

Sherman County Museum 07/12 PO Box 1248 Stratford, TX 79084

The Stratford Star

75 cents

Published for over 100 years in Stratford, Sherman County, Texas 79084 usps 523

Number 5 February 2, 2012



Reinke Honors Texas Electric Company Technician with Platinum Plus Service Award

(DESHLER, Neb. - January 19, 2012) - Reinke* Manufacturing, Inc., a leading manufacturer of mechanized irrigation systems, is pleased to announce that Brad Williams of Texas Electric Company in Stratford, Texas, has earned the Platinum PLUS (Proven Leaders in Unmatched Service) Certified Technician Award. The prestigious award is the most elite technical service designation awarded by Reinke.

"Being recognized as a Platinum PLUS Certified Technician is quite a remarkable accomplishment," said Tim Goldhammer, vice president of marketing, Reinke Manufacturing. "Brad has completed the most extensive technical service training available to Reinke dealers and is to be commended for his hard work.

Williams qualified for the honor during a recent Reinke service training session held in January in Las Vegas,

The Platinum PLUS Certified Technician Program consists of a series of six technical service training classes and tests. Williams received the Platinum PLUS award by scoring more than 90 percent on all six tests.

"We understand how important qualified service technicians are to producers when they make their buying decisions," added Goldhammer. "That's the focus of our technical service programs, to consistently build upon the level of service capabilities of Reinke dealers across the country and further our commitment to the industry." ABOUT REINKE MANUFACTURING, INC.

Headquartered in Deshler, Neb., Reinke Manufacturing, Inc. is one of the world's most recognized manufacturers of center pivot and lateral move irrigation systems. Since 1954, Reinke has developed products designed to increase agriculture production while providing labor savings and environmental efficiencies. Reinke is a continued leader in industry advancements as the first to incorporate GPS, satellite-based communications and touchscreen panel capabilities into mechanized irrigation system management. Reinke also manufactures intermodal container chassis, over the road aluminum flatbeds and combination steel/aluminum drop deck trailers. For more information on Reinke or to locate a dealership, visit www.reinke.com<http://www.reinke.com/> or call 402-365-7251.



The Stratford Star (USPS 523-108) Published for over 100 years 805 Purnell Stratford, TX 79084 Telephone: 806-366-5885 Fax: 806-366-5884 E-Mail: stardm@xit.net The Stratford Star is published weekly Editor & Publisher Martha Robertson Advertising & Photographer Shari Hudson Subscription rates \$33.00 per year in Sherman & Adjoining counties \$40.00 per year all others

\$27.00 per (9 months) College rate The Stratford Star-PO Box 8-Stratford, TX 79084 Periodicals postage paid at Stratford, TX POSTMASTER: Send address changes to Stratford Star, PO Box 8-Stratford, TX 79084

USDA 2012 DCP & ACRE Sign-up Starts January 23

(Stratford, TX), January 27, 2012 — Sherman County USDA Farm Service Agency (FSA) Executive Director Rebecca Hemphill, announced that sign-up for the 2012 Direct and Counter-cyclical Program (DCP) and the Average Crop Revenue Election (ACRE) Program started on January 23, 2012 and continues through June 1, 2012.

"I encourage producers to make an appointment with our office to sign-up for program benefits," said Hemphill.

Eligible DCP participants receive a direct payment and/or a counter-cyclical payment. Direct payment rates are established by statute regardless of market prices. FSA reminds producers that the 2008 Farm Bill does not authorize advance direct payments. Counter-cyclical payments vary depending on market prices, and are issued only when the effective price for a commodity is below its target price (which takes into account the direct payment rate, market price and

ACRE protects producers from farm market revenue declines when revenue triggers are met for a commodity at both the state and farm level. Farms that are already enrolled in the Direct and Counter-Cyclical Program (DCP) for a crop year can elect to switch to ACRE before the end of signup.

Both DCP and ACRE participants must sign annual contracts to be eligible for program benefits. All signatures of producers who will receive a share of DCP and ACRE payments must be on file by the June 1, 2012 deadline.

For more information about DCP and ACRE, please contact the Sherman County FSA office at 806-396-2211 or visit the web at: www.fsa.usda.gov/tx.

PSF Accepting 2012-2013 Scholarship **Applications**

-Submitted by Charmen Rider Goodwell, Okla.- Panhandle Foundation scholarships annually deserving OPSU students. Over 230 scholarships totaling more than \$200,000.00 are available for the 2012-2013 academic year. The Panhandle State Foundation scholarship packet contains this wide selection of scholarships with varying requirements. The scholarship packet is available in the Foundation Office (SL 207 on the OPSU campus) or online

www.opsu.edu/Offices/Foundati on. Applications will be accepted until March 1, 2012. For more information,

Notice of Availability of **Electronic Communications**

Under a new law, chief appraisers, appraisal districts, and appraisal review boards may communicate electronically through email or other methods with property owners or their designated representatives. Written agreements are required for notices and other documents to be delivered electronically instead of mailing. The Chief Appraiser has the discretion to offer this type of communication. At this time Sherman County Appraisal District will not be offering agreements to send or receive notices electronically for the 2012 tax year. If you have any questions, contact the District at 402 N. 3rd or PO Box 239, Stratford TX 79084.

American Legion Schedules Meeting

The Howard Novell Green Post 262 of the American Legion will conduct its February meeting Thursday evening February 2, 2012 at the SCOT Hall in Stratford. Meeting time is 7:00 p.m. All Legionnaires are encouraged to attend this important meeting. If you have any questions regarding the Legion please contact Robert Marr, Commander at 580-817-0775. Robert McGinnis, Sgt-at-Arms at 396-2212, or Aaron Sheehan, Post Adjutant at 806-680-4513.

