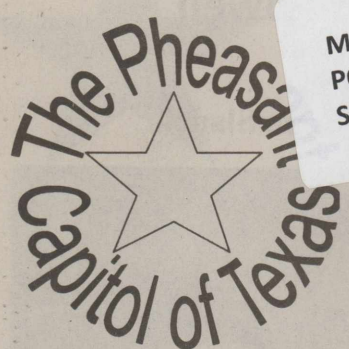




Melvin Mitts 06/15
PO Box 523
Stratford, TX 79084

The Stratford Star

75 cents

Published for over 100 years in Stratford, Sherman County, Texas 79084 usps 523 Number 40 October 2, 2014



See you at the Pole-Sept. 24th, 2014

Stratford Junior High and Stratford High school students gathered around the flag pole on Wednesday, September 24th, 2014 to celebrate "See you at the Pole" It is an annual gathering of Christian students of all ages at their local schools for prayer, scripture-reading and worship, during the early morning before school starts. This event began in 1990.

City to upgrade current utility surcharge fee

Beginning with the October 1, 2014 utility billing cycle, the City of Stratford will upgrade the current utility surcharge fee. The City is applying for grants to assist in replacement of old water lines. However, the City cannot qualify and be awarded this grant every year. Therefore, the City is implementing a \$1 per water meter increase in order to provide more revenues for the repair, maintenance and replacement of water lines within the City.

Green Dumpsters for Grass clippings only

Please be aware that the **GREEN DUMPSTERS** are for grass clippings **ONLY**. Heavy yard waste or any household waste is **NOT** permitted. This is a free of charge service that the city provides. Frequent misuse of these containers will result in the removal and relocation of the container.

Notice of Public Meeting To Discuss Stratford Independent School District's State Financial Accountability Rating

Stratford ISD will hold a public meeting to discuss Stratford ISD's rating on the state's financial accountability system (FIRST) at 7:00 P.M. October 14, 2014 in the Stratford High School Library, 503 N. 8th Street, Stratford, TX The purpose of this meeting is to discuss Stratford ISD's rating on the state's financial accountability system.

Pop-Tart drive for Snack Pak 4 Kids

Fall is in the air and that means it is time to re-stock the Pop-Tart supply for Snack Pak 4 Kids. Our goal is to collect 1,885 packages of the sweet treats before the end of October. Collection points are Mary Allen Elementary, Happy State Bank or First State Bank. Thank you so much for your support in making sure that no local child goes hungry over the weekend.

Good Luck Elks

Now taking Pecan Orders

\$9.00 per lb bag
24 lbs. per case
Deadline to order is October 27th
Call Brenda Bell @ (806) 753-7201 or
(806) 366-4446 (leave a message!)

EMT CLASS IS COMING --

Hear Ye. Hear Ye. Let it be known to all that Stratford EMS is preparing for an EMT-Basic class this coming fall. Our ambulance staff is dreadfully low on personnel at this time due to some folks moving out of the area and others who have taken full-time jobs which severely limits run time. A volunteer ambulance service can only function the way it should if we have ample volunteers. Our group may be small in number but I would put them up against ANY group, anywhere --- we just need more of a good thing. That's right, **WE NEED YOU!!!!** Sorta liken to the Army --- we are looking for a few good men (and women) who are willing to step up to the plate and proudly serve the medical needs of our community. WE need you. The COMMUNITY needs you.

Usually this class would cost \$500 - \$600 out of pocket, but we are very fortunate to have secured a TEEEX grant wherein the students will only be out about \$175 which will be reimbursed to the students who successfully complete the class, become certified, and run with the Stratford EMS for a year or so. The class begins on October 20, 2014 and will run through February 25, 2015 with ample time off for Thanksgiving and Christmas/New Year's. The class will be held at the Stratford ambulance building on Monday and Wednesday nights from 6:00 PM - 10:00 PM. In addition to the classroom hours, students will be required to make 5 ambulance runs and work 32 hours in a neighboring hospital's E.R.

Stratford EMS is referred to as a "paid-volunteer" service which means our certified volunteers are paid a nominal salary for being on "first" or "second" call plus a little additional for each run they complete. You certainly will never get rich off the EMS income, but it does add up to a nice little supplement each month. Plus --- you get a free EMS coat and a few free EMS shirts. But you will feel rich because of the satisfaction you receive from knowing you have just helped a member of our community.

If you are a-thinkin' that you are just too busy and do not have time for such things, rest assured --- YOU are exactly the type of person we are after. Motivated people = good volunteer help on the service. So, please, I ask you to **SERIOUSLY** consider taking the EMT class and deciding (after giving it a fair chance) if this is for you or not. You just might be surprised.

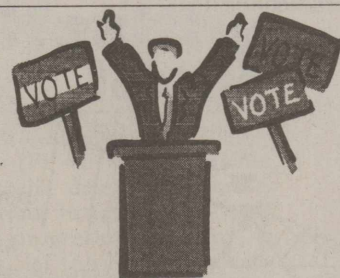
Step up to the plate and give back to your community. **WE NEED YOU.**

Let Jimmy, Larry, or any EMS volunteer know that you are interested. And ... spread the word.

A Medical Fund has been set up at the First State Bank of Stratford for donations to help Betty Hamrick purchase a portable oxygen concentrator (machine).

ATTENTION:

Please slow down and go the speed limit, School Zones, Main Street etc. in Stratford. They will be patrolled and tickets will be handed out. Please watch your speed.



*** NOTICE ***

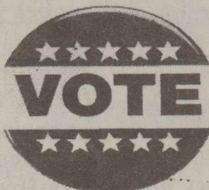
DATE HAS BEEN CHANGED, CANDIDATES FORUM WILL NOW BE HELD OCT. 7, 2014

The date for the Candidates Forum has been changed to Tuesday, Oct. 7th so we won't conflict with the SISD School Board Meeting. The Forum will still be held at the Sherman County Barn beginning at 7 p.m. All candidates are invited to participate if they wish. Questions for the candidates can be emailed to scdc@xit.net, faxed to 366-3025 or mailed to SCDC, PO Box 630, Stratford, TX 79084. If time allows candidates will be able to take questions from the floor.

Contested races are: **School Board:** One unexpired term Jo Hinds & Bryan Cliff
Two 3-year terms Barney Willborn, Walt Berry & Tim Hudson

City Council: One unexpired term Dwayne Plunk, Diana Frittz & Kyle Sandvig
Two 2-year terms Joe Zak, James Lutes & Ty Hacker

*Refreshments will be provided by Sherman County 4H and Sherman County Development.



Be informed and go

on November 4th!!

Hot Air Balloon in Stratford?

By Gaynelle Riffe

The Imagination Station is working on a Hot Air Balloon Demonstration in Stratford. It will happen, I just don't know when. In the meantime....

Hot Air Balloons in Albuquerque October 1-12. In Amarillo: **Friday Oct. 17, 7:30 a.m.** Flights from various locations. **Saturday Oct. 18 6:00-9:00**

Balloon Glow on the ground at Don Harrington Discovery Center; Discounted admission to the Discovery Center new exhibits: Ice Age Mammals and Sherlock Holmes Mystery Exhibit.

Sunday, October 19th 6:00-9:00 a.m. Glow and Sunrise Mass Ascension from Palo Duro Canyon. Balloons fly only when the wind is right.

Family Dinner: It's more than meat and potatoes

A typical family dinner takes about 25 minutes to prepare and lasts about 20 minutes. Family roles are changing. Often, the entire burden of food shopping, planning, and preparation does not fall to the wife alone. Family members, including husbands, are helping in the kitchen, too.

Eating family dinner improves nutrition, and there is a solid link between nutrition and improved health. Nutrition is not only related to health in the short term, such as improved immune functioning, but to long-term health as well, such as chronic disease prevention. Both adults and children benefit from improved diet quality. Research demonstrates that people who eat at home more frequently have better quality diets than people who eat out frequently. When meals are eaten at home, calcium, fruit, vegetable, whole grain, and milk intakes increase. Also, soda and high-fat food consumption decreases compared to when meals are eaten away from home.

In addition to the nutritional benefits of family dinner, there are social benefits as well. When asked, children and even teens say that they enjoy family dinner. Research associates higher levels of emotional well-being and fewer inappropriate weight-control behaviors with a greater frequency of family meals. Interestingly, the benefits associated with family meals are independent of socioeconomic status.

A secret to minimizing stress when it comes to planning and preparing dinner is to keep a well-stocked pantry. A well-stocked pantry may contain foods such as: dried or liquid milk; frozen, canned, or dried vegetables and fruit; rice, pasta, cornmeal, crackers, bread, or tortillas; canned or dried beans; canned tuna fish, chicken, or salmon; soup; oatmeal and/or breakfast cereal; and peanut butter and jelly. Other staples to keep on hand may include: cooking oil, eggs, cheese, flour, sugar, herbs, and spices.

Successful family dinners need to be planned. Perhaps not all family members are available at the same time due to work schedules. Nonetheless, select which days of the week most members of the family can participate in the family dinner. Start slow, but strive for at least three family dinners a week. Many of the social and health benefits of eating family dinners can be seen when families have at least three family dinners a week.

When you plan your menus, keep things simple. It's sharing the meal, not the complexity of the cooking that counts. Fancy tableware and linens are not necessary and may detract from the enjoyment of the meal.

The MyPlate approach to menu planning is easy. MyPlate contains five food groups: vegetables, fruits, grains, protein foods, and dairy. A food item from each of these five food groups should be represented at dinner. Even when eating a casserole or another mixed dish, a food item from each food group should be included in the meal.

