

Sherman County Museum 7 /04
Box 1248
Stratford, TX 79084



The Stratford Star

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Cowboy Church Held Wednesdays

Cowboy Church will meet every Wednesday at the County Barn at 7:30 p.m. Everyone is welcomed to attend.

Disposal of Christmas Trees

The City of Stratford will be accepting Christmas Trees at the Old Water Tower located on North 1st Street. Please do not place the trees beside your dumpster or in the alleyway, as Rural Waste Management will not be picking them up.

Thank you
Wayland Brown
City Administrator

NPGR Announces 2004 Scholarship Essay Competition

North Plains Groundwater District announces the 2004 Scholarship Essay Competition. Any high school student who resides within the boundaries of the North Plains Groundwater Conservation District is eligible to compete. Students are asked to submit an essay on "Why is Groundwater conservation Important?" and three scholarship awards will be presented. The student submitting the first place essay will receive a \$4000 (\$1000/a year), Second place \$3000 scholarship, third place will receive a \$2000 scholarship.

Scholarship applications & scholarship rules can be obtained from the students' high school counselors' office or can be downloaded from the North Plains Water District website at www.npwwd.org. Deadline for submission of the essays is April 1, 2004.

Pet Of The Week



The Dalhart Animal Rescue Shelter ("no kill" facility) currently has over 100 dogs and puppies available for adoption. These dogs are all sizes and range in age from 4 weeks on up. The older dogs have been spayed and/or neutered and have their shots. These dogs need a good home.

This is a great program but we sure could use your help in making it better. Donations of food, towels, blankets and/or money are greatly needed and appreciated.

For more information or to mail Donations, please contact:

Diane Trull
1302 Conlen Ave.
Dalhart, TX 79022
244-3216
Thank you

New City Administrator Hired

The City of Stratford is pleased to announce that Mr. Sean Hardman has been selected to serve as the new City Administrator. Mr. Hardman formerly served as the City Administrator of Tishomingo, Oklahoma and brings several years of practical experience in the field of public administration to his new position in Stratford. Mr. Hardman, his wife Jennifer and daughter Haley are relocating to Stratford and he is anxious to begin his work on behalf of the residents, elected officials and City staff. Sean's experience is not only in public administration and management, but also in grant writing, long range planning and economic development. While in Tishomingo, Mr. Hardman secured funding through grants for many city improvements, some of which included a new water tower, street re-surfacing, equipment for the police department, economic development planning grants, established a micro-loan program for small businesses and was instrumental in helping 19 small businesses receive SBA loans. Mr. Hardman will begin work on January 19, 2004 and the community is encouraged to drop by City Hall and meet Mr. Hardman as the opportunity arises.

The selection of Mr. Hardman comes as a result of a search process conducted by the City of Stratford with the assistance of the Panhandle Regional Planning Commission. The selection process began in September of 2003 and culminated in the final selection of Mr. Hardman in late December.

The City Council welcomes Mr. Hardman and his family to Stratford.

Agriculture Meeting Planned for January 22

Stauffer Seed & Fertilizer will be hosting an Agriculture Meeting on January 22, 2004 at the Sherman County Exhibit Building. Registration will begin at 9:00 a.m. and lunch will be provided. Texas Cooperative Extension will be providing 2 CEU credits for Pesticide Applicators. The meeting will address new innovations for Sherman County including a presentation by Sunland Peanuts, biological alternative fertility programs, pest management and growing cotton in Sherman County. Please contact Leslie Neve at (806) 366-2081 or John Husmann at (806) 396-2263 for more information.

4-H Shooting Sports Meeting

The 4-H Shooting Sports Club will meet Wednesday, January 14 at 3:30 p.m. at the County Exhibit Building for the required Safety Education Session and sign up for practice sessions that will begin the first week of February.

Pemberton Enters County Commissioner Race Precinct 1

The needs of our county are very important to me. I have been in Stratford for the past 28 years involved in farming and cattle. During this time I have served on numerous boards, committees and have been involved in several organizations. I feel I have an understanding of the county and its needs.

Taking care of precinct 1 is of great importance to me. I feel with new farming technology I will have the time to take care of the counties business. As county commissioner I would like to see more growth come to Sherman county and will work hard to achieve this goal.

I would appreciate your vote on March 9, 2004. Paid Political announcement paid for by Steve Pemberton, Box 1141 Stratford, Texas 79084.

Texas Community Futures Forum

Sherman County Texas Cooperative Extension will be hosting the Texas Community Futures Forum (TCFF) on January 15, 2004 at the Sherman County Exhibit Building. Registration will begin at 6:00 p.m. All residents of Sherman County are encouraged to attend and participate in the TCFF. Participants in this statewide event will represent their community to help solve issues facing Sherman County and identify educational solutions to these issues. The only way your voice and concerns will be heard is to attend and participate in this event. Please contact Leslie Neve at 366-2081 or Susie Spurlock at 366-2122 to obtain more information on the TCFF.

4-H Practice Livestock Show

There will be a 4-H Practice Livestock Show held on January 24, 2004 beginning at 9:00 a.m. This event will be for those 4-H members who would like to gain more show experience in a show-like environment. The schedule for the day will be a mock show for swine, followed by lambs, followed by goats, and finally steers and heifers. A clinic on clipping will take place following the mock shows. Members who would like to participate are asked to fill out a 4-H Practice Show Entry Card and return it with your County Show Entry cards. There is not a charge for this event.

Members participating in the Practice Show may leave their animals at the barn until the County Show the following week, however, 4-H Members are responsible for maintaining the cleanliness of their pens. Sherman County makes one bag of shavings available and additional bags may be purchased for \$5.00. Pen space will be provided on a first come/first served basis, however, please do not bring animals to the barn until Friday, January 23, 2004.



Gibson, Candidate for Senate Visits Stratford

Lee Gibson, Dumas, candidate for Texas Senate, talked with residence Saturday morning, January 10 at the Farm Bureau building. L/R: Doug McBryde, Robert Ragsdale, Hal & Jeannie Bennett, Larry Evans, Lee Gibson, Scott Buckles, Larry Drake, Evelyn Ham-Gibson campaign manager, George Bonds. PHOTO BY GAYNELLE RIFFE

One of the most adventurous things left is to go to bed, for no one can lay a hand on our dreams.
-E.V. Lucas

January Is School Board Recognition Month

Governor Rick Perry has proclaimed January as School Board Recognition Month and Stratford ISD is joining other districts across the state to gratefully acknowledge their commitment to our communities and schools.

"Texans benefit every day from the dedicated energies and countless hours devoted by a group of more than 7,000 men and women across the state. These public servants are elected to serve by local citizens and receive no compensation for their tireless efforts. These men and women are the local school board members of Texas," said Jim Taliaferro.

"These people unselfishly contribute their time and talents toward the advancement of public education," Taliaferro said. "They represent a continuing commitment to local citizen control and decision making in education. Even though we are making a special effort during January to show appreciation to our school board members, we recognize their contributions reflect a year-round commitment on their part," Taliaferro said.

"We proudly salute these education advocates as they provide leadership for student achievement, academic programs, district funding, and school facilities. Their service ensures that decisions about local public schools are made by those most familiar with the needs of the community's children and families," said Taliaferro. "These individuals deserve recognition and thanks

for their dedication to the continuing success of our students and schools," he said.

The men and women serving Stratford ISD are Joe Reinart, Ricky Reed, Ted Allen, Steve Johnson, Gared McBryde, Brent Spurlock and Patti Vincent.

CORRECTION: In the edition with the UIL Results, 6th Grade Maps, Graphs, and Charts should have been 6th place Matthew Chaffee.

Sherman County Livestock Show Entries Due

The Sherman County Livestock Show entries are due into the Extension Office by 5:00 p.m. on January 19, 2004. Entry fees are \$18.00 for the first animal and \$10.00 each additional animal per exhibitor. Six dollars of the initial entry goes to the buyer's cap and \$2.00 goes to the Buyer's Appreciation Lunch. Entry fees double if not turned in by January 19, 2004 and no entries will be accepted after January 26. Two animals per exhibitor may be entered and exhibited in each of the five departments and one animal may be sold in the sale. Please contact the Extension Office if you need entry cards. Stratford FFA members can obtain their entry forms from Mr. Burkhalter or can come by the Extension Office. Please make all checks payable to Sherman County Livestock Show.

