazing Grace by Danielle Steel
- 24. Tree of Smoke by Denis Johnson.
- Non-Fiction
- 1.1 Am America (And So Can You) by Stephen Colbert
- 2. Boom! by Tom Brokaw
- 3. Quiet Strength by Tony Dungy 4. The Age of Turbulence by Alan Greenspan
- 5. Lone Survivor by Marcus Luttrell
- 6. The Coldest Winter by David Halberstam
- 7. Legacy of Ashes by Tim
- 8. Eat, Pray, Love by Elizabeth Gilbert
- 9. The Innocent Man by John Grisham
- 10. Into the Wild by Jon Krakauer 11. The Audacity of Hope by Barack Obama
- 12. 90 Minutes in Heaven by Don Piper
- 13. The Life and Times of the Thunderbolt Kid by Bill Bryson
- 14. The Looming Tower by Lawrence Wright
- 15. The Worst Hard Time by
- Timothy Egan 16. Become a Better You by Joel
- Osteen 17. The Dangerous Book for
- Boys by Conn Iggulden 18. Rich Dad, Poor Dad by
- Robert T. Kivosaki To check the availability of these
- towww.hlcgo lib.org/stratford
- . 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.



(NAPS)—What makes Parmigiano Reggiano unique is that, by lar organ or disease, family physilaw, it can be produced in only one place on earth—a designated region in Northern Italy—using the same methods that have been used there for the past 900 years. who have an ongoing relationship For more information, visit with a primary care physician www.parmigiano-reggiano.it.



"Drinking one 8-ounce glass pend on their family physician to of 100 percent orange juice pro- coordinate care among other vides almost 25 percent of the health professionals to achieve the daily USDA recommended serv- best possible outcome in the most ings of fruits and vegetables," cost-effective manner. said Elizabeth Pivonka, Ph.D., RD, president and CEO of Pro-quired to adhere to the highest duce for Better Health Founda- standards of medical care. To tion. For more tips, visit maintain certification with the inwww.Floridajuice.com/Break

fastHabit.



Honorable Mention

Receiving AP (Associated Press) honorable mention All-State awards for defensive line Julio Ramirez and Sandro Gomez. Congratulations!

AUTOMOTIVE

Steer Clear of Unsafe Winter Driving

NewsUSA

(NU) - Winter weather can be as dangerous as it is unpredictable. Studies have shown that approximately 70 percent of winter deaths attributed to snow and ice involve motor vehicles - making it incredibly important to be safe on the road when driving conditions become hazardous.

The following tips, provided by Bridgestone Winter Driving School director and pro race driver Mark Cox, will give you the upper hand when taking your vehicle out into snowy or icy weath-

Inspect your windshield wiper blades to make sure they're working properly. If you live in an area where heavy snow during the winter is a regular occurrence, switch your conventional wiper blades for snow blades during the winter months.

Before leaving your driveway, make sure your tires are properly inflated. Under- or over-inflated tires can reduce the gripping action of tires because the tread won't meet the road surface as it

 Use dedicated snow and ice tires, like the Bridgestone Blizzak, when living in an area where adverse precipitation is a certainty. Snow and ice tires have a special tread compound and a unique tread design to increase roadgripping abilities. Install snow tires on all four wheels, not just

your driving wheels. Kick the snow off of your shoes before getting into your ve-

(NU) - Anyone who has ever

needed the advice of a doctor

knows that having a trusted physi-

cian is paramount to maintaining

good health. Have you ever

wished there was one place you

could go to have all your health

concerns addressed? If so, see

specialize in treating one particu-

cians are uniquely trained to care

for you as a whole person - re-

gardless of your age or gender.

Research has shown that people

have better overall health out-

comes, lower death rates, reduced

rates of infant mortality and low-

tensive training in many special-

ized areas, including pediatrics,

internal medicine, psychiatry and

neurology. When patients require

treatment a primary care physi-

cian cannot provide, they can de-

All family physicians are re-

Family physicians receive ex-

er total costs of care.

Unlike many physicians who

your local family physician.



Defensive End.

Checking your wipers and tires, as well as staying off of your cell phone, are easy ways to drive winter-safe.

hicle. When snow melts, it can create moisture buildup and cause windows to fog.

Avoid harsh use of your brakes while driving. However, if you need to make an emergency stop in a car equipped with an Anti-Lock Brake System (ABS), firmly press the pedal down and hold it to the floor.

• Never use your cell phone when driving – even if you use a hands-free model when in the car. or snow, you will need to completely focus on driving safely.

As an extra precaution, it's a good idea to store the name and telephone number of an emergency contact in your cell phone under the acronym "ICE" which stands for "in case of emergency." Doing this will help rescue personnel quickly locate a friend or family member during an emergency.