When planning the meal, about half of the plate should be covered with vegetables and fruit. When it's in season, fresh produce may be best. However, frozen, canned, and dried fruits and vegetables also have nutritional value and are easy to store and prepare. Try different vegetables instead of always having potatoes, peas, and corn. Green beans, spinach, or cauliflower might make for an interesting vegetable choice.

Grains include foods made of wheat, corn, rice, oats, and barley. It is best to choose whole grains for their added nutrition and fiber content. Grain foods include bread, pasta, tortillas, rice, corn muffins, and barley. A serving of these foods should fill about one-fourth of the plate.

The protein foods group includes meat, poultry, and fish as well as beans, nuts, and seeds. The serving of protein should not be larger than one-fourth the size of the plate. In other words, a piece of meat should not be larger than a deck of cards. Try chicken, fish, and beans, which are good protein sources.

Milk should be served with meals unless cheese or yogurt is already included. A fortified soy milk beverage can be substituted for milk.

Examples of easy family dinner menus might include:

- bean and vegetable soup, whole wheat bread, apple slices, and milk;
- a ground beef, lettuce, tomato and shredded cheese burrito served with papaya slices; or
- a pork chop with Swiss chard, cornbread, apple sauce, and milk.

When planning your family dinners, take advantage of familiar family recipes. If you want to try preparing something new, look for recipes that have a few ingredients, and read through the entire directions before deciding. Keep meals simple, and make only one item that takes extra or long preparation. You want to be able to enjoy your family dinner relaxed, not exhausted from cooking.

Remember, a main reason for having family dinner is to connect with and enjoy family. Minimize distractions by setting a few rules. Keep the television off, do not take phone calls, and leave all other electronic devices off the dinner table. Keep family dinner family time.

The Texas A&M AgriLife Extension Service offers free and low-cost nutrition and health programs. Please contact your local county Extension agent for more information.

Sources:

Beck ME. 2007. Dinner preparation in the modern United States. *British Food Journal*. 109(7):531-547.

Devine CM, Jastran M, Jabs J, Wethington, E, Farell TJ & Bisogni CA. 2006. "A lot of sacrifices": Work-family spillover and food choice coping strategies of low-wage employed parents. *Social Science & Medicine*. 63:2591-2603.

Fiese BH & Schwartz M. 2008. Reclaiming the family table: Mealtimes and child health and wellbeing. *Social Policy Report*. 22(4):3-19.

Hammons AJ & Fiese BH. 2011. Is frequency of shared family meals related to the nutritional health of children and adolescents? *Pediatrics*. 127:e1565-e1574.

MyPlate, <http://www.choosemyplate.gov/>

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating

If silence is golden, then speech is platinum. It spreads wisdom, dispels ignorance, ventilates grievances, stimulates curiosity, lightens the spirits and lessens the fundamental loneliness of the soul.

—Jan Struther

PROFESSIONALS IN PEST CONTROL TECHNOLOGY
Serving the area since 1965
Stevenson & Sons
Pest Control OF DALHART
• TERMITE, RODENT & PEST CONTROL
• FOR YOUR HOME & BUSINESS
• YARD & TREE SPRAYING
DALHART PH. 249-4202 BOX 192
JIM STEVENSON DALHART, TEXAS

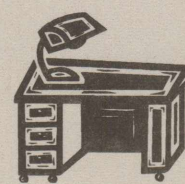

The Stratford Star
(USPS 523-108)
Published for over 100 years
805 Purnell
Stratford, TX 79084
Telephone: 806-366-5885
Fax: 806-366-5884
E-Mail: stardm@xit.net
The Stratford Star is published weekly
Editor & Publisher Martha Robertson
Advertising & Photographer Shari Hudson
Subscription rates
\$33.00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

ATTENTION:

Please slow down and go the speed limit,
School Zones, Main Street etc. in Stratford.
They will be patrolled and tickets will be
handed out. Please watch your speed.

***** Attention to all subscribers!! Rate change

The Stratford Star is no longer 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



From the Desk of
Sheriff Powell

Meet Tanner Jensen & Alisha Sladek



Jensen - 4-year Texas Peace Officer, Bachelor's Degree, Patrol Corporal. His expertise is in firearms. Besides his every day duties, he is in charge of our firearms training which entails ordering of weapons, ammunition, targets, etc. setting up the range, scheduling training dates, keeping me and all the deputies up to date on range training, maintaining all qualification records and more. We appreciate Corporal Tanner Jensen. Sladek - Former Dispatcher/Jailer, now Patrol Deputy. She holds two Bachelor's Degrees. Deputy Sladek patrols, answers calls for service, works accidents, and conducts any necessary duties assigned to her. She is especially recognized for her dedication to our local schools. Most mornings, you will find her working traffic control at the Texhoma Elementary School. She has a passion for this profession and a passion for taking care of our local area students. We appreciate Deputy Alisha Sladek.

I am extremely proud to have these two Deputies as a part of our Sheriff's Office team!!
Have a great week and as always, THANK YOU for supporting me and the office of the Sheriff....
Sheriff Joe Powell

4-Hers Begin New Year of Activities

Contact: Alexa Reed, 806-366-2081, alexa.reed@ag.tamu.edu
STRATFORD - Sherman County 4-H had a great kickoff for the New Year on Sept. 22, according to Alexa Reed, Texas A&M AgriLife Extension Service Agriculture and Natural Resources agent for Sherman County.

At the meeting, it was decided to hold a canned food drive for National 4-H Week. 4-H will be promoted all week at the local schools during that week of Oct. 6-10. Sherman County 4-H will have green boxes set up for the students to drop off any canned food item they brought.

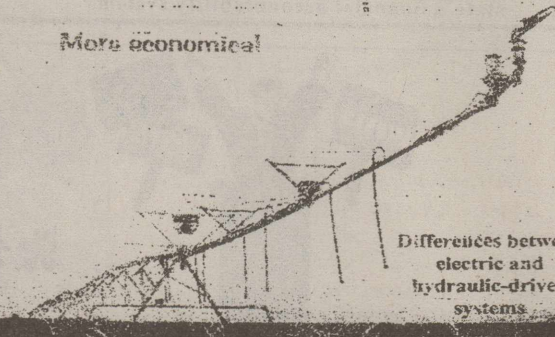
New officers elected at the meeting are:

President: Sydnee Palmer
1st Vice President: Dempsey Collums
2nd Vice President: Nicholas Payne
Secretary: Claire Walden
Public Relations/Reporter: Payton Berry
Treasurer: Katein Berry
Photographer: Morgan Clift
Recreation Assistant: Kaytly Clift
Health and Safety: Drew Mauck
For more information on 4-H in Sherman County, contact Reed at 806-366-2081.

Pop-Tart drive for Snack Pak 4 Kids

Fall is in the air and that means it is time to re-stock the Pop-Tart supply for Snack Pak 4 Kids. Our goal is to collect 1,885 packages of the sweet treats before the end of October. Collection points are Mary Allen Elementary, Happy State Bank or First State Bank. Thank you so much for your support in making sure that no local child goes hungry over the weekend.

More economical!



Differences between electric and hydraulic systems

Electric drive systems are more economical than hydraulic drive systems. They require less maintenance, are safer, and are more efficient. They also have a longer life span and are easier to install.

Hydraulic drive systems are more powerful and can handle higher loads. They are also more flexible and can be used in a wider range of applications. However, they are more expensive and require more maintenance.

Reinke Dealer-Professionals are ready to share either system - why more and more producers are choosing Reinke irrigation systems.

Talk with a Reinke Dealer today.

TEXAS ELECTRIC CO.
Stratford, TX 79084
Charles & Chuck Harbour
301 N. Poplar
Office 806-396-2300



**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

October 3 Deadline for Lollipop Orders

October 3rd will be the last day to place an order for the Deli International Frozen Food Sale sponsored by Lollipop Junction.

A variety of pizzas, flatbread pizza, garlic bread sticks, cheese bread, assortment of cookie dough, cinnamon rolls, sweet breads, pies, pastries, and main dishes will be offered. New items offered this year include Red Velvet Roll, Monkey Bread mix, three cheese garlic biscuits, and candy bar pie. Many of these items can be ordered in bulk quantities and would be perfect for serving at upcoming holiday meals.

Sale brochures are available from Lollipop Junction board members, staff, families of children enrolled at Lollipop Junction, and at the child day care center. To place an order, contact any parent of Lollipop kids or Lollipop board members, Valarie Naugle 366-2862, Martha Duncan, 366-5557 Kristal Johnson 966-3367, Desine Garza 366-3346, Christina Brown 366-3001, Jennifer DeAnda 396-2782, or Wesley or Susie Spurlock 396-2864. In addition, individuals may contact Lollipop Junction, telephone 366-5886.

Orders may be placed anytime through October 3rd. Payment will be expected at time of order. Orders will be available for pickup on the latter part of October. Proceeds from the food sales will be used towards new lights for the child care center.

Lollipop Junction is a 501(c)(3) organization currently cares for 32 children offering activities that promote physical and emotional development and assist in helping children prepare for formal education. Families who utilize or have utilized the services of Lollipop Junction represent employees of several businesses including Stratford ISD, Duncan Chevrolet, A&I Parts, Coldwater Manor, FedEx, Stratford Feedyard, Stratford Grain, First State Bank, Happy State Bank, Texas Department of Transportation, and Hilmar Cheese.

To learn more about Lollipop Junction and its programs and activities, visit www.stratfordchildcare.com or visit the center at 210 N. Main.