Imagination Station Hosts "Taking & Printing Digital Pictures" Workshop

Did you know the county library has digital computers that can be checked out? Money from the Community Network Grant received by Stratford last year was used to purchase ten digital cameras for the Sherman County Public Library. These cameras can be checked out if you have a library card. You must also put up a \$25.00 deposit fee, which will be returned when the camera is checked back in.

Is your next thought, "I don't know how to operate a digital camera"? Then mark your calendar for January 19 and 26, from 6:00-7:30 p.m. A workshop, "Taking and Printing Digital Pictures" will be available at the Imagination Station for interested participants. The cameras available at the county library will be the teaching tool, however, if you have a digital camera, please feel free to bring your camera along. Basic picture-taking and printing techniques will be explained in layman's terms. Please join us for a fun and informative evening.

A \$5.00 participant fee will be charged each night to cover the cost of materials.

Sherman County Livestock Show Schedule Sherman County Exhibit Building in Stratford

Sunday-Tuesday, January 27, 2004

Bring cattle into the barn.

Wednesday-January 28

Bring all animals into the barn.

Thursday-January 29

All animals in place by 4:00 p.m.

Weigh in goats, lambs, steers, & swine in this order

Friday-January 30

9:00 a.m. Judging of Swine

Showmanship of Swine

Judging of Lambs

Showmanship of Lambs

Afternoon (Not before 1:00 p.m.)- Livestock Judging Contest

Saturday-January 31

9:00 a.m. Judging of Goats

Showmanship of Goats

Judging of Steers

Judging of Heifers

Cattle Showmanship

1:00 p.m. Premium Sale-Order: Steers, Heifers, Swine, Lambs, Goats

Sunday, February 1

1:00 p.m. Exhibit and Animal Barn Clean-up

Tuesday, February 2

4-H Project Record Forms due to Extension office by 5:00 p.m., unless exhibiting at a Major and those are due by March 30 by 5:00 p.m.

Chamber News

By Patty Tims

I have been a nurse since 1987, and it has been my privilege to be present when a new life has come into this world, and also when one has slipped away. I have seen people struggle with death and those who await it, ready to face what lies ahead. I have often wondered why some go peacefully and some fight to the bitter end. Recently, a friend of mine lost her mother. She was sad because of the loss but happy for her mother not to be suffering any longer. My friend said her mother went peacefully. I read this story and thought the title was appropriate for this topic.

This says it all....

A sick man turned to his doctor, as he was preparing to leave the examination room and said, "Doctor, I am afraid to die. Tell me what lies on the other side." Very quietly, the doctor said, "I don't know." You don't know? You, a Christian man, do not know what is on the other side?" The

doctor was holding the handle of the door, on the other side of which came a sound of scratching and whining, and as he opened the door, a dog sprang into the room and leaped on him with an eager show of gladness. Turning to the patient, the doctor said, "Did you notice my dog? He's never been in this room before. He didn't know what was inside. He knew nothing except that his master was here, and when the door opened, he sprang in without fear. I know little of what is on the other side of death, but I do know one thing...I know my Master is there and that is enough."

Written by Denise Granger
I believe that those who know the Master is waiting don't

struggle with the fear of death. They embrace it and accept it with open arms. This is dedicated to Alda Mitts, a dear precious sweet lady, that I loved. May her family find peace and comfort in the knowledge she is with her Master.

Imagination Station Looking Back 2003

January lunch for Panhandle Tourism & Marketing Council 38 attended from 17 communities and 2 states. Girl Scout Troops meet.

March-59 guests attended Open House for the completion of Phase I, computer lab, office and reception area.

April-Hosted Stratford Area Foundation Annual Meeting/37; Ex-Students; Week of the young Child "100 Years of Flight" 2-day averaging 175 children from 5 area schools; Candidate Forum.

May-Sales Tax Board; Harrington Medical Center Reception 49 attended; Stratford Education Foundation June/July 9 week ABC Camp/11; Computer Lab open to the public.

July-mirror writing & watermelon the 4th; Computer Camp for 30; Main Street Art-stepping stones & watercolor for 26; Drama Camp 12, 43 attended performance. Completed Kitchen and installed Exhibit Hall doors.

August-Ministerial alliance Youth Rally 3 nights averaging 80 youth and sponsors; Jamboree float and pie by the slice.

September-Girl Scout Council/15 adults, 5 towns, 3 states; Computer Lab open Tue., Wed., Thur., Sun. Class night Monday.

October-Basic Computer in Spanish/2 classes-4 weeks average 8 per class; Halloween Haunted Pirate Ship/100

November-Captain Abdul's Pirate Ship Exhibit; Dinner/33, Mary Allen Tours 80

December-Christmas Parade Float & Stew Supper/37, Bus Tour/38

Approximately 1097 volunteer hours recorded. Looking ahead to 2004: complete phase II & III building renovations. Program: Computer classes; Italy in February, March/Star Lab; week of Young Child in April, Summer Program; Main Street Art, Drama, Computer Camps. September/For the Birds.

Our foster-nurse of nature is repose.
-William Shakespeare, King Lear

Honors English Classes Essays

"World Famous" At Stratford?
By Jesse Daniels
H. English III

The sweet aroma of meat cooking on the grill and the crackling of tator-tots in the deep fry mysteriously draws people's attention toward food, and in this case the concession stand. Home of the world famous band burgers is known to many people from miles around.

Although known to Stratford and some nearby towns our world famous burger isn't so "world famous." Many people prefer the Band Burgers and recommend them to others. The cook working in the back usually gets several compliments a night about the splendid taste of the burgers.

Now of course burgers and tator-tots aren't the only things on the menu. There are popcorn, suckers, and a variety of candies to choose from, including Skittles, Starburst, Hershey's bars and many more. The drinks, Dr. Pepper, Coke, Sprite, and coffee, will refresh your thirst and help wash down the meal.

Mr. Randy Hunsaker, Mr. Jeff Witcher, and the High School band members are the ones who put the show on every night there is a game. I recently spoke with Mr. Hunsaker about his thoughts on working the concession stand with the kids and his response was a bit shocking. He said he enjoyed spending time with his kids and took pleasure in getting to know them in different ways than just as another one of the teachers.

The kids have a remarkable time working with their band directors, taking orders and making food for the community.

Should have been in the noHistory Books
By Ryan McDaniel
English III Honors

It's the one competition that every marching band in the state set their eyes on: the state UIL marching competition. The competition was held on November 3 in San Antonio Texas. The one 1A conference was made up of fifteen of the best bands in the state, including the Stratford Big Blue Band.

When we "took the field" at area marching contest we had our minds set on one thing and that was to get a 1 so that we could advance to state. After we played the feeling was extremely nerve wrecking, because many people didn't think they performed up to par. But then it was announced, "Sundown, Sudan, and Stratford" will advance to the state marching contest". Right then it was history in the making for the Stratford band. The 2003-2004 band is the only band to ever go to such an honored and prestige event.

When we arrived in San Antonio November 2, it was automatic lights out and mental preparation for the up coming day. We woke up at 5:45 in the morning to prepare for a nine-thirty show. When we arrived at the Alamo Dome we got out of the buses and got dressed, warmed up and; then went straight to the field. The stadium was unlike anything I've ever seen before, it was huge, intimidating, and; made you feel like you were the size of an ant.

Our show consisted of three pieces: Vera Cruz, Hey Jude, and Slovanek Folk Piece. Mr. Hunsaker said that during our show "we could see the pride dripping from the bells of our

horns." The marching overall was decent, we came on the field the best we knew how and we did the same while playing. All I can remember is how small and intimidated I was by the stands. Although there weren't too many people there I was still extremely nervous. After we played we walked out and changed and then finished watching the rest of the bands

play. When; the last band finished playing they called for all drum majors to report to the field for the announcements of the finalists. It was probably the most disappointing moment in my life, we marched outstanding and played even better, but I guess it didn't impress the judges. The band ended up coming in sixth all together, and you can't deny that being the sixth in the state isn't impressive.

The reason why we got sixth isn't because we messed up in the music or the marching; it was our style of marching. The band does the traditional core marching which isn't seen much anymore, it's mostly the long walking stride marching. Judges say that that kind of marching takes more skill and talent, but if you ask any one of the members of the big blue band I think that they would disagree.

