



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

The Stratford Star

75 cents Published for over 100 years in Stratford, Sherman County, Texas 79084 usps 523 Number 51 CHRISTMAS EDITION December 18, 2014

MERRY CHRISTMAS

Check presented to Amber Glawe

Rita Blanca Electric Coop. Board Member, Brad McBryde presented a check to Amber Glawe, President & Executive Director of The Medical Center League House, a nonprofit Hospitality House, located in the medical center of Amarillo TX. The \$3,750 donation will be used to help families during a medical crisis who travel from out of town to the Amarillo Medical Community. Patients and family members are welcome to stay at Medical Center League House while going through medical care, doctor appointments, cancer treatments, hospital stays, funerals and hospice care.

The Medical Center League House is a beautiful facility which opened four years ago. Anyone traveling to Amarillo for medical needs, are welcome to stay here for \$45.00 per night, no tax or hotel surcharges. Each private guest room has 2 queen size beds, dresser, chair, tv and private bathroom. The public spaces include a kitchen where families can bring in their own food and drinks, a dining room, patios, complimentary laundry room, and a prayer garden. The League House is within walking distance of the hospitals, cancer center and other medical buildings.

Rita Blanca Electric felt a sincere need for The League House, as their customers in these far northern counties are a great distance from the medical facilities in Amarillo. Daily treatments for patients become less of an expense, as well as less stressful, if nights can be spent in Amarillo.....rather than traveling many miles each day.

The Medical Center League House will be hosting a Wine & Cheese, League Of Hearts Membership Party, on Thursday February 12, 2015 from 5:30pm-8pm. The rooms will be open for tours and this would be a great time for visitors.

For additional information about the Medical Center League House, call 806 358-3759 or email aglawe@leaguehouse.org
Visit their Website @ www.leaguehouse.org.

MEDICAL FUND FOR JACK GORE HAPPY STATE BANK

A medical fund has been set up for Jack and Vicki Gore at Happy State Bank

A medical fund has been set up for Gerardo Romero at Happy State Bank to help pay for his shoulder surgery. Your help will be appreciated!

Un fondo medico se ha creado para Gerardo Romero en Happy State Bank para ayudar a pagar por su cirugia de hombre. Su ayuda sera apreciada!

A Pauline Griffin fund has been set up for help with funeral expenses at The First State Bank of Stratford.

*To all our readers
and supporters we
wish you a very
Merry Christmas &
a Happy New Year
Please stay safe!!*



Help Light up Lollipop

The LIGHTS FOR LOLLIPOP campaign continues and the board of directors invites everyone to help LIGHT UP the childcare center.

As individuals and businesses plan their end of year giving, remember Lollipop Junction and its capital improvement project of updating the lighting system in its facility.

For more information, contact either Susie Spurlock at 396-2864 or 753-7214, Valarie Naugle at 366-2862 or Martha Duncan at 366-5557.

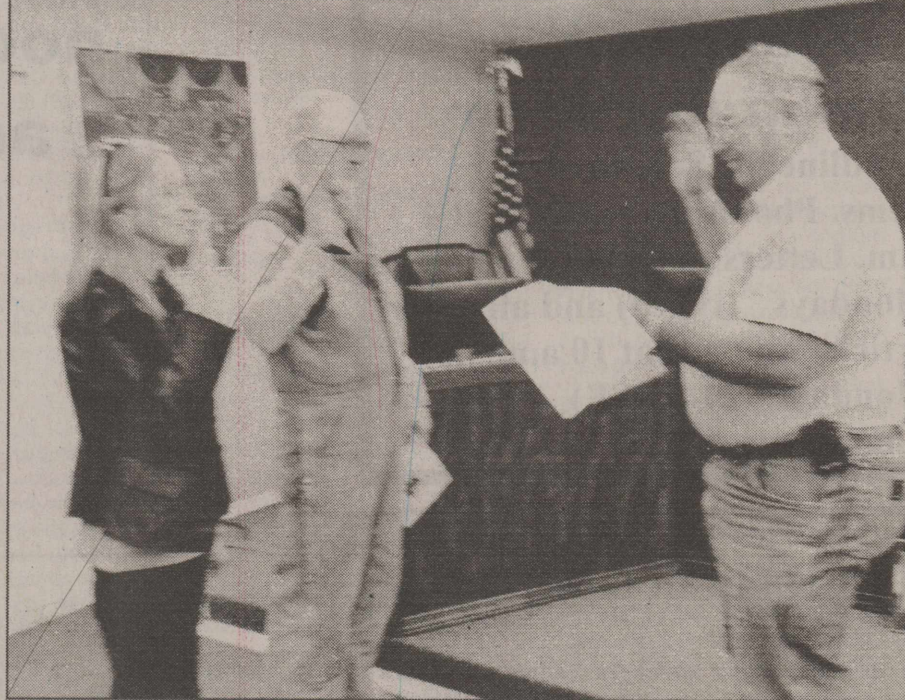
Lollipop Junction wishes everyone a very MERRY CHRISTMAS AND HAPPY NEW YEAR!!!

**There will not be a
paper printed next week
(Christmas Day
Dec. 25th)**

**Next issue is Thursday,
January 1st, 2015
Star will be closed
Thursday, December
18th through Friday,
December 26th, 2014.
Will re-open on Monday
December 29th, 2014
*Merry Christmas
&
Happy New Year***

Newly Elected City Council Members sworn in

Stratford Mayor Ricky Reed recently swore in new city council members. Shown at far right is Mayor Reed swearing in Diana Fritzt and Joe Zak. Shown at right is James Lute being sworn in.



**Stratford Grain
Company**
We will be open
Wednesday 24th
from 8 to 12
Closed
Christmas Day
Open Dec. 26th
8 to 12
Open Dec. 27
8 to 12
Thank you

**Texas AgriLife
Extension Office
Open House
December 19th
3-4:30 p.m.
Stop by for
cookies & punch**

CHEER CLINIC
Monday Dec. 22nd 10a.m.
And
Friday Jan 2nd at 10 a.m.
\$40 for one clinic or \$75.00 for both
Meghan Brooks
Call to reserve your spot
Spots are limited
753-6200

4-H Shooting Sports starts in January!

We are proud to announce that we will have rifle and shotgun teams available. But they are limited!!!

If you are not signed up for 4-H, please do so ASAP.

If you are not signed up for Shooting Sports, we encourage you to do so soon.

We will not be accepting sign-up forms, money and/or release forms at practices. For more information please call Alexa at (806)366-2081

December Peanut Butter Drive for Snack Pak

During the first three weeks of December, Mary Allen Elementary is joining forces with Snack Pak 4 Kids Stratford in asking for donations of 16 ounce jars of peanut butter which will help hungry children in Stratford make it through the long holiday breaks without school meals.

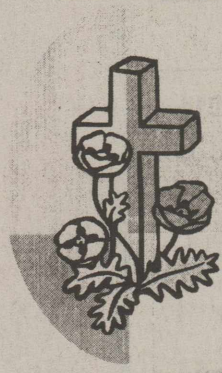
Donations can be dropped off at the Mary Allen Elementary Office. Our goal for this drive is 250 jars.

School meals are the primary source of nourishment to some little ones in our community, and during the long holiday breaks these children receive little to no food for days at a time.

The peanut butter along with a sleeve of crackers will be added to Snack Paks that are distributed just before the upcoming holiday breaks. Please note the 16 ounce jars are best as they are easier for a young child to carry home in their backpack.

Please join us in working to make sure that no Stratford child goes hungry!

Obituaries



Howard Lavake

November 4, 1926-December 9, 2014

Guymon, Oklahoma - Howard E. Lavake, 88, passed away late Tuesday, December 9, 2014 at the Hansford Manor, Spearman, Texas.

