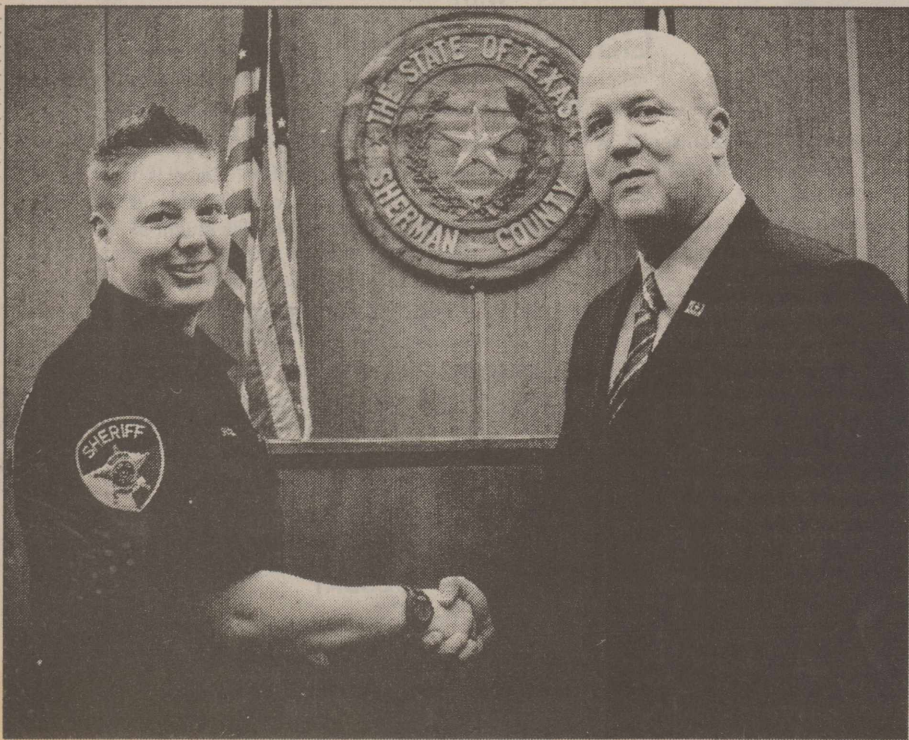


Lorelyn Powers 01/15
PO Box 233
Stratford, TX 79084

The Stratford Star

75 cents

Published for over 100 years in Stratford, Sherman County, Texas 79084 usps 523 Number 12 March 20, 2014



Local resident graduates Police Academy

I would like to congratulate and welcome Deputy Alisha Sladek to the patrol division of our office. For about a year now, she has worked very hard as a dispatcher/jailer on the corrections side and has performed excellently. In about the middle of 2013, she expressed an extreme interest in patrol, so she was encouraged to pursue her goals by applying to a police academy. She applied to the Amarillo academy and was accepted (with a scholarship) and started around the first of October. During the rigorous process, she still worked her 40 hours and as usual, gave us 100%. On Thursday, March 6th, 2014, she graduated the 108th Amarillo Police Academy in Amarillo, Texas. She is now a sworn Texas Peace Officer and her badge number is County-5. I am also proud to say that she holds a Bachelor's Degree in Physical Education and Biology with a minor in Chemistry from OPSU.

To be considered for a position as Deputy Sheriff under my administration, an individual must not only have successfully passed a state accredited police academy, but they shall also provide proof of successful completion of an Associate's Degree or higher. The addition of Deputy Sladek gives our patrol division more than 16 combined years of college and we believe this makes a huge difference in this day and age of law enforcement.

Joe Powell,

Storm Spotter Class

A storm spotter class will be held on Thursday April 3rd at 6:00 P.M. at the Stratford Fire Department. This is an opportunity to be trained to recognize tornado clouds as well as other types of clouds. Sherman County has a few volunteers who perform the task of storm spotter but we could use more. If you are currently a storm spotter or are interested in learning about it, please plan to attend the training. For more information contact Margaret Ewers Sherman County Emergency Management Coordinator at 366-2021

Baseball time is almost here for 2014!!!!