B-Ball is Back
By Tyler Haynes
English III honors

Junior high boys basketball is staring up again. They opened up against Dalhart on November 17. The seventh grade boys played at 5:00 p.m. and the eighth grade at 6:00 p.m. The seventh grade suffered a disappointing 37-19 loss, but the eighth grade started their season off with a huge win over the Golden Wolves 38-29.

The seventh grade's first junior high basketball experience didn't turn out quite like they had planned; yet, they did show the usual competitive spirit that all Elks possess and did do things that would lead one to think they have promise and, will reach their goals as a team. The leading scorers for the seventh grade were Nelson Rodriguez with six points and Angel Resendes with five points. Also scoring were Kaleb Horsford and Brent Reed each with four points of their own.

The eighth grade on the other hand came out blazing against Dalhart. They had six players put points on the board. Craig Kautz led the team with thirteen points followed by an avalanche of points put up by his supporting cast. (Hunter Buckles-8 points, Matt King-6 points, Joey Reta-5 points, Corey Carter-4 points, and Dillyn Williams-2 points) Coach Mark Keener was very pleased. "They're determined! They're defending District Champions and ready to remind everyone why." The eighth grade "D" showed their determination by holding Dalhart to a meager twenty-nine points.

Though the season just started the Junior High Boys Basketball teams are on track to do Stratford proud. With talent running deep and tradition instilled even deeper both the seventh and eighth grade teams are looking forward to a fulfilling season.

New Coach Meets
Expectations of the Lady Elks
By Kayla Robertson

The Stratford Lady Elks have been through a lot in the last couple of years. In the last three years these girls have been with three different coaches and three different opinions about basketball. These girls have come to find out that all the coaches teach basketball a little different than the other one and that it is difficult to catch on once you have learned something new. Lady Elk Basketball hasn't been a big thing in Stratford, next to football, but being with this new coach has changed a few peoples' minds about girls' basketball.

The Lady Elks came in this season not knowing what to expect from this new coach. Coach Hudson came from Iraan with his family to Stratford to make a difference in the girls' basketball program. People from Iraan have said that they miss him and that he was a good coach.

The Lady Elks are lucky to have such a great coach come to Stratford. There are three teams this year in high school; the Varsity team is coached by Coach Johnny Hudson and assistant Coach Terry Davis. The JV Blue team is coached by



Flores Presents Program

Joe Pete Flores shows Laurie Spurlock some of his collection of spurs. He gave a program to GFWC/Prospectus Study Club at their January meeting.

Joe Pete Flores gave an interesting program on spurs to GFWC/Prospectus Study Club on Jan. 7. Many he had on display had belonged to local people. One was a set of spurs worth over \$12,000. (Yes, that's correct!) Mr. Flores has donated a book on spurs to the Library. Liz Sanders is Texas Heritage Coordinator.

Roll call was answered to "A Heritage of Texas". During the business session conducted by Laurie Spurlock,

Coach Davis, Coach Hudson also helps with this team and the JV white team is coached by Coach Davis. These teams also have four managers that help them during the games.

The Lady Elks have worked hard for Coach Hudson so far. I talked to some of the varsity team members and they said that it is a lot of hard work, but they like it a lot better this year. Varsity Team members Lindsay Stein and Amber Larance say "Well, we do lots of work all

week long, but it is helping us a lot and it is worth it." These girls said that they are glad that they finally got a coach that cares about girl's basketball and cares about us. The Stratford Lady Elks are excited about this year with the new coach. They are anxious to see what will be the outcome of this season.

it was decided to have an after church barbecue, possibly Sunday, Feb. 29.

Plans for the Feb. 10 Coldwater Manor Party were made.

In attendance were Paula Everett, Dorothy Haile, Oline Caraway, Mary Woodford Wisdom, Linda Swain, Sandy Baskin, Marylou McDaniel, D'Lynn Reed, Linda Haynes, Marsha Wright, Marty Bain, Margaret Reed, Patti Vincent, Liz Sanders, Laurie Spurlock.

Ashley Named to Dean's List at Angelo State University

The Dean's List for the 2003 Fall Semester has been announced at Angelo State University in San Angelo, Texas.

To be eligible for the Dean's List, students must be enrolled full-time and maintain a 3.25 grade point average on a 4.0 scale.

The honorees, along with their majors, include the following from the Stratford area: Russell Dane Ashley, kinesiology/secondary certification. Dane is the son of Russell and Nan Ashley of Stratford.

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The Stratford Star
Box 8
1-806-366-5885
Fax 1-806-366-5885

Kerrick News

By Marylou McDaniel

Peggy Hawkins is recovering nicely after spending time in Dalhart and Amarillo hospitals after Christmas. Several family members are going to Oklahoma City to see a cousin, Jake Holladay of Houlika, MS., participate in the World Championship Saddle Bronc event. Tim Holladay, his brother, is being honored for furnishing the stock and having two bucking horses of the year.

Everyone was recovering from the holidays and stayed close to home last week!

Ag Appreciation Thursday, Jan. 15th

Ag Appreciation is an informative event where local businesses and some of their suppliers get together to say thank you for the business in the last year and a chance to discuss some of the important issues that effect agriculture in our area. Over 400 people have attended the event each of the last 2 years. This year we have added programs, more vendors, and new this year we will present scholarships for area students which will be presented at lunch along with Ag Producer and Ag Business of the year plaques. Terry Peach, Secretary of Agriculture for the State of Oklahoma and Ron Hayes, whom many of you listen to on the Oklahoma Agri-Net will be the presenters.

Major sponsors for this year's event are Bank of the Panhandle, Panhandle Implt. Co., Pro-Ag, First National Bank of Texhoma, Seaboard, Warren Cat, Farm Credit of Western Oklahoma, KGYN radio, NRCS and the High Plains Conservation Tillage Alliance.

Ag Appreciation will be held on Thursday, Jan. 15th, 2004 at the Texas County Activity Center from 8:00 AM till 3:00 PM.

Some of the speakers this year and the programs are Country of Origin Labeling (COOL) presented by Dr. Charles Strasia and sponsored by Hitch Enterprises and Texhoma Livestock Commission.

Strip-till farming, presented by Lynn Fleming, Orthman Mfg.,

Herbicide Mode of Action presented by Dr. Case Medlin and sponsored by City National Bank and Trust.

Dealer Pesticide Issues presented by Dr. Jim Criswell and sponsored by Five Star Equipment in Spearman, TX.

Herbicide Drift Management by Dr. Case Medlin sponsored by Oklahoma State University Research Center at Goodwell and H&H Feeds in Guymon.

There will also be a planter clinic presented by Barry Crowe, Pioneer Seed, Sunray, Texas.

Ag Producer-family and Ag Business of the Year for Texas County will be presented at noon. Last year awardees were Joe and Nina Webb and Gigot Irrigation.

Emcee for the event this year will be Ron Hayes with Argi-net and sponsored by KGYN. Ron Hayes is a vibrant and entertaining speaker and has helped as Emcee for the last 2 years. Many of you will recognize his voice.

New this year will be the presentation of agriculture scholarships to local area high school students interested in an agricultural field.

Lunch will be provided by Homeland, United, Seaboard, Texas County Feedyard, CRI Feeders, OPSU meat lab and prepared by the Guymon Agriculture Committee. Guymon FF A will be your servers.

Special lunch speaker is Terry Peach, Secretary of Agriculture for the State of Oklahoma.

Words must be weighed,
not counted
-Polish proverb



Engagement Announced

Mr. and Mrs. Ricky Pickens announce the engagement of Shelli Ann McCarver, the daughter of Sharon Pickens and the late J.W. McCarver to Justin Casey Long, the son of James and Robin Long of Amarillo, TX. Shelli Ann is now attending Amarillo College and plans a career in Dental Hygiene. Justin is currently employed by Chicago Title & Abstract of Amarillo. The couple plans to wed in August.

Six Tips to Help You Keep Your Resolutions

NewsUSA

(NU) - New Year's is a great time to make changes in your life — changes for the better. New Year's resolutions provide a great opportunity for you to improve yourself, but how can you ensure you will stick to your plan?