Howard Eddie Lavake was born November 4, 1926 in Stratford, Texas to Avenell (Naugle) and Eddie Kay Lavake. Howard attended Goodwell schools and was united in marriage to Barbara Conger on August 21, 1952. Howard entered the United States Air Force, serving during the Korean War and retired from the USAF in 1971 as T-Sgt. He was stationed several places, including Montana and South Dakota. After retirement, Howard and Barbara spent many years traveling and parking their 5th wheel at Truth or Consequences, New Mexico or LaVeta, Colorado. Everywhere he went, Howard made friends and enjoyed visiting. He was a member of the American Legion, VFW and the First Baptist Church. Barbara passed away in Truth or Consequences on November 13, 2004.

Survivors include his three daughters, Glenda Hill of Guymon, Carolyn Johnson and husband, Kerry, of Guymon; and Ronda Purvines and husband, Jeff, of Gruver, TX. He was Grandpa to his four grandchildren, Kendra Johnson, Kim Martinez, Shanny Housler and Dustin Hill; and seven great grandchildren, Toby Devon Hill, Sydney Hill, Kamryn Lynn Housler, Grace KayLynn Housler, Marissa & Lane Martinez, Mackenzie Wacker, with two more great grandbabies on the way.

Howard was preceded in death by a brother, Ervin Lavake; sister, Iva Lines; and his wife.

Funeral services were held Saturday afternoon, December 13th, 2:00 PM at the Henson-Novak Funeral Chapel, 501 NW Fifth, with Rev. Michael Carter of First Baptist Church, Guymon, officiating. USAF Military graveside rites followed at Elmhurst Cemetery.

Friends came by the funeral home for viewing Friday, 2:00-8:00 PM and on Saturday morning before the service.

Memorials may be given to the Oklahoma Panhandle Partners, do Henson-Novak Funeral Directors, P.O. Box 1306, Guymon, OK 73942. www.hensonnovak.com

Stratford Ex-Student Reunion July 24 & 25.

Honored Classes ending in a 5... 1945, 55, 65, 75, 85, 95, 2005

Update class mailing list. (The postal department will not deliver mail to facebook)

**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

Attention to all subscribers!! Rate change

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



The Stratford Star
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Advertising & Photographer Shari Hudson

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\$40.00 per year all others
\$27.00 per (9 months) College rate

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PO Box 8-Stratford, TX 79084



Education foundation needs your help!

The Education Foundation has less than 2 weeks to finish their fundraising campaign in the \$25,000 Challenge. If the Foundation raises \$25,000 by December 31st, all donations will be DOUBLED! That means for every \$1 you donate, it will automatically become \$2. The Foundation is a 501c3 charity, so all donations are tax-deductible.

Please consider making a donation as a memorial in tribute of a classmate or teacher or perhaps an honorarium for a teacher that made a difference in your life. A list of people already honored is on the Foundation's website, www.stratfordeducationfoundation.com. Farmers may also donate grain at any area elevator or co-op. The Foundation is also able to accept PayPal donations.

The Education Foundation has awarded over \$90,000 in grants to teachers since 2002. The grants have ranged from iPads to guest speakers to field trips. The Foundation also sponsors the Distinguished Lecturer Series for students at Stratford High School. The visit from a NASA astronaut that was canceled on December 9th shall be rescheduled in May 2015.

The Foundation Board members are also selling \$10 raffle tickets for a \$10,000 gift card from Toot'N'Totum. There is a coupon on all raffle tickets for a free carwash at any of the 5 Toot'N'Totum carwashes in Amarillo (\$12.95 value), so you actually make money by purchasing a raffle ticket. You may purchase a ticket from any board member, the First State Bank, or Becky Asher at Bain Tire.

The Education Foundation Board of Directors include: Becky Asher, Pat Barnard, B.A. Donelson, MariHoward Engelbrecht, Jackie Gilley, Lynda Hauser, Kenton Kimball, Brent Spurlock, Ann Pronger Wells, Wesley Spurlock, and Roger Wells. If you would like to receive the Education Foundation's e-newsletter, please send your email address to lackiegillev@att.net.

Texhoma Wheat Growers

Is now carrying a great
selection of
Green Mountain
Grills & Pellets

**We will be closed
Christmas Day, close at
noon on Friday, Dec. 26
and closed Saturday
Dec. 27**
**Merry
Christmas!**



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

Stratford Family Medical Clinic

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

Elk Pharmacy

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

366-5505

Coldwater Manor Nursing Facility

396-5568 Laura Davis, LNFA

Stratford EMS

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

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

Mitchell Theaters

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

Pursuit of Happiness: The Love of Christ Part 1

God made the first humans (Adam and Eve) to love and worship him. He placed them in an idyllic setting to live a charmed life. As their creator, He allowed a certain amount of temptation in their world to give them the opportunity to freely choose to honor him. He wanted his new creation to draw power and strength to resist this temptation through their intimate relationship with him. Adam and Eve when faced with this temptation did not recognize it as a test of their loyalty. They chose to disobey God's command to restrain themselves in the face of temptation to show deference to him. This failure brought severe consequences from God. They had become impure and sinful in God's eyes. Their sinful nature was passed down to their offspring. They contaminated the Earth with a population of sinners. This inherited sinful nature separated you and me from a pure and holy God. Man became more depraved the further he drifted from God. Throughout the Bible we see God reaching out to man through humans he placed on Earth as examples of true worshippers of God. Moses and the Prophets of old were called of God to be a voice from God to the people. Mankind continued to prove himself incapable of consistent and true godly worship. Instead of worshipping God, man opted to be worshippers of themselves, or riches, their fleshly desires, manmade idols, and even so far as to become worshippers of pure evil.

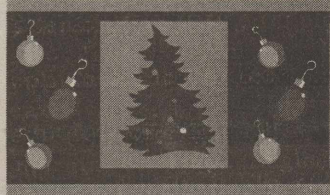
Man's pervasive proliferation of sin and transgression against God separated him from the spirit of God. Because of his great love (God's spirit) for mankind, and his desire for man to be in constant communion with him, God provided a way for man to once again become purified. God left heaven to be born a human (Jesus) becoming the living sacrifice for the sins of humanity. The birth of Jesus demonstrated God's agape love. He knew no sin but allowed himself to become the representative for all sinners (all mankind). He became willing to die for the sins of others. This sacrificial love for mankind placed Jesus on the cross to die and then ascend back to heaven to sit at the right hand of God, pleading for mercy, grace, and salvation for all who come to worship at his feet.

To reject Jesus, separates us forever from God through sin. This is not what God desires for us. God wants you and me with him in unbridled worship forever. Miraculously, I am now rejoined to God through the love of Christ. Although I am born with a sinful nature, I am redeemed by the Holy Spirit, given as a free gift from God that covers all of my sins with the grace of God. The knowledge that I will spend my afterlife with God makes me eternally happy.

Meditation: Do I reject the love of Christ?

John 1:12-13 Romans 3:21-26, 5:8-9 Philippians 2:3-8 Matthew 5:44-45 Revelation 20:11-15

Feedback welcome-joniahhyssop@gmail.com



Burtons" Honored with Wedding Shower

A wedding shower was held on Sunday, December 7th at First Christian Church in celebration of the recent marriage of Rhyan Burton and Kallie Caldwell Burton. Pictured are Beverly Cooper, the bride's grandmother, Lanie Caldwell, the Brides' mother, Kallie Burton, Rhyan Burton and Connie and Sherwin Burton the Groom's parents



Students recognized at school board meeting held December 11

These Jr. High students were recognized at the school board meeting held on Thursday, December 11, for their accomplishments of winning their UIL event held in November. Shown above left to right: Jocelyn Cardenas, Luis Molina, Irene Henderson, Walker McBryde, Luis Mendoza, Francisco, Ortega, James DeAnda, Nisha Patel. District Champions recognized, but not pictured are: Erika Couch, Jasmyn Ortega, Hannah Sims, Angelica Couch, Ivan Guel, Dempsey Collums, Jacob Sanchez.

These Mary Allen students were recognized at the school board meeting on Thursday, December 11, 2014 for winning their UIL event in November. Students and their coaches at left from left: Klaire Walden - Art - 4th grade - Mrs. Nusz; Omar Jacquez - 3rd grade - Ready Writing - Mrs. Braden; Caitlyn Skiles - 3rd grade - Storytelling - Mrs. Springer and Lynley Albert - 2nd grade - Mrs. Hill and not pictured Mrs. Hicks.



