



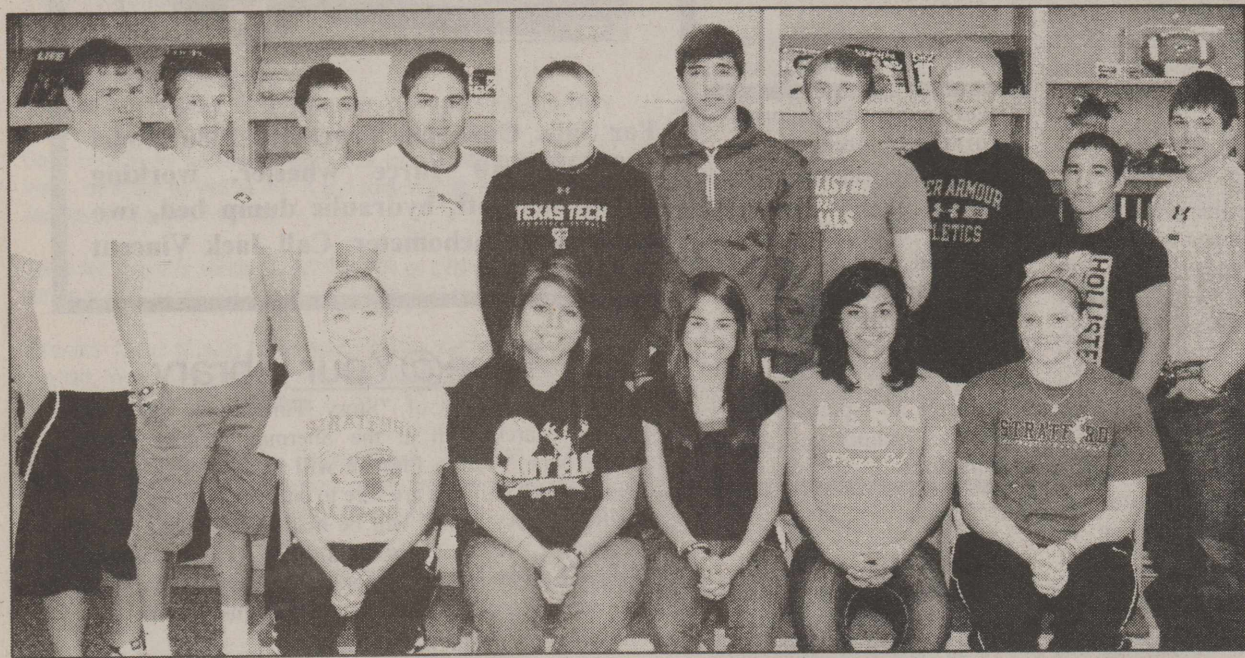
Sherman County Museum 07/12
PO Box 1248
Stratford, TX 79084

The Stratford Star

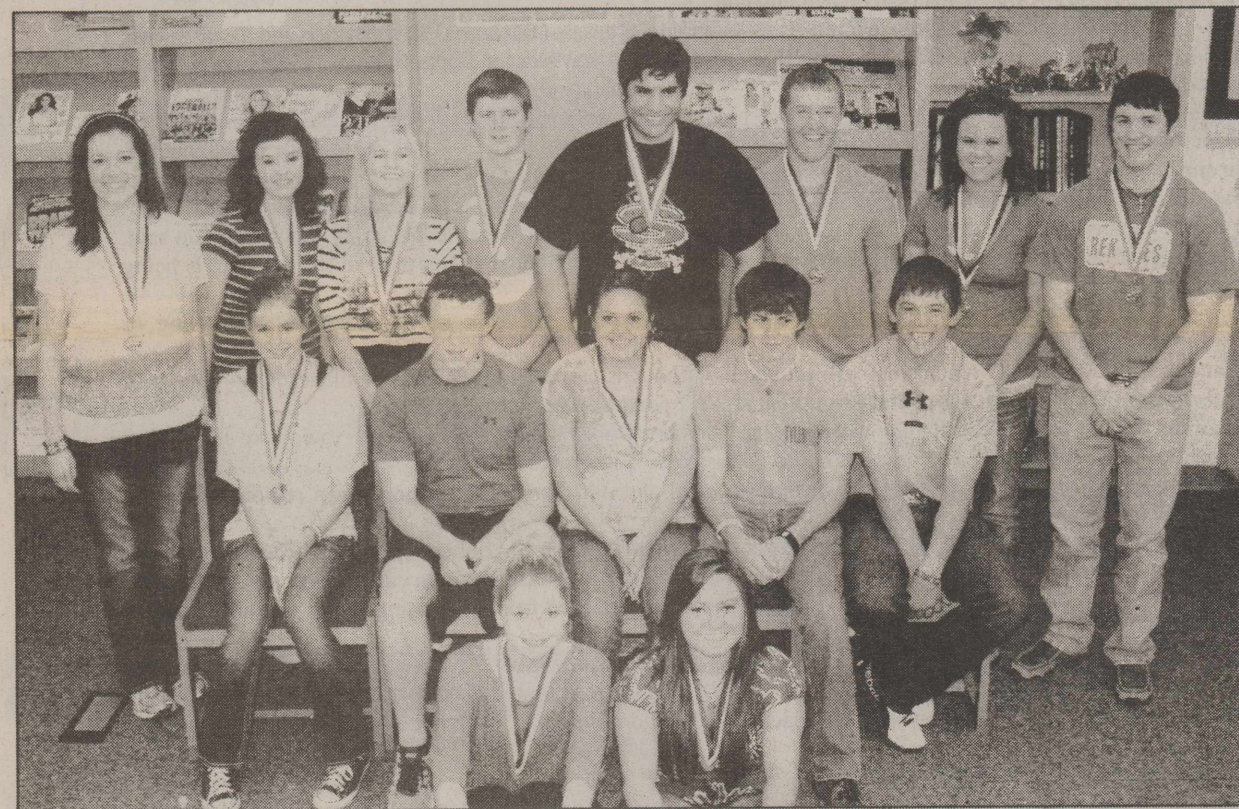
75 cents

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

Number 16 April 19, 2012



Area Track Qualifiers that competed at the Area meet in Panhandle on April 10, 2012. Standing L/R: Casey Lantelme - Discus and Shot; Grayson Gonzalez - 3200 M Run, 400 M Dash, Mile Relay, Colten Rendon - Triple Jump, Long Jump, 100 M Dash, 800 Meter Relay, Neftali Valenzuela - 800 M Relay, Kelby Hartman - Relay Alternate, Sterling Audrain - 200 M Dash, 800 M Relay, Rett Schoonover - Triple Jump, 300 M Hurdles, Mile Relay, Justin Mungia - High Jump, 200 M Dash, 800 M Relay, Mile Relay, Jiovani Romero - Mile Relay, Preston Burr - Pole Vault. Seated L/R: Alex Asher - High Jump, Alexa Peregrino - Discus, Nohemi Ruedas - 3200 M Run, Jackie Gonzalez - 100 M Hurdles, 300 M Hurdles, and Bethany Everett - Discus.