Most resolutions get broken for one reason or another. Are you going to be one of those lucky individuals who keep their resolutions all year?

Here are a few tips to help you weather the temptations.

• **Create a plan.** To be successful in staying with your resolution, you need a specific strategy for implementing your goals and sticking to them. Think about what you will do to keep yourself on track.

• **Reduce your stress.** Stress adversely affects resolutions because many bad habits are stress related. One great way to reduce stress is to get more sleep. Go to bed earlier, and you will wake up with a whole new perspective.

• **Remember why.** If you are improving yourself for your family, keep a picture of them with you at all times. When you feel tempted, look at the picture and think about how happy they are about your resolution. You can also make a list of other reasons to resist temptation. Put the list in your pocket, on your refrigerator door, in your car and at your workplace. Never forget your promise to yourself.

• **Find a buddy.** Everything is easier with help from other people. If you know someone else who has a similar resolution, keep each other motivated.

• **Avoid tempting environments.** If you want to stop smoking or drinking, don't go to bars. If you want to lose weight, avoid fast-food restaurants.

• **Eat right.** No matter what your resolution may be, eating healthy foods and drinking more water can make you feel better about yourself and your health overall.

Eating the right foods is particularly important if you are trying to lose weight. Losing weight is one of the most common New Year's resolutions people make. A weight-management program, like Medifast, can help.

This physician-recommended program can help you keep the weight off and change your lifestyle through its nutritionally balanced meal replacement products.

Medifast products include a variety of foods, such as shakes, protein bars, oatmeal, chili, soups and crackers.

No matter what your resolution is, don't become discouraged. The key is to keep trying.

For more information on how Medifast can help with your diet-related New Year's resolution, log on to www.medifastdiet.com.

Wrinkles should merely indicate where smiles have been.
-Mark Twain

Though we travel the world over to find the beautiful, we must carry it with us or we find it not.
-Ralph Waldo Emerson

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Arts in the Area

By Gaynelle Riffe

*** note new listing

- Jan 15,16,17
22,23,24, 18-25 "The Fantasticks" Musical
Amarillo Little Theatre Mainstage 806-355-9991
- Jan. 24 Amarillo Symphony (Elizabeth Weise ,Soprano &Violin)
Amarillo Civic Auditorium 806-376-8782
- Feb. 3-4 "Grease" Musical Broadway Series
Amarillo Civic Auditorium 806-376-3096
- Feb/ 5 AC Distinguished Lecture/ Barbara Bush
Amarillo Civic Auditorium 806-371-5321
- Feb. 7 Amarillo Opera "Lift Every Voice"
Amarillo Civic Auditorium 806-727-2463
- Feb. 12,13,14 "I Love You, You're Perfect, Now Change" Musical
15,19,20,21,22 Amarillo Little Theatre/ Adventure Space
806-355-9991 www.amarillolittletheatre.org
- Feb. 12,13,14 Circus Gatti
Amarillo Civic Coliseum 806-376-3096

It is better to sleep on things beforehand than to lie awake about them afterward.

—Baltasar Gracian

Education

(NU) - Trying to pay for college is enough to give any student or parent a headache. Fortunately for many, there is some relief. Through a national scholarship program, \$250,000 in grants has been awarded this year to 160 outstanding students pursuing careers in health care. The Tylenol Scholarships are awarded by McNeil Consumer & Specialty Pharmaceuticals, the makers of Tylenol, in conjunction with local retailers. Applications will be available for the 2004 program from participating retailers and at www.tylenol.com beginning on February 23, 2004.

The future belongs to those who believe in the beauty of their dream.
-Eleanor Roosevelt

First Assembly of God Kevin Anderson, Pastor

921 Fulton
Sunday School 9:45 am
Morning Worship 10:45 am
Evening Worship 6:00 pm
Wed. Bible Study 7:00 pm

First Christian Rev. Walter Reed

5th & Main
Sunday Coffee Fellowship 9:00 am
Sunday School 9:45 am
Morning Worship 10:45 am
No Sunday Evening Worship
Wed., Adult Choir 8:00 pm

First United Methodist Rev. Mark Metzger

520 N. Main
Sunday School 9:40 am
Morning Worship 10:50 am
Junior High UMY 5:30 pm
Senior High UMY 6:00 pm
5:00 pm Cable Ch. 3 for
Morning Worship Service - Ev. worship - 7:00 p.m.

St. Joseph Catholic Father William A. Gorman

6th & Pearl
Rectory - 366 - 5687
Sunday morning: 8:00a.m. (English), 12 noon. (Spanish)
Sacrament of Reconciliation: Before Mass, or by appt.
Christian Formation Classes: K-6th Grade, Wed. afternoon
Jr. & Sr. High, Wed. - 6:30-8:30 p.m.

Church of Christ Larry Evans

N. 3rd & Chestnut
Sunday School 9:30 am
Morning Worship 10:30 am
Evening Worship 5:00 p.m.
Wednesday Bible Study - 7:00 p.m.

Calvary Baptist James Washburn

302 S. Main - 806-396-5335 lv. message
Sunday School - 10 a.m.
Morning Worship - 11 a.m.
Evening Service 6 p.m.
Wed. Service - 7:30 p.m.

First Baptist Brent Farney

702 N. 3rd
Sunday School 9:45 a.m.
Morning Worship 10:50 a.m.
Church Training 6:00 p.m..
Evening Worship 6:00 p.m.
Wednesday Bible Study 7:00 pm

La Mision Bautista Mision Bautista

401 S. Wall 396-5376
Domingo-(Sunday)
Estuela Dominical 9:45 am

Miercoles (Wednesday)
Servicio De Adoracion 11:00 am
Servicio De Oration 6:00 pm
Servicio De Adoracion 6:00 pm
Susninos Durante El Servicio.

Estudio Biblico &
Se Cuidamos

THE STRATFORD STAR
Thursday, January 15, 2004
Page 3

First Baptist Youth Group Takes on Yearlong Project

First Baptist Youth group has taken on a yearlong project to help Faith City Mission in Amarillo, Texas. One item this mission is short of and desperately in need of, are paper bags. Each day they use paper bags to take food to those in need and are now currently having to buy them at \$200 a month. First Baptist Youth would like to begin collecting your bags over the next year to take to this mission. Please call Marsha Wright at 366-2482 or Carolyn Tarver at 396-5810 if you would like for a youth to come pick up your bags. Also, you can begin bringing them to The Allen-Tarver Agency where we will store them for delivery each week. Please spread the word about this worthwhile project.

PRAYER AND HEALING CONFERENCE

January 17-20

Keyes United Methodist
Church

Speakers—Rev. Dr. Charles W.
Horton and Mrs. Nancy Horton

Saturday—Jan. 17

8:00 a.m. Registration-teaching through
5:00 p.m.

Sunday—Jan. 18

9:30 a.m. Preaching at Marella/11:00 a.m.
at Keyes

Monday and Tuesday—Jan. 19 and Jan. 20
7:00 p.m. preaching and teaching at Keyes

Everyone is invited to attend.

Call 546-7371 or 546-7233

for more info.

The Churches of Stratford Welcome You

Godly Perspective on Life

For the most part, our society is driven in three directions. First, we are engaged in building cities for ourselves. This does not seem strange. But we want to be able to pat ourselves on the back when we get finished. This leads into the second point. If we are religious at all, we generally feel that if we do a good job in this life, we will be all right in the life to come. If there is a God, He will surely smile on us! This brings us to point three. Everything in our culture is geared toward men and women making a good name for themselves. We are told that if we get a good education, we will be able to get a better job. With a better job, we can make more money. Then we can buy more things. And we'll make a name for ourselves. It's all very interesting because this is exactly what the people who built the tower of Babel wanted. Listen: "they said, 'Come, let us build for ourselves a city, and a tower whose top will reach into heaven, and let us make for ourselves a name; lest we be scattered abroad over the face of the whole earth'" (Genesis 11:4) Now the really interesting thing is that the teachings of Jesus Christ lead us in exactly the opposite direction. Christianity leads men and women to build the City of god. That is, Christianity leads men and women to build a society, which is glorifying to God! Not only so, Christ is the only way into heaven. People, who trust in His good works rather than in their own shabby, imperfect works are the ones who are taken safely into heaven. All of this means that Christians seek the glory! It is a completely different perspective on life. It is a Godly perspective.