The Churches of Stratford Welcome You

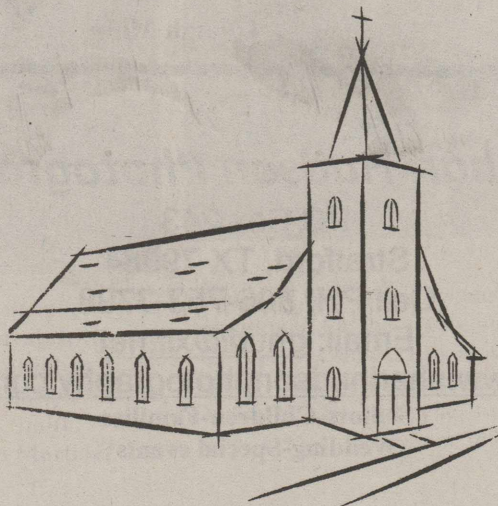
First Assembly of God
Kevin Anderson, Pastor
921 Fulton
Sunday School 9:45 a.m.
Morning Worship 10:45 a.m.
Evening Worship 6:00 p.m.
Wed. Bible Study 6:30 p.m.

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

First United Methodist
Rev. Steve Ulrey 396-2178
520 N. Main
Sunday School 9:20 a.m.
Morning Worship 10:30 a.m.
Junior & Senior High UMY 6:00 p.m.

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

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



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Stratford Grain 396-5541
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Church of Christ
Iglesia De Cristo
Brad Beckett
Juan Campos
N. 3rd & Chestnut
Sunday School 9:30 a.m.
Morning Worship 10:30 a.m.
Evening Worship 5:00 p.m.
Wednesday Bible Study 7:00 p.m.

Heritage Bible Baptist
Pastor Mark Looney
302 S. Main
For more info-call 396-2212
Morning worship 11:00 a.m.
Evening Service 6 p.m.
Thurs. Service 7:00 p.m.

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

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

La Mision Bautista
Mision Bautista
401 S. Wall 396-5376
Domingo (Sunday)
Escuela Dominical 9:45 a.m.
Miercoles (Wednesday)
Servicio De Adoracion 11 a.m. Estudio
Biblico & Servicio De Oracion 7 p.m.
Servicio De Adoracion 6 p.m. se Cuidamos
Susuninos Durante El Servicio

Schedule of all 2014-2015 4-H & Clover Meetings
**Dates are subject to change with weather or AgriLife mandatory meetings*
All meetings for both clubs are at 6pm

4-H Meetings

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

Clover Kid Meetings

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



Merry Christmas

**Texas AgriLife
Extension Office
Open House
December 19th
3-4:30 p.m.
Stop by for
cookies & punch**

Christmas is just around the corner -



Structured Touch Massage

Open House on Dec. 16th, 11 a.m. till 2 p.m.

In the XIT Bldg 806/290-3655



Wild Child Nails & Spa - now through Christmas, mani-pedi combo is \$30!

We also offer microdermabrasion, facials, waxing & massage. 806/268-3201



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offered at distributor prices in December! Contact Jode @ Hair Creations 806/396-2809.



Great Lengths Salon Call Rocio Torres for Haircuts, Color,
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806/396-5004 806/930-7231

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This public service announcement is brought to you by SCBC.

Business Directory

Vincent Insurance Agency Sabrina Melton

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

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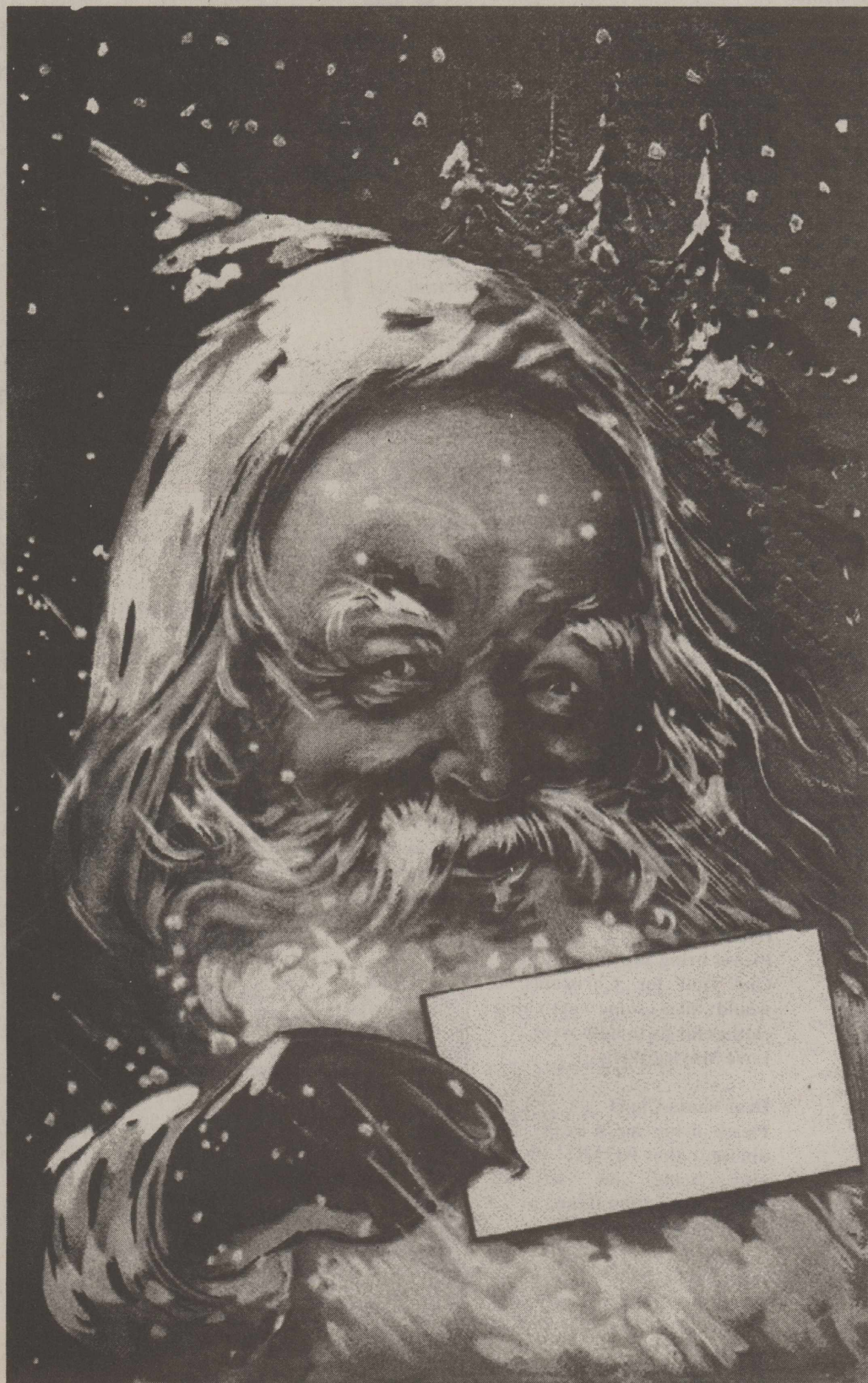
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Project Christmas Card



May this holiday season
Leave you with precious memories
A Christmas filled with
love and light,
Perfect gifts, delicious foods, love
and joy all around

A New Year with continuing
blessings-friends, family, good
work, great fun and
delightful surprises

Merry Christmas

&

Happy New Year

Proceeds of the project go for the continued improvement
of the Sherman County Library

Total Contribution
Total \$3175.00

John & Suzanne Ashley
Bill & Mary Jo Cox
Elaine Dollar
BA & LeRayne Donelson
Joe & Chris Flores
Dorothy Haile
Dorene Harrison
Glenn & Joyce Hart
Jerry & Dora Lutes
Betty McMillion
Mel & Martha Mitts
Marjory Munden
Charlene Oquin
Gerald & Jessie Preston
JO Pulliam
Don & Gaynelle Riffe
Wanda Riffe
"Merry Christmas from
Goodwell"
Wesley, Susie &
Jennie Spurlock
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Brent, Laurie, Mary Ann, &
Russell Spurlock
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Marihoward Engelbrecht
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Mike McDaniel
James, Michelle, Chandler &
Chase Lutes
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Bill & Kay Mires
Doak & Lisa Crabtree
Scott & Dana Buckles
Ronnie Pickens
Steve, Brenda, Bethany &
Jordan Johnson
Joe & Cathy Taylor

Sponsored by The Stratford Star
And Prospectus Study Club

Letters to Santa



Dear Santa,
I am being good. I wut a BS
and sum stikrs and a hores
and a sebru.