It's almost baseball time!! If you are interested in coaching please contact Bryan Clift at 679-9421 or Brandi Wells at 396-5866. The sign up for baseball will be March 31st at 6:00 p.m. in the Activity gym. We appreciate the coaches who volunteer their time.



Someone please tell Winter - Spring is Thursday, March 20th

Shooting Match March 28-30

Stratford Rifle & Pistol Club
720 Texas Ave
Stratford, TX 79084



The Stratford Rifle & Pistol Club will be hosting a Shooting Match, March 28-30th. All participants will need to bring their own firearms and target ammo (Small Bore .22 caliber). Sign-up deadline is March 21st. Limited spaces are available. A schedule of events will be sent out on March 23rd. Payment is due at the range on the day of competition.

Competition classes:

- Youth Class**
- ◆ Ages 6-8 - BB or Air Rifle (\$5)
 - ◆ Ages 8-10 - .22 Caliber Rifle - Prone (\$10)
 - ◆ Ages 11-13 - .22 Caliber Rifle - Prone, Kneeling, Standing (\$10)
 - ◆ Ages 13-18 - .22 Caliber Rifle - Prone, Kneeling, Standing (\$10)

Adult Open Class

- ◆ .22 Caliber Rifle - Standing (\$10)
- ◆ .22 Caliber Pistol (\$10)

Sponsors & Registration locations:

- ◆ Sissy's Guns & Ammo - 121 Liberal Street - Dalhart, TX
- ◆ Dalhart Pawn - 219 E 7th Street - Dalhart, TX
- ◆ A & I Parts - Dalhart, TX
- ◆ El Rancho & Dumas RV
- ◆ Big R
- ◆ Toot N Totum
- ◆ Stratford Grain

A concession stand will be provided by the Sherman County 4H Sporting Club.

Call or Email Larry Sims with any questions
806-930-0588 or StratfordGunClub@yahoo.com

Power of the Purse

Laura Bush Institute for Women's Health will host the 4th annual "Power of the Purse" luncheon and purse auction, April 17, 2014 at the Amarillo Civic Center. The keynote speaker will be Mrs. Ree Drummond; *The Pioneer Woman Cooks*.

This year's funding will support research, outreach, and educational programs to enhance Gender-Specific medicine and health care to enhance Women's Health.

For additional information, contact LWBIWH, Angela Knapp Eggers, 806-368-4617 Ext 271

What's Happening In Stratford

Depression Supper

Fundraiser at SCOT HALL. Good food & Entertainment Friday, March 28th, 6:30 p.m.

Fundraiser for Stratford Fire Dept.

Coming in the Spring 2014. Sunday, April 6, 2014. 11:30 a.m. to 1:00 p.m. Location- Stratford Fire Department.

Hamburger Feed New date

Boys State & Girls State Hamburger Fundraiser will be held on Sunday, March 30, 2014 at the Sherman County Barn. 11:30 a.m. to 1:30 p.m. Free Will Donation. Proceeds go to help with the costs of sending the Boys and Girls State Representative to the programs in Austin and Sequin this summer. Everyone is invited.

Sherman County Public Library hours

Monday-9 a.m. to 7 p.m.
Tuesday, Wednesday, Thursday-9 a.m. 6 p.m.
Fridays-9 a.m. 1 p.m.

Address for Donna Gillenwaters

If you would like to send a card to Donna Gillenwaters, you can send it to Jimmy Gillenwaters, PO Box 437, Bushland, TX 79012 and he will get the cards to her.

**American Legion
Boys State-Girls State
Hamburger Feed Fundraiser
Sunday, March 30, 2014
Sherman County Barn
11:30-1:30
Free Will Donation
Everyone invited**

**DEPRESSION SUPPER
AT
SCOT HALL
Beans, Cornbread, Coleslaw,
Cobbler and Drink
ENTERTAINMENT
Friday, March 28th
at 6:30 p.m.
FREE WILL Donation**

There is a Medical benefit medical expenses account for Nora Grace Tuttle at Happy State Bank. Contributions can be made at any Happy State Bank branch.

ATTENTION JUNIOR PARENTS

Prom Meeting Monday, March 24 @ 6:30 p.m.
High School Library
ALL Junior Parents and students are asked to attend this meeting!