ATTENTION 8th Grade & 10th Grade Parents:

If your child is in the 8th or 10th Grade you are invited to come to PLAN/Explore Night on Thursday, February 2 @ 7 p.m. in the high school library. This is an information meeting to go over the PLAN and Explore tests that they took this fall. If you have questions please call Desine Garza at 366-3322.

More Eagle Scouts Pat Flores was also an Eagle Scout. Please let me know folks, only way I will know.

A Medical benefit fund has been set up for Donna Wagner at the Happy State Bank in Stratford

The Food Pantry in Stratford is in need of your help, we need donations. They may be made at the First State Bank of Stratford or Happy State Bank. Canned goods etc. are also very welcomed. THANK YOU

A fund for Pepe Licon and Brenda Ibarra is set up at the First State Bank to help with expenses for their house that sustained fire damage

FSA Accepting Emergency Loan Applications

Sherman County was declared eligible for Farm Service Agency (FSA) disaster emergency Loans on August 15, 2011 and again on August 18, 2011. Generally, that means that farmers who have lost at least 30 percent of their production or suffered any physical losses caused by wildfires beginning April 6, 2011 and ending May 3, 2011, are eligible for FSA loans. Proceeds from crop insurance and/or hazard insurance are taken into consideration when determining a producer's eligibility

FSA Farm Loan Manager, James M. Heck, is urging farmers who are interested in receiving an emergency loan to submit their applications into FSA as soon as possible. The deadline for filing under these designations is April 18, 2012.

For further information, the FSA Farm Loan Program Office covering Sherman County is located at 800 N. Main, Suite D, Perryton, TX 79070 or you may contact James M. Heck at (806) 435-6597, ext. 2. Additional information regarding Disaster Assistance Programs may be found online at http://disaster.fsa.usda.gov.

Golden Nail Awards **Nominations**

Golden Nail Awards nominations are due to the Amarillo Chamber of Commerce Feb. 6, 2012. The Golden Nail Awards dinner will be April 12, 2012 at the Amarillo Civic Center.

What is the Golden Nail?

The purpose of the Golden Nail is to honor individuals. businesses and foundations whose financial, in-kind contributions and volunteerism to The fine arts in the Panhandle are of such magnitude that the impact on the arts is significant; to recognize that private sector involvement is essential to the vitality of the fine arts; and to provide an incentive for greater support of the arts by the private sector.

The Golden Nail Symbol is derived from the bit of fold

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 a rider was lost. For the want of a rider the battle was lost And all for the want of a horse-shoe nail

Past Stratford recipients; Janet Riffe, Stratford Grain, Mr. & Mrs. Scott Buckles, George Harding.

For more information or nomination forms, contact Becky Zenor at Amarillo Chamber of Commerce 806-342-2010 or Gaynelle Riffe, Area Representative 806-396-5303

Special

(Wednesday thru Tuesday) 2 p.m. till closing

Grilled Chicken Sandwich Cheeseburger 2-drinks-2-fries \$9.59

El Primo's

Call 806-366-3799 1120 E. Texas Hwy 54

Attention to all subscribers!! Rate changed

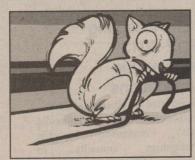
The Stratford Star is no longer be sending out notices when your paper is due. Check the label on the paper and see what month your subscription expires. I will be putting "Stars" on the current month" If you have a Star on your label it means that your sub expires that month. If you are not sure the amount you owe if you live out of the area call 753-7373 and double check. Locally is \$33.00 and out of the area \$40.00. If you are paying for someone else's sub, you will be billed for that person. The Stratford Star, PO Box 8, Stratford, TX 79084 Thanks-Marty



THE STRATFORD STAR Thursday, February 2, 2012 Page 2

Mitchell **Theaters**

Northridge 8 Guymon, OK www.northridge8.com 580-338-3281 Southgate 6 Liberal, Kansas www.southgate6.com 620-624-5573 Garden City, Kansas www.sequoyah8.com 620-275-2760



The NASDAQ stock exchange was totally disabled one day in December 1987 when a squirrel burrowed through one of the exchanges's telephone lines.

The term "smart money" refers to gamblers who have inside information or have arranged a fix, the gambling term for insuring the outcome of an event by illegal methods.

From the desk of Chief Powell

YOUR Police Department has been extremely busy this past week and it looks like it may be a few more days before it slows down. In our line of work, we can have down time and then all of the sudden; we work overtime for what seems like forever. I am just proud we have a group of trained officers who handle these matters professionally and without bias. YOUR Police Officers have been taught to perform their duties with courtesy and professionalism, being fair with each and every individual they encounter. As we have stated before, we are all equal in the eyes of the law. We are proud to enforce the law while remaining "firm but fair" with everyone. Should we ever sway from this & begin "playing favorites," we would not expect to be respected by the citizens the way we are today.

Please remind your Elementary students to have their Valentine project turned in on or before February 9th so they can be judged and prizes can be given out on the

We have been asked by several of you, if the Police Department will repeat our Easter Egg Hunt in the park this year. The answer is: ABSOLUTELY!! I think I speak for all the emergency services here when I say: We had just as much fun as the children did last year (except that we weren't allowed in Tim Miller's Bouncy House) If there is anything we could do different this year to make it better for you or your children, please get with me and let me know.

WE ARE PROUD TO SERVE YOU!!! THANK YOU FOR SUPPORTING THE OFFICERS AND THE WORK THEY DO FOR YOU EVERY DAY.