-Sponsored by;

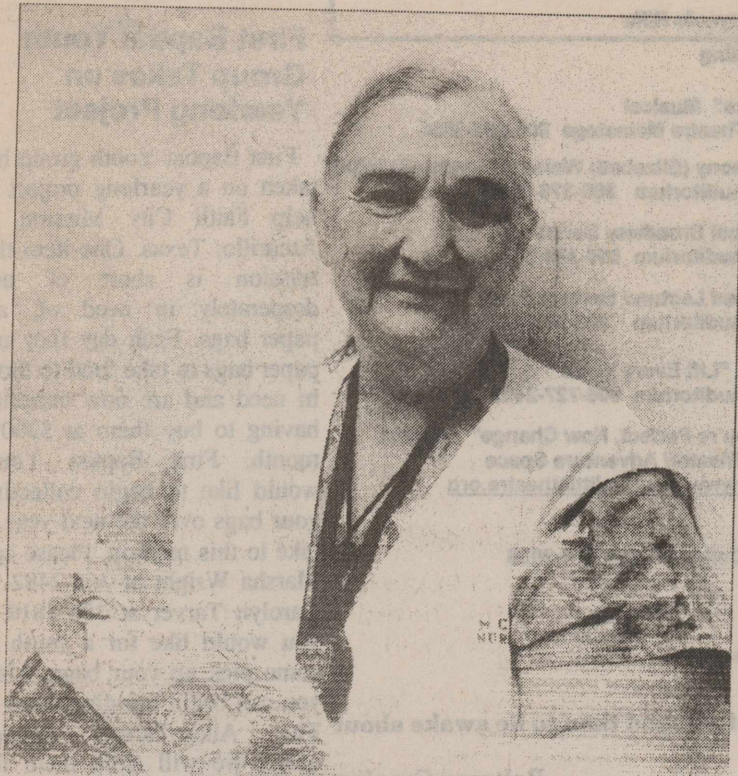
Thriftway 396-5586
Stratford Grain 396-5541
Lautz 769-4485
Ellie's 396-2092
Stratford Star 396-5885
Walter Lasley & Sons, INC.
753-4411

Templo Hispano Eben-Ezer

Pastor Roberto Frescas
205 N. Poplar - Hwy 287
Escuela Dominical 10 a.m.
Servicio De Adoracion 5 p.m.
Meir Co Les Serv De Ador 5 p.m.

Kerrick Community Church

Pastor Roy Harris
Community Building
Sunday Morning - 11:00 a.m.
Sunday Evening-6:00 p.m.
Prayer Meeting - 7:00 p.m. Wednesday



Employee Of The Month

Anna Dretske was made employee of the month for January 2004 at Dumas Memorial Hospital. Anna has worked at the hospital in the O.B. Department for six years. Anna and her husband Carl have lived in Stratford for many years.

Stratford Mary Allen Elementary UIL 2003-2004

2nd Grade Ready Writing
1. Britney Garza
2. Mary Ann Spurlock
3. Emily York
Alt. Ben Gilliland

2nd Grade Storytelling
1. Kathy Brooks
2. Marisel Tapia
3. Erin Huggins
Alt. Ben Gilliland

3rd Grade Ready writing
1. Haydee Rojas-3rd place
2. Zachary Farney
3. M'Lynn Wells
Alt. Alex Asher

3rd Grade Storytelling
1. Alex Asher
2. Kaylee Mungia 4th place
3. M'Lynn Wells
Alt. Terra Harris

3rd Grade Spelling
1. Haydee Rojas
2. Zachary Farney
3. M'Lynn Wells
Alt. Karen Lozoya

4th Grade Spelling
1. Jared Saloga
2. Autumn Witcher
3. Mariah Mireles
Alt. Riki Jines

4th Grade Creative writing
1. Christian Lafuente
2. Edgar Guerrero
3. Autumn Witcher
Alt. Riki Jines

4th Grade Number Sense
1. Jesus Vasquez-5th
2. Ransom Lermon-3rd
3. Braiden Palmer-4th
Alt. Perla Reta

4th Grade Oral Reading
1. Tori Rouse
2. Tori McGinnis
3. Jordan Johnson

Alt. Braden Hudson

4th Grade Art, Team-First Place

1. Braiden Palmer
2. Perla Reta
3. Marcos Garza
4. Ransom Lermon

4th Grade Music Memory Team 3rd place

1. Braiden Palmer
2. Perla Reta
3. Chance Walker
4. Wyatt Smith
5. Jared Saloga
Alt. Monica King
Alt. Layne Sims

Technology

(NU) - There's new hope today for active baby boomers who need a hip or knee replacement to relieve the painful grip of osteoarthritis. Research has created the first and only metal specifically engineered for total joint replacement - stronger material that may last longer so patients can avoid having a second replacement surgery. For more information on Oxinium knee and hip replacement material, call 1-877-OXINIUM, 1-877-694-6486, or visit www.strongasanox.com.

The best thing one can do when it's raining is to let it rain
-Henry Wadsworth Longfellow



Stratford FFA Build Individual Trailer Pens

Stratford FFA students shown above used their welding, cutting, and layout skills to build individual trailer pens to transport swine to various livestock shows.

No one is mediocre who has good sense and good sentiments.
-Joseph Joubert

SHS Speech Team Competes at Speech Tournament

The Stratford High School Speech Team participated in the Friona Bobsled Classic speech tournament on Saturday Jan. 10. The team members were Ashton Robinson, Nora Gomez, Evan Haile, Jacob Edmond, and Shiloh Dickerson. Ashton competed in Informative, Duet improvisation, and impromptu speaking. She placed 2nd in Informative and earned a trophy, 4th in duet improv, and broke to semi-finals in impromptu. Nora competed in prose and duet improv. She placed 3rd in prose and earned a trophy, and 4th in duet improv. Evan placed 5th in prose and competed in duet improv. Jacob competed in impromptu speaking and Shiloh competed in duet improv. There were 31 schools at this tournament and most of them were 3A and 4A schools so our team did an excellent job with a total of 75 points.

Mary Allen Elementary Honor Roll 3rd Six weeks

3rd grade-Karen Lozoya, Ivan Torres, Nicolas Lafuente, Itzel Salcido, Reed Schoonover, Elizabeth Reyes, Zakary Sims, Grayson Gonzalez, Tera Imler-Harris, Corey Sims, Alex Asher, Meghan Brooks, Haydee Rojas, M'Lynn Wells, Zachary Farney, Stephanie Jacquez

4th Grade-Julie York, Perla Reta, Marcos Garza, Tori McGinnis Chance Walker, Tori Rouse, Justin Mungia, Autumn Witcher, Braiden Palmer, Braden Krob, Ransom Lermon, Gabriel Tarango.

January 2004



Business

(NU) - In 1978, while temping for her brother-in-law at Billboard magazine, Janice Bryant Howroyd discovered she had a knack for solving office problems. Armed with \$967 in personal savings and \$533 in loans from her family, Howroyd leased a small office. Today, Howroyd's company, ACT-1, is the largest female minority-owned employment agency in the United States. Her savvy use of technology played a large role in her success. To learn about IBM's resources for small and minority-owned businesses, visit www.ibm.com/businesscenter.

Good company in a journey makes the way seem shorter
-Izaak Walton

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1	2	3
	5	6	7	8	9	10
	Begin 4th Six Weeks	JVG, JVB, VG & VB Duhart (H) 4:00 PM		7G, BG & BB vs Booker (T) 4:00 PM	Basketball Coronado 1:15 PM JVG, JVB, VG, VB vs White Deer (H) 4:00 PM Senior Supper 5:00 - 7:30 PM Cafeteria	ATSSB All Area Band - Sundown JVGW vs Dumas (H) 10:00 AM
11	12	13	14	15	16	17
	7th & 8th vs Duhart G (T) B (H) 5:00 PM	JVG, JVB, VG, VB vs Vega (T) 4:00 PM	Early Release	Board Meeting 7:00 PM	JVG, JVB, VG, VB vs Sunny (T) 5:00 PM	
18	19	20	21	22	23	24
	7th & 8th vs White Deer G (H), B (T) 5:00 PM JVGW vs Spearman (T) 6:00 PM	JVG, JVB, VG, VB vs Grauer (H) 4:00 PM			JVG, JVB, VG, VB vs Booker (T) 4:00 PM 7th & 8th G & B @ Sunny Tournament - TBA	
25	26	27	28	29	30	31
	7th & 8th vs Grauer G(H), B (T) 5:00 PM	JVG, JVB, VG, VB vs Vega (H) 4:00 PM			JVG, JVB, VG, VB vs White Deer (T) 4:00 PM NO SCHOOL Sherman County Stock Show	

Smith Named to Dean's Honor Roll at Abilene Christian University

Amelia Smith of Stratford was named to the Dean's Honor Roll at Abilene Christian University for the spring 2003 semester.