A Jim Owen Everson Memorial fund has been set up at Happy State Banks anywhere in Texas.

Cabaret at LaRita Theatre

The LaRita Theatre in Dalhart will present "CABARET", an evening of song and entertainment by the WTAMU School of Music.

((WT A&M U) has provided several programs for the LaRita through the program of "Showcase in a Suitcase", the most recent "The Herrington String Quartet")

LaRita's annual membership meeting and show, Thursday, March 27 at 6:30 p.m. The tickets are FREE and available at the Dalhart Chamber of Commerce. 806-244-5646.

It is Spring, Almost

Now is the time to begin Spring Cleaning at the Stratford Cemetery. It is time to retire the Holiday decorations and the wind tattered arrangements. AND the TUMBLEWEEDS!! Please put them in the tank and stomp them down. (Any Pickup can pick up a few at a time. Take maybe 10 minutes.)

Help Keep Stratford Beautiful

Gaynelle Riffe
Any organization looking for a Keep Stratford Beautiful project? The tree line on US 54 needs a trash pickup.



Picture above could just about be anywhere in the Oklahoma and Texas Panhandles. In the last week we have had two days of strong winds and lots of dirt blowing. Wind blows pretty much everyday, but Tuesday and Saturday were doozies. Still praying for rain.

FIRE CAUTION!

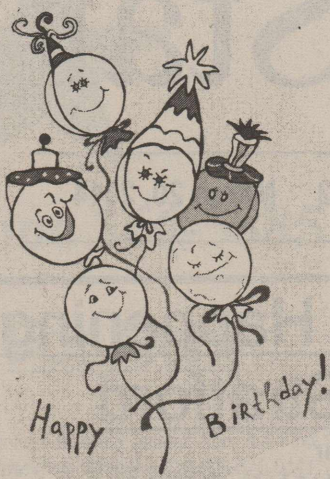
We are not currently under a BURN BAN, but Sherman County is asking for everyone's cooperation in preventing fires. We are asking that you use caution with any fire. Please monitor any fires and make sure fire is completely extinguished before leaving the area.



ADVERTISE YOUR JAMBOREE ACTIVITIES

If your class is having a reunion or your group's sponsoring an event during the Stratford Jamboree send the details to SCDC and it'll be posted on the website free of charge. You can email it to scdc@xit.net, fax it to 366-3025 or write it up and drop it off at the office located at 3rd & Main.

You are invited to the 90th Birthday



Celebration for
Velma Blake to be held
on April 5th, 2014 from
1 p.m. to 4 p.m. at Trisun
Care Center, 3210 West
Highway 22, Corsicana,
TX 75110-2449
You may also call Velma at
903-602-8381
We hope to see
you there.

**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 you

Stratford Hospital District

"Proudly serving the medical needs of Stratford and Sherman County"
Stratford Family Medical Clinic

Stratford Family Medical Clinic
Mon. - Thurs 8 a.m. - 5 p.m. Fri, 8 a.m. - 3 p.m.
396-5583 Tommy Brian, ANP

Elk Pharmacy

Mon.-Fri. 9 a.m. - 5:30 PM
"Check our Competitive pricing"
"Compounding Available"

366-5505 Tom Armstrong, RPH

Coldwater Manor Nursing Facility

396-5568 Tom Henton, LNFA

Stratford EMS

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

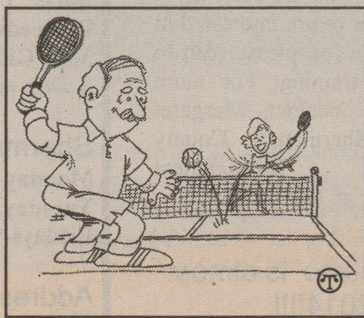
The Stratford Hospital District operates on a non-discriminatory basis, giving equal treatment and access to services without regard to sex, race, religion, age or ethnicity.