(Check out www.stratfordpd.com after Wednesday to see crime stats for Jan) I will post this information in next week's article.

Chief Joe Powell Stratford Police Dept.

Portions of Texas Interstate Highways to see Speed Limit Increase

AUSTIN-Miles and miles of Texas highway will soon see speed limit increases following Thursday's Texas Transportation Commission action approving 75 mph designations for close to 1,500 miles of interstate.

The speed limit changes span 60 Texas counties making it the largest conversion since a new law was passed last year. The 82nd Texas Legislature passed and the Governor signed House Bill 1353 which allows the Texas Department of Transportation (TxDOT) to establish 75 mph speed limits on Texas highways providing speed studies show it can

Since September, the agency has been reviewing existing 70 mph speed limits across the state to determine where a 75 mph limit may be safely posted. Four Central Texas highways were the first to see higher speeds after the new law took effect. Thursday's Commission action brings the number of miles now zoned at 75 mph as a result of House Bill (HB) 1353 to 1,618.

Posting new speed limits on 1,500 miles of interstate highway is a major milestone in implementing the new law, said Carol Rawson, TxDOT Traffic Operations Division

"Texas' economic strength depends on the efficient and safe movement of people and goods," Rawson explained. "These new speed limits increase highway efficiency while maintaining the safety of the transportation system.

TxDOT recommended to the Commission that speed limits be raised on segments of 1-10, 1-20, 1-27, 1-30, 1-35, 1-37, 1-40, 1-44 and 1-45 after engineering studies showed that higher speeds could be posted safely. Motorists must continue to travel at the posted speed until new signs are installed, said

Rawson. "The new speed limit is not official until the signs go up," she added. TxDOT studies of speeds on U.S. highways, state highways, farm-to-market and

ranch-to-market roads are still under way.

Prior to HB 1353, Texas had 1,445 miles of 75 mph speed limits and 521 miles of 80 mph speed limits on certain state highways. These speed limits were previously restricted to specific rural counties and highways located mostly in West Texas. Texas now has almost 3,600 miles zoned at 75 mph or higher.

New 75 mph speed limits approved Thursday are located on: 1-10-289 miles across El Paso, Gillespie, Kerr, Kendall, Bexar, Guadalupe, Caldwell,

Gonzales, Fayette, Colorado, Austin, Jefferson and Orange counties 1-20-423 miles across Crane, Ector, Midland, Martin, Howard, Mitchell, Nolan, Taylor,

Callahan, Eastland, Erath, Palo Pinto, Van Zandt, Smith, Gregg and Harrison counties 1-27-109 miles across Lubbock, Hale, Swisher and Randall counties

1-30-139 miles across Hunt, Hopkins, Franklin, Titus, Morris and Bowie counties 1-35-106 miles across Webb, Medina, Atascosa, Bexar, Hill and Cooke counties

1-37-130 miles across Nueces, San Patricio, Live Oak, Atascosa and Bexar counties

1-40-166 miles across Deaf Smith, Oldham, Potter, Carson, Gray, Donley and Wheeler

1-44-11 miles across Wichita County

1-45-143 miles across Walker, Madison, Leon, Freestone and Navarro counties Go to http://www.txdot.cov/safeW/speed limit/75mph.htm for more information on the locations of the new speed limits.

> 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

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



To correct the calendar over the centuries, years ending in "00" are not leap years unless the first two digits are divisible by 4. Therefore, the year 2000 is a leap year, but 1900 and 2100 are not.

Deadline for The Stratford Star

Deadline for Stratford Star items. Photos by Sundays at 4 p.m. Letters to Editor 9 a.m. on Mondays (typed) and all other articles and ads at 10 a.m. on Mondays. (PLEASE) Thank von

Duke's is smoking Baby Back Ribs just in time for the Super Bowl



\$16 per Rack or 2 for \$30

Text or call your order to

Crystal Mariscal @ 806-268-0555 Rack orders are due by noonon Thursday, Feb. 2nd

Delivery will be at the Kerry Bell Farm Auction, South of the Stratford Airport, Saturday, February 4, 2012

** Main Street Essentials **

West Texas A&M **University Showcase** of Music March 2

Texas A&M University Music Department will hold their 32 annual Showcase of Music Scholarship Concert Friday, March 2, 2012 in the Amarillo Globe News

Reservations are requested by February 3 for donor secured seating tickets while individual adult and student tickets available. Contact WTAMU 806-651-2854

Valentines Day



Show someone you care You buy the card We supply the stamp

Honor Rolls

Subject: Mary Allen 3rd & 4th A Honor Roll

3rd Grade Trever Bell Payton Berry **Dempsey Collums** Christian DeCasas Emma Franklin Israel Guel Alberto Guerrero Benjamin James Ashton Lavake Abby Law **Britney Loya** Morgan Maldonado Eryck Mendoza Francisco Ortega Eshaan Patel Hannah Sims Lara Wells

4th Grade Cambri Cummings Kenlee McBryde Ty McBryde Walker McBryde Carlos Reta Jacob Sanchez Akira Vacio

AB Honor Roll

3rd Grade Carlos Almendarez Slate Anderton Reaghan Audrain Tyson Brooks Alondra Camberos Tiara Chavez Jacquez Angelica Couch Josue de Santiago Lara Gloria Hernandez Kori Hernandez **Angel Morales** Sydnee Palmer Miranda Pinon Chase Rich Yahir Romero Olivos Belen Rosales Stephanie Ruiz Rese Schoonover Tyler Stone