Love Natalie

Dear Santa
I bin good. I wunt a Monster
and a tablit, High doll. Love
Santa

Dream

Dear Santa
Is roodof ril. I wunt sum
markers

Love Huey

Dear Santa
How are you doing? I am
doing good. What will you
wunt? I will runt a toy monstr
truck. Have a good Christmas.

Love Xavier

Der Santa
How are you doing? I have
been good. I wont play
staushun 4.
Luv Chrimes

Luis

Dear Santa
I am redy for Chrismas. Are
you redy for Chrismas Santa?
I was good. I want a Barbi
house.

Love Lexy
Mery Chrismas

Dear Santa,
How are you doing? A Barbie
house and a color station.

Love your friend Luz

Dear Santa
I have been good. I wunt to
have a x box one. I need a new
ipad.

Love Mason

Dear Santa
How are you doing? I have
been very good. I would want
a frozen doll and a monster
high doll.

Love your friend Itzel

Cear Santa
I have been very good! Are
you ready for Christmas? I
want a Monster High doll.
Merry Christmas santa

Love Koori

Dear Santa
How are you doing? I wunt a
xbox one and a playstashun. I
have been Good

Meree krismus
Daniel

Dere Santa
How are you doowing? I have
been good. I want a Ghost
Busters Lego set. And a Lego
jayll set.

Love your frend Kevin

Dear Santa,
I wunt a race car. I wunt a toy
kar.

Love Elijah

Dear Santa,
I want a Wii. I want a real
reindeer. His name is going to
be Rudolph. I want a phone.
Merry Christmas Danny

Dear Santa,
Please bring me an xbox and a
toy for Christmas. Thank you!
Love, Ambrocio Favela

Dear Santa,
Please bring me a new tablet
for Christmas. Thank you!
Love, Aubryana Conzett

Dear Santa,
Please bring me a phone for
Christmas. I would also like a
baby please. I've been really
good. Merry Christmas!
Love, Avery DeAnda

Dear Santa,
Please bring me everything
for Christmas! Merry
Christmas!
Love, Chase Lantelme

Dear Santa,
For Christmas, I would like a
picture of the North Pole. The
rest, surprise me! Make sure
Rudolph is strapped in good!
Love, Madison Braden

Dear Santa,
Please bring me a baby!
Merry Christmas
Love Melissa Guerrero

Dear Santa,
Please bring me a phone for
Christmas. Merry Christmas!
Love, Vanessa Gonzalez

Dear Santa Claus
Please bring me a unicorn for
Christmas. I would also like a
Princess Elsa doll.
Love Makena Meiners

Dear Big Guy
I want a Princess Elsa badly. I
would also like a tea party set.
I would also like a doll
playhouse.
Love Ripsey Blankenship

Dear Santa
I want a full size motorcycle. I
think a bull truck might be
fun to have also.
Love, Alex Martinez

Dear Santa Claus
I want a toy castle for
Christmas.
Love Charisse Henderson

Dear Santa Claus
Please bring me a stuffed toy
leopard for Christmas
Love, Mario Niave

Dear Santa Claus
Please bring me a Princess
Elsa and Ana for Christmas. I
would also like an I Pad
Tablet
Love Ana Retana Martinez

Dear Santa,
Please bring me a Princess
Race Track. I would also like
a dance mat and I would like
to have my very own
Christmas tree.
Love, Landry Eudy

Dear Santa Claus
Please bring me a motorcycle
that you pull back to make it
go. I would also like an X box
and an I Pad tablet.
Love, Miguel Gonzalez

Dear Santa
I would like a full size race car
to ride in. I would also like a
Lego toy.
Love, Miguel Andaya

Dear Santa,
For Christmas, Please bring
me an ipad and a Wee. Happy
trip!
Love, Hagan Johnson

Dear Santa, Please bring me a
BB gun and a motorcycle.
Merry Christmas!
Love Jarret Scott

Dear Santa,
Please bring me a calendar
and a bike. Merry Christmas!
Love, Jonathan Decasas

Dear Santa,
For Christmas, I would like
some new shoes and a baby.
Merry Christmas!
Love, Kamia Baston

Dear Santa,
Please bring me a Life in the
Dream Barbie House and a
Dora doll. Thank you for the
Elf on the Shelf at my house.
Love Kennedy Rogers

Dear Santa,
For Christmas, I would like
head phones and a football
helmet that has a quarterback
face mask. I love you Santa!
Love Kooper Walden.

Dear Santa,
Please bring me Elsa and
Dora for Christmas. Merry
Christmas!
Love Lucero Tello

Dear Santa,
Please bring me an American
Girl Doll for Christmas. I
would like some matching
clothes for us to both wear.
Love Maylee Wells

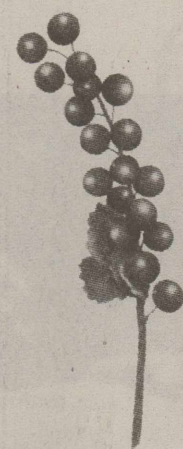
Dear Santa Claus
Please bring me a really big
dinosaur that ROARS! Please
also bring me a big
Spiderman action figure
Love, Sergio Rodriguez

Dear Santa
Please bring me a b bicycle. I
would also like an I Pad
Table.
Love, Jessica Lux

Dear Santa,
Please bring me a race car toy
for Christmas. Thank you!
Love, Christian Ramirez

Dear Santa,
For Christmas, I would like
all the Transformers and a
real gun. Merry Christmas!
I've been good! Thanks!
Love, Emerson Pool

Dear Santa,
Please bring me an xbox for
Christmas. Thank you!
Love, Gael Campos



Merry Christmas

TO ALL OUR WONDERFUL
CUSTOMERS AND NEIGHBORS

SYLVIA'S BARBERSHOP

Merry Christmas
from all of us

*May the coming year bring
peace, joy and enlightenment
to you and those you cherish.
For all the joy you've brought
us, we will always be grateful.*

**Main Street
Essentials**



**Peace On Earth
Goodwill Towards Men
—And Many Thanks To You!**

For all you do to make us feel welcome
here we are deeply grateful, and wish all of
you a truly unforgettable holiday season

Walter Lasley & Sons

Dear Santa
I hope this letter is read by you. I been really good this year. What I really want is a DS. I really want you to have a good Christmas
Sincerely, Abigail

Dear Santa
Richard love Santa. Food Santa for wheels Iphone iPad, laptop and the football

Dear Santa Claus
I been good and this what I want for Christmas. That every poor boy or girl has something to eat at Christmas and a good gift to open. And for me My password Journal. Don't forget the kids with cancer. Thanks Santa
Sincerely, Briana

To: Wanta
All I want for Christmas is practice Doctor kit and non-fiction books
From Maggie Thomas

Dear Santa,
I will like for Christmas a DS and a color Station from Crayola and that what I want for Christmas
Love, Jasmine

Dear Santa,
I would like an Icon-E paintball gun for Christmas
Thank you Zane Burr

Dear Santa
I would love to have the game Disney Infinity for my ps3, and a mini I pad! Thanks a lot!
Love Addie Wells

Dear Santa
How are you? This Christmas I would like a bag of toy horses, baby horses, wolf's deers from the big R store and a 3D Nintendo I will try to get less checkmarks. Be care on Christmas and have a Merry Christmas
Love Cielo

Dear Santa
I have been good. How are you reindeer. I would like a paintball gun.
Love Cole

Dear Santa
I would like to have a electric four wheeler and a white phone case, and a real phone, nerf gun, xbox360 play station Elf on the shelf, real laptop/ walking dead, electric scooter, crayons/markers.
Trystin Baston

Dear Santa,
Dear Santa
What I want for Christmas is so my family can have a car and so we can fix cars and I want a phone.