Cimarron Country Music Theater 4th Saturday Night of Each month. March 22, 2014, Boise City, Oklahoma

Cimarron Country Music
Theater in Boise City, OK
Date: Saturday, MARCH 22,
2014 —Daylight Savings
time has started.
Show starts at 8:00 pm -
doors open 7:00 pm
106 North Cimarron St -
Boise City, OK
Tickets are \$10 for adults, \$5
for age 4 to 13 & 3 & under is
free
Good family show & the
popcorn will be ready.
Always looking for new
talent; call Judy Wilson 806
336 0083
For more info call Sandy
Hawkins 806 674 5147

Healthy Ideas

(NAPS)—Kaiser Permanente
offers tai chi and qigong classes at
several of its medical facilities.
Visit www.kp.org to find classes in



your area and learn more about
other exercises for strength and
balance as well as preventing
falls. You can also check out
www.kp.org/carestories for more
health-related videos.

Health

(NU) - According to the National Sleep Foundation, if you have trouble falling and staying asleep at night, or you wake up feeling unrefreshed, you may be suffering from insomnia. Almost everyone has trouble sleeping every so often, but for many, having a hard time getting to sleep or waking in the middle of the night is a significant problem.

If you wake up in the middle of the night and stay in bed, don't stare at the clock. Also, do not watch TV or use your computer or cell phone, because that can stimulate your brain and make it harder to fall back to sleep. Most importantly, try to relax.

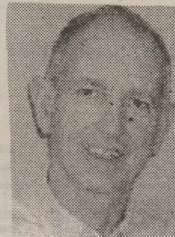
Stratford Church of Christ

Gospel Meeting

March 23-26, 2014

with

Carrol Robertson



Carrol Robertson serves as the Director of South Texas School of Preaching. He and his wife Eunice have served the school since its inception. Carrol is a graduate of Abilene Christian University, and has served a local minister and missionary at various locations in Texas, Mexico, and Peru. He also taught at the Baxter Institute in Honduras.

SCHEDULE

SUNDAY

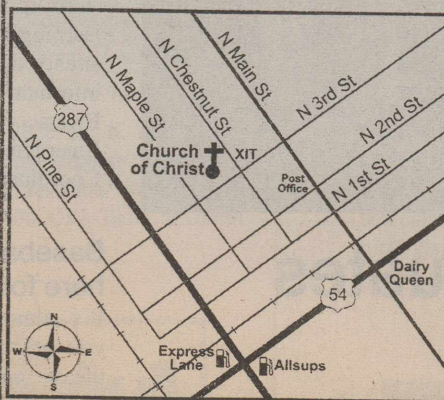
9:30AM Morning Class (in Spanish)
10:30AM Morning Service (in English)
12:00PM Fellowship Lunch
1:00PM Afternoon Service
(in English & Spanish)

MONDAY-TUESDAY

7:00AM Devotional (in English & Spanish)
6:30PM Evening Service (in English)
7:30PM Evening Service (in Spanish)

WEDNESDAY

7:00AM Devotional (in English & Spanish)
7:00PM Evening Service
(in English & Spanish)



Stratford Church of Christ

315 North Chestnut • P.O. Box 6 • Stratford, Texas 79084 • (806) 366-5546

Two for Tuesdays at
Ol'Biddy's Café
Buy 1 hamburger basket and
get one free
(Cheese and drink extra)
Ol'Biddy's Cafe

Landscaping in The Panhandle

Saturday March 22-9:00 12:00-\$20

One of the BEST ways to permanently reduce our need for water is to transform our grass lawns into beautiful landscapes. We can achieve less water usage by utilizing very attractive drought tolerant plants, reducing water runoff, attracting various animals like birds and butterflies, and by requiring minimal maintenance. Learn how by attending this course.

This class will provide an overview of Texas friendly landscapes, selecting drought tolerant plants, designing your landscape, landscape planning to enhance the value and architecture of your home, and using stone and pavers in your landscape.

This class will be taught by Jonathan Gill. Originally from Maui, Hawaii, Jonathan owned and operated a landscaping contracting and design business from 2002 to 2011. He holds a Masters of Business Administration from the University of Phoenix and a Bachelor's Degree in Landscape Design and Management from Bellevue University. He recently relocated himself and his family to Dalhart and is employed with Warren Caterpillar.