Ultimo Dia para Ordenar Es en Octubre 3, 2014

Octubre 3 será el último día para sus órdenes de Deli International patrocinado por Lollipop Junction.

La variedad de pizzas, pan plano pizza, pan de ajo, variedad de galletas para hacer, roles de canela, pan dulce, pies, repostería y platillos principales pueden ordenar. Nuevas cosas ofrecen este año incluye Rollo de patel Rojo, Monkey Bread, bisquets de queso con ajo y el Pie de queso. Muchos de estos productos pueden ordenar en cantidades será perfecto para estos días festivos.

El folleto está disponible en Lollipop Junction con los miembros del comité, trabajadoras del centro y familiares que tienen sus niños en la guardería, para poner sus órdenes contactar padres de niños o miembros del comité Valarie Naugle 366-2862, Martha Duncan 366-5557 Kristal Johnson 966-3367, Desine Garza 366-3346, Christina Brown 366-3001, Jennifer DeAnda 396-2782, oh Wesley oh Susan Spurlock 396-2864. En adicional individual contactar a Lollipop Junction al teléfono 366-5886.

Órdenes pueden ser hasta Octubre 3rd pagos son con su orden. Orden estarán disponible los últimos de Octubre. Las ventas serán para la reparación de luces nuevas de la Guardería.

Lollipop Junction es 5010(3) organización que la guardería de 32 niños que ofrecen actividades de, desarrollo emocional y salud física, y desarrollo social y emocional que ayuda preparas a niños de formal educación Familias que utilizan el servicio de Lollipop Junction y representa empleados de varios negocios incluyendo Stratford ISD, Duncan Chevrolet, A&I Parts, Coldwater Manor, FedEx, Stratford Feedyard, Stratford Grain, First State Bank, Happy State Bank, Texas Department of Transportation and Hilmar Cheese.

Para aprender más sobre Lollipop Junction de sus programas y actividades, visítanos en www.stratfordchildcare.com oh visítanos en el centro en 210 N. Main.

Scholastic Book Fair@Your Library

By Sandy Baskin-Librarian

The Sherman County Public Library will be hosting its annual Fall Book Fair starting Monday afternoon, October 6, 2014. The event will run through Friday, October 10, 2014, 9:00 a.m.-6:00 p.m. daily. This year visitors may start their shopping early by going online to our webpage, <http://bookfairs.scholastic.com/homepageshermancountylib>, sponsored by Scholastic.

The webpage offers an amazing selection of books not available at the fair. The webpage will be available to make purchases on October 1-October 21, 2014. The Book Fair is a great way to get everyone excited about reading and even get a head start on your Christmas shopping. See you at the Book Fair!

Fall Story Time@Your Library

Tuesdays -

October 7, 2014

October 21, 2014

October 28, 2014- 9:30-10:15 a.m.

ABCmouse.com@Your Library

Sherman County Public Library is pleased to announce that ABCmouse.com Early Learning Academy- a high quality online educational resource for young children that's FREE for public libraries- is now available at your library. ABCmouse.com, from Age of Learning, Inc., is a comprehensive early learning site for children ages 2 through 6+ covering reading and language arts, math, science, social studies, art, and music. ABCmouse.com has won numerous awards and features 3,500+ learning activities, including books, interactive learning activities, games, puzzles, songs art activities, and more. ABCmouse.com is also completely child-safe, with no advertising or links to other websites. Best of all children love it! Please feel free to drop by the library and see what all the excitement is all about.

THE STRATFORD STAR
Thursday, October 2, 2014
Page 3

Imagine That at the Imagination Station

The Imagination Station funding Italian Dinner is postponed again!! The fall seems to be full of other fund raisers and missing helpers. There is still a need for the funds so the program is still on and getting more creative. The items remaining from the Whale of a Sale are being distributed. The furniture taken to the Thrift Store was sold before it got in the door! Many more items are there and we tried not to overwhelm them; Downtown Women's Thrift Store has received one load, mostly dress clothes, with another on the way; Goodwill received a van load; Restore, Habitat for Humanity received a load and several boxes have been taken for the Mission in Nicaragua with more on the way. All items will be taken to a not for profit, so if you have a special place please let a board member know.



A sphygmomanometer is used to measure blood pressure.

Stratford High School Announces Dessert Theatre

Stratford High School will be hosting a Dessert Theatre on Monday, October 13 at the Mary Allen Cafetorium. The evening will begin with dessert and coffee served at 7:00 followed by a performance of this year's fall production.

The audience will be treated to a wild, western melodrama, *The Treasure of Shiver River*, written by Flip Kobler and Cindy Marcus and directed by Ronna Riffe and Stacy Metcalf. This is the freshest old-fashioned mellerdramer around, and it's laugh out loud funny to boot! From the nasty scoundrel Rod Enreel, who will soon take over the Shiver River Ranch and find the hidden treasure if Colonel Sanders can't sell his cattle to come up with the mortgage money, to heroic Marshal Marshall Law, who would love to propose to Heidi Claire, the colonel's daughter, yet he can't - throw in lots of other interesting characters and it's sure to be a great show!

All tickets are \$10.00 and go on sale Monday, September 22. This year half of the proceeds will go toward the medical fund for Corey Sims while the rest will go to the SHS speech and theatre fund to help support projects and productions for the year and send interested students to speech, debate, and theatre summer camps. For tickets see any member of the cast or crew or call Ronna Riffe at the high school at 366-3330 or 753-7255. We hope you come out to support these students and enjoy an evening of sweet treats and fun at the theatre!

Cast

Allissa Palmer
Noah Harris
Branson Palmer
Taylor Wright
Jacie Seward
Trey Gabehart

John McBroom
Chesney Rendon
Brantley Powers
Juan Carlos Camberos
Sidney Turner
Carlee Metcalf

Card Girls

Madison Mungia
Daniela Valdez

Crew

AJ Riffe
Val-mari du Plessis
Maty Mace
Magaly Guerrero

Alternates

Aron Villegas

Diana Vasquez
Daniel Sanchez
DarCee Robinson

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

Coldwater Manor Nursing Facility

396-5568 Laura Davis, 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.

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

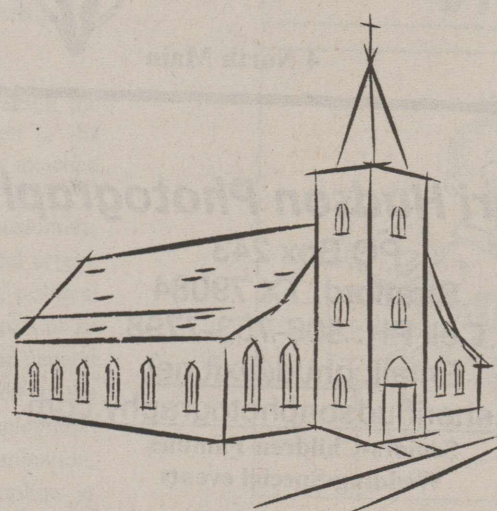
702 N. 3rd

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 Oracion 7 p.m.

Servicio De Adoracion 6 p.m. se Cuidamos

Susuinos Durante El Servicio

Elk Express Star Report

By Diana Vazquez and Vanessa Mendoza

The Student Council will be selling class shirts for \$18 each. All shirts say Squad with graduating years on the front. The senior color is mint green with "Senioritis...we would find a cure, but we just don't care!" with 2015 Stratford seniors on the back, the junior color is neon pink with Class of Swag, the sophomore color is coral with "If at first you don't succeed you're not us," and freshmen shirts are Stratford blue with "Seniors wish they were this fresh." Order forms can be picked up at the high school office and will be due Friday October 3rd.

The Junior high pep rally Thursday was "freeze out," and everyone wore scarves for the pep rally.

A Coffee Bar sponsored by FCCLA was before school on Wednesday in the main hallway. Proceeds will go to FCCLA scholarships.

Juniors are selling magazine subscriptions to make money for their senior trip.

A large group of students gathered at the flag pole Wednesday for a time of prayer. It was part of a nation wide program "Meet Me at The Pole."

There will be a blood drive at the high school on October 21st.

October is going to be SOCKtober with the student council taking donations of new pairs of socks.

Friday, October 3rd will mark the end of the first six weeks of school.

The Big Blue Band will perform in the UIL pre-marching contest at Panhandle, Saturday, October 4th.

Both the junior high and high school cross country runners will compete in Canyon on Saturday, October 4th.

LIGHTS FOR LOLLIPOP

Lollipop Junction, Stratford's non-profit child care center is in need of replacing 30 non-operable light fixtures in its facility. The day care center has been in its building for 22 years and the light fixtures were in place when the center opened.

This is a huge capital expenditure for the center and proceeds from Lollipop Junction's fall fundraiser will go towards this project. The board will also be applying for funds from other sources. Individuals or businesses who would like to assist Lollipop Junction with this building improvement project are encouraged to contact either Susie Spurlock, 3962864 or Valarie Naugle at 366-2862 or Martha Duncan at 366-5557.

Lollipop Junction currently serves 32 children representing 39 families in our community. To learn more about the childcare center, visit Lollipop Junction located at 210 N. Main Street or www.stratfordchildcare.com

Luces Para Lollipop Junction

Lollipop Junction Stratford Guarderla son comisión estarán reparando 30 luces de la guardería. La guardería fue construida hace 22 años y son necesarias repararlas.