4th Grade Roy Hacker Charles Harbour Rylie Long Toni Lopez Fernando Martinez Garcia Alex Osborn Annahi Ruiz Daisy Ruiz Luis Valles Abraham Villegas

Stratford High School A Honor Roll Grade 09 Bethany Everett

Vanessa Mendoza Alissa Ray Jacie Seward Aron Villegas Grade 10 Daniel Acosta Sterling Audrain Victor Manuel Castro Adrian Duplessis Gonzalo Eizmendi Ricky Garay Ana Guerra Suzzette Palma

Citlaly Solo Mary Spurlock Grade 11 Meghan Brooks Alejandro Chavoya Macy Everson Kelby Hartman Christopher Keathley Kenny Ruiz Tyler Seward Ryan Wells Erin Wilkins Grade 12

Kammi Birdsong **Tanner Henderson** Casey Lantelme Ransom Lermon Perla Reta

Stratford High School A/B Honor Roll Grade 09

Austin Aduddell Autumn Card Carlos Castaneda Alan DeCasas Desinya Garza San Godsey Magaly Guerrero John Henderson Amber Jimenez Madison Mungia Jordan Ruiz Chism Rutherford **Daniel Sanchez Rett Schoonover Colton Summers** Jesus Tarango Hyhway Therrell Grade 10 Kathryn Brooks **Preston Burr** Janette Daniels **Hunter Everett Britney Garza** Jacqueline Gonzalez Jesus Gonzalez Adilene Loya Chase Lutes **Dennis Mace** Nanci Marquez Christian Martinez-Rueda Katy Moore

Roberto Olmos

Angelica Reyes

Mario Rivas

Brooklynn Palmer

Mayra Sanchez Dominique Sandoval Mariseal Tapia Selina Terrazas Carlos Trejo Logan Utley Mazie Vincent **Emily York**

Grade 11 Victor Acevedo Jordan Acker Karina Aldavaz Alexis Asher Manuel Cruz-Ruiz Grayson Gonzalez Diana Lopez Karen Lozoya Brandon Moreno Kaylee Mungia Albert Ortega Monica Pale-Rocha Colten Rendon Elizabeth Reyes Haydee Rojas Itzel Salcido Reed Schoonover Tiffany Turner **Tanner Wright** Grade 12 David Acosta Erika Chavez Jaquez Ruben Duran Nicolas Eizmendi **Tayler Henderson** Jordan Johnson John Killian Jacob Mariscal Nayely Marquez Joven Tori McGinnie Maria Mendoza Justin Mungia Braiden Palmer Jesus Ruedas **Wyatt Smith**

Stratford High School **B Honor Roll** Grade 09 **Brittany Law** Adriano Lozano Grade 11 **Zachary Sims**

Arleth Soto

Julie York



Mars is known as the "red planet" because of the iron oxide in its soil.



Eggleston-performs in Guymon Feb. 11th.

Janet Eggleston, a native of Hooker and an Oklahoma Panhandle State University graduate, is performing in Guymon on Feb. 11. She is presenting her cowgirl poetry at the Women in Agriculture Conference.

Eggleston grew up in Hooker and credits much of her inspiration in writing cowboy poetry to all the lessons and values that she learned from her "country raising." As a child and teenager, she was active in 4-H and FF A, which included raising and showing animals and livestock judging. She also participated in many speech and drama activities, both in high school and college. She graduated from OPSU with an elementary education degree and is currently a fourth-grade teacher in Amarillo, Texas. She spends her summers working at Yellowstone National Park.

The poet's goal is to present the cowboy way of life in a positive yet realistic way. Many of her poems are based on actual happenings and events with several continuing a spiritual aspect, which is very important to her.

In 2006, she began writing cowboy poetry and performing her poetry in Amarillo, first at the Big Texan and then at the Country Barn. She has also performed at several events around the Texas and Oklahoma Panhandle areas. She was honored to be an entertainer at the 2009 and 2011 National Cowboy Symposium in Lubbock, Texas. She is a member of the Southwest Cowboy Poetry Association (which is a great love of hers) and has published two books of cowboy poetry .Her first book is entitled "Horses, Hats, & Heroes", and her second book is called "Buckles, Brands, & Bootstraps." She is currently recording a poetry CD entitled "Ridin', Rhymes, & Rode Trips." Check out her website at www.cowboypoetry.com.

The Women in Agriculture Conference includes classes and entertainment. The day starts at 8:30 am and ends at 5:00 with everything taking place at the Victory Memorial United Methodist Church at 6th and Roosevelt in Guymon.

Hourly sessions include Crop Insurance, Agri-Ability, Girls Just Wanna Have Funds, What to do with All Those Goats — Home Based Business, Pros and Cons of Quicken / QuickBooks, and Sustainable Family Farms.

The registration fee is \$25 and to get registration information call the OSU Extension
Office at 338-7300.

Keynote speaker Jennifer Reynolds is one of the hosts of "Discover Oklahoma" television program. Her 14 years at Oklahoma City, CBS affiliate News 9 were spent reporting on various issues including government and children's issues. She's also known for her work on special programs about country music, rodeo and the natural beauty in Oklahoma. Jennifer will share some of her "Discover Oklahoma" experiences.

There is also entertainment by cowgirl poet Eggelston and a vocal performance by Mackenzie Helm planned.

The event is hosted by Texas County OSU Extension, Beaver County OSU Extension, Cimarron County OSU Extension, Bank of the Panhandle, Main Street Guymon, Texas County Conservation District, and Oklahoma Panhandle State University.