March 15 is the last day to registers you can register online here:
<http://www.dalhartcarniunityeducation.org/spring-classes.html>

Or in person after spring break at the DISD Administration Building, 701 E. 10th Street

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 Churches of Stratford Welcome You

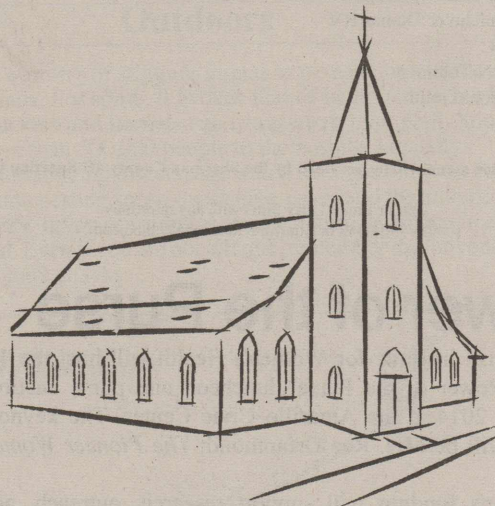
First Assembly of God
Kevin Anderson, Pastor
921 Fulton
Sunday School 9:45 a.m.
Morning Worship 10:45 a.m.
Evening Worship 6:00 p.m.
Wed. Bible Study 6:30 p.m.

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. Steve Ulrey 396-2178
520 N. Main
Sunday School 9:20 a.m.
Morning Worship 10:30 a.m.
Junior & 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 Ron Whitt
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
Iglesia De Cristo
Brad Beckett
Juan Campos
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 Mark Looney
302 S. Main
For more info-call 396-2212
Morning worship 11:00 a.m.
Evening Service 6 p.m.
Thurs. Service 7:00 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)
Escuela Dominical 9:45 a.m.
Miercoles (Wednesday)
Servicio De Adoracion 11 a.m. Estudio
Biblico & Servicio De Oration 7 p.m.
Servicio De Adoracion 6 p.m. se Cuidamos
Susunos Durante El Servicio

American Legion Boys State and Girls State Delegates Selected

The Howard Norvell Green Post 262 of the American Legion proudly announces the selection of Chisum Rutherford as the Boys State delegate and Jaci Seward as the Girls State delegate for 2014. Chisum is the son of Kenny and Rhonda Rutherford and Jaci is the daughter of Clint and Cindy Seward. Chisum will attend the Boys State program at the University of Texas at Austin, 8-13 June 2014. Jaci will attend the Girls State Bluebonnet Program at Texas Lutheran University at Seguin, 15-21 June, 2014.

Boys State is a week long program conducted at the University of Texas at Austin. The programs' objectives are to develop civic leadership and pride in American leadership, to develop a keen interest in government, to develop in young citizens of Boys state a full understanding of our American traditions and belief in the United States of America, to develop in the young citizens a determination to maintain our form of government and to inculcate a sense of individual obligation to the community, state, and nation and finally, to safeguard and transmit to posterity the principles of justice, freedom and democracy.

The Girls State program is also a week in duration conducted on the campus of Texas Lutheran University at Seguin. This program is sponsored by the American Legion Auxiliary. The mythical 51st state is learn-by-doing which introduces city, county, and state government to the participants, as well as involves them in political parties and legislative sessions. The citizens of Girls State have opportunities to run for office, author legislation, and vote. This program is designed to educate our leaders of tomorrow in the duties, privileges, rights, and responsibilities of citizenship. These young women are guided by an outstanding staff of former Girls State citizens and American Legion Auxiliary members.

There will be a Hamburger Fundraiser to help defray the expenses of attending these programs for these two fine young people on Sunday, March 30, 2014 at the Sherman County Barn. Serving times are from 11:30 am - 1:30 pm. Free will donations are appreciated. Everyone in the community is invited to attend.

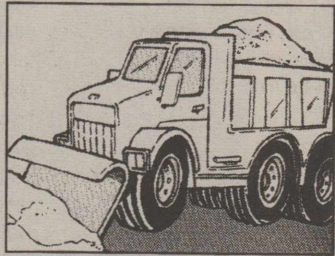
Medical/Expense Fund has been set up for **Salma Iliana Ortega Aguilera** at First State Bank. Salma is a 6 year old daughter of Sarah D. Ortega and sister of Baruc, Vinny and Lui. Salma will be undergoing brain surgery in the near future and will be out in Dallas for 2 months during that time. We ask for **many** prayers as the family is undergoing tough times but also want to thank you all for the words of strength, prayers and help received from this wonderful Stratford Community. Words cannot express the true gratitude we feel towards the great people of Stratford and what they have done for Salma and the entire family. May God bless all of you and we thank you in advance for your help.