Esta es un gran gasto capital Para el centro. Las ventas del Deli Internacional serán Para este proyecto. El comité buscara más fondos y ayuda de otros negocios Para los gastos también. Si gusta ayudar a Lollipop Junction con este proyecto Para este edificio contactar a Susie Spurlock, 396-2884 a Valarie Naugle al 366-2862 oh Martha Duncan al 366-5557.

Lollipop Junction sirve a 32 niños que representan a 39 familias en esta comunidad. Para aprender más de la Guardería visitanos en la localidad Lollipop Junction 210 N. Main oh www.stratfordchildcare.com

One of the best ways to get yourself a reputation as a dangerous citizen these days is to go about repeating the very phrases which our founding fathers used in the great struggle for independence.
—Charles Austin Beard

Schedule of all 2014-2015 4-H & Clover Meetings

*Dates are subject to change with weather or AarLife mandatory meetings
All meetings for both clubs are at 6 pm

4-H Meetings

September 22
October 13
November 10
December 8
January 12
February 9
March 16
April 13
May 4

Clover Kid Meetings

September 29
October 27
November 24
December 15
January 26
February 23
March 30
April 27
May 18

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

Character cannot be developed in ease and quiet. Only through experience of trial and suffering can the soul be strengthened, ambition inspired and success achieved.
—Helen Keller

PETS FOR RETTS FUN DAY!

Fun Starts
at 9am
Bushman High School

October
18th
2014

5K walk/run with or without a pet
2.5K walk/run/stroll with or without a pet
Frisbee catching contest
Pet costume contest
Pet-Owner look-a-like contest
Best Dog Trick Contest
Brats on the grill and more!

Bring out your Family
(furry and non-furry members)
for a day of FUN
& help raise
awareness and funds
for this horrible
disease

RETT SYNDROME
AWARENESS

All proceeds go to
help find a cure for
Retts Syndrome.

FOR MORE INFORMATION OR TO GET REGISTERED
PLEASE CONTACT: Robin Carlson at 806-355-5713

Or Laura Rogers
806-783-8988

HARRINGTON Breast Center

A Department of HSA Hospital

Stratford

Mobile Mammogram Clinic
Given by

The Harrington Breast Center
Don and Sybil Harrington Cancer Center

October 7, 2014

First Methodist Church
611 North Main Street

For information or to schedule an appointment please call
806-356-1905 or 1-800-377-4673



Business Directory

Vincent Insurance Agency Sabrina Melton

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

Stateline Wash & Service

An Honest Service For A Fair Price
Greg Koehn
owner
RR 1 Box 114 C
Texhoma, OK 73949
806-339-6413
carwashguy06@gmail.com

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

THIS SPACE AVAILABLE

CALL 366-5885
E-mail stardm@xit.net
Fax: 366-5884

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

Duncan Chevrolet

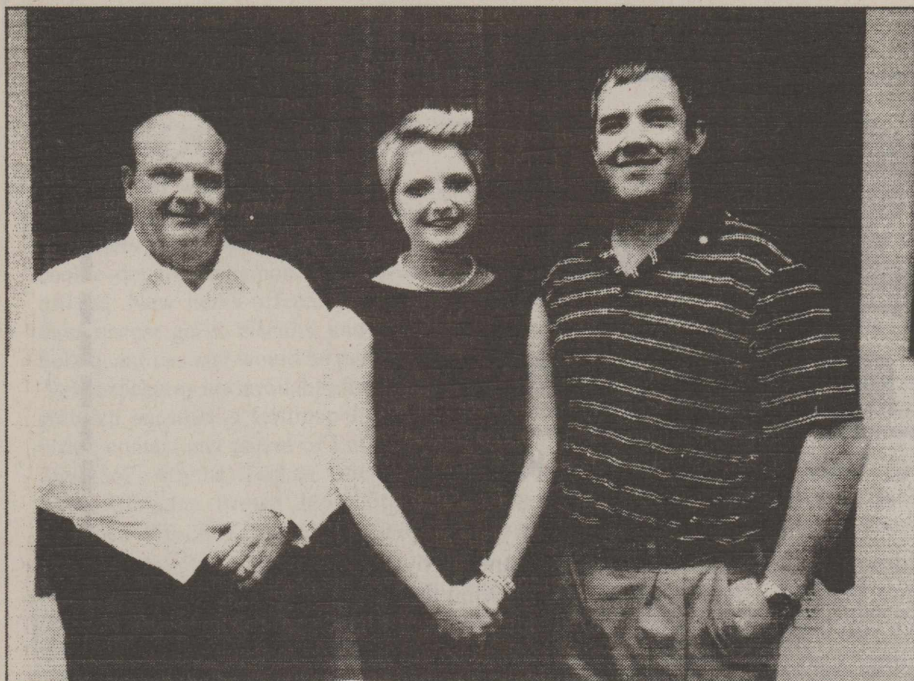
www.duncanchevrolet.com
E-mail duncanch@xit.net
AN AMERICAN REVOLUTION

WALTER LASLEY & SONS INC. THE Feedyard

Since 1953
753-4411

THIS SPACE AVAILABLE CALL 366-5885

E-mail stardm@xit.net
Fax: 366-5884



Allissa Palmer Lion's Club Queen

Stratford Lion's Club selected Allissa Palmer to be the club's Queen for this year. Shown with Allissa are Jim Bob Brown, 1st Vice President (left) and Corey Naugle, President (right). Congratulations Allissa!

Texhoma ISD Free and Reduced-Price Meals Policy

Texhoma Independent School District announced its policy for providing free and reduced-price meals for children served under the attached current income eligibility guidelines. Each school/site or the central office has a copy of the policy, which may be reviewed by anyone on request.

Letters were distributed to the households of the children in the district during school registration on August 8, 2014 about eligibility benefits and any actions households need to take to apply for these benefits. Applications are available at Texhoma Elementary School, 4th and Denver, Texhoma, Texas 73960.

Criteria for Free and Reduced-Price Meal Benefits

The following criteria will be used to determine a child's eligibility for free or reduced-price meal benefits:

Income

1. Household income that is at or below the income eligibility levels

Categorical or Automatic Eligibility

2. Household receiving Supplemental Nutrition Assistance Program (SNAP), Temporary Assistance for Needy Families (TANF); or Food Distribution Program on Indian Reservations (FDPIR)

Program Participant

3. Child's status as a foster child, homeless, runaway, migrant, or displaced by a declared disaster
4. Child's enrollment in Head Start or Even Start

Income Eligibility

For those households that qualify for free or reduced-price meals based on income, an adult in the household must fill out free and reduced-price meal application and return it to Camelia Holguin, School Secretary. Those individuals filling out the application will need to provide the following information:

1. Names of all household members
2. Amount, frequency, and source of current income for each household member
3. Last 4 digits of the Social Security number of the adult household member who signs the application or, if the adult does not have a social security number, check the box for "I do not have a Social Security number"
4. Signature of an adult household member attesting that the information provided is correct

Categorical or Program Eligibility

Texhoma Elementary School is working with local agencies to identify all children who are categorically and program eligible. Texhoma Elementary School will notify the households of these children that they do not need to complete an application. Any household that does not receive a letter and feels it should have should contact Camelia Holguin, School Secretary at 806-827-7400.

Any household that wishes to decline benefits should contact Camelia Holguin at 806-827-7400.

Applications may be submitted anytime during the school year. The information households provide on the application will be used for the purpose of determining eligibility. Applications may also be verified by the school officials at any time during

the school year.

Determining Eligibility

Under the provisions of the free and reduced-price meal policy, Debbie Shoulders will review applications and determine eligibility. Households or guardians dissatisfied with the Reviewing Official's eligibility determination may wish to discuss the decision with the Reviewing Official on an informal basis. Households wishing to make a formal appeal for a hearing on the decision may make a request either orally or in writing to Danielle Harland, Verification Clerk.

Unexpected Circumstances

If a household member becomes unemployed or if the household size increases, the household should contact the school. Such changes may make the children of the household eligible for benefits if the household's income falls at or below the attached current income eligibility guidelines.

The U.S. Department of Agriculture prohibits discrimination against its customers, employees, and applicants for employment on the bases of race, color, national origin, age, disability, sex, gender identity, religion, reprisal, and where applicable, political beliefs, marital status, familial or parental status, sexual orientation, or all or part of an individual's income is derived from any public assistance program, or protected genetic information in employment or in any program or activity conducted or funded by the Department. (Not all prohibited bases will apply to all programs and/or employment activities.) If you wish to file a Civil Rights program complaint of discrimination, complete the USDA Program Discrimination Complaint Form, found online at http://www.ascr.usda.gov/complaint_filing_cust.html, or at any USDA office, or call (866) 632-9992 to request the form. You may also write a letter containing all of the information requested in the form. Send your completed complaint form or letter to us by mail at U.S. Department of Agriculture, Director, Office of Adjudication, 1400 Independence Avenue, S.W., Washington, D.C. 20250-9410, by fax (202) 690-7442 or email at program.intake@usda.gov. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339; or (800) 845-6136 (Spanish). USDA is an equal opportunity provider and employer.

It is a mistake to regard age as a downhill grade toward dissolution. The reverse is true. As one grows older, one climbs with surprising strides.

—George Sand

THE STRATFORD STAR
Thursday, October 2, 2014
Page 5



Wyatt entertains at Scot Luncheon Sept. 25th

Lynn Wells, SCOT Program Coordinator introduces Candice Wyatt, the vocal program for the SCOT Luncheon on Thursday, September 25th, 2014.