The Stratford High School One Act Play advanced from the Area contest and will now compete along with five other plays at the Regional One Act Play contest to be held on the campus of South Plains in Levelland this Saturday, April 21. Critic Judge Perry Crafton praised the group on the strength of their ensemble. The two plays receiving the highest rankings from a panel of three judges will go on to Compete at the State contest on May 23. Stratford High School OAP has not competed at the Regional contest in many years, and the cast, crew, and alternates are to be commended for this outstanding accomplishment. For anyone interested in attending the contest, the plays will begin at noon. Stratford will compete last at approximately 5:00. Tickets must be purchased at the door. Break a Leg SHS OAP!!!



Pictured here are the students who received individual acting awards at the Area One Act Play contest held at Randall High School on Monday, April 9. Kammi Birdsong was awarded Best Actress. Jordan Johnson was named to the All-Star Cast and Mary Ann Spurlock and Shyanne Acker received Honorable Mention All-Star Cast. Congratulations to these students for their individual achievement!

Annual Meeting to be Held

Stratford Area Foundation will have their Annual Meeting on Monday, April 23, 2012 at the Imagination Station at 7:00 p.m. There will be entertainment, Business meeting and refreshments. Please come and bring a friend.

Attention Stratford: prom decorations needed: we need clear lights, any greenery. If you want it returned after the prom please put your name and phone number on it and deliver to Crystal Pitti at her house. All junior parents are meeting Tuesday's at 7 p.m. at the high school for decorations



Gaynelle Riffe receives Golden Nail Award

On Thursday April 12 Gaynelle Rife received a Golden Nail Award at the Golden Nail 13th Annual Gala. The award she received was the Distinguished Volunteer Award. This award was given to only four individuals in the Texas Panhandle. It is an award to recognize individual for exemplary volunteer service in the area of the arts. Gaynelle was nominated by the Imagination Station Board of Directors. There were over 100 nominated for this award. We are very blessed to have Gaynelle in our community. She gives above and beyond to serve Stratford and Sherman County. Well done Gaynelle.

Depot Museum
Annual Mexican pile on
Sunday May 6, 2012
Sherman County Barn
11:30 to 1:30
Free Will donation
Everyone welcome
Need cakes call 396-2097
or 366-7679

Stratford Youth Baseball needs volunteers!!!!

Stratford Youth Baseball League needs volunteers!! If you are interested, please call Tammy Couch at 806-205-2618.

We are in need of Umpires!! In order to have a successful year we need adults to volunteer their time, knowledge and leadership to our youth. Without your help our kids won't have a season. Last day to accept player's registration is April 19th.

FIRE CAUTION!

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

Chamber of Commerce
survey page 4

Special
(Wednesday thru Tuesday)
2 p.m. till closing
Happy Hour 2-5 p.m.
Any size drinks - 85 cents
"Something special coming soon"

2 Burgers, 2 Fries, 2 Drinks
\$8.99

El Primo's

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

St. Joseph's Church

Breakfast/Lunch Fundraiser
Sunday, April 22nd from 7:00 a.m. to
1:00 p.m. @ the County Barn
*Will also have some
Delicious home made bread!*

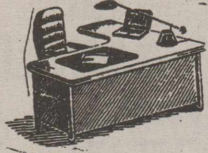
What should you do before EMS arrives?

SCOT will host Jimmy Lanning of Stratford EMS for a presentation on what to do after you call 9-1-1. Topics will include DNRs and medication lists. There will also be a Question and Answer session. Have your questions ready and make plans to be there. Thursday, April 19th, 2:00 p.m. at SCOT HALL. The public is encouraged to attend.

Meet the Candidates Forum

The Texas AgriLife Extension, Leadership Advisory Board and the Sherman County Development Committee will be hosting a Meet the Candidates Forum on Tuesday, May, 1, 2012 at 7:00 p.m. at the Sherman County Exhibit Building. This evening will give each and every one of you the opportunity to hear from the candidates running for office here in Sherman County. This Year we have five candidates for Sherman County Sheriff, two candidates for County Commissioner Pct. 1, as well as unopposed races for County Attorney, County Commissioner Pct. 3, and Tax Assessor/Collector Anyone wishing to ask questions of the candidates may bring them by the Extension Office or you can email them to sherman@ag.tamu.edu

From the desk of Chief Powell



Our prayers go out to all of the people who were affected by the recent violent storms in the mid-west part of our country.

Life is short and we never know when it will be our turn to go. Please join us in keeping those victims in your prayers. And, while we are at it let's give some thanks for the recent moisture we've received here in our area.

We thank you for your continued support of YOUR Police Department.

Have a great week and don't forget to check us out at stratfordpd.com or friend us on Facebook !!

Chief Joe Powell

Imagine That at the Imagination Station

By Gaynelle Riffe

Week of the Young Child, "Transportation" April 16-19, Monday, Wednesday Friday.

2nd street will be closed for mornings, Watch for school busses. We are expecting about 245 pre-school through 2nd grade.

Monday April 23 at 7:00 p.m. The Stratford Area Foundation annual meeting hosted by The Imagination Station. The Stratford Area Foundation made matching grants to The Imagination Station for the Awning and the Stage which is in the building process.

"Ports of Call" dinner has been rescheduled for Friday, April 27 at 7:00 p.m. "Ports of Call" will be 'Hawaii', 'China', 'Italy', and 'France'. The fund raiser dinner is \$25.00 per person. Please call for reservations by April 23. Laurie Spurlock 366-2772 or Gaynelle Riffe 396-5303. (the next project is a sound system)

Calling All Quilters

The 2nd annual SCOT Quilt Show is scheduled for Saturday, July 28 from 1:30 - 4:00 pm at SCOT Hall in conjunction with Stratford Days Jamboree. Admission to the show will be \$5.00 per person.

SCOT will be showcasing the talents of quilters in our community at this event. Anyone who would like to display a quilt (either one they have made or received) is encouraged to do so. Individuals who would like to display antique quilts are welcome to do.

Individuals interested in displaying a quilt or quilts in the show are asked to contact Susie Spurlock at 396-2864 or email lockspur@xit.net as soon as possible. For more information about the quilt show, please contact Susie.