Imagine That at The Imagination Station

Gaynelle Riffe

The Imagination Station is planning something fun! Saturday, March 22. A Mother & Daughter Dress-Up Brunch/Tea, dolls invited. Girls wear your own dress-up clothes or pick something from our costumes. There will be a story teller of "Fancy Nancy" and a style show. The brunch will begin at 11:00 a.m. but if you want to pick a dress-up come at 10:30. Mother & daughter \$15.00 extra girl \$5.00

Reservations tickets required by Friday March 21 and can be purchased from a board member or Stratford Grain Co.



"Saltshaker" is a slang term for a snowplow. Truckers call it that because of its ability to spread salt on icy highways.

Iglesia de Cristo en Stratford

Campaña Evangelista

Marzo 23-26, 2014

con

Carrol Robertson

Carrol Robertson es el Director de South Texas School of Preaching. El y su esposa Eunice han servido en la escuela desde su inicio. Carrol es graduado de Abilene Christian University, ya servido como ministro y misionero en varios lugares de Texas, México, y Perú. También fue maestro en Baxter Institute en Honduras.

HORARIOS

DOMINGO

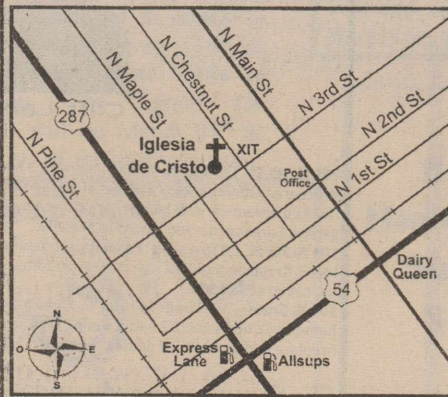
9:30AM Estudio(en Español)
10:30AM Adoracion (en Inglés)
12:00PM Confraternidad
1:00PM Adoracion (en Inglés y Español)

LUNES-MARTES

7:00AM Devocional (en Inglés y Español)
6:30PM Servicio Tarde (en Inglés)
7:30PM Servicio Tarde (en Español)

MIÉRCOLES

7:00AM Devocional (en Inglés y Español)
7:00PM Servicio Tarde (en Inglés y Español)



Stratford Church of Christ

315 North Chestnut • P.O. Box 6 • Stratford, Texas 79084 • (806) 366-5545

CPR and First Aid for Teens

March 22, 2014

From 10 am-3 pm

At The Stratford EMS Building

\$15.00

Includes CPR Card and Personal Mask

Lunch will be Served

Contact Laura Rogers at 753-6098
Or Stratford EMS at 396-2844

Business Directory

Vincent Insurance Agency

Sabrina Melton

PO Box 739 Office: 806-396-2456
Stratford, TX 79084 Home: 396-2512
Email: vincins@xit.net

HEAD TO TOE

Gift certificates available now for:
Tinted eye brows & eye lashes
Plus facial wax and eye brows wax
Relax with a good
pedicure & manicure
Men are welcome 366-2133

Stratford Auto Electric

119 S. Wall, Stratford, TX 79084
Phone-366-5941 or 366-5857
Alternators, starters, Altronic Repair
Since 1964
Roy McAlister

A & I Parts Center

Automotive and Industrial Parts
201 N. 2nd Street-Stratford, TX 79084
Tel: (806) 366-5592
*Toll-free 800-624-5494
Fax: (806) 366-2583

Stratford Grain Company

Stratford 396-5541
Lautz 769-4485

4 North Main

The Cleaning Station

Dry cleaning &
Starch & Ironing
410 N. 4th

Structured Touch Massage Therapy Clinic

Cece Yelek, CMT, LMT
401 N. Third #11. or 7199 Co. Rd P
Stratford, TX - Sunray, TX
Office 806-366-ahhh (2444)
Cell 806-290-3655
9-5 M-F-Sat. by apt