Smith is working toward a Bachelor of Science degree in Education.

To make the Dean's Honor Roll, a student must complete at least 12 semester hours and earn a 3.45 or higher grade point average.

Located about 150 miles west of the Dallas/Fort Worth area, ACU is a national leader in Christian higher education with an enrollment of approximately 4,700 students from 50 states and 60 nations. This year, U.S. News & World Report again ranked ACU as a "Best Value" among universities in the western region based on academic quality, cost and availability of financial aid. For more information about ACU, call toll-free 800-460-6228 or visit www.acu.edu.

A moment's insight is sometimes worth a life's experience.
-Oliver Wendell Holmes

The time to enjoy a European tour is about three weeks after you unpack
-George Ade

Business Directory

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

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

CONSUMERS
208 Texas
We Sell Seed & Fuel
Farmland, Acco, & Moorman Seeds & Diamond Shamrock Products
366-2261

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

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

Brown's Meat Locker
Custom Wholesale & Retail Meat

Federally Inspected
Hwy 287 South 396-2513

A & I PARTS CENTER
AUTOMOTIVE AND INDUSTRIAL PARTS - THE CAR CARE PEOPLE
Jerry Ewers
Manager
P.O. Box 1146 201 N. 2nd-Stratford, TX 79084 (806)366-5561 Fax: (806)366-2583

This Space Available
Call 366-5885

THRIFTWAY
Big Town Selection ★ Small Town Friendliness
Wide Selection Frozen Food
Quality Foods Fresh Produce
Hwy 54 East 396-5586

Joan Bell THE TRAVEL STORE
affiliated with National Travel Systems
A Full Service Travel Agency
396-5958
1-800-753-2792

This space available

Stratford Hospital District
Coldwater Manor
Stratford Family Medical Clinic
Stratford EMS
Proudly serving the medical needs of Stratford and Sherman County

This space available

Robert's Service Center
400 S. Poplar
396-2882
Auto Repair & Lawn Mower Repair

Blue Stuff of Stratford, Texas



Betty Chamberlain
802 N. Pearl St.
Stratford, TX 79084
(806)366-2843
E-Mail: rjb@xit.net

Allen-Tarver Insurance Agency
Carolyn A. Tarver
Auto • Home • Life • Commercial
Bus: (806)396-5810 • Res: (806) 396-2393

Joe Flores
Farm Bureau Insurance
396-5538 office
396-5389 home

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

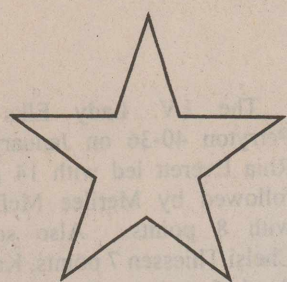
Your Home Town Pharmacy..
ELK PHARMACY
317 N. Main
P.O. Box 360
Stratford, TX 79084
806-398-6505
Major Prescription Plans Accepted
Gayland Vandiver, R.Ph.
Debbi Vandiver/ Owners
Carlton Cards...Millionaire Candy...Gifts
• Quilts and Balloon Bouquets

Tommy's Embroidery
580-423-7718
Texhoma, OK
210 Hwy 54 West
Caps, Shirts, Jackets, Baby Blankets, Towels,
Towel Wraps, School Logos, & Much More!

Westside Laundry/Stratford Laundry & Dry Cleaners
410 N. 4th - Stratford, Texas
396-2841
Owners - Jerry & Janie Smith
Operators - Bob & Keri Harris

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

Rotkin' C Cross Appraisals
Farm, Ranch & Residential Appraisals
711 Purnell
P.O. Box 1172 Stratford, TX 79084
Bus: (806) 366-7525 Fax: (806) 366-7515
DAVID J. CROSS



It Pays To Look In The

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For Sale

For Sale: 1993 Cadillac Sedan Deville-\$4900.00. 1988 Ford Customized van \$3,000.00 Call 727-4263 or 753-7263.
1-15-c

2 Lots for Sale: 305 S. Wall. \$5000.00. 935-6702.
9-28-tfn

Final Mark-down on Christmas this week at THE General Store
1-15-c

For Rent

House for Rent: Country living - 2 miles south of Conlen, completely remodeled, 3 bdms. Horse pens available, utilities paid. For more info. call 384-2136, if no answer call 333-7133.
12-18-4xc

FOR RENT...Office space on Main Street for rent. For information call (806)396-5541.
11-27-tfn

1 Bedroom house for rent: 420 N. Grace, newly remodeled 396-2125.
8-5-tfn

For Rent: 1 Bedroom furnished apt., 8th & Fulton. Call 396-5541 daytime, 396-5692 at nights.
1-28-tfn

PHEASANT RIDGE APARTMENTS

STRATFORDS' NEWEST & NICEST

- * 2 Bedroom Apt.
- * Very Nice
- * C/H/A
- * New Appliances

WEST TEXAS RENTALS
806-244-3418

Lost & Found

Lost-borrowed or misplaced, Volleyball standards on tire rims. 70" white round tablecloths with lace edge-Gaynelle Riffe 396-5303.
1-15-p

To Give Away

To give away-approximately 1 yr. Old female Red heeler, smart, herding tendencies, loves to play fetch, Natural bob tail. Needs a good Country Home.
Call 366-5557 or 366-2862
1-22-c

Auto

(NU) - Do you know how well your auto insurance policy would cover you, your vehicle or a third party if you were involved in an accident? According to a survey done by the Progressive group of insurance companies, most consumers don't take time to regularly review their auto insurance policy to be certain that it still reflects their needs. Learn more about your auto insurance by visiting a Progressive authorized independent agent or broker, calling 1-800-PROGRESSIVE or logging on to progressive.com.

Services

New & Used Appliances
Factory Authorized Service
Whirlpool, G.E. & Frigidaire
BABER SUPPLY
DishNetwork Sales & Service
1-800-292-4023
1-580-423-7255

Is your House or Foundation Settling? Cracks in brick or walls? Doors won't close?...Call Childers Brothers Stabilizing & Foundation Leveling. 1-800-299-9563 or 806-352-9563 Amarillo, TX.
1-4-1yrpd

Custom swathing and baling: 2 new John Deere Balers, volume discounts available. Call for quotes. John Bourk 580-546-7308 Cell # 806-683-5967; Matt Elder 580-349-1272 Cell #806-570-4694.

Land for Sale

Land for Sale: Section 66 and South 1/2 of Section 67 Block 8. Capital Syndicate sub-division Dallam County CRP to 9-30-2007. Contact Trust Dept. at First State Bank of Stratford 806-396-5521.
10-23-tfn

Card of Thanks

Dear Stratford Community, We would like to thank everyone for your concern and support during our loss. We greatly appreciate each and everyone of you.

Thank you,
Irma and Mauricio

The human spirit is stronger than anything that can happen to it.

-C.C. Scott

Five Fast Fixes for a New You

NewsUSA

(NU) - You've been hard at work in the gym getting fit and it has paid off. You feel great, but have those hours spent exercising left you little maintenance time for the rest of your beauty regimen?

Now that you're in tip-top shape, it's time to up the ante on self-improvement with a makeover. You can enhance your look in five easy steps, so set aside some time to pamper yourself.

1. **Brighten up.** A beautiful, inviting smile can light up any room, so why not brighten yours? At-home teeth whitening systems, like the newly formulated Rembrandt Plus Superior Whitening Kit, are making the process more efficient and easier than ever. According to Rembrandt, your teeth can get up to nine shades whiter in just two weeks.