AgriLife Extension food manager certification training set May 22-23 in Claude

Writer: Kay Ledbetter, 806-677-5608, skledbetter@ag.tamu.edu

Contact: Leicia Redwine, 806-226-3021, redwine@ag.tamu.edu

Leesa Wood Calvi, 806-468-5543, l-calvi@tamu.edu

CLAUDE — Texas AgriLife Extension Service agents in Armstrong and Randall counties will be offering a Professional Food Manager Certification Training course on May 22-23 in Claude.

The program will be at the Armstrong County Activity Building, 901 S. Hurley, said Leicia Redwine, AgriLife Extension family and consumer sciences agent for Armstrong County.

A \$115 fee will cover training and materials, plus the state food manager certification examination, Redwine said those wanting to take the test only, the fee is \$65.

This program is designed to help prepare food-service managers to pass the certification examination, as well as education regarding the safe handling of food, she said. Under the Texas Department of State Health Services jurisdiction, each food establishment is required to have one certified food manager on site. The certification is valid for five years.

Redwine said some of the known benefits of improved food safety include increased customer satisfaction, improved relationships with health officials, and prevention of bad publicity and lawsuits due to foodborne illness. Leesa Wood Calvi, AgriLife Extension family and consumer sciences agent for Randall County, said individuals attending the course will learn to: identify potentially hazardous foods and common errors in food handling; prevent contamination and cross-contamination of food; teach and encourage personal hygiene for employees; comply with government regulations; maintain clean utensils, equipment and surroundings; and control pests.

For more information, call Redwine at 806-226-3021 or Wood Calvi at 806-468-5543.

Band Calendar Sales Underway

Members of the Stratford band program have begun their annual Community Birthday Calendar sales. The calendar runs from August 2012 thru July 2013 and includes birthdays and wedding anniversaries of over 1,000 individuals. Also listed is the Stratford School calendar including sporting events, concerts, contests, banquets, school holidays, six-week periods, etc. This can be very helpful to parents with children in school.

Cost of the calendars is \$5.00 for an individual, \$7.00 for a couple (w/anniversary listed), \$10.00 for a family; and \$3.50 for additional calendars. Students will be collecting money when the orders are taken. Calendars will arrive in July and be delivered by the students.

If you wish to purchase a calendar and have not been contacted by a student, please call the Band Hall at 366-3339 or visit our website at <http://www.stratfordisd.net/band/index.html>. Thank you for your continued support of the band program.

Sorority Recruitment Information Meeting to be held

Amarillo Panhellenic will host a Sorority Recruitment Information Meeting on Sunday, April 29, 2012 at 3:00 p.m. in the Ed Davis Room at The Chase Tower, 9th Floor, 600 S. Tyler, Amarillo, Texas.

All high school senior women who are interested in going through recruitment for possible membership in college sororities should attend this meeting to receive information on recruitment packets and deadlines. A short discussion and style show will be part of the meeting.

For information, please call Toni Knapp h) 353-6550 c) 678-5083.

Attention Stratford: prom decorations needed: we need clear lights, any greenery. If you want it returned after the prom please put your name and phone number on it and deliver to Crystal Pitti at her house. All junior parents are meeting Tuesday's at 7 p.m. at the high school for decorations.

What may be that the oldest musical instrument was found in a cave, a Neanderthal site in Slovenia. The instrument is the 43,000-year-old femur of a bear that has two evenly spaced holes.

Growing dairy industry mindful of water use

Writer: Kay Ledbetter, 806-677-5608, skledbetter@ag.tamu.edu

AMARILLO — The dairy industry in a five-state region — Colorado, Kansas, Oklahoma, New Mexico and Texas — has seen a tremendous growth in the past decade, a growth that provides both concerns and opportunities, according to Texas AgriLife Extension Service specialists.

Joining other experts at the High Plains Dairy Conference held recently in Amarillo, Dr. Ellen Jordan, a Texas AgriLife Extension Service dairy specialist, said the five-state area is home to about 450,000 cows, which provide approximately \$4.3 billion in annual economic impact.

However, water use by these dairies and in the industry has been questioned, especially after the drought of last year.

"We are the newcomers on the block, so we are receiving some of the blame for water levels going down," Jordan said. "We are seeing a higher demand for feed grains, driven primarily by the dairy industry. But a lot of that product is being imported into the region."

Jordan said the industry uses about 28,000 acre feet of water per year directly for drinking water and facility cleaning, or about the equivalent of 22,000 acres of cropland.

A dairy cow and the heifer grown to replace her will eat about 9.7 pounds of alfalfa, 92 pounds of silage, 18.84 pounds of concentrate, 4.9 pounds of cottonseed, 4.6 pounds of protein and 1.2 pounds of mineral each day.

"That's 10.8 million tons of feed a year that the dairies in the Southern Ogallala feed," she said. "It would take 1.5 million acre feet of water if we were producing 100 percent of that in this area."

But a high percentage of the corn, distiller's grains, soybean meal and other products are not grown regionally, so the water use is not that high, Jordan said.

Jordan joined forces with AgriLife Extension economists Dr. Bridget Guerrero, Lubbock, and Dr. Steve Amosson, Amarillo, to evaluate the economic impacts to the region. The team used a software program called IMPLAN to estimate the dairy industry generates about \$1.7 billion from milk sales and \$1.39 billion from processing for an overall impact of \$3.09 billion.

"That's a new industry to this region in the past 15 years, and as a result, we've seen new Wal-Mart's, Holiday Inn Expresses and other businesses in some of these communities," Jordan said. "And that doesn't count the indirect impact from employment, trucking and such. The economic impact is \$4.3 billion from it all, with more than half of that economic income in Texas."

So the economic benefits are there, Jordan said.

However, that doesn't mean the industry shouldn't be looking for ways to meet the water challenges and be good water stewards, she said.

Some criticisms or suggestions have been to stop or reduce the amount of alfalfa fed, eliminate the practice of double-cropping, switch to more sorghum, use drought-resistant crops, improve irrigation efficiencies and import more feed, she said.

However, Jordan said, the elimination of alfalfa would only reduce the amount of water a cow and her calf use through feed per year from 17.8 acre inches to 16.8 acre inches.

And, she said, double-cropping corn for silage at a dairy may actually use less water than growing the corn for grain for three reasons: No pre-watering is needed, less mature crops require less water, and up to 10 percent of the water comes from lagoons at the dairy.

Dr. Dana Porter, AgriLife Extension engineer from Lubbock, and Dr. Brent Bean, AgriLife Extension agronomist in Amarillo, each discussed ways dairy producers could make a difference in the water they use.