Shari Hudson Photography

PO Box 243
Stratford, TX 79084
Cell PH: 806-753-7798
Email: ghud@xit.net
www.sharihudsonphotography.com
Seniors-Children-Families
Wedding-Special events

The Stratford Star

Duane & Marty Robertson
PO Box 8 Office: 806-366-5885
Stratford, TX 79084 Fax: 366-5884
Email: stardm@xit.net

PO Box 510
Stratford, TX 79084
Phone: 806-366-5557

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It Pays To Look In The

Star Classifieds

Phone 366-5885

..The Best Salesperson Around

THE STRATFORD STAR
Thursday, March 20, 2014
Page 4

For Rent

Office building for rent on N. Main (across from the First State Bank). Centrally located in downtown Stratford. Call 806-570-0441

2BR, 1 bath apartment close to school. No pets. Tenant pays electric/water 806-244-3418.

Help Wanted

Cimarron Feeders is accepting applications for the following positions:
-Mill Laborer
17 miles S Keyes, OK on HWY 171
15 miles N of Stratford, TX on HWY 287
Then right 5 miles on HWY 171
Apply in person: M-F 8a.m.-3p.m. or call (580) 543-6383
Great benefits for full-time positions that include:
Medical, Dental & Vision insurance as well as 401K and paid time off.
Pre-employment drug screen required. EOE M/F
JBS Five Rivers Cattle Feeding is an equal opportunity Employer 1-23-tfn

PCS is seeking qualified applicants for a Program Specialist II position. Must be able to obtain necessary information to determine eligibility for multiple PCS programs and services; alleviate any emergency needs through direct services or referral; enter information IN A CLIENT TRACKING SYSTEM AND MAINTAIN KNOWLEDGE OF LOCAL

SERVICES AND ACTIVITIES TO ASSIST LOW INCOME FAMILIES. Must have an AA degree and 1-3 years of human services experience. BS/BA degree preferred; must be able to travel within Moore, Hartley, Dallam and Sherman Counties. Salary: \$30,000 per year. Apply at pcsvcs.org or call 806-342-6151. EOE

For Sale

Shower selections for Kami Birdsong are available at Acquisitions.

For Sale: King size pillow top mattress and box spring. \$150.00 If interested call Jennifer 396-2782

Card of Thanks

To our dear friends
We send our love and appreciation to all of you for your many acts of kindness and support shown to us during the passing L.J. Russell. We sincerely thank each of you for your love, cards, food, memorials and many prayers.

Margaret Russell
Charles Russell and Family
Lem Russell and Family



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Fax: 806-366-5884

E-Mail: stardm@xit.net

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PO Box 8-Stratford, TX 79084

Stratford High School ORDER BY 4/25/2014

Form for ordering yearbooks with options for personalization, signatures, and icons.

Houses for Sale

419 N. Fulton, 3 bed, 2 bath, basement, man cave, hot tub, gazebo, new heating and air, water softener w/filtration system. Call Laura at 806-753-7411- 2/13/tfn

802 N. Pearl, 3 bed, 1 bath, Newly remodeled kitchen and bath. Stainless-steel appliances, refinished hardwood floors, fireplace, large backyard, whirlpool bathtub, new roof, new windows, new everything! Located across the street from High School. Call for more info (806) 769-4464. 1/16/tfn



1320 Putman: 4/3/2 approximately 2835 sq. ft. This home has a large den with fireplace, large kitchen and dining room, office, 750 sq. ft. basement, sprinkler system and fenced yard. Priced to sell at \$189,500. Call Glenn at Glenn Cummings Real Estate 806-249-6759

Advertisement for Clift Land Brokers with contact information and property listings.

HEALTHY IDEAS

(NAPS)—A mobile app from Walgreens lets users refill prescriptions by scanning the label, choosing a preferred location, submitting the request and picking it up at a Walgreens of their choice. To learn more, visit www.walgreens.com/mobile.

To ensure that seniors have access to eye care, volunteer ophthalmologists are available at no out-of-pocket cost to qualifying seniors 65 and older through Eye-Care America, a public service program of the Foundation of the American Academy of Ophthalmology. Visit www.eyecareamerica.org to see if you qualify.