2. **Treat your toes.** Give those achy feet a pick-me-up with a professional pedicure. Or treat your feet at home, starting with a brisk exfoliation followed by an intensive overnight moisture

Pretty brick home, 602 N. Maple, red tile roof, 2378 Sq. Ft. plus 650 in Garage. 2 baths, 2 fireplaces, 2 car garage, large or 3 bedrooms, 3 baths. \$80,000. Call 396-5946.
7-31-tfn

For Sale: '96 16x80 Mobile Home, 3/2CH&A, FP, w/2 city lots. 313 S. Wall Apt. only. 366-7609 \$30,000.
11-6-tfn

For Sale: House and furnishings as a package. 1320 sq. ft. living; detached garage; sprinkler system. \$49500.00. Shown by appointment only. Trust Dept. 396-5521.
9-25-tfn

House & Acreage for Sale by Owner. 2400 Sq. Ft. House, 3 bdrm, 2 1/2 bath. 14.9 acres. 40'x80' metal bldg, roping arena, 3 horse sheds, detached 2 car garage. Shown by appointment only. 806-966-5219, 806-679-8015.
8-21-tfn

Owner Financing. Buying a House Made Simple. All 3 Bdrm. 319 S. Main, 611 N. 3rd, 218 Purnell. Call Brett Cummings 366-7664 (hm) or 753-6677 (cell)
1-2-04-tfn

For Sale: 3850 Sq. Ft. living area, 4 BR, 2 1/2 baths, basement, covered patio, 2 car garage, corner lot w/circle drive. 420 N. Chestnut. Call 806-396-2348.
7-10-tfn

House For Sale or Lease: Recently remodeled 2500 sq. ft. house. 3 bdrm, 2 baths. Call for more information. 244-2155 or 333-7120.
8-8-tfn

House for Sale: 3 bedroom, 2 bath, 2-car garage, new carpet, ceramic tile and close to schools. \$80,000 at 819 N. Fulton. Call Cary or Laura Smith at 806-396-5320 after 5:00.
1-1-tfn

For Sale: 14 x 60 Trailer house, needs work, owner-financing possible. Call 396-2125.
1-15-tfn

Our mother's home at 712 N. Maple, 2 bedroom, 1 1/2 bath, fireplace, central heat and air, 1 car garage, 2 metal storage sheds, chain linked fence, family room, close to school, built in oven and range, vinyl siding and new roof. For more info, call Marty 806-366-2053.
8-7-tfn

treatment. Then, give your toes a splash of bright color — whether it's sandal weather or not.

3. **Take the short cut.** Don't be afraid to experiment with a new hairstyle. If you've been contemplating cutting your long locks into a trendy, cropped hairdo, now is the time to take the plunge.

4. **Shop 'til you drop.** Show off that body you worked so hard to get with some fabulous new clothes and update your personal style. Browse the pages of fashion magazines for inspiration, then hit the mall to achieve the look you want.

5. **Make up a fresh look.** When it comes to makeup, it's fun to switch shades and products when the seasons change. Head to your favorite cosmetics counter and ask the makeup artists for advice. They'll be happy to help you find your best look. Don't forget to ask for samples.

For more ways to give your smile a makeover, visit www.rembrandt.com or call 1-800-548-3663.

Houses For Sale

4 Bdrm Brick Home in Texhoma, 2 baths, 2 fireplaces, 2 car garage, large walk-in closets, new roof & barn in backyard 40'x25'. (580)423-4553 or (580)423-7718 for more info.
7-31-tfn

Ad Rem Land Co.

801 S. Bliss #107, Dumas
806-935-7364
Fax 806-935-7687 or call
Arnita Lane 366-5853

New Listing: This charming home sits on 5 1/2 fenced lots. Nice updates. Spacious den with wood burning stove. Beautiful hardwood floors in some areas. 3 bedroom. 2 bath. 1 car carport. Large attached workshop. Owner will furnish home warranty. \$79,900.

New Listing: Newly remodeled Home. 3 Bedroom. 2 3/4 bath. Fireplace. Sprinkler. Utility. 2 Car Garage. and much more! \$178,000.

A Unique Home with a lot of beautiful special features. Island Kitchen offers a cozy breakfast nook. Master bedroom has an office area and office area in hallway. Two living areas with fireplace. Energy tight. Come see today. \$126,000.

New Listing: Very Spacious. 3 BR. 1 bath, extra large fenced corner lot, large utility room. \$45,000.

Super Nice home with all new floor coverings and paint. Walk-in closets. 2 bedrooms. 2 baths. carport. Low price of \$38,000.

Nice Stucco, 2 bedroom, 1 bath. Great starter home or investment. Circling fans, storm windows, storage building. \$21,000.
1-1-tfn

A snowflake is one of God's most fragile creations, but look what they can do when they stick together!

—Unknown

Legal Notices

Stratford Independent School District Legal Notice

The Stratford Independent School District requests proposals from interested general contractors for the following parking lot work:

- 6400- Square Feet of Crushed recycled asphalt (4" thick)
- 610 Feet of Concrete Side Walk (3" wide-4" Thick)
- 560 Feet of Stem Wall (6" wide-2' Deep)
- 4-20' x 6' x 4" aprons

Proposals shall include labor, material, equipment, and all dirt work to prepare ground for surfaces. The proposals will be accepted until 2:00 PM February 6, 2004. Any requests for proposals after this date will not be accepted. The proposals may be mailed to Stratford ISD, PO Box 108, Stratford, TX 79084, Faxed to 806-366-3304, or delivered to the Superintendent office at 503 N. 8th Street, Stratford, TX. The requests for proposals will be opened on February 6, at 2:00 PM. We reserve the right to accept or reject any and/or all proposals.

Published in The Stratford Star, Thursday, January 15, 2004 and Thursday, January 22, 2004.

Great thoughts, like great deeds, need no trumpet.

—James M. Bailey

SHORTBREAD COOKIES

- 1 1/2 cups Argo corn starch
- 2 cups all-purpose flour
- 4 1/2 cups powdered sugar, sifted and divided
- 2 1/2 cups butter, divided
- 1/2 teaspoon vanilla
- 2 1/2 teaspoons grated lemon peel, divided
- 1/2 cup lemon juice
- sprinkles, optional

Directions:

1. Preheat oven to 350°F. In a medium bowl combine Argo corn starch, flour and 2/3 cup powdered sugar. Set aside.

2. In a large bowl, beat 2 cups of butter with a mixer at medium speed until softened and smooth. Add the corn starch mixture, vanilla and 1 1/2 teaspoons of lemon peel;

beat well. (If necessary, refrigerate dough 1 hour or until easy to handle.)

3. Shape the dough into 1-inch balls and place them 1 1/2 inches apart on ungreased cookie sheets. Bake 10 to 12 minutes, or until edges are lightly browned. Cool completely on wire racks.

4. For icing, beat together in a medium bowl the remaining 1/3 cup of butter and the remaining teaspoon of lemon peel until the butter is softened. Add the remaining 4 cups of powdered sugar and lemon juice; beat until well combined. Add red food coloring, if desired. Decorate cookies with icing and sprinkles in fun designs such as stripes and polka dots. Store in a tightly covered container. Makes 6 dozen cookies.

Consumers can visit www.argo starch.com or www.karosyrup.com for additional, versatile recipes from delicious desserts and glazes to holiday side dishes and drinks.

No duty is more urgent than that of returning thanks.

—St. Ambrose

6¢

A MINUTE

Anytime - Day or Night! Don't Pay More For Your Long Distance Service!

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- 6¢ a minute - unlimited calls
- Additional lines, billed with main number, only 6¢ a minute - no monthly fee

Visit your local customer care center to sign up for **XIT Long Distance** service today!



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Cellular • Paging • Internet • VDSL • Long Distance • Res./Bus. • Voice Mail • TV Cable
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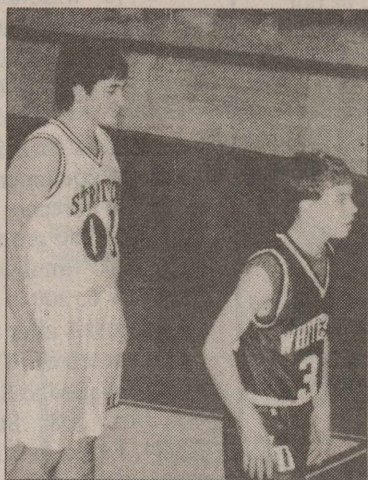
Crowned 2004 Basketball King and Queen on Friday, January 9th Queen Erin Ashley and King Jason Ashley. Erin is the daughter of Russell and Nan Ashley and Jason is the son of John and Suzanne Ashley.