Porter said efficient advanced irrigation technologies, such as low-pressure center-pivot systems, are widely used in the High Plains, especially in areas where well capacities have long been a limiting factor. Knowing what works best for a particular operation is key to efficient water use.

Improvements such as land-leveling can help those still using surface irrigation, she said. Producers using center pivot systems need to know the capacity of their wells, monitor pressure and distribution uniformity to ensure the outside span is getting the proper water, and re-nozzle when necessary.

Drip irrigation is another option for good managers, Porter said. Although it is more expensive than other methods, it is friendly to automation. Pressure gauges and flow meters must be monitored to detect problems before they show up as dead plants in the field.

Management and maintenance are key to efficient irrigation regardless of the method used, she said.

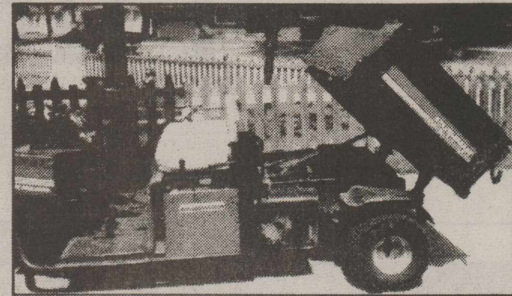
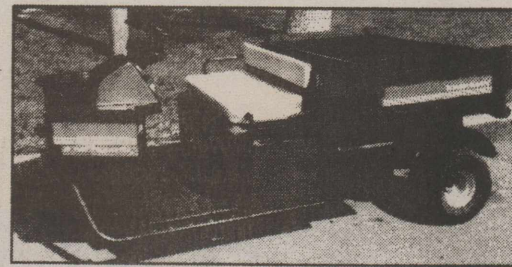
Bean said dairy producers can find forage sorghums that are equal to corn in supporting milk production, but variety selection is very important, so "pay attention."

"When determining whether to grow corn or sorghum silage, it really depends on the available water," he said. "There's about a 30 percent difference between the water use of fully irrigated corn and sorghum."

While lodging can be an issue on forage sorghums, Bean said it can be reduced by reducing seeding rates and not over-fertilizing with nitrogen.

And harvest on time," he said. "When it is at the right moisture, harvest, or it might end up on the ground."

For Sale



For Sale: Cushman Truckster 1986 model #898530=8610 three wheeler, working power take off, hydraulic dump bed, two speed axel, tachometer. Call Jack Vincent at 366-5388

Story Time@Your Library

The spring session of "Story Time" will begin on Monday, March 19th at the Sherman County Public Library. Mrs. Yvonne Pittman will be in charge of this session and all children are sure to enjoy the stories and activities. "Story Time" will be held on Monday, March 19, April 2, April 23, and April 30. Please call the Sherman County Library at 366-2200 to enroll your child or if you have any questions concerning this matter.

A Medical Fund has been set up for Jessica Acosta at the First State Bank of Stratford

Stratford Hospital District

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

Stratford Family Medical Clinic

Mon. - Thurs. 8 AM - 5 PM, Fri. 8 AM - 3 PM
396-5583 Tommy Brian, ANP

Elk Pharmacy

Mon. - Fri. 9 AM - 5:30 PM
366-5505 Angie Hipp, RPh

Coldwater Manor Nursing Facility

396-5568 Karl Punch, 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.



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Baskin honored with Bridal Shower Saturday

Allison Baskin, bride-elect of Matt Tumlinson, was honored with a bridal shower on Saturday, April 14, 2012 in the home of Patty Brown. Shown above are Sandy Baskin, Allison Baskin, Megan Zamzow holding Hunter, Mellisa Tumlinson, Mona Tumlinson and Mattie Baskin. The couple plan on exchanging vows on May 26, 2012.



HEALTHY IDEAS



(NAPS)—Patients with neurological diseases, such as Parkinson's disease, are at risk for a rare condition, neurogenic orthostatic hypotension. Neurogenic OH affects 20 to 30 percent of these patients and symptoms such as dizziness and lightheadedness can cause unexpected falls, raising the risk for other injuries. Learn more at www.signsofneurogenicoh.com.

The American Society of Clin-

ical Oncology offers a new booklet based on patient information found on its website, Cancer.Net (www.cancer.net). The booklet helps patients understand what to expect when cancer treatment is completed.

Taking small steps each week, such as planning healthy weekday lunches or joining an exercise group, can help your efforts to manage type 2 diabetes pay off.

Red Hatters Hold Meeting April 5th

Rockin Red Hatters were set at a colorful table on their meet, greet and eat evening, April 5, 2012. They received Easter cards with the Jelly Bean Prayer. A delicious meal was served by Connie Biddy. Placed around the room were colorful Easter bunnies that each one found and took with them. Hostesses were Donna Gillenwaters and Gaynelle Oakley. For anyone 50 and over we would welcome you to join us for fun and fellowship.

Kerrick News

By Marylou McDaniel

Kerrick women had the opportunity to play Bunco last Friday night. They also enjoyed good food during the evening. With everything that's going on next month, they plan to meet again in June. If you want some fun in June, women come and join in.

Enjoying the game were Ruby Punch, Penny Sheehan, Donna Gillenwaters, Cheryl and Angelena Card, Durden, Keathley, Kamryn and Kirsten Keathley, Ciccy Harris, Amanda Sheehan, Marylou McDaniel.

The Gillenwaters had friends stop by Easter Sunday, on the way from the west coast to their Missouri home.

The HARRISES went to Higgins where they enjoyed seeing their grandchildren Shanna and Dustin and others, too!

Last week Vick Holladay and his brother Mike Holladay stopped by and spent a night with Leonard and Peggy Hawkins. They were delivering cattle to Colorado from Mississippi.

Marylou and Mike McDaniel recently visited Patti in Denver. Sharon Martensen Powell hosted Easter dinner attended by the McDaniels; Gloralie Martensen; Sarah, Chad, Abby & Max Lynch; and Mike and Marcia Searle. Lt. Matt & Kristen Gottschalk even joined via Skype from Virginia Beach, VA. Marylou & Patti went to the 20th home opener of the Colorado Rockies. While the Rockies fell to the San Francisco, it was perfect baseball weather.

Mitchell Theaters

Northridge 8
Guyton, 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

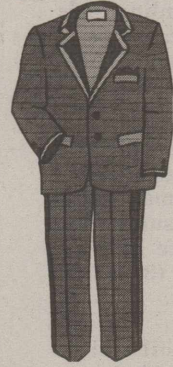
Attention to all subscribers!!