Love, Alexis Barajas

Dear Santa
I would like for you to bring me 2 Frozen, dresses a DS game and a vanity. Please
Thank you Viridiana

Dear Santa
I would like a crazy cart for Christmas. If it's to heavy don't worry about it.
From: Cole Scott

Santa
I want a play station 4 with GRA5 please, and I play santa in my school play I love it.
From???????

Dear Santa
I want some Bakugan for Christmas
From Evan Norby

Dear Santa
I want a siu xbox, live year membership x box 2, 1000 shirts, pants, shorts and shoes, Nerf the new bow arrow.
From Brayan Rueda

Dear Santa
I want a trampling, beats, tablet, phone, four wheeler and a laptop. I hope you get your of those but I really want a trampling, beats, tablet, four wheeler, PLEASE PLEASE SANTA
From?????????????

Dear Santa
Can you bring my pop alive for Christmas and if you can't I would like a Paint Maker.
Love Sarah Grace Bench

Dear Santa
Please bring me a table, Barbie Doll and a Barbie House for Christmas. Thank you!
Love, Josey Gonzalez

Dear Santa
For Christmas, Please bring me a baby doll and a top. Merry Christmas!
Love, Brylynn Hauser

Dear Santa
Please bring me a go cart and ramp. Merry Christmas!
Love, Tate Hudson

Dear Santa
Please bring me a spider man toy. Merry Christmas!
Love, Esteban Martinez

Dear Santa
For Christmas, I would like a Wii and a Playstation4. Merry Christmas and hi!
Love Tristan Ortega

Dear Santa
Please bring me a goal post and a Denver Broncos helmet. I've been so good!
Love, Hudson Holland

Dear Santa
Please bring me a toy for Christmas. Merry Christmas!
Love, Samay Morillon

Dear Santa
Please bring me a plane for Christmas. Merry Christmas!
Love, Dillon Norby

Dear Santa
For Christmas, I would like a real guitar. Merry Christmas!
Love Avery Roberts

Dear Santa
For Christmas I want a craze loom. I will love to have a new tablet. A 3DS with some games and a case.
Sincerely Dezerray Tims

Dear Santa
Can I get a computer with minecraft and a football and soccer ball and I want to an Iron man the real iron man please and thank you. Mary Christmas
From Lian

Dear Santa
What I want 1. Basketball Goal 2. Minecraft game 3. Xbox 1
Tony

Dear Santa,
For Christmas I want a Galaxy Note 2 and a xbox one and a iPhone 6.
Love Gulio

Dear Santa
What I want for Christmas is a tablet, computer and my own nerf rebel agent bow because I always wanted one and I wanted to try something new and I also want to have the best Christmas ever!
Sincerely, Violet

Dear Santa,
For Christmas I want a Xbox 360 for Christmas
Sincerely Alex

Dear Santa,
I wish that I could have some pink and purple clothes for my American girl doll and a Christmas dress for my American girl doll. Thank you Santa!
Love Kelly Kurtz

Dear Santa
This got u brody ples. E. Electric scooter et underarmor shoes helmets
Thanks
Brodyivevsle

Dear Santa
This year I am not really wanting a lot. So your sleigh won't be as full
I would like an Remote control airplane, a passport journal, an electric scooter, some new clothes and I also would like some new shoes and some new boots.
Love Holly Sladek

Dear Santa Claus
Please bring me a four wheeler for Christmas
Love Angel Guerra

Dear Santa Claus
Please bring me an electric scooter. I would also like an Xbox and an iPad Tablet.
Love, Brody Hensley

Dear Santa,
Please bring me Heat Wave and Chase. They are Rescue Bots. I would also like a bull truck with a gate so the bulls can't get out of the trailer. I would like a bulldozer with dirt and a digger that comes with a tub that I can put water in.
Love, Joshua Robinson

Dear Santa Claus
Please bring me an iPad Tablet. I would also like to have a real motorcycle. I would also like some Legos.
Love, Steve Ortega

Dear Santa
Please bring me some football pads and a Cardinals Jersey. Thank you!
Love, John Aguilera

Dear Santa
Please bring me a trampoline for Christmas. Thank you!
Love, Elizabeth Alvarez

Dear Santa
Please bring me an Elsa Sleeping Bag and a trampoline. Merry Christmas!
Love, Sam Audrain

Dear Santa
Please bring me the Call of Duty and Blackhawks 2 games for Christmas. Merry Christmas!
Love, Johnny Bravo

Dear Santa
Please bring me a stuffed frog and a Frozen sleeping bag for Christmas. Thank you!
Love Ellie Clift

Dear Santa
Please bring me a RC car. Merry Christmas! Good Bye!
Love Hector Diaz

THE STRATFORD STAR Thursday, December 18, 2014 CHRISTMAS EDITION

Dear Santa,
Please bring me Heat Wave and Chase. They are Rescue Bots. I would also like a bull truck with a gate so the bulls can't get out of the trailer. I would like a bulldozer with dirt and a digger that comes with a tub that I can put water in.
Love, Joshua Robinson

Dear Santa Claus
Please bring me an iPad Tablet. I would also like to have a real motorcycle. I would also like some Legos.
Love, Steve Ortega

Dear Santa
For Christmas, I want a dog! I would also like an Xbox and a Santa Toy. I think I will also have a cat. Happy Christmas and thank you for my elf! Thank you for my presents!
Love, Jackson Wyatt

Dear Santa
All I want for Christmas is a happy family.
From Yessenia



A Time For Giving

In this season of giving, we'd like to offer you our very best wishes for a deeply satisfying holiday season. For the gift of your patronage this past year, we are sincerely grateful.

W & C Land & Cattle
Wesley & Cindy Miller

MERRY CHRISTMAS
to You and Yours!

We thank you for your valued business, and wish you and your loved ones a bounty of glad tidings this holiday season.

Brooks Motor & Brooks Video

HOME FOR THE HOLIDAYS

There's no place we'd rather spend the holidays than here among our neighbors and friends! We really appreciate your trust in us, thanks!

Moore's Food Pride

The Joy of CHRISTMAS
CELEBRATE THE SEASON

To our clients and friends who have made our progress possible, we extend our warmest wishes for the Holiday Season and a prosperous and peaceful New Year.

Medical Claims Service

Noel

Here's hoping your holiday season hits all the high notes. It's been a privilege and a pleasure serving you this past year. Merry Christmas!

Hair Creations

Hope It Plays Your Way!

Dear Santa
I want a to be rich, a 3ds, x box 360, Kinect, and the games I had when I get rich when I want a dollar it come back but he/her still have it new, sweat pants and shorts
From ??????????

Dear Santa
I would like chocolate maker
Oakley

Dear Santa
Please can you bring me a xbox, bike, laptop, will, a box of candy canes, a trampoline, dream house. Thank you Santa. I am sorry I was bad I Love you Santa, Love you so much
Love Nuvia

Santa

1. A Barbie van with the bup beds
2. Neted 3ds
3. My family to be happy

Love Ivy Jalapa

Dear Santa
All I want for Christmas is that everyone gets a present and everyone is happy on Christmas
Sincerely Benjamin Paez

THE STRATFORD STAR
Thursday, December 18, 2014
CHRISTMAS EDITION

Dear Santa,
I would like a Dora doll,
Barbie house, necklace for
mom, iPad game, new crayons
Love Kennedy

Dear Santa Clause
I will like a ds and a brbe. And
a faek flor, and a balo snow
man. And one more daeing. I
daek you rell.
Valerie

Dear Santa Clause
I love you Rain Deer. How do
you make RainDeer fly? I like
your slade. It is big. I want for
christmass a kite, puppy and a
RainDeer, Christmas tree,
tadlet.
Love Eric

Dear Santa
How are you! I like all of your
Christmas songs. Aar the Elfs
a big help. Ho and thank you
for being Santa roodoff you
are my favret Reindder.
Love Josie
I love you evry budy! And
Elfs!