AgriLife Extension offers private pesticide applicator training Oct. 9 in Amarillo

Writer: Kay Ledbetter, 806-677-5608, skledbetter@ag.tamu.edu Contact: Nathan Can, 806-373-0713, mcan@ag.tamu.edu

AMARILLO - A private pesticide applicator license training will be offered Oct. 9 at the Texas A&M AgriLife Extension Service office in Potter County, located at 3301 E. 10th Ave. in Amarillo.

The training session begins at 9 a.m., according to Nathan Can, AgriLife Extension agent for Potter County. The three and a half hour training will provide information needed to take the private applicator license test, which will be administered by the Texas Department of Agriculture.

Cost of the training is \$60 and all materials will be provided, Can said. He said anyone in the Texas Panhandle is encouraged to participate if they need a private pesticide applicator license. The license is for agricultural producers and landowners who apply restricted use pesticides on their property.

Those planning to attend are asked to call Can at 806-373-0713 by Oct. 7 to reserve a seat.

Legacy Celebrates Assisted Living Week

By Paula Nusz

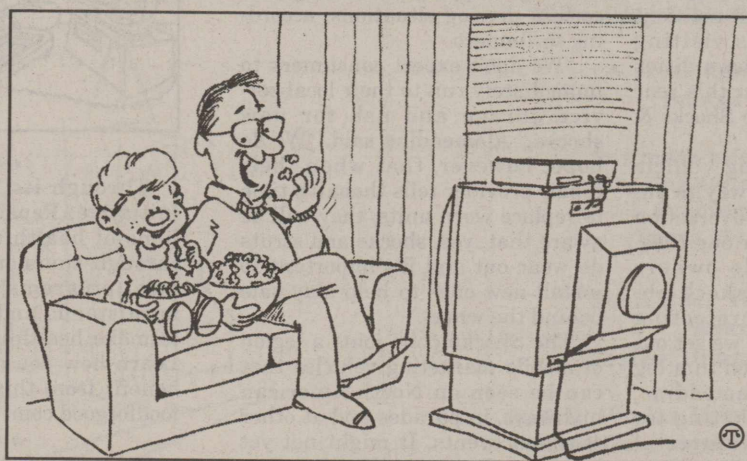
Legacy Assisted Living facility celebrated Assisted Living Week on September 22-26. The national theme for 2014 is The Magic of Music. Taking the theme, activities were selected to promote the use of music in events for the week.

Monday started off with a water xylophone made with quart-sized mason jars. Special music had been prepared using colored squares. Each note corresponded to a certain color. The resident players used soup spoons to "clink" the jar when their color was shown in the music. This was a great success and 13 residents took turns playing the jars. This group also performed as the entertainment that evening. Their repertoire included: "Go Tell Aunt Rhodie", "Row Your Boat", "Skip To My Lou", "Indian Drums", and "Jingle Bells". Each song was progressively more difficult. They did a great job. At the hamburger/hotdog the supper that night, Legacy staff members and their families shared supper with the residents. This reinforces the feeling of "one big family" and gives the residents some new people to visit with.

Thursday brought along Broadway Musical Bingo! The cards were printed with various Broadway Musical titles. The prizes were candy bars whose names were also inspired by Broadway Musicals. Various tips were given to solve the mystery of the candy name (exp. Musical - Cats; the corresponding candy bar was Kit Kats). This was a double barrel musical game and was very fun.

Friday brought along the classic movie - Singing in the Rain with Gene Kelly. It was great fun to see his dance magic and to hear the great old songs again. Snacks were served and everyone enjoyed this special Friday event.

Did You Know?



(NAPS)—Actor Terry Crews is the voice of the slightly sinister (but secretly sweet) Bruce Onion in the newest *VeggieTales* movie, "Celery Night Fever," now available exclusively on DVD and digital download.

Job Corps is the nation's only federally-funded, residential job-training program for disadvantaged young people. For more information, including how to apply, visit www.jobcorps.gov or call 800-733-JOBS (5627).

A.C. Moore has partnered with Easter Seals to support early childhood development services. Crafters who shop at the specialty store will be asked to donate \$1 at checkout. To learn more, visit www.acmoore.com.

Reproductions of the unique, original paintings of the Mouth and Foot Painting Artists are on holiday cards, a desk calendar, gift items and wrap. The worldwide for-profit organization is owned and run by disabled artists. Learn more at www.mfpausa.com or call (877) MFPA-USA.

Number of children being fed by Snack Pak doubles in new school year

Approximately 70 local children are expected to participate in the Snack Pak 4 Kids program during the 2014-2015 school year — this number up from 30 participants last year.

To most of us child hunger seems like a Third World problem, but there is a substantial population of hungry children right here in Stratford living in food-insecure homes where evening meals are rare and weekend meals are basically non-existent.

On Mondays these little ones go to school with their tummies rumbling from up to 66 consecutive hours without food.

Snack Pak's motto is, "On an empty stomach you can't learn anything." Mary Allen Elementary Principal Misti McBryde explained, "Children who are not getting adequate nutrition in general are not mentally focused. They can't take in what information they need to thrive in an educational environment," she said.

The support that Stratford showed for Snack Pak in 2013 was amazing, and we are excited to help even more children this year with Snack Pak 4 Kids!

Please join us in helping to make sure that no child in our community goes to school on an empty stomach.

Opportunities to help:

- Sponsor a child: Only \$133/year or \$14/month provides a local child Snack Paks for an entire school year! Submit a Snack Pak 4 Kids donation form, located in *The Stratford Star*. Donations should be made payable to "Snack Pak 4 Kids." Please designate Stratford in the memo line of your check. Donations can be delivered or mailed to Jo Hinds at PO Box 781 Stratford, TX 79084 or mailed directly to Snack Pak 4 Kids 701 Park Place Ave. Amarillo, TX 79101.
- Volunteer to fill Paks: Snack Paks are filled once per month by volunteers. If you or your organization would like to volunteer please contact Sherry Willborn at 806-790-7792 or swillborn@msn.com. Volunteers are still needed for the following packing dates: Tuesday October 21, Tuesday November 18, Tuesday December 16, Wednesday January 21, Wednesday February 18, Tuesday March 17, Tuesday April 21, and Tuesday May 19. *Packing sessions will be held at 5:00 PM this year.
- Donate Pop-Tarts and peanut butter: Drives to collect Pop-Tarts and peanut butter (small jars) will be scheduled soon.

To learn more about Snack Pak 4 Kids in Stratford and how you can help, contact Jo Hinds at 806-570-6624.



Giving a Voice to Hungry Kids

We all know that there are children who have free breakfast and lunch provided for them at school Monday through Friday. Have you ever stopped to think what these children do for food on the weekends? Have you ever eaten lunch on Friday and then not had another actual meal until Monday morning? Can you imagine trying to listen to your teacher on Monday morning when all you can do is watch the clock and count the seconds until lunchtime? Unfortunately, there are children in Stratford and the surrounding towns in the Texas panhandle who face this struggle every weekend and during school holidays. Snack Pak 4 Kids is a program that provides food for children in these situations every weekend of the school year. 100% of all money is used for food only.

YES!!! I want to adopt a child for: **Stratford ISD**

___ 1 year- \$133 (number of children ___)
___ 1 month- \$14 (number of children ___)
___ 1 week- \$3.50 (number of children ___)
___ other- \$ _____

Name _____

Address _____

Phone _____

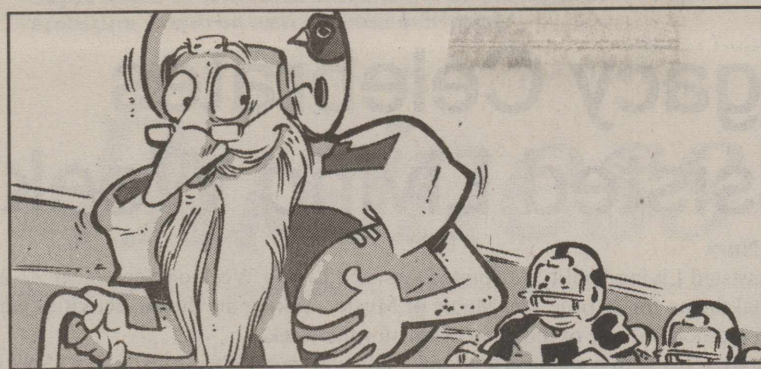
Email _____

Organization _____

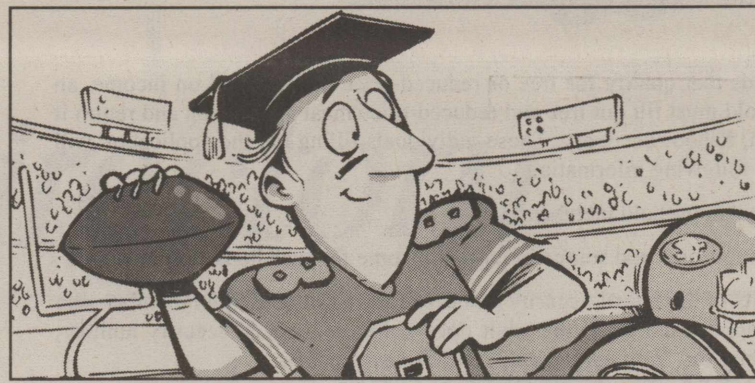
School you are sponsoring _____

Checks are payable to "Snack Pak 4 Kids." Please designate Stratford in memo line of your check.

Snack Pak 4 Kids
701 Park Place Ave
Amarillo, TX 79101
806-337-5252



The Arizona Cardinals is the oldest franchise in professional football. The organization began in Chicago in 1899 as the Morgan Athletic Club.