Rate changed

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

April Prom Special

Order your tux in the month of April with 10% deposit for your chance at winning your tux for free



Drawing will Be May 1st
Great prices starting for complete tux \$70.00
Hair Creations
396-2809

15 Years, 4500 Babies in Dumas

Women's Health Center



Normal and high risk pregnancies
Gynecologic cancer screening
Breast cancer screening
Infertility and family planning
Menopause and hormone problems

Dr. Turhan I. Baykan, M.D.

Specializing In
OBSTETRICS-GYNECOLOGY

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

The Churches of Stratford Welcome You

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

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

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

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

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



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Stratford Grain 396-5541
Lautz 769-5541

Walter Lasley & Sons, Inc.
753-4411

Stratford Star
366-5885

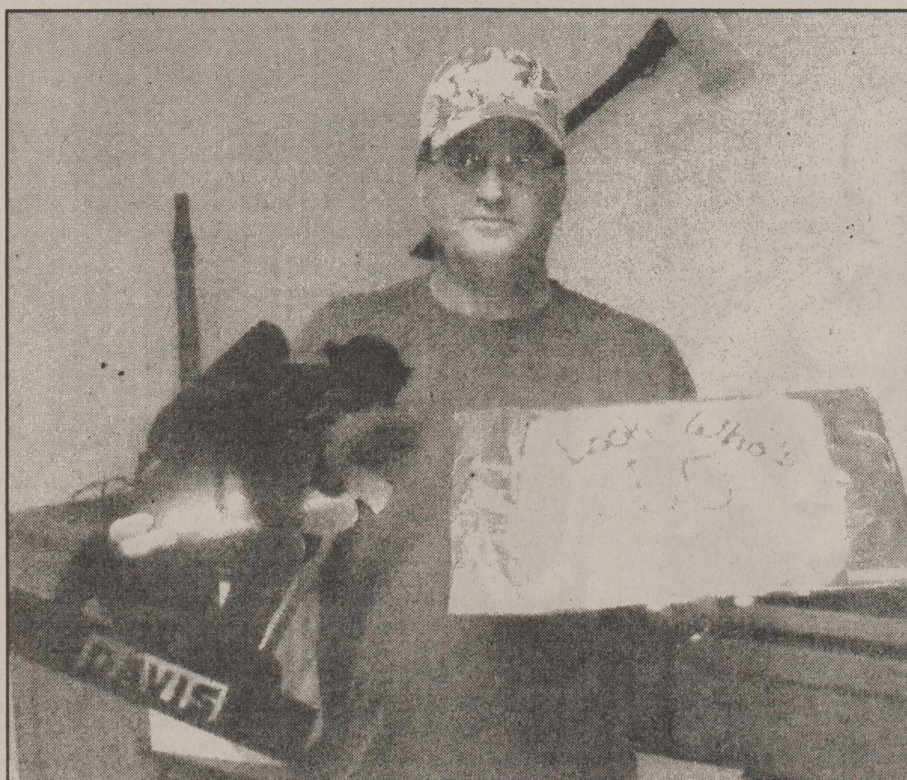
Church of Christ
Brad Beckett
N. 3rd & Chestnut
Sunday School 9:30 a.m.
Morning Worship 10:30 a.m.
Evening Worship 5:00 p.m.
Wednesday Bible Study 7:00 p.m.

Heritage Bible Baptist
Pastor Rick Carter
302 S. Main
For more info-call 396-2212
Morning worship 11:00 a.m.
Evening Service 6 p.m.
Wed. Service 7:30 p.m.

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

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

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

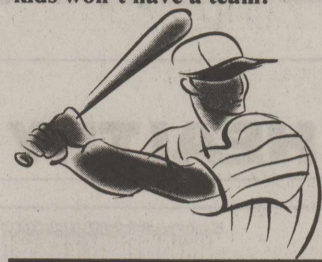


Davis Turns "50"

David Davis was surprised with a 50th birthday party on Sunday, March 25 at the Stratford Fire Department. Family and friends were on hand to help him celebrate the Special occasion. A belated Happy Birthday David, you will survive being 50- many have gone there before you.

Volunteers Needed

Stratford Youth Baseball League needs volunteers. If you are interested, please call Tammy Couch 806-305-2618. We are in need of coaches, coaches, coaches!!! In order to have a successful year we need adults to volunteer their time, knowledge and leadership to our youth. Without your help our kids won't have a team!



CHAMBER OF COMMERCE SURVEY

As you may know the Chamber of Commerce is inactive at this time but there are people that would like to see it up and going again. SCDC has offered to survey local businesses, taxing entities and the community to get ideas on the future of a Chamber in Stratford. If you'd like to voice your opinion please fill out the short form below and return it to Sherman County Development, PO Box 652, Stratford, TX 79084. You can also email your comments to scdc@xit.net or fax the form to 366-3025, no cover sheet needed. *Names will be kept confidential* and your input is appreciated.

CHAMBER OF COMMERCE QUESTIONNAIRE

1. Does Stratford need a Chamber of Commerce? YES NO
2. If you checked "YES" please tell us why you think we need a Chamber: _____
3. If the Chamber re-opened would you support it? YES NO
4. Should the Chamber be located in a stand-alone office? Or could it function out of a private business or a non-profit? _____
5. Does a Chamber need at least one fulltime employee focusing on building the membership and planning activities that will bring tourists to town? YES NO
6. What do you expect from a Chamber of Commerce? _____
7. Comments/ideas: _____
8. Optional: Business owner Non-profit Community member

Healthy Ideas

(NAPS)—The Walmart Foundation recently announced \$9.5 million in grants to organizations with a mission of providing nutrition education classes across the country and it offers online tools and tips that anyone can access. You can learn more at www.walmartstores.com/healthyliving.

The No. 1 professional skin care brand, Dermalogica, developed a signature UV Smart Booster Technology for its sun protection line. Learn more at www.dermalogica.com and (310) 900-4000.

Experts say fish oil rich in omega-3 fatty acids can help protect the brain from the effects of aging. The fish with the highest concentration of the fatty acids include sardines, such as the 'type sold under the King Oscar' brand. Learn more at www.kingoscar.com.