Young athletes may be less prone to injury when they're properly coached. A good way to learn a sport and improve skills is with a private coach from CoachUp.com. Search for a coach by experience, location and price at www.coachup.com and (888) 680-4750.



More than 12 million Americans have chronic obstructive pulmonary disease (COPD). To learn more about it, see your doctor and visit the National Heart, Lung, and Blood Institute's COPD Learn More Breathe Better campaign resources at <http://COPD.nhlbi.nih.gov> or visit www.copdfoundation.org for COPD Foundation resources.

Outdoors

(NU) - The buzzing of stinging insects is perhaps one of the most unwelcome sounds. For some, it evokes fear of being stung, but bees, wasps, yellowjackets and hornets can cause more than pain. Stinging insects send more than 500,000 people to the hospital annually.

Protect against stinging insects, and watch for signs of hives. Pay attention to common nesting spots: overhangs, eaves and the underside of porches and decks. If you see signs of an infestation, contact a licensed pest professional. Even if you are not allergic, remember that anyone can be at risk if a colony attacks.

Advertisement for Reimke irrigation systems, comparing electric and hydraulic-driven systems.

Legacy Celebrates St. Patrick's Day

By Paula Nusz

Legacy Assisted Living facility celebrated St. Patrick's Day on Monday, March 17, 2014. Activities began early in the day, with residents having their photos taken as a leprechaun. These photos will be made into refrigerator magnets. A traditional noon meal of corned beef & cabbage and Pistachio green cupcakes was served.

The St. Patrick's party began mid-afternoon. Each resident received a beaded shamrock necklace to set the tone. Refreshments served were traditional Irish soda bread and apple punch. Entertainment consisted of two parts. The first part was a quick discussion on the life of St. Patrick and the famed Blarney stone. The second half consisted of a dance trio from the Panhandle Academy of Ballet under the direction of Sherry Hanshaw. Kenadee Walker, Autumn Hale, and Chloe Haaland performed an Irish dance to "Drowsy Maggie". Their costumes were green velvet and they wore white knee socks with black shoes. They looked like leprechaun princesses! After their performance, the girls visited with the residents and told about their roles in the upcoming spring dance recital.

TECHNOLOGY

Digital Book Options for Any Stage of Life

NewsUSA

(NU) - With the holiday season ramping up, there's no better time to take a break, relax and recharge. Why not unwind by catching up on all your favorite books? Whether you are looking to read by the fireplace or while traveling to your holiday destination, or spending time with friends and family, companies such as Kobo have a wide range of options to keep you reading on the go.

No matter what stage of life you may find yourself in, there's something to suit any taste or preference.

Going through your 20s can be trying. You have just left Mom and Dad's—what do you do now? Why not consider books that will help you carve out your own path? There is "How to Be Interesting" by Jessica Hagy and "The Defining Decade: Why Your Twenties Matter—And How to Make the Most of Them Now" by Meg Jay.

The 30s might have people thinking about starting a family, in which case, "Smart Parenting for Smart Kids: Nurturing Your Child's True Potential" by Eileen Kennedy-Moore and Mark S. Lowenthal is an informative and invaluable read. And for a bit of fun, "Bridget Jones's Diary" by Helen Fielding is sure to entertain.

Ofentimes, by their 40s, people are looking for a little romance or a thrill. Books such as "Inferno" by Dan Brown or "Committed" by Elizabeth Gilbert may have just this appeal.



People of all ages can enjoy their favorite books with eBooks and eReaders.

When your 50s arrive, the kids are (hopefully) out of the house, and there is more time to read and travel. To that end, "Still Alice" by Lisa Genova or "Live By Night" by Dennis Lehane could be the perfect titles.

The 60s, or Golden Years, bring retirement and the ability to enjoy the things you love most. Whether it's spending time with family, keeping fit or curling up with a good book, there is "Beautiful Ruins" by Jess Walter or "Paris" by Edward Rutherfurd.

In addition to offering instant access to millions of titles online, digital reading companies offer a plethora of eReading device options and free reading apps for most smartphones and tablets, making it simple to expand on your reading adventure. Whatever your age—young or old, married or single—books are a source of entertainment, escape, inspiration, but most of all, enjoyment. To learn more, visit www.kobo.com.

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