Former San Francisco 49ers Super Bowl quarterback Steve Young has a law degree.

Business News

Giant 'Shockmobile' Latest Hit in Mobile Marketing

(NAPS)—From giant rolling hot dogs to a 65-foot-long "backyard barbecue grill," huge mobile marketing exhibits are bringing their messages—and, sometimes, tastes—to millions of consumers who might otherwise be focused on much smaller mobile devices. In fact, these rolling marketing exhibits have become so effective that at least one vehicle components manufacturer has joined the parade to communicate the importance of car care.

Consider, for example, the 25-foot-long, 12-foot-high translucent "Shockmobile" that is visiting scores of North American cities during its inaugural tour this year on behalf of the Monroe Shocks & Struts brand.

"A mobile marketing vehicle can be a very effective way to engage consumers in a conversation about your product. In our case, relatively few vehicle owners understand the role shock absorbers can play in protecting their driving safety—so we set out to capture their attention in a big way," said Richard Alameddine, vice president of marketing for Tenneco, the manufacturer of Monroe ride control products.

The Shockmobile is certainly hard to miss. From its massive black fiberglass tube, angled upward like a rocket, to its glow-in-the-dark lettering reading "Everything Gets Old. Even Your Shocks," the rolling exhibit has amazed motorists and pedestrians everywhere it has appeared, including New York City's Times Square.

The point of the "Everything Gets Old" message is to remind consumers to have their shock absorbers and struts inspected at 50,000 miles/80,000 kilometers. Failure to replace worn units could negatively impact vehicle



A mobile marketing vehicle can be a very effective way to engage consumers in a conversation about your product.

steering, stopping and stability in certain driving situations, according to Tenneco.

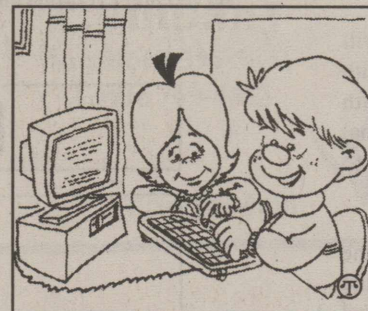
"We don't expect consumers to immediately run to their local service garage and ask for new shocks," Alameddine said. "We do hope, however, that when their repair provider tells them it's time to replace worn units, they will be aware that, yes, shocks and struts do wear out and it's important to install new ones to help stay safe behind the wheel."

The Shockmobile joins a legion of mobile marketing vehicles that can be seen on North American highways, in parades and at other seasonal events. It might not yet be as iconic as a rolling hot dog, but it is turning heads and driving consumer engagement via social media, the Monroe website (www.monroe.com) and, most importantly, at local repair businesses.

"There's simply no way a 25-foot-long glowing shock absorber won't get your attention when it passes you on the road," Alameddine said. "We get thumbs-up signals, smiles, waves and lots and lots of questions. But most people quickly realize it's a shock and come away from the experience with important knowledge about their driving safety. And that's what this vehicle and the Monroe brand are all about."

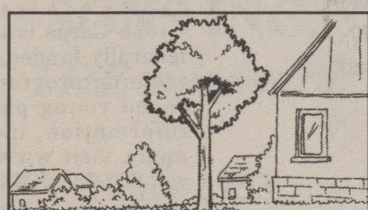
Did You Know?

(NAPS)—A contest called "Express Your Selfie" encourages students and teachers to submit a selfie with their favorite Texas Instruments technology. The winner will receive a set of graphing calculators for his or her math or science class. Official rules are available at www.tiselfie.com.



Through its "Food for Good" initiative, PepsiCo delivers millions of healthful meals to kids through summer and afterschool meal programs, community-run farm stands and other programs to make healthful food accessible. Learn how you can help children benefit from this at www.pepsicofoodforgood.com.

A leading fertilizer application equipment brand, Willmar, now part of AGCO, offers ruggedly built spreaders and tenders that provide years of reliable service to help America's farmers feed the world. Learn more at www.applylikeapro.com and (877) 525-4384.



A tree planted in the middle of a flowerbed will add height and interest to the plantings below it.

Four Steps To Help Your Family Eat Right

(NAPS)—Here's food for thought: You may be able to nudge your family in the right direction toward healthful eating if you heed these four facts and hints.

1) Families that eat together may be the healthiest, according to research published in *Pediatrics* and *ScienceDaily*. Added bonus: Kids who eat with their families are less likely to be overweight and tend to perform better in school than their peers.

2) Need recipe ideas? In September, which is National Chicken Month, or at any time of year, you can try preparing dishes that celebrate this popular poultry that's high in protein and low in fat.

3) Get creative at mealtime and dress up your chicken (or other healthy dishes) with dressings and sauces. A variety of salad dressings can be used as a marinade, and barbecue or hot sauces can add additional flavor to your meal.

4) Involve your kids in the preparation of their own healthful meals. They're more likely to enjoy it if they have a stake in the process.

Recipe Ideas

Try preparing grilled chicken quesadilla, chicken ranch casserole or perhaps a raspberry walnut tropical chicken salad—or you can go all the way to this "ultimate chicken" recipe:

Ultimate Chicken

Serves 4

- 4 (6-oz.) boneless skinless chicken breasts
- Salt and black pepper
- ½ tsp. paprika
- 3 Tbsp. olive oil, divided
- 1 lg. Granny Smith apple, cored and sliced
- 1 C. sliced celery
- ½ C. sliced shallots or red onions



Photo Courtesy: National Chicken Council

This fowl is fair: With the right sauce or dressing, chicken can take on an amazing variety of flavors.

- 8 oz. clean baby spinach leaves
- ¼ C. toasted pine nuts
- ¾ C. blue cheese salad dressing

Season chicken with salt, pepper and paprika. Heat 2 Tbsp. olive oil in a skillet over medium-high heat and sear both sides of chicken. Continue to cook on medium heat until chicken is thoroughly cooked. Transfer to a plate and keep warm. In same skillet, heat remaining olive oil and sauté apples, celery and shallots until tender. Gently heat blue cheese dressing in a saucepan. Do not bring to a boil. Arrange spinach on plates, top with hot vegetables, apples and chicken. Spoon warm blue cheese dressing over all and sprinkle with pine nuts.

Learn More

More recipes, along with tips on healthful eating, can be found at www.dressings-sauces.org.



It Pays To Look In The

THE STRATFORD STAR
Thursday, October 2, 2014
Page 7

Star Classifieds

Phone 366-5885

..The Best Salesperson Around

Help Wanted

Coldwater Manor is looking for a full time Activity Director. Apply in person at Coldwater Manor, 1111 Beaver Road, Stratford, TX EOE 9-18, 9-25, 10-2, 2014 3 x's

Coldwater Manor is looking for a Part-time Hair Stylist. Apply in person at Coldwater Manor, 1111 Beaver Road, Stratford, TX EOE 9-18, 9-25, 10-2 3 x's

Warehouse staff position open at A&I Parts Center
Duties include pulling orders for distribution and receiving inventory. Person should be able to lift 50 to 75 lbs. and have basic computer skills. Benefits include health, vision and dental insurance, 401 K, holiday and vacation pay. Pick up an application at 201 N. Second Street in Stratford, 9-11-14

Cimarron Feeders is accepting applications for the following positions:
*Feed Mill Maintenance Team Member
*Feed Truck Driver
*Pen Rider
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 8 a.m.-3 p.m. or call (580) 543-6383
Great benefits for full-time positions that include:
Medical, Dental & Vision insurance as well as 401 K and paid time off.
Pre-employment drug screen required. EOE M/F
JBS Five Rivers Cattle Feeding is an equal opportunity Employer.

Janitorial person needed in Stratford. Two nights per week Part-time. Call 1-800-728-1961

Lost & Found

Lost: Gold ring with Phillips 66 emblem on it. Lost Sunday, Sept. 28th in vicinity of O'Biddys Café. Reward. Call 396-2143 10-2-c

Houses for Sale

Newly renovated. Move-in-ready. 2500 sq. ft., 4 bdr, 3 bath, 2 living areas, 1 car garage and 2 car carport. 602 N. 4th. Large corner lot, nice neighborhood, in-ground storm shelter, \$139,000. Lots of extras. Call for appointment 806-753-7411.

COOKING IDEAS

(NAPS)—Fully cooked duck products are a delicious alternative to beef and chicken, and work in a variety of dishes. That's the word from celebrity chef Sara Moulton, host of "Sara's Weeknight Meals," which is sponsored by Maple Leaf Farms. For additional information, call (800) 348-2812.



California avocados, a natural superfood, are a perfect fruit to build a nourishing breakfast. For quick and easy breakfast recipe ideas, visit CaliforniaAvocado.com.

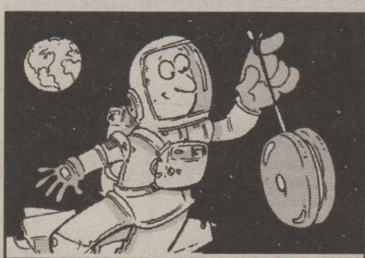
Peanut oil is high in good monounsaturated fat and may reduce the risk of heart disease. To view recipes from celebrity chefs, instructional videos and nutritional information on deep-frying a turkey, visit www.turkeyfrying.net.