Valentine Party for Singles

A new singles fellowship group is being formed in Stratford. Their kickoff event will be a Valentine's Day Party; held on Tuesday, February 14th at the 1st United Methodist Church Fellowship Hall — located at 520 N. Main St. in Stratford. Activities will begin at 6:30 p.m. Anyone post-high school age and single (never married, divorced or widowed) is encouraged to attend.

Future social events and activities will be discussed. Plans at this time, include 2 monthly gatherings (one to be held in town, and one to be held at an area event).

Come and join the fun and fellowship. You might just meet your new best friend! Anyone interested in planning or decorating for the party in encouraged to contact David or Paula. For more information, contact Pastor David Terry (806-338-0028) or Paula Nusz (806-753-6489).

Kerrick News

By Marylou McDaniel

Some Kerrick women met Saturday at the Community building for breakfast and to get acquainted, Cheryl Card and her two daughters, Autumn and Angeleena, Ruby Punch, Kenna Collums, Durden Keathley, Cristina Vasquez, plus Marylou McDaniel and cooks Ciccy Harris and Donna Gillenwaters.

Peggy Hawkins' truck was broken into over the weekend in Amarillo. The windows were broken out but they were not able to steal anything.

Dempsey Collums, Allie James and brother, Benjamin participated in Sherman County Stock Show over the weekend. Dempsey had two pigs while Allie and Benjamin had heifers and goats.

Benjamin won grand champion heifer. Allie won reserve grand champion heifer. Dempsey place second and fourth in class with his pigs.



A Toast To Pot Roast—The Perfect One-Dish Dinner

(NAPS)—Whether it's for the nostalgia, the convenience or the reasonable cost, flavorful pot roast is making a comeback. Home cooks in the know are seeking out cost-effective cuts like boneless beef chuck, bottom round roast or rump roast and tossing them in a crock pot with simple pantry staples for melt-in-your-mouth dishes.

Pot roast is casier to prepare than you might think, and it's simple to customize by using different beef cuts, seasonings, liquids and vegetables. Plus, sandwiches, soups, tacos and hardy salads are among the possibilities for leftovers.

When you're busy and want a deliciously affordable meal, this recipe from Whole Foods Market

Beef Pot Roast

- 1½ teaspoons dried parsley 1 teaspoon sea salt
- ½ teaspoon minced onion ½ teaspoon garlic powder
- ½ teaspoon garlic powder ¼ teaspoon ground black
- pepper 1 (2½ to 3 pounds) boneless beef chuck roast
- 2 tablespoons extra-virgin olive oil
- 2 sliced onions
- 1% cups reduced-sodium beef broth
- 1 cup tomato juice 1½ pounds potatoes, cut into
- 1-inch chunks
 1 pound carrots, cut into 1inch chunks

Preheat oven to 350° F. In a small bowl, combine seasonings, salt and pepper. Pat roast dry with paper towels and rub all over with seasoning mixture. In a large Dutch oven or

Whether you're cooking for a crowd or a crowded schedule, pot roast can be the answer.

ovenproof heavy saucepot, heat olive oil over mediumhigh heat. Add roast and brown on all sides. Remove to a plate and set aside. Add onions and ¼ cup water and cook about 8 minutes or until tender and golden, stirring occasionally. Stir in broth and juice and bring to a boil. Add roast back to pot, cover and transfer to oven. Roast 2 hours. Stir in potatoes and carrots, cover and continue roasting 45 minutes longer or until vegetables and meat are tender. Transfer roast and vegetables to a large serving platter and drizzle with pan juices.

Give your grandmother's pot roast a modern-day makeover by selecting meat from animals raised on a vegetarian diet without being administered antibiotics or added growth hormones. Buy from butchers like those at Whole Foods Market where you'll find the 5-Step Animal Welfare Rating program in place so you know how the animals were raised for the meat you are buying.

Learn More
For additional recipes, tips
and a how-to video, visit www.
wholefoodsmarket.com.



You are

invited to help us celebrate

Glenn and Carolyn Whites' 50th Wedding Anniversary

No gifts please

Saturday, Feb. 4, 2012 From to 2 to 5 p.m.

At the First Baptist Church Fellowship Hall Hosted by the families: Darryl, David, Paul, Lisa

d Hospital District

Elk Pharmacy Mon. - Fri. 9:00 AM - 5:30 PM

366-5505 Angie Hipp, RPh

Stratford Family
Medical Clinic
Mon. - Fri. 8:00 AM - 5:00 PM
396-5583

Coldwater Manor
Nursing Facility

396-5568 Karl Punch, LNFA

Stratford EMS 9-1-1 or 396-2844 Jimmy Lanning, Director

"Proudly serving the medical needs of Stratford and Sherman County."

The Churches of Stratford Welcome You

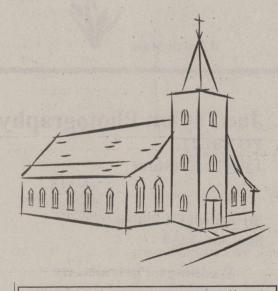
First Assembly of God Kevin Anderson, Pastor 921 Fulton Sunday School 9:45 a.m. Morning Worship 10:45 a.m. Evening Worship 6:00 p.m. Wed. Bible Study 6:30 p.m.

First Christian Church
Pastor Gary Smith
5th & Main
Sunday School 9:45 a.m. (nursery)
Morning Worship 10:45 a.m. (nursery)
No Sunday evening Worship Service

First United Methodist Rev. David Terry 520 N. Main Sunday School 9:20 a.m. Morning Worship 10:30 a.m. Junior High UMY 5:00 p.m. Senior High UMY 6:00 p.m.