Dear Santa
I want a playstation. I want a
3ds. I wawnt a tablit! I want a
gatecart? I want a paint ball
game.
Love Jayden

Dear Santa Clause
Mary Christmas santa clause.
I want to see you in rell life. I
want to see the elfs. I want to
do a picture of you I shish I
was you.
Love Makenzie

Dear Santa Claus
I lick the son. I want to real elf
on the shelf? I want aferyding
of the texas longhorns! Sant
Claus I love you
Love Lui

Dear Santa Claus
How are you? How is you'r
wife? How is Rudolph? I want
my two front teeth for
chrimas. I want a table for
chrimas. I want a bike for
chrimas. I want Ipoud for
chrimas. I want a baby buny
for chrimas. I want a elf on a
shelf for chrimas.
Your friend Faith

Dear Santa Clause
Christmas list- phone,
makeup, real monkey,
ChowChow dog, sister,
brother, elsa doll, legos
From Abby

Dear Santa clas,
Thank you for Rib. She has
been very good. How are you.
I gais I been good but you
know have Ribi been vits you.
Hers what I want for
chrimas. A dowviche and
charm brlasits and
mickrphone for my wii and
one moor thing a merry
chrimiss
Love Dannel

Dear Santa clause
I love you my sister wonta a
poney and a doll for me.
Love Mireya

Dear Santa
I want a psp, and a cpooter. I
want a play station 5. And a
Gotcart. And the best of all a
bebe gun. I want a bowinairo.
And a xbox one. I want a bog.
Love Leonardo

Dear Santa
I want a Ipad mini, and a TV
Love Santiago

Dear Santaclause and Mrs.
Clause.
I want for Christmas is a real
phone. A real iPad and
everthing and candy.
Love Michelle

Dear Santa Claus
Mery Christmas santa clause.
I wood like a machine paint
ball gun and please get my
brother one too. I'd like a big
Aggie basket ball like this. I'd
like BB gun blits.
Love Bryce

Dear Santa Clause
I don't know wut I wunt.
Mady sum mack up dots. My
sister hanged a list of things
she wode like. I have no idiye
wat it sed. Well have ho ho
Christmas
Love Alli Jo

Dear Santa
Good list-ples a taghin, x box
or ps4 or xbox E60 Miney,
Minecraft Bad list-cole,cole,
cole, cole, cole, cole, cole,
From Jaden

Dear Santa
I wish a for a iphone and I
wish for a new bike and I wish
for a football game and I wish
for a bb gun.
Love Iram

Can you tell me who is on the
good list and who is on the bad
list. Mary Christmas for Santa

Dear Santa Claus
How are? How is your wife.
How is Rudolph? I lik the
north pole is the norhpole is
osum! I wunt a moter scot. I
like to play weth my friends! I
wunt a tablet that it is a lit
tablet for my. I want a ?
rander for my lit sister! I want
a baby buney for me! I want a
ckand can that is a red a
wathi. All the kids are going to
love all the presents!
Love Samanta

Dear Santa
I want for chistmas is a bx
bike and a recar and blade
blades.
Love Nathan

Dear Santa,
I hope you and mrs. Clos have
a mery chrimas. I wat for
Chrimas is a Xbox 12
From: Gerardo Gonzalez Jr.

Santa this is cody paige. I
really want dishey infinity and
lots of Xbox games

Dear Santa
I would like a DSL, a Spider
man web bhooter, a new
computer
Sineserly Emmanuel

Dear Santa,
I want a Nerf Rebel bow and
arrow! I also want some
boots, too.
Love, Brenda Sanchez

Dear Santa
I want a new bike for-
chrtmas and a new scooter
Rhidge

Santa I wish you would give
me a new phone that would be
nice! I want a Galex 5 phone
so my sister won't rub her
phone in my face. So I wish
for a Galex 5 phone please.
From: Emma

Dear Santa
I want squishy sand, and I
want a Razor scoter, and I
want art supplies for Cristmas
From Dulce Lopez

What I want for Christmas is
a bownarrow and a
Playstation4.
From Vinny

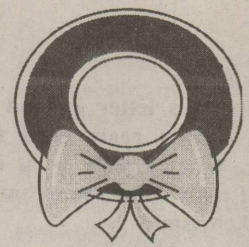
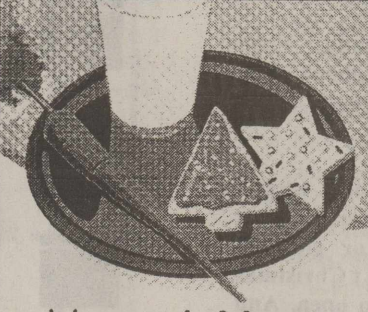
Dear Santa
Thank you for sending us a
Elf on the Shelf; I love it. For
Christmas I want Boy Scout
supplies, like poket knives. If
you can, can you put my name
on it? That's all I want.
You friend, Thomas Mariscal

Dear Santa,
You know what I want for
Christmas? I want lego star
wars it's the lego ones not the
game. How are you and mrs.
Clause and the elves and all of
the north pole? I hope your
doing ok at making presents?
Also how is Rudolph.
Your best friend Mauro

Dear Santa
Chrimas list
Remote cinchrole jeep, go
cart, Mip, aps that are cinred
by a app, table, a life time of
gas money, ten little pupys and
one big vestue, baby mountn
Love Tripp
p.s. don't let hank bother you
just say hush.
Marry Crismas Ho! Ho! Ho!

Dear Santa
I want a iPad 2 and madden 15
for xbox 360. And amy guys
and resale guys and black ops2
for xbox 360 and rmotectrol
airplane and car and
helicopter. And a x box 360
controler. Rapid fire nirf gun.
That is what I wan't for
chrimas.
Love, Treyton

Dear Santa
I want a xbox 360. And a pant
ball gon. Aan a Texas A&M
hemet with big pads. A
straford Elke helment with
mideem pads on this one. And
a phone. You are nice! And a
elf on the shelf.
Love Bo!!!!!!!

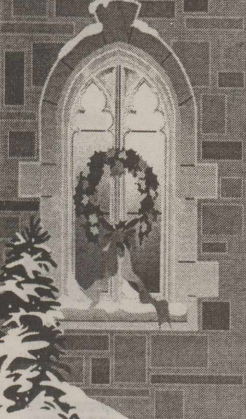
**Have A Happy
& Healthy Holiday!**
Hope your holiday dishes out a generous portion of joy
& laughter. It's been a pleasure serving you all year long!

El Primo's

Merry Christmas

We appreciate your support and wish you a very merry season.

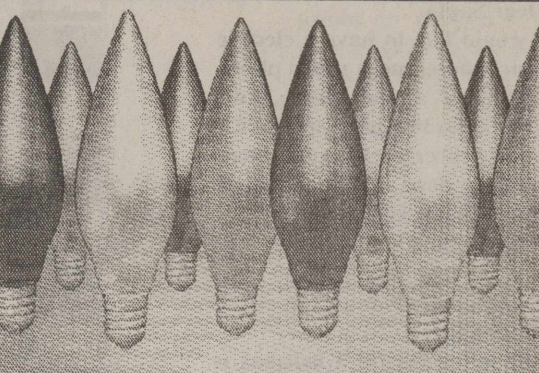
Bain Tire Company



Thinking of You at Christmas

At this special time of year, we wish you contentment, joy and cheer; Trimmed with a measure of gratitude, too For good friends and neighbors just like you!

**SHERMAN COUNTY
FARM BUREAU**



**With Bright Wishes
at Christmas**

Thank you for lighting up our year with your visits!