Marriage has no guarantees. If that's what you're looking for, go live with a car battery.
—Erma Bombeck

All of us have moments in our lives that test our courage. Taking children into a house with a white carpet is one of them.
—Erma Bombeck

Car designers are just going to have to come up with an automobile that outlasts the payments.
—Erma Bombeck

Business Directory

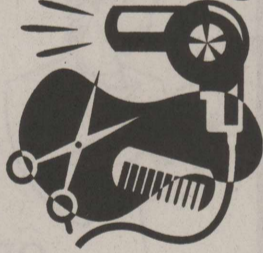
Vincent Insurance

Agency

Sabrina Melton

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

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Star Classifieds

THE STRATFORD STAR
Thursday, April 19, 2012
Page 5

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..The Best Salesperson Around

Help Wanted

Cimarron Feeders is accepting applications for the following positions:

- Feed Truck Driver
- Mill Laborer
- Processor

17 Keyes S Keyes, OK on HWY 171

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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

Coldwater Manor is seeking a full time RN or LVN. Please apply in person at 1111 Beaver Rd. Stratford, TX EOE 3-22-tfn

Coldwater Manor Nursing Home needs Activity Aid, Driver's License required. Work Saturdays, off Mondays. Apply in person at: 1111 Beaver Rd. Stratford, TX 4-12-4 x's

Avon, Stanley-Fuller Brush, Representative. Call 806-249-8084. Flexible schedule, supplement income, quality products, variety. \$10.00 starting fee. Immediate employment. 4-19 and 4-26 paid.

Houses for Sale

701 Purnell, 2,692 sq. ft., 3 bdrm, 2 bath, office, new windows and roof, sprinkler system in front and back, Call for appt. 806-753-6423.4-12-tfn

House for sale by owner-619 Purnell, 4bdrm 3 bath, 2981 sq. ft. New sculptured metal roof, h/ac, windows, Teak hardwood floors and tile, corner lot close to schools, Call for appointment, 806-366-7664 or 806-753-6677. 3-29-tfn

401 S. Maple, Stratford 3 bedrooms, 2 baths, 2 living rooms, laundry room, garage. Includes: 3 lots beside the house. (806) 366-3512 or 753-7513.

House for Sale: 313 N. Pearl-3 Bdr, 2-1/2 Bth 806-930-6920 2-23-tfn

House for sale by owner-611 N. 3rd Street-newly remodeled-1900 sq. ft. 3 bdrm, 2 bath, C/HA Call 753-6677 or 366-7664. Possible Owner Finance with Large Down 3-8-tfn

House for Sale-3-bdrm, 1 3/4 bath, approx 2000 sq. ft., 2-car attached garage, Many updates inside in 2008, as well as new 50-yr roof, 12 x 20 storage bldg, privacy fence, 403 Purnell. For appt. call 366-3586 3-15 thru 4-26th 7x's

Legal Notice

NOTICE TO CREDITORS

Notice is hereby given that original Letters Testamentary for the Estate of Roland Calvin Church, Deceased, were issued on April 4, 2012, in Cause No. 2196, pending in the County Court of Sherman County, Texas, to: Winifred Crosby.

All persons having claims against this Estate which is currently being administered are required to present them to the undersigned within the time and in the manner prescribed by law.

c/o: Winifred Crosby
1200 W. Main
PO Box 335
Texhoma, Oklahoma 73949

DATED the 5th day of April, 2012

Kimberly L. Allen
Attorney for Winifred Crosby
State Bar No. 12199270
Box 792
Dalhart, Texas 79022
Telephone: (806) 244-5632
Facsimile: (806) 244-2863

Published in The Stratford Star, Thursday, April 19, 2012

Card of Thanks

OUR FAMILY WOULD LIKE TO THANK EACH ONE OF YOU WHO PRAYED, VISITED, CALLED AND EXPRESSED LOVE TO US DURING WESLEY'S PASSING TO MEET OUR LORD. THE MEALS PREPARED, PAPER PRODUCTS, FLOWERS, CROSS, CARDS OF ENCOURAGEMENT, (THE BAG OF POTATOES LEFT ON OUR DOORSTEP) HAVE BEEN VERY SPECIAL. LARRY AND YOUR AMBULANCE TEAM, YOU WERE WONDERFUL. GLENN WHITE, GOD SENT YOU TO WESLEY'S ROOM JUST AS HIS SPIRIT WAS GOING TO BE WITH THE LORD AND YOU PRAYED FOR THOSE OF US WHO WERE LEFT BEHIND-THANK YOU. DARLA AND KEVIN YOU WENT ABOVE AND BEYOND YOUR CALL AS OUR PASTORS TO SUPPORT US. WE LOVE EVERY ONE OF YOU.

PAULA, CRAIG, KEVIN & CINDY, MARK, RYAN & KRISTIN
JUDY & JAY WILLIAMS
JANETTA & CHARLES BRITTEN
JOE DWAYNE WILLEY
JANICE & DAVID BROWN

More economical!

Differences between electric and hydraulic-driven systems

Have you seen the ads that show hydraulic-driven systems are the better way to irrigate? Make sure to read between the lines - and we don't mean the oil lines.

Fact is, Reinke "Electrogator" II and "Eliminator" electric-driven irrigation systems are, and have always been, among the safest, most reliable and cost-effective methods available to deliver water to your thirsty crops.

Reinke encourages you to "vote" to compare the electrical energy requirements of electric and hydraulic driven systems. You will be surprised by the choice you can have by going electric.

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**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**

Gardening Corner

The Pleasures Of Public Gardens

(NAPS)—"You can learn a lot of things from the flowers," as Lewis Carroll's "Alice in Wonderland" remarked. Here's a look at a few of the things you can discover among the flowers in America's beautiful, bountiful public gardens.

Water Conservation

Public gardens use efficient watering practices and have industry insight on responsible irrigation systems. Homeowners can learn how to irrigate their own gardens by exploring and consulting with a public garden.

Native and Adapted Plants

Choosing native plants or plants that have adapted to the local environment can ensure that a garden will be healthy and require less water. Public gardens tend to have huge collections of native and adaptable plants that homeowners can be assured will work in their own gardens.

Landscape Design

Homeowners can find inspiration in the design of gardens and the way gardens are displayed, coordinated and arranged. Landscaping at public gardens can demonstrate which plants bloom at similar times, which arrangements look well together, and how gardens can be beautifully displayed.

Seasonal Considerations

Public gardens have a selection of plants that are right for a variety of seasons. Blooms can happen year-round if the appropriate types of plants or trees are selected. Keeping your garden beautiful can be easier once you see how public gardens arrange their collection.

Gardening Methods

Public gardens often have staff dedicated to botany and are home to specialists who understand the geographical region very well. You can access these industry experts at the public garden and get



Photo courtesy of Missouri Botanical Gardens

A beautiful place to grow your knowledge is in a public garden.

advice on gardening techniques for your own plants.

Publications

Public gardens usually have publications available to visitors and members that provide resources on gardening and botany. You may find a wealth of knowledge in member publications. Often, there are libraries and bookstores within the public gardens as well.