St. Joseph Catholic Church
6th & Pearl
Rectory 366-5687
Sunday morning 8:00 a.m. (English) 9:30 (Spanish)
Sacrament of Reconciliation Before Mass or t.
Christian Formation Classes K-6 Grade Wed. Afternoon
Jr. & Sr. High. Wed. 6:30-8:30 p.m.

First Baptist Church
Pastor Jason Stone
702 N. 3rd
Sun.-Coffee 8:30 a.m.
Sunday School 9:30 a.m.
Worship Service 10:30 a.m.
Wed. Children 6 p.m. youth 7 p.m.



This page sponsored by Stratford Grain 396-5541 Lautz 769-5541

Walter Lasley & Sons, Inc. 753-4411

Stratford Star 366-5885 Church of Christ
Brad Beckett
N. 3rd & Chestnut
Sunday School 9:30 a.m.
Morning Worship 10:30 a.m.
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 11:00 a.m.
Evening Service 6 p.m.
Wed. Service 7:30 p.m.

Eben-Ezer Templo Hispano
Asambleas De Dios
Pastor: Juan M. Valenzuela
806 366-3071
205 N. Poplar-Hwy 287 268-2188
Escuela Dominical 10 a.m. - 12 noon
Servicio De Adoracion 5 p.m.-7 p.m.
Miercoles: Servicio De Adoracion 6-8 p.m.

Kerrick Community Pastor Roy Harris Community Building 10 a.m. Worship Service

La Mision Bautista
Mision Bautista
401 S. Wall 396-5376
Domingo (Sunday)
Estuela Dominical 9:45 a.m.
Miercoles (Wednesday)
Servicio De Adoration 11 a.m. Estudio
Biblico & Servicio De Oraction 6 p.m.
Servicio De Adoration 6 p.m. se Cuidamos
Susuinos Durante El Servicio



Stratford High School Science teacher Crystal Pitti submitted a grant called Science in Movies. The Science in the Movies program is an assembly where a man by the name of Steve Wolf, a stunt and special effects expert, will come and bring a quality presentation which reveals the exciting way that science, technology, engineering, and math are safely used to create movie stunts and special effects. Two assemblies, an hour each, will be given. The total cost of grant - \$3471.63 and total students that will participate is 417. Members of Education Foundation, Administration and students shown with Crystal Pitti as she received this grant standing from left, Victor Acevedo, Lynda Hauser, Dinah Horsford, Crystal Pitti, Stratford HS principal Dr. Paul Uttley, Gaby Reyes, Becky Asher, Superintendent Jerry Birdsong and Alex Chavoya. Kneeling from left, Karen Lozoya and Diana





grade Elks beat Booker 48-11 on Monday, January 23. Gage Brooks led the Elks with 16 points followed by Russell Spurlock with 14 and Fernando Jacquez with 8 points.

The 8th grade Elks beat Booker 41-23 with John McBroom high point with 19 followed by Tanner Stone with 18.

The J.V. Elks beat Sunray on Tuesday, January 24, 31-14. Logan Uttley was high point with 12 points. On Friday, the J.V. Elks beat Canadian 36-23. Logan Uttley led the Elks with 14 points followed by Colten Rendon with 8 points.

The Stratford Elks lost 35-39 in overtime to Sunray on Tuesday, January 24. Trevor Melton was high point with 14 points and Edgar Guerrero added 8 points. On Friday, January 27, the Elks beat Canadian 49-44. Edgar Guerrero led the Elks with 15 points followed by Justin Mungia and Rett Schoonover with 9 points each.



Lady Elk Alex Asher goes up with the shot in their loss to Sunray on Tuesday, January 24.

Stratford Elk Rett Schoonover goes up for two souther that another and points in the Elks overtime loss to Sunray on emit beg bas January 24.

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Card of Thanks

On behalf of our entire family, we wish to thank everyone who offered prayers on our behalf, brought food, sent cards, visited, and sent well wishes at the passing of our Mother. Special thanks to the ladies at the church for the great lunch, and to the Coldwater Manor Staff and Hospice for the special care given to Mother. Special thanks also to Brad Beckett and Jim York for such a wonderful service and to Bret Moore for leading the singing. Mother loved this community and loved living here. It is indeed a comfort to us in knowing that so many loved and cared for her.

> Si and Sharon Perkins Wayne and Terry Smith **Miles Smith**



Child's Suicide Prompts Call for Change Americans Need Fundamental Attitude Adjustment

The 10-year-old who committed suicide recently in a rural Illinois community came home from school the day before in tears. It wasn't the first time.

Ashlynn Conner, a fifth-grader, had complained of bullying for two years. After the most recent episode, Ashlynn asked to be home-schooled and her mother promised to take her for a chat with the principal the following Monday. The next night, her older sister found her hanging by a scarf in her bedroom closet.

"It's yet another example of the horrific things happening in our society because people still judge other people for everything but how they behave," says Shay Dawkins, author of The Good News: How Revealing Delusions in Christianity Will Bring Peace to All (www.thegoodnewsbook.com), an analysis of the Bible that compares contemporary Christian values with scripture.

"We start forming biases at a very young age," he notes. "Unfortunately, some people use even the Bible to justify judging others for circumstances those people didn't choose.

These biases are often so ingrained, people aren't aware they even have them. Change starts with each individual, Dawkins says.