**Texas Electric
Company**



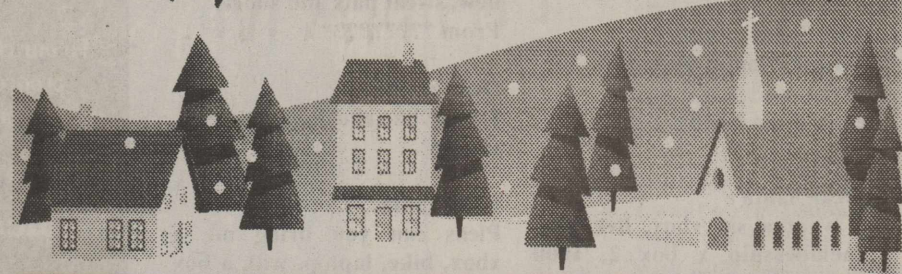

**Tidings Of
Comfort & Joy**

Here's hoping the holiday season
is custom-made just for you.

Thank you for making this past year
a merry and bright one for us.

**Westway Feed
Products**

Wishing You A Picture-Perfect Holiday!



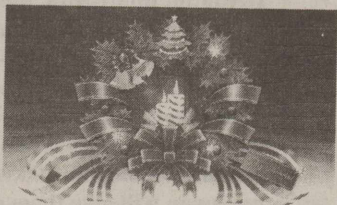
Hope the season sets the scene for a spectacular Christmas for you and your loved ones. We feel blessed to have your friendship and goodwill and look forward to seeing you again in the new year.

Morrison Funeral Directors

Dear Santa,
How is your wife? For
Christmas I will like a ds. How
is your elfs? How is your
rinders. I will like a tablet for
Christmas. I will like a jump
rope for Christmas. I will like
a hula hopr for Christmas. I
will like a ipad for Christmas. I
will like just dance 2014. I will
like just dance 3.
Love Gloria

Dear Santa closs
Hor are you I want a flying elf
for christmas. I know dat you
live in The north pol. My
name is Marlet. I also want a
Barbie for christmas. You are
nice.
Love Marlet

Dear Santa
X Box 360
From: Max Guerra



Dear Santa,
I hope I have a great
Christmas I want a ripstick, a
I pad, beets, shirts, football
cowboys, helmet, football
gloves blue and white ,
unerarmor. I hope you have a
good Christmas
Cincerely Jiovanny

Dear Santa
Can you please give me a
Drone, Go Kart and Batman
two Game on the Wii
Sincerely Ethan Moczygemba

Dear Santa
I know I have been bad, but
all I want is my puppy that I
love him so much.
From: Claydia

Dear Santa
How are you? I have been
good. I want for Christmas is
the my little pony eacil, nerf
rebel, starwars,, dolls, a
puppy, little live pet birds.
Love Samantha

Dear Santa
How are the Reindeers. I wish
I can go to the North Pool to
see you. Santa I want a 100
book mar. Santa I want a little
Christmas tree
Love April

Dear Santa
I want a Xbox1 and I want a
playstoshon 3. I want a wiiu
and Mario cort8 for the wii. I
want a go cart. I want a lot of
boy toys and legos. I want
dertbike and maxtone truck.
How is Rood off and Call of
Cute 2.
Your friend Mateo

Dear Santa
I have been very good this
year. 1, I would like a new
Monster High doll. 2. A puppy
3. A new Crismas dress 4. A
camara 5. A neclece to 6. A
Elsa Doll 7. New, high-heels
Love McKinzie

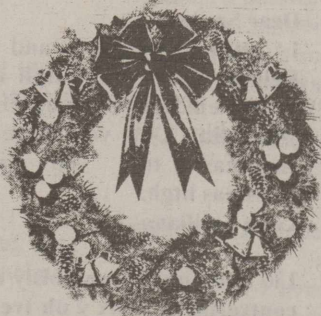
Dear Santa
Can you ples breg a toy cat.
From Kylee Hernadez

Dear Santa
I wut Dineufinue, flipes,
vidogames som10andup,
sufests, to see a elf fly to see
rudof
From Matthew Mariscal

Dear Santa
A wut a bave pand
From: Genessis Neave

Dear Santa
I like a PVSI
I like to been your render.
From Victoria Rios Benito

Dear Santa
I want a rele horse.
From Isabel Alcala

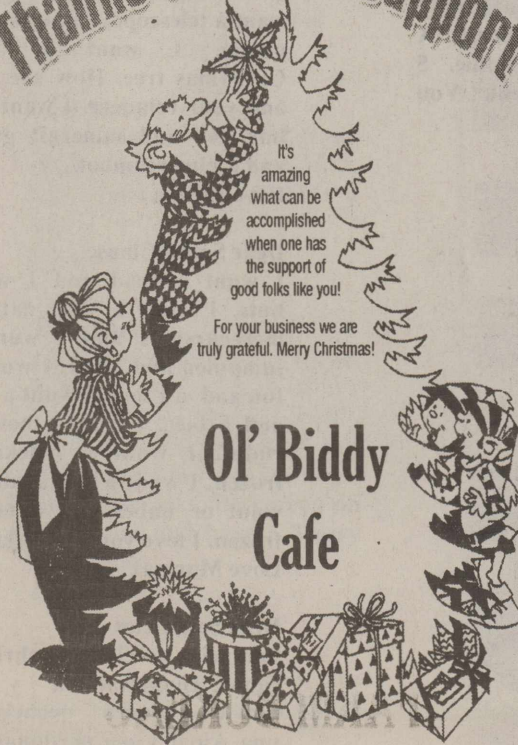



how sweet it is
—to serve folks like you

To our customers, associates, neighbors and friends,
we wish a season of peace and joy. Serving you is
always a treat for us and we look forward to your
continued support. Merry Christmas!

Ivy Insurance

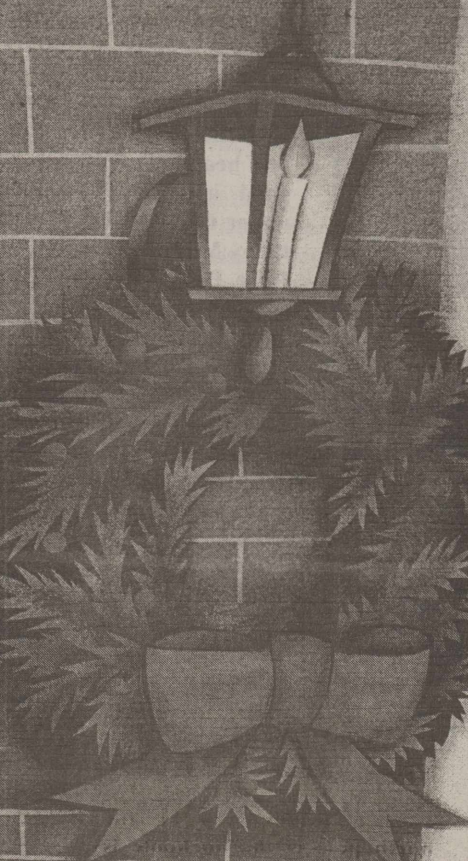
Thanks for Your Support



It's amazing what can be accomplished when one has the support of good folks like you!

For your business we are truly grateful. Merry Christmas!