Plants and Supplies

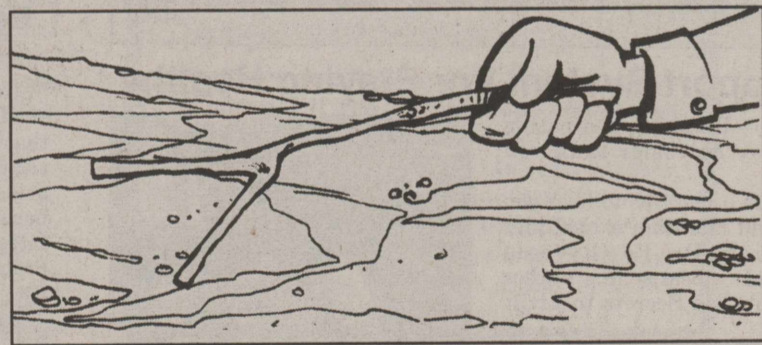
Public gardens will often sell plants, flowers and trees to garden members, perhaps during annual festivals, providing top-quality additions to your garden. The sale may come with professional experience and advice of the sort that cannot be found elsewhere.

Learn More

The nonprofit American Public Gardens Association has partnered with Rain Bird, a leading manufacturer and provider of irrigation products, to promote gardens through National Public Gardens Day. Many of the nation's public gardens will mark the day with special events and activities for schools, families and thousands of visitors. For more information, you can visit www.NationalPublicGardensDay.org.



The saxophone was invented by a Belgian musician, Adolphe Sax, in 1841; it was finally patented in 1846. Today it is made in eight sizes, from the soprano to the sub-double bass.



Diviners in search of water hidden underground are known to use forked branches from the beech tree traditionally called wishing rods.

**A CELL TOWER'S GOING UP NEXT DOOR
OR HADN'T YOU HEARD?**

KEEP THE LIGHT ON PUBLIC NOTICES

Governments are required to publish their decisions in the newspaper -- including their intent to build a structure nearby that you might not want. But some officials want to bury public notices on little seen, rarely visited government websites.

If it is not in the newspaper, how will you know?

Call us to learn more The Stratford Star

The secret of managing is to keep the guys who hate you away from the guys who are undecided.

—Casey Stengel

Letter to the Editor



Letter to the Editor:

Amarillo Arts are very important to Stratford as Stratford is important to the Amarillo Arts. We are thankful for the Arts Amarillo provides for us and they are thankful for Stratford supporting the arts in Amarillo. Not only does the Stratford community attend the plays, musicals and art exhibits but they also have dinner and sometimes spend the night. That is economic development. Stratford benefits from the Amarillo Arts community as they provide-ideas and Expertise to the arts in Stratford.

I am appreciative of the "Golden Nail" award I received recently from the Amarillo Chamber of Commerce Arts Committee by a nomination from persons in the Stratford Community. These nominations are a great way to say "Thank You" to those supporting the arts in our communities.

At times I have had season tickets to "Texas", Broadway Series, Amarillo Opera, Lone Star Ballet, and Amarillo Little Theatre. We find we cannot attend everything even though we would like to but sometimes it is nice to share those tickets with others.

Many years ago I was inspired by a quote "The Arts are the glue that hold civilization together" I believe the arts make everyday life a little softer and I appreciate those with the talents who share those talents. When the opportunity arises, turn off the TV and Go---support the Arts

Gaynelle Riffe



Participants in the 4-H Fashion Show left to right are Russell Spurlock, Mary Ann Spurlock, Daniela Valdez, Abby Ely. (See story below.)



Abby Law, Participant in 4-H Fashion Show (see story below)

Sherman County 4-H Fashion Show

Five 4-H members participated in the 4-H Fashion Show that was held on April 10th at the County Exhibit Building.

In the Junior division was Abby Law - Buying - Dressy. In the Intermediate division was Abby Ely - Construction Dressy, Daniela Valdez - Construction Casual, and Russell Spurlock - Buying Active. In the Senior division was Mary Ann Spurlock - Construction Dressy. Bryce Killian was also entered in the fashion show in the Jr. Construction Active category, but do to car trouble on their way back from the Metroplex, he was unable to make the event.

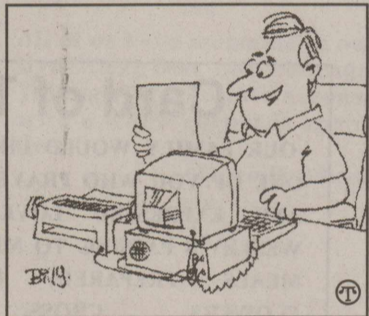
The Best Interview in the Junior Division went to Abby Law. The Best Interview in the Intermediate Division went to Abby Ely. And the Best Interview in the Senior Division went to Mary Ann Spurlock.

In the Craft Show, the winner of the Intermediate Non-Garment Sewing Category was Abby Ely. The Intermediate Small Craft winner was Daniela Valdez. In the Intermediate Handiwork Category, Abby Ely was the winner. In the Senior Category, Mary Ann Spurlock won first prize in both the Non-Garment Sewing Category and the Small Craft Category.

Congratulations to all of our young Fashion Show participants. All participants are eligible to compete at the District 4-H Fashion Show on April 21st in Boys Ranch. GOOD LUCK AT DISTRICT!!

Did You Know?

(NAPS)—New FCC policies may make rural consumers pay higher rates for telephone service and slower broadband. You can urge your congressional representatives to support equal and affordable access for all Americans. Join the National Telecommunications Cooperative Association in advocating for rural communities at www.saveruralbroadband.org.

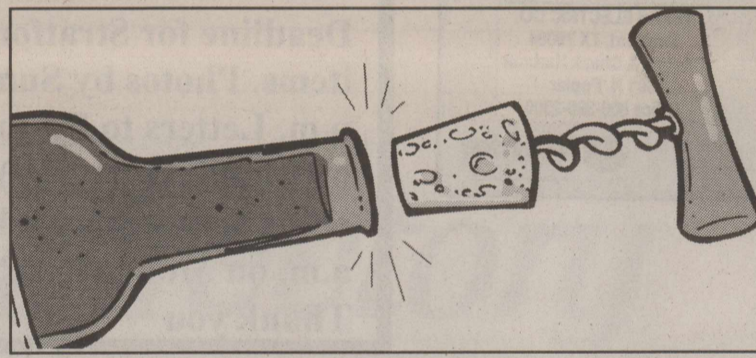


One hundred percent of the proceeds from the Limited Edition Rare Earth Deep Pore Cleansing Masque series by Kiehl's will benefit Recycle Across America, a nonprofit environmental organization. You can help by purchasing the masque. For more information, visit kiehls.com.