- Become aware of your personal biases. We all have them. Children start picking them up from family members, TV and others in their environment about the time they start walking. Studies have shown that as early as age 3, some toddlers are using words associated with racial prejudice! As evidenced by Ashlynn Conner's devastating experience, by elementary school children may have acquired a grown-up set of biases that are manifest in taunts, jeers and other acts of bullying. See what biases you may have by taking the Hidden Bias Tests developed by psychologists at Harvard, the University of Virginia and the University of Washington. Visit implicit.harvard.edu/implicit/
- Hone your empathy skills. People who can empathize well are good at putting themselves in another person's shoes. They may not agree with that person's feelings, but they can understand them – sometimes they can actually feel what another person feels. Empathy helps us relate to others and erodes biases by pushing us beyond baseless preconceived notions. Some of us have to work harder at being empathetic than others. To work on your skills, ask yourself how your children, co-workers or spouse would describe you. Be honest! Would your children say you yell a lot? Would your spouse say you spend more time complaining about what he or she doesn't do than

acknowledging what he does? Empathy also helps us meet that gold standard of rules: Do unto others as you would have them do unto you.

• If you have a negative attitude, change it. If you tend to make negative comments or respond negatively when talking about or to certain groups of people, practice turning them into positives, even if it means following your negative with a positive. (Your friends should be only mildly confused at first.) Believe it or not, heart and mind often follow our spoken word and it's a good way to start changing your attitude.

Dawkins says he wrote The Good News after a long study of the Bible made him realize that many Americans taking stands on divisive contemporary issues erroneously base their views

"The message in the Bible, and probably other religions as well, is a positive one," Dawkins says. "It doesn't tell us to be cruel to people who are different from us, it tells us to embrace

"I'm not sure if peace on Earth is possible, but if everyone simply judged others on how they treat people - not on whether they're gay, or Muslim, or black, or overweight, the world would be a happier place."

About Shay Dawkins

Shay Dawkins is a Tuscaloosa, Ala., businessman who grew up in Baptist and Pentecostal churches. His observances about how Christianity can be divisive despite being based on one book led to his analysis of the Bible.

CT Screenings Could Be Game Changer For Lung Cancer At Least One National Insurer Now Covering CT Scans

(NAPS)-Advocates of lung cancer screening are hoping that CT scans will do for smokers what colonoscopies have done for those at risk of colon cancer—find the cancer early enough for therapy to

Early-stage diagnosis is linked to longer survival rates for breast cancer, prostate cancer and colon cancer-all cancers that have standard screening tests. Until now, however, there has been no proven screening test for lung cancer, which is the leading cause of cancer death in the U.S.

"Usually, by the time a more definitive symptom of lung cancer becomes obvious, the disease has already progressed to late-stage cancer," said Laurie Fenton-Ambrose, president and chief executive officer for the Lung Cancer Alliance, a national nonprofit organization dedicated solely to patient support and advocacy for people living with lung cancer and those at risk for the disease.

A recent study supported by a grant from the National Cancer Institute was published in August in The New England Journal of Medicine. This randomized, controlled trial of more than 50,000 Americans found that spiral CT (computed tomography) screening performed each year for three years reduced the likelihood of deaths from lung cancer by 20 percent compared with those



CT scans may help find lung cancer early enough for therapy to work.

screened by standard X-rays.

The American Society of Clinical Oncology's annual report on progress against cancer listed the study as one of 2011's top advances.

The study led at least one national insurer—WellPoint—to offer coverage of CT scans for current and former smokers at high risk for lung cancer who have medical histories similar to those in the study. The group studied was free of lung cancer symptoms, between 55 and 74 years of age and had smoked the equivalent of a pack a day for 30 years. The participants were either current smokers or had quit within the

past 15 years. "This was the first time a welldesigned study on a large population of smokers showed that you could save lives through screening CT scans," said John Whitney, a

WellPoint medical director. "Studies like this one provide the medical evidence we need to make good coverage decisions. We're looking forward to medical research continuing to evolve on this issue.

Fenton-Ambrose said the Lung Cancer Alliance is hoping more insurers will make the same decision as WellPoint.

"Now that we have the science, our work shifts to bringing the benefit of screening safely, effectively and equitably into the health care system," said Fenton-Ambrose.

For those who want to know if they are at risk of lung cancer, the Lung Cancer Alliance has set up an informational website at www.screenforlungcancer.org to help people understand more about the symptoms, screenings, disease and treatment.

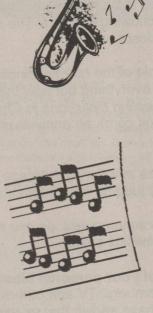
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Stratford Bands Well-Represented At All-Region Band Concert

On Friday January 13, 34 Stratford Band members travelled to the West Texas A&M campus to join almost 400 other panhandle area band students to rehearse and present a concert on Saturday afternoon, January 14. Over 30 schools were represented in the four 100-member All-Region Honor Bands. Selected to the High School Symphonic (top) All-Region Band was Derek Vasquez. Six high school band members represented Stratford in the High School Concert All-Region Band. In the Middle School All-Region Bands Stratford had 14 students perform in the Symphonic (top) Band and 13 students perform in the Concert Band. (see related pictures)

Because of the talent of each individual the bands were able to give an outstanding concert with only eight hours of intense rehearsal over the two day period. All students should be congratulated for representing Stratford so well in this panhandle area musical event.

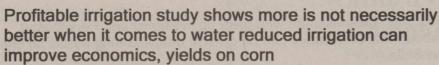




High School All-Region Symphonic Band member Derek Vasquek. Because of his high chair placement in this band Derek qualified to compete in the Area Band competition in Lubbock. Derek placed 6th of the 25 trombones at this audition. He was only one spot away from being in the ATSSB (Association of Texas Small School Band) All-State Band.