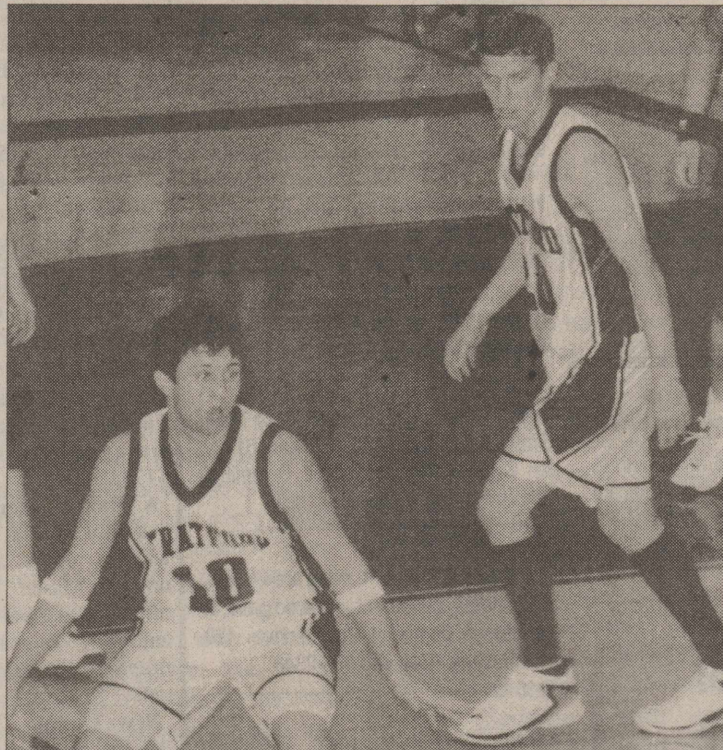
Erin Ashley and Jason Ashley were crowned Basketball King and Queen on Friday, January 9th. Shown with the King and Queen are the other candidates. Seated from left, Amber Larance, Alisha Sladek, Queen Erin Ashley and King Jason Ashley, Heather Seiler and Lindsay Stein. Standing from left, Chris Ortega, Jason Roberts, Josh King, and Tyler Haynes.



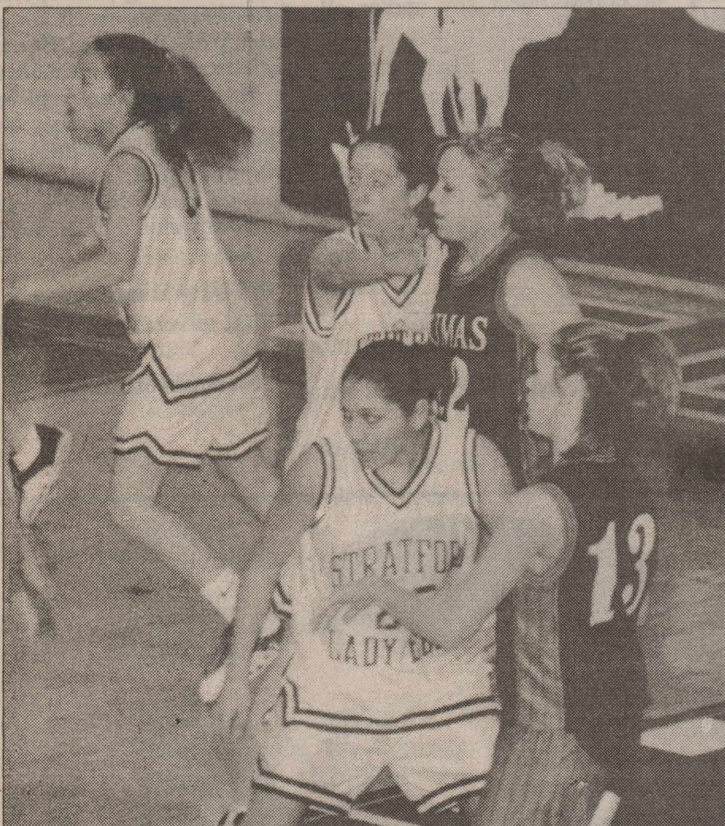
Stratford Lady Elks #15 Alisha Sladek and Deidre Tarver in their first district game on Friday, January 9th. The Lady Elks beat White Deer.



J.V. Elk Harrison Walden shown in the J.V.'s first district game on Friday, January 9th. The Elks lost to White Deer.



Stratford Elks, #10 Josh King and Tyler Haynes against White Deer in first district game. The Elks are 1-0 in District.



J.V. White Lady Elks from left, LaRissa Luna, Julianna Taliaferro, and Crystal Peregrino.



#13 J.V. Lady Elk Haley Buckles scores as Rhia Everett and Candie Bell look on. The J.V. Lady Elks beat White Deer in their district opener.

The J.V. Lady Elks beat Perryton 40-36 on January 2nd. Rhia Everett led with 14 points followed by Merilee McDaniel with 8 points. Also scoring Chelsi Thiessen 7 points, Katelyn Reed 5 points, Candie Bell 3 points and Kayla Robertson 1 point. On Tuesday, January 6th, the Lady Elks lost 38-42 to Dalhart. Candie Bell and Katelyn Reed were high point with 9 points each followed by Haley Buckles with 8 points. Also scoring were Merilee McDaniel 7 points, Kayla Robertson 3 points and Rhia Everett 2 points.

On Tuesday, January 6th the Lady Elks beat Dalhart 32-31. Erin Ashley led the Lady Elks with 12 points followed by Deidre Tarver with 8 points and Alisha Sladek 5 points. Also scoring were Allison Baskin 4 points, Yadira Ortega 2 points, and Amber Larance 1 point.

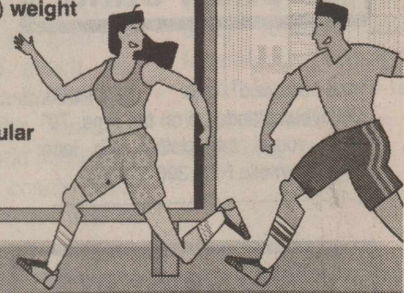
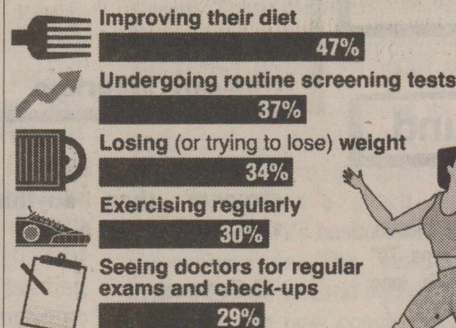
The J.V. Elks lost 15-26 to White Deer on Friday, January 9th in the Elks 1st District game. Harrison Walden was high point with 9 points followed by Scott Hudson, Daniel Hays, and Gilbert Reta with 2 points each.

The Stratford Elks beat White Deer 68-41 in their first district game on Friday, January 9th. Tyler Haynes the Elks with 24 points followed by Brady Bell with 8 points. Also scoring for the Elks, Case Crabtree 7 points, Chris Ortega, Jason Roberts, Jason Ashley 6 points each, Josh King 5 points, Travis Soto 3 points, Asbel Gomez 2 points, and Jason Roberts 1 point.

(NU) - For many American workers, health care benefits are the single most important benefit their employer offers, and as costs continue to rise, some employees are taking steps to reduce their need for health care, according to a recent survey from Fidelity Investments.

A healthy change for the better

In the past two years, many employees have tried to make lifestyle changes to reduce their need for health care or to control health care costs, including:



Source information: A nationwide online survey conducted by Fidelity Investments and Richard Day Research Inc., using Harris Interactive's online panel from July 30-August 28, 2003, among 1,775 employees at large employers (5,000 or more employees) who participate in at least one of the following workplace benefits: health care plan, defined contribution plan, defined benefit plan and/or medical flexible spending account (enrolled or available).

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