Aging may be a bit easier with a series of free guides by the MetLife Mature Market Institute on caregiving, personal finance and retirement, and other topics. Download them at www.metlife.com/mmi/publications.

The aging process has you firmly in its grasp if you never get the urge to throw a snowball.

—Doug Larson



Some say the English were the first to seal wine bottles with cork. However, getting the cork out to get to the wine required a special tool—the corkscrew.

Healthier Living

A Support System For Staying Healthy

(NAPS)—Breaking bad eating habits may be easier than you think.

Here are a few tips to help you achieve and maintain a healthier weight from Dr. Ro (Rovena Brock, Ph.D.), best-selling author of "Dr. Ro's Ten Secrets to Livin' Healthy."

1. Write down your goals and make sure they are measurable and realistic.

2. Take advantage of programs that help you attain your goals and provide a support system of people who are also trying to stay healthy. Many of the nation's nonprofits have programs that can help keep your goals on track by offering tips and support groups.

Linking yourself to a program, support group or other resource can help keep you on track because it keeps you motivated when times get tough. For example, the Walmart Foundation recently announced \$9.5 million in grants to organizations with a mission of providing nutrition education classes across the country, and it offers online tools and tips that anyone can access.

The foundation's grant to nonprofits will provide classes focused on learning to cook and shop for healthier foods on a budget and provide live cooking demonstrations in communities nationwide.

3. Read labels. Walmart is developing a simple front-of-package seal to help consumers instantly identify truly healthy food options.

4. Do all things in moderation. Start small and be consistent. If you're working out and



Healthy food choices can help reduce chronic health problems.

eating reasonably on a daily basis to maintain a healthy weight, there's nothing that says you cannot have a cookie every once in a while. Stick to portion sizes and have fun. Its real life!

In January 2011, Walmart, alongside First Lady Michelle Obama, announced an initiative to provide customers with healthier and more affordable food choices. This effort includes a commitment to increase funding for nutrition programs that help educate consumers about healthier food choices.

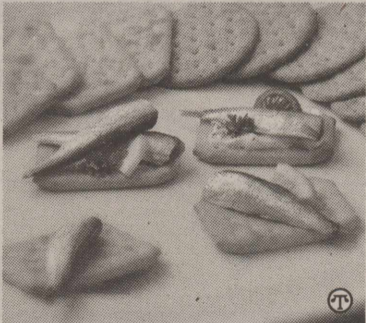
According to Dr. Ro, "Nutrition education plays a vital role in helping families break bad health habits, from eating comfort foods to resisting exercise. As we tackle the issue of obesity in this country, every family must take a step back and look at what it's putting on the table for its children. Eating better today can help reduce the likelihood that your child will suffer from chronic health problems later in life."

You can learn more at www.walmartstores.com/healthyliving.

Healthy Eating

Eating Fish May Help Protect The Brain

(NAPS)—A new and large-scale study says that enjoying a diet that includes fish and other foods that are rich in omega-3 fatty acids can be a bright idea. That's because research indicates these fatty acids can help to protect the brain against the effects of aging.



Studies show there may be a link between brain health, cardiovascular health and eating foods, such as brisling sardines, that are rich in omega-3 fatty acids.

Dr. Zaldy Tan, a researcher at UCLA and the lead author of a study on the effects of omega-3s on cognitive functions, said that even after controlling for participants' age, gender, education, body mass index and smoking, "The relationship was still there."

Tan and others believe fish oil provides the greatest concentration of dietary omega-3 fatty acids. The types of fish that provide the highest concentration of the fatty acids are mackerel, lake trout, herring and sardines, such as the type sold under the King Oscar brand.

Dr. Brian Appleby of the Cleveland Clinic thinks the findings provide an important link between brain health and cardiovascular health.

To learn more, visit www.kingoscar.com.

Health & Beauty News

Here Comes The Sun

(NAPS)—Taking care when it comes to exposure to sunlight can help protect you from the most common cancer in the U.S.A. Skin cancer, scientists say, is due to ultraviolet photodamage caused by the sun's harmful rays. So too much sunlight can spell trouble for your skin.

According to the World Health Organization, one in every three cancers diagnosed is a skin cancer and, according to the Skin Cancer Foundation's statistics, one in every five Americans will develop skin cancer. The best defense: keeping your skin protected 365 days a year.

The Solution

Consider these key sun protection skin care tips:

- For the face, use one teaspoon of sun protection product.

- For the body, use one shot glass-sized quantity of sun protection product.

- Be sure to reapply every two hours, especially after a swim or workout.

- Remember, UV radiation can go through clothing, windshields, windows, even clouds. Wear SPF as part of a daily daylight defense regimen to help prevent skin cancer, premature aging and photodamage.

- Keep up to date on FDA regulations regarding skin care, which have recently changed.

- Use a trusted skin care line to protect you against the sun, even when you least expect it. To that end, Dermalogica, the No. 1 professional skin care brand, developed a signature UV Smart Booster Technology for its sun protection line, a customized microcapsule that safeguards active vitamins and then bursts open upon contact with UV rays, releasing an active ingredient complex of vitamin C and vitamin E for maximum free radical protection.

This advanced technology provides skin with multiple benefits,



Ultraviolet radiation can go through clothing, windshields, windows, even clouds, so it's wise to wear SPF protection daily.

including free radical defense and advanced protection against UV damage without the need for higher concentrations of potentially irritating sunscreen ingredients found in products with high SPF.

For even more effective protection from risky UV damage, Dermalogica has also introduced Oleosome Technology in two of its products, Solar Defense Booster SPF30 and Oil Free Matte SPF30. The technology, which provides greater stability than the previous generation of emulsifiers, uses naturally occurring tiny spheres of emollient oils and vitamin E found in Safflower seeds. These unique molecules can deliver active ingredients such as sunscreens directly to the skin surface, and release them over time to ensure maximum skin benefits. These qualities are especially relevant with chemical sunscreens because they allow the products to achieve a high SPF rating while using fewer sunscreen agents, lessening the chance of sensitivity and providing an elegant feel and wearability. The new Solar Defense Booster SPF30 and Oil Free Matte SPF30, with Oleosome Technology, can deliver much more UV protection without unwanted oiliness and chalkiness.

Learn More

For more on sun protection, visit www.dermalogica.com or call (310) 900-4000.

An archaeologist is the best husband a woman can have. The older she gets the more interested he is in her.

—Agatha Christie