HEALTH

Family Physicians Deliver

on Personalized Care

NewsUSA

Named to District 1-AA 2nd Team All-District and Honorable Mention football standing L/R Kaleb Horsford – Honorable Mention Tight End; Manuel Chavoya – 2nd Team Defensive Back; Jorge Robles - 2nd Team Linebacker; David Acevedo - 2nd Team Offensive Line; Klinton Keener - Honorable Mention Defensive End; Seated L/R: Corey Carter - Honorable Mention Offensive Line; Brent Reed - Honorable Mention Defensive Line; Joey Reta - 2nd Team Linebacker.

District 1-AA 2nd Team

District 1-AA 1st Team

Named to District 1-AA 1st Team All-District standing L/R: Craig Kautz - Running Back and

Defensive Back; Angel Resendes - Punt Returner and Kick Returner; James Smith -

Linebacker; Sandro Gomez - Offensive Line and Defensive Tackle; Joey Reta - Punter; Jesse

Lopez - Running Back; Seated L/R: Julio Ramirez - Tight End and

Defensive Tackle; Brent Reed - Center; Hunter Buckles - Quarterback; Michael Frizzell -

Clear the Clutter in Your Home

(NU) - As cooler weather forces friends and family indoors, there's no better time to tackle the home improvement projects you've been putting off all summer while you've lounged by the lake. Start out by tackling a few small projects that produce big re-

The projects below can be completed easily by using just one tool—the newly available Dremel 75th Anniversary Limited-Edition Rotary Tool Kit.

Dremel, the trusted name in high-speed rotary tool technology, offers the following project

• Organize your closets. One of the easiest ways to make messes disappear from out in the open is to store necessities behind closed doors. To create more storage inside your closets, install shelves. Coated wire shelving kits can be easily custom-fit to your exact closet dimensions. Begin by measuring the width of your closet space, and mark that measurement directly onto the shelf. Secure the shelf to prevent movement and use the rotary tool with a cut-off wheel to make your cuts. Finish by smoothing the new edge with a drum sander accessory, and then install the shelf.

· Hide exposed wires. Add a touch of class, and safety, to your house by hiding easy-to-trip-over audio and video wires behind baseboards. First, mark the centerline on the back of the baseboard to serve as your guide. Using a flex-shaft attachment on the rotary tool and a carbide-sanding



installing shelving units in your closet. Coated wire to fit your exact dimensions.

band, sand a recessed area to accommodate the wiring. Continue grinding the length of the baseboard. If the band clogs, clean it with a wire brush. Fasten the cords with tape to hold them in position. Drill and nail base above or below the centerline to avoid hitting any wiring.

• Remove scratches from household hardware. Get rid of age-revealing scratches from doorknobs, cabinet handles and faucets by buffing with a felt or emery-impregnated polishing wheel and rotary tool. For best results, polish slowly using gentle pressure.

For more household clean-up tips, visit www.dremel.com or call the Dremel Experts at APO AE 09378 1-800-437-3635

someone serving in the military and would like to have someone's picture and address put in the paper, please leave it with us and we will put it in for you. We will be running the addresses and they will stay in every week. Call 366-5885 or fax to same number or e-mail stardm@xit.net

Organize household items by shelving kits can be easily cut

BALAD IRAQ PVT MCDANIEL NICHOLAS ABTRY (all of above on one 1st PLT 1/9 FA APOAE09391

ATTENTION

Editors Note: If you have

READERS

PFC Rendon, Cory

E/3-7 IN (4-3 BTB),

(Line 2 & 3 on same line)

4BCT, 3ID

Unit 40622

FOB Kalsu

APO AE 09312

LCPL CROWL, CHANCE **BBTRY** 1st BN 10th MAR **UNIT 73330** FPO AE 09509-3330

Brian Husmann PT RP 4/3 ACR Unit #6061

Home

(NU) - If you've always wanted to own your own log home, the following tips can help make your dream of a log home into a reality. Time is change, transformation, Define your lifestyle. Will your family be growing, or will you be evolution. retiring? Do you want guest bedrooms or living space on a single floor? Start a notebook with a list of requirements.

• Find a log home manufacturer. Some companies, such as Mainebased Katahdin Cedar Log Homes, offer a handy checklist so you can compare package contents and components among manufacturers.

• Cedar or pine? While both are favored in the marketplace, cedar what was hard to bear is sweet offers many distinct advantages. For more information, visit www.KatahdinCedarLogHomes.com/tips.

-Isaac L. Peretz

to remember.

-Portuguese Proverb



American Board of Family Medicine, family physicians must pass a comprehensive recertification exam every six years and complete a minimum of 150 hours of continuing medical education every three years. In addition, they are supported by the American Academy of Family Physicians, a national medical association that provides high-quality learning opportunities for physi-

You can count on your family physician to provide routine health screenings, risk assessments and counseling in an effort to prevent illnesses before they develop. To learn more about what a family physician can do for you, visit www.familydoctor.org.