Middle School All-Region Symphonic Band:
Front row (L-R): Kevin Hernandez, Kobi Garza. and Francisco Barajas. 2nd row:
Tommie Long, Matt Arnold, Whitney Stone, and Estefany Perez. 3rd row: Alexie
Wright, Monica Reyes, and Alexander Aldavaz. 4th row: Branson Palmer, Miguel
Rosales, Juan Camberos, and A.J. Riffe.



By Kay Ledbetter, SKIedbetter@ag.tamu.edu, 806-677-5608

AMARILLO — Reducing irrigation can actually improve economics when growing corn. Not only does it save water, but it can improve production in some cases, according to Nich Kenny, a Texas AgriLife Extension Service irrigation specialist in Amarillo.

Last summer Kenny, along with AgriLife Extension agents in five counties, cooperated on the "Efficient Profitable Irrigation in Corn" or EPIC project, as it is known to producers. The project is a result demonstration effort conducted by AgriLife Extension and funded primarily by the North Plains Groundwater Conservation District.

"We know there are about 900,000 acres of corn grown in the High Plains," he said. "We also know that at least half of those acres are managed by producers who are shooting for the highest yield. If we can reduce irrigation by 1 inch annually on that half of the acres aimed at high yields, it would equate to saving 37,500 acre feet of water or 12 billion gallons of water use annually."

And if this past summer's demonstrations are any indication, that is a doable result, Kenny said, adding that the producers involved saw anywhere from 1 inch to 3 inches of savings on their corn crop with no reduction of yield and even an improvement of yield in three cases.

The premise behind EPIC is to manage irrigation water for maximized water efficiency, he said. The project is targeting corn producers who historically employ efficient irrigation systems and solid agricultural practices in a production strategy focused on maximized yields.

"There's a tapering-off point in the relationship of production and water applied," Kenny said. "Yield will increase with each increment of water only up to a point, and then the law of diminishing returns applies.

"Our question was 'If you manage for maximum profitability instead of yield, will you be able to save water,' and initially the answer we believe is yes," he said.

This past summer, Kenny and the agents conducted demonstrations with producers in Dallam, Hartley, Hutchinson, Ochiltree and Sherman counties. The Dallam County demonstration was under such extreme drought it could not be completed.

In all the locations, situations were selected where side-by-side plots were used, one as a "control" and the other as the "EPIC" plot. On the EPIC plots, three technologies —AquaSpy, AquaPlanner and Pivotrac - were used to manage the irrigation application without producer knowledge or access to maintain the purity of the control.

The control plot was titled the "legacy" plot and was managed according to the specific producer's standard practice. The EPIC plot was managed with AgriLife Extension inputs based on best management practices and information from management tools, Kenny said



High School All-Region Concert Band: Front row (L-R): Mary Ann Spurlock, Aron Villegas, and Tyler Seward. Back row Vanessa Mendoza, Grayson Gonzalez, and Mazie Vincent.



Middle School All-Region Concert Band:
Front row (L-R): Alex Spurlock, Keyci Lopez, and Karina Henderson. 2nd row:
Marina Barajas, Stephanie Vasquez, Hannah Franklin, and Chesney Rendon. 3rd
row: Vanessa Barajas and Kelsey Pickens. 4th row: Juan Machado, Erasmo
Robles, Russell Spurlock, and Orlando Mayorga.

Confidence is that feeling by which the mind embarks in great and honorable courses with a sure hope and trust in itself.

—Marcus Tullius Cicero

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In all five cooperator plots, corn yields were maintained or increased with corresponding reduction in irrigation water applied, he said.

The Hartley County producer realized a 3.2 inch reduction in water applied with no change in yield; the Hutchinson County producer, 2.6 inch reduction and 10 bushel-per-acre yield improvement; Ochiltree County producer, 1.2 inch water saving and 20-bushel improvement per acre; and the Sherman County producer, 3 inch reduction and a 30 bushel-per-acre yield improvement.

The Hutchinson County plots utilized subsurface drip irrigation. Kristy Synatschk AgriLife Extension agriculture and natural resources agent for Hutchinson County, said her cooperating producer could see a noticeable difference between the EPIC and legacy plots.

"Drip irrigation proved beneficial in the extreme weather of 2011 because of the ability it provides to water daily and keep all of the irrigation water accessible to the roots,' Synatschk said. "Both the EPIC and legacy plots looked the same to the visible eye, bu the yield results confirmed the original concept."

Scott Strawn, AgriLife Extension agriculture and natural resources agent for Ochiltre County, said his cooperating producer, through the EPIC program, was better informed and able to make management decisions that saved on his bottom line.

"By utilizing the technology, the producer was given the confidence to go ahead an make the decision to cut late-season irrigation," Strawn said. "He was able to save on last watering with the knowledge that his yield would not be negatively impacted."

Kenny said while this was not a scientific, replicated study, but more for the purpose o demonstrating a scientifically sound approach to managing water, it had "ver compelling results."

"From the preliminary results this first year of the EPIC project, the implication is the corn yields can be maintained or increased with a reduction in applied irrigation water, he said.

Kenny said he intends to further prove this concept and verify the 2011 results by continuing the EPIC project for at least three additional seasons.

In the next step, he said, producers who have participated in one season of bline technology utilization will be advanced to full exposure of the management tools with appropriate training. New cooperators will still be expected to participate in one season oblind participation to ensure a control.

Kenny said the blind participation is required, as it is human nature, as multiple cooperators admitted, to want to alter the management of the "legacy" plot to match the EPIC strategy.

In the future, Kenny hopes to include at least one producer from each of the eight North Plains Groundwater Conservation District counties. However, he said, adoption of the EPIC pattern should be considered by other Texas corn production regions to demonstrate an additional method of economic, water conservation