Healthy Ideas

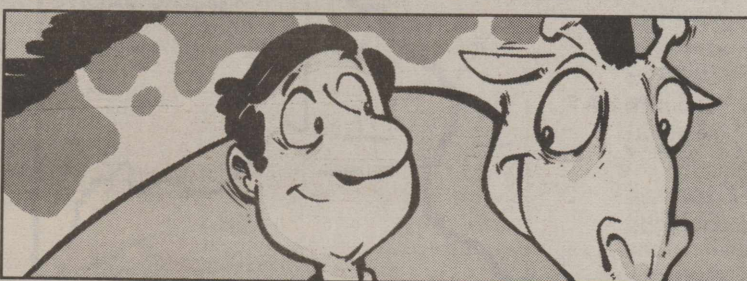
(NAPS)—Idiopathic pulmonary fibrosis—IPF—is an irreversible, unpredictable disease that causes permanent lung damage and involves progressive scarring, or "fibrosis," of the lungs. It's estimated 50,000 to 70,000 people in the U.S. have this disease. To learn more about IPF, visit KnowIPFNow.com.



Many parents say it's a good idea to give kids vitamin supplements. Making that easier for parents and more fun for children are tasty new Star Wars™ Gummy Vitamins by NatureSmart featuring the iconic Star Wars characters. Learn more at www.NatureSmartvitamins.com.



In 1985, astronaut David Griggs used a Duncan Imperial Yo-yo on live TV from the deck of the Space Shuttle.



The long and the short of it is this. Humans and giraffes have the same number of bones in their necks: eight. Giraffe neck vertebrae are just much, much longer.

SHS PINK OUT T-SHIRTS

ORDERS ARE DUE TO ANY CAMPUS SECRETARY BY THURSDAY
OCTOBER 2.

NAME: _____

GRADE: _____ TEACHER _____

PHONE NO: _____

EACH SHIRT IS \$15.00

MAKE CHECKS PAYABLE TO

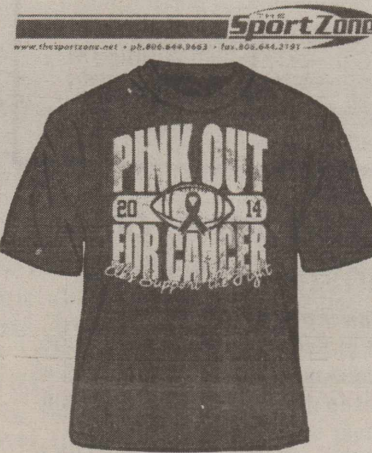
SHS CHEERLEADERS

	XS	SM	XL	AS	AM	ALG	AXL	A2XL	A3XL	TOTAL QTY
QTY										
										X 15.00

TOTAL AMOUNT

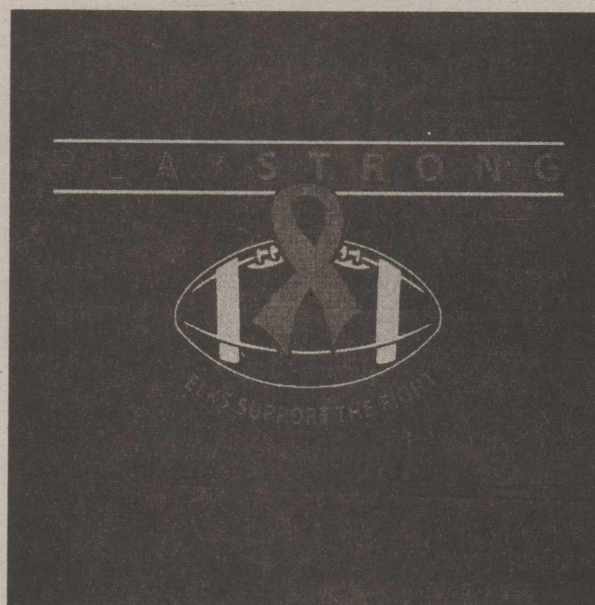
THESE SHIRTS ARE SHORT SLEEVE

PINK WITH WHITE LETTERING



SHS PINK OUT T-SHIRTS

PLEASE RETURN YOUR ORDER FORM AND PAYMENT TO KENDRA MUNGIA OR ANY
CAMPUS SECRETARY BY THURSDAY, OCTOBER 2ND



	YOUTH MEDIUM	YOUTH LARGE	ADULT SMALL	ADULT MEDIUM	ADULT LARGE	ADULT XL	ADULT 2XL	ADULT 3XL	TOTAL QTY
QTY									

x \$15.00

TOTAL AMOUNT

NAME: _____

PHONE: _____

MAKE CHECKS PAYABLE TO SHS CHEERLEADERS THANK YOU FOR YOUR SUPPORT

Elk Football is Back

2014 Stratford Elk Composite Schedule

Varsity

Aug. 15	Dalhart (scrimmage)	H	5:00
Aug. 21	Olton (scrimmage)	TBA	
Aug. 29	Sunray	T	7:00
Sept. 5	Tulia	H	7:00
Sept. 12	Sanford-Fritch	T	7:00
Sept. 19	TBA		
Sept. 26	Bushland	T	7:00
Oct. 3	Open		
Oct. 10	Wellington*	H	7:00
Oct. 17	Panhandle*	H	7:00
Oct. 24	Canadian*	T	7:00
Oct. 31	Boys Ranch*	H	7:00
Nov. 7	West Texas*	T	7:00

JV

Aug. 15	Dalhart (scrimmage)	H	5:00
Aug. 21	Olton (scrimmage)	TBA	
Aug. 28	Sunray	H	6:00
Sept. 4	Tulia	T	5:30
Sept. 11	Fritch	H	7:30
Sept. 18	TBA		
Sept. 25	Bushland	H	7:30
Oct. 2	Dalhart	H	7:30
Oct. 9	Tascosa	T	4:30
Oct. 16	Panhandle	T	7:30
Oct. 23	Canadian	H	7:30
Oct. 30	Boys Ranch	T	7:30
Nov. 6	West Texas	H	7:30

7th and 8th

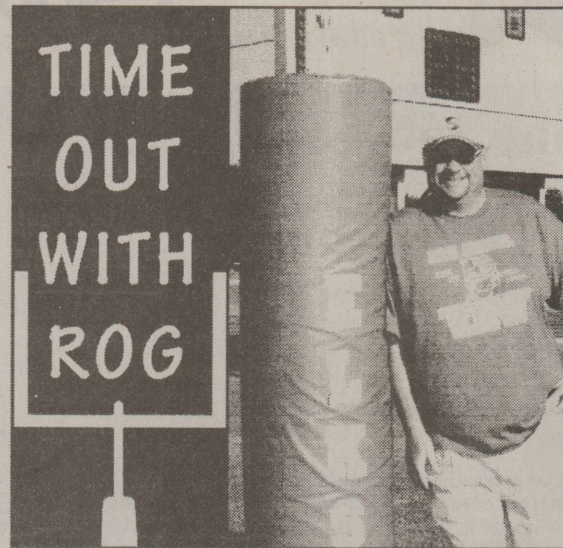
Sept. 11	Fritch	H	5:00/6:00
Sept. 18	Guymon ✓	H	5:30/7:00
Sept. 25	Bushland	H	5:00/6:00
Oct. 2	Dalhart	H	5:00/6:00
Oct. 9	Guymon	T	5:30/7:00
Oct. 16	Panhandle	T	5:00/6:00
Oct. 23	Canadian	H	5:00/6:00
Oct. 30	Boys Ranch	T	5:00/6:00
Nov. 6	West Texas	H	5:00/6:00

The Stratford Elks never gave up Friday night against the Bushland Falcons and came away with the 41-34 victory.

Quarterback Jack McBryde completed 5 of 9 passes for 87 yards and scored one touchdown for the Elks. Rett Schoonover at quarterback completed 1 of 3 passes for 26 yards. Gerardo Romero caught 2 passes for 72 yards followed by Trevor Melton with 31 yards on 2 catches. Rett Schoonover carried the ball for 100 yards on 6 carries and scored 2 touchdowns followed by Gerardo Romero with 64 yards on 12 carries and scored 1 touchdown. Kevin Hernandez racked up 62 yards on 10 carries and scored 2 touchdowns and one 2-point conversion. Jesus Tarango scored 3 PAT's for the Elks.

Leading the Elks defense was Jesus Tarango with 11 tackles followed by Jiovani Romero, Gerardo Romero and Tanner Stone with 7 tackles each.

Players of the Week:
Offensive Line - Chisum Rutherford; Offensive Back - Rett Schoonover; Defensive Line - Jesus Tarango; Defensive Back - Jiovani Romero; Special Teams - Blake Griffin and Scout Team - Kobi Garza.



ELKS, thanks for the Birthday gift! Oh what a game, back and forth, back and forth! It was the Falcons Air game verses the Elks ground game and the ground is more solid than air, LOL!! These country boys played HARD against the City Folk! I'm proud of our smaller in body but huge in heart running backs! I believe that the Bushland Falcons should eat more Allsup's burritos than Red Lobster! Line Blocked a lot better, defense bent but did not break! We need to work on that special teams more but I know we will get r done! MR. REF I have some spare glasses you can have, come on MAN! Proud of the crowd that could make the trip. It was worth it! Our younger kids JV, 7th and 8th played well also. Heard the JV Game was unbelievable way to go, future is bright! This week we are open again, can anyone please play us, we want to play!! Remember to pray for Corey and Nora Grace. Also our armed services Once an Elk, always an Elk, thanks.

Roger Malon Allen

Xcel Energy powers up Texas segment of TUCO-Woodward electric transmission line

200-mile project connects regional customers to wider power market

AMARILLO, Texas - The signature transmission project in Xcel Energy's Power for the Plains grid improvement plan for Texas and New Mexico is now in service, providing a host of benefits to communities across the area, as well as to the industries that underpin the regional economy.

The TUCO-to-Woodward 345-kilovolt transmission line between Xcel Energy's TUCO Substation north of Lubbock to the Oklahoma state line was energized last week when a connection was made with an Oklahoma line segment built by Oklahoma Gas and Electric Company. Xcel Energy built the line from TUCO to just east of the Texas-Oklahoma boundary in Beckham County, Okla. The OG&E segment connects from the Beckham County site to Woodward, Okla.

Total cost for Xcel Energy's portion of the TUCO line is approximately \$205 million, shared among the member utilities of the Southwest Power Pool, the regional transmission organization overseeing grid reliability in portions of eight south-central states, including the Texas Panhandle-South Plains region and eastern New Mexico.

In May, Xcel Energy and OG&E completed another major transmission connection between Hitchland, Texas, and Woodward. This and the TUCO projects are among 22 critical improvements grouped in the Power for the Plains enhancement project, which was launched after a 2010 Southwest Power Pool study. Of these 22 projects, 11 have been completed.

"Electricity demand has grown phenomenally across northwest Texas and eastern New Mexico, driving the need for more power and enhanced delivery systems," said David Hudson, president and CEO of Southwestern Public Service Company, an Xcel Energy company. "These connections boost reliability and save customers money in the long run by opening this region to new power markets."

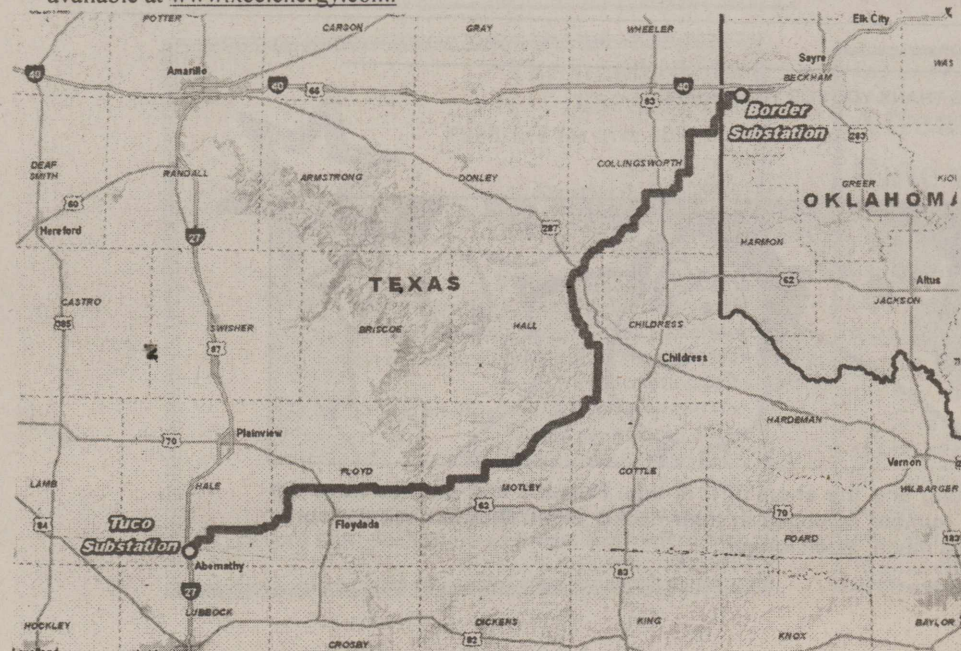
With new connections such as the TUCO and Hitchland lines, Xcel Energy can take advantage of more opportunities to buy and sell power from the regional market to provide the lowest cost mix to regional customers at any given time, Hudson said. And in the summer peak season, the company will have access to more power to meet peak demand even when all the area generating resources are being used.

The TUCO-Woodward line and others like it also boost the reliability of the area grid, offering more alternatives to move power into and around the area in the event of outages on other major lines. Additionally, the new lines provide more export capacity for wind energy generated from area wind farms, Hudson said.

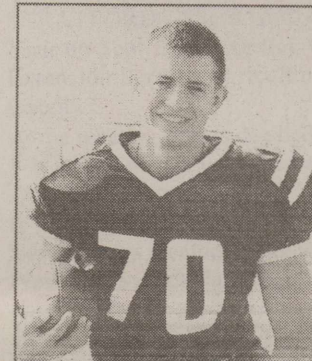
In addition to the TUCO-Woodward project, the company currently has more than 1,000 miles of 345-kilovolt projects in permitting and under construction in seven states. In the Upper Midwest, Xcel Energy is the largest partner in the CapX2020 transmission expansion initiative, a unique collaboration of 11 utilities.

"Xcel Energy is an industry leader in the development of transmission," said Teresa Mogensen, vice president of transmission at Xcel Energy. "We have close to 19,000 miles of transmission assets in 10 states, and we're uniquely positioned both geographically and competitively for continued growth." Information and maps for all the Power for the Plains projects can be located at www.powerfortheplains.com.

Xcel Energy (NYSE: XEL) is a major U.S. electricity and natural gas company with regulated operations in eight Western and Midwestern states. Xcel Energy provides a comprehensive portfolio of energy-related products and services to 3.5 million electricity customers and 1.9 million natural gas customers through its regulated operating companies. Company headquarters are located in Minneapolis. More information is available at www.xcelenergy.com.

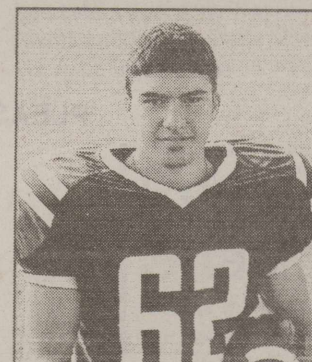


OFFENSIVE LINE



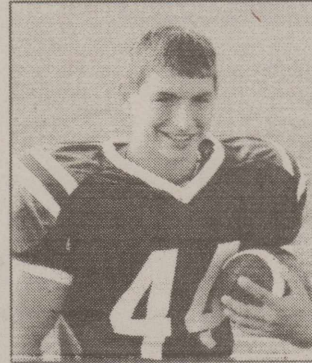
Chisum Rutherford

DEFENSIVE LINE



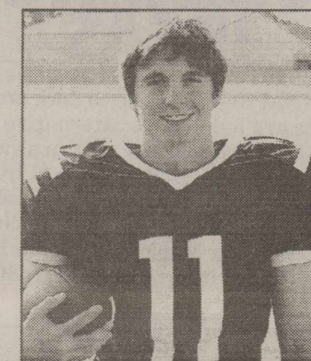
Jesus Tarango

SPECIAL TEAM



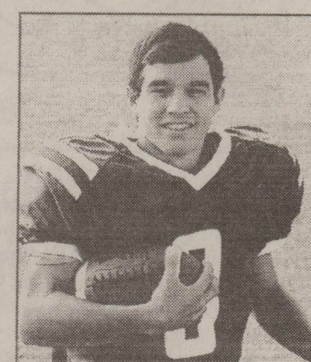
Blake Griffin

OFFENSIVE BACK



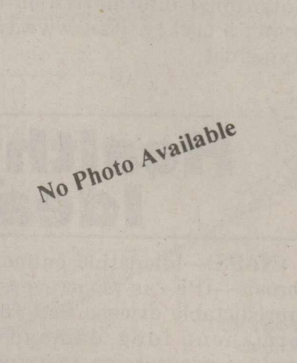
Rett Schoonover

DEFENSIVE BACK



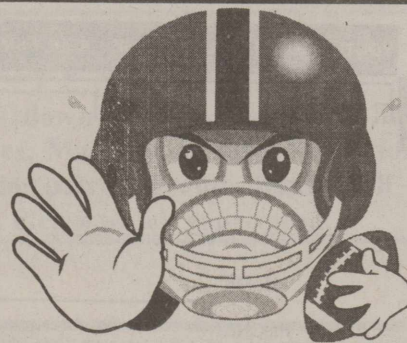
Jiovani Romero

SCOUT TEAM



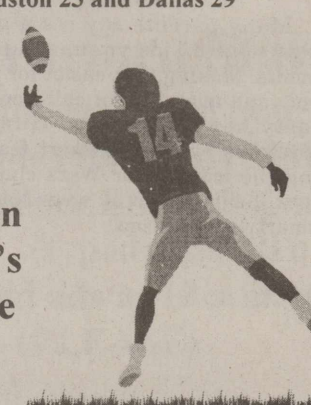
Kobi Garza

No Photo Available



Mel Mitts class of 1958
Amarillo High vs Abilene Cooper
Canyon vs Lawton (OK Eisen Hower)
Dalhart vs Seminole
Panhandle vs Quanah
Happy vs Motley County
Baylor vs Texas
Texas Tech vs Kansas State
Texas A&M vs Mississippi State
Arizona vs USC
Chicago at Carolina
Cleveland at Tennessee
Atlanta at NY Giants
Baltimore at Indianapolis
Tie Breaker Houston 20 Dallas 34

Roger won
last week's
Challenge



Roger Allen class of 1981
Amarillo High vs Abilene Cooper
Canyon vs Lawton (OK Eisen Hower)
Dalhart vs Seminole
Panhandle vs Quanah
Happy vs Motley County
Baylor vs Texas
Texas Tech vs Kansas State
Texas A&M vs Mississippi State
Arizona vs USC
Chicago at Carolina
Cleveland at Tennessee
Atlanta at NY Giants
Baltimore at Indianapolis
Tie Breaker Houston 23 and Dallas 29