Ol' Biddy Cafe

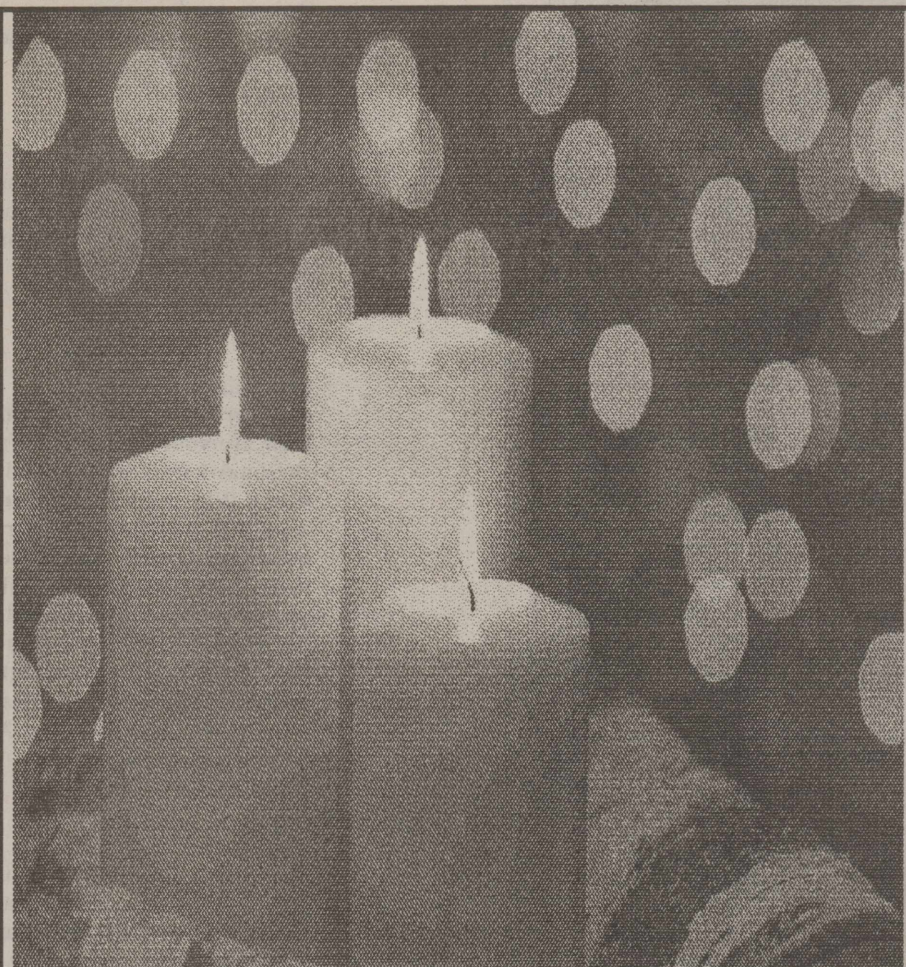


Deck the Halls!

We're displaying our holiday cheer
To thank all of you
who have stopped by here --
We know it's going to
be a beautiful season,
And your kind friendship
is the reason!

**Merry Christmas
& Happy New Year**
from all of us.

Duncan Chevrolet



**HOPE. DREAM.
LAUGH. REJOICE.**

In this season of possibilities, we hope your every
wish comes true. **Merry Christmas and many
thanks** for your goodwill and support all year long.

**Stratford Grain
Company**



**Joy
Peace
Hope
Love
Health
Happiness
Harmony
Prosperity**

.....

The only thing left to add
is our gratitude!

Wishing you every
happiness this Christmas
season and beyond. We hope
to see you again, soon!

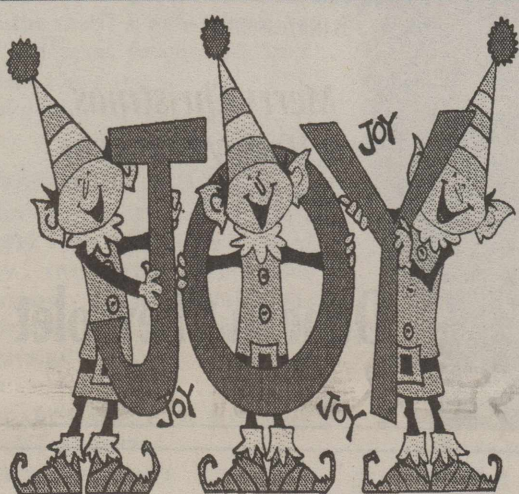
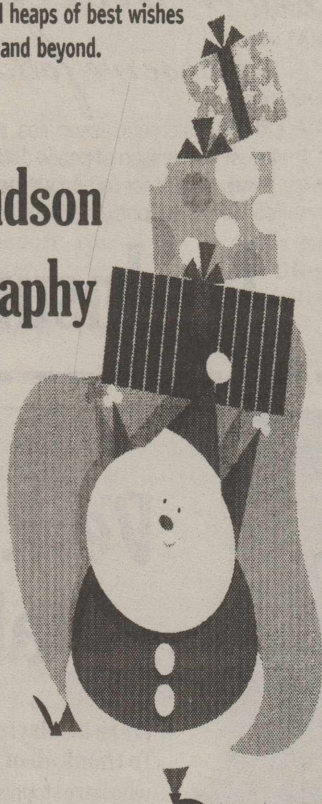
A & I Parts Center

ALL THE BEST!

Of all the gifts we have received this Christmas, the gift of your friendship is the most precious of all.

Merry Christmas and heaps of best wishes this holiday season and beyond.

**Shari Hudson
Photography**



You've Gotta Have Friends!

With thanks at Christmas, to all the folks who have passed by this way. We thank you for your valued business and wish you all the merriest holiday season ever!

Vincent Insurance



MAKE IT MERRY!

HOpe it's merry—
HOpe it's bright—
HOpe it's filled with
laughter and delight

May your every dream come true —
That's our Christmas wish for you!

**Stratford Hospital District
Coldwater Manor**

Stratford Family Medical Clinic

Stratford

Emergency Medical Services

Elk Pharmacy

Dear Santa,
I wold like a Nintendo 3ds and
a big hiro6 tox and a Don
King Konggame
From Jesus Canez Duarte

Dear Santa
I wata braybeey and hat furee
From Ryleigh Morgan

Dear Santa
Pless breeing me a gumball
msheen. Pless breening me a
coten candy msheen
From Madison McLaughlin

Dear Stanta
I would like a pig. I would like
laptop. May I have a 3DS.
May I have a Ipod. May I
please have a good Christmas
Love Jonathan
PS Have some cookies

Dear Santa
I want a phone and a
Reindeer and a elf. Hall are
your Reindeer. Did you chek
your list. Did you have a
chrismas tree up and
chrismas lith.
Love Emiliano

Llo Julio quiero una bisiy dos
controles. De xbox y uh Ive go
de fut bol americane
From Julio

Dear Santa Clause
This Christmas I whant an
Ipod that dusent have a screen
and headfons! I promas to be
good and put sum cookies
under the tree! I will be good
to my Mom and Dad!
Love, Daniela

Dear Santa
How are you and randir
doing. I love roodof and I love
my elf an radir. How big is
yor wecsnop. I think 27,000
fet
Love Keegan

Dear Santa,
How are the elfs? Are the
Reindeer? Are you redy for
Christmas? Did you check the
list twice? Did you make
presents? How is the wether
because it is cool here. Coud I
have a tablet for Christmas?
Coud I have a Smart Phone
for Chistmas? I hope you
make it safe all the way here. I
will be in Dallas for Chistmas.
Can I have a pink phon case
with sparkls?
Love Dane Ja

Dear Santa
Can I have tablit and a smart
board.
Love Israel

Dear Mir C
Hout are the Rador. Can I
have a triad it3 and Ifon.
Love Jasmine

Dear Santa
How are you good so am I
how are your reindeer and
workers. Santa you are nice to
me and workers and reindeers
too and I want a prentes a
puppy toy and a Barbie house
and BarBie dolls. I love you
Santa
From Aylee

Dear Santa
I want a Xylophone and a ipad
and a phon Texas Tech phone
case. Can I have some candy
canes. A new tooth brush. A
little stocking for Callie. 5
cupcake fizzes. thank You
Santa
Love Lynley

Dear Santa
I w ould like a toy and it will
be a helmit stratfordelks. And
a football. A stuffed Santa
Clause, and a rele race car.
Batman toy set with a jail. A
batman hot wheels car.
Hotwheels trucks. Big dump
truck. A monsters Ink playset.
A bobcat. That comes with a
pikuptruck with a traler.
Love Joshua

Dear Santa Clause
You or rell. The children say
you are rell. You house work
It the nothpol. Is colb in bo
you have work to doo. Tall
Mrs. Santa Clouse
Love Maritza

Dear Santa,
You are nice and I am nice.
You now that Because I mite
be on the nice list. If you now
this song I want sing it to you.
If you do don't Now this song
I want tell you just kidding.
This song gose like these.
Frosty the snowman was a
golle good soul his nose was
made out of coal ho coyl
reamind mind me if kids are
notie you will give them coal
By: Jesus

Dear Santa
I want a litt gum ball
mushine. I want a pack of
gum. I want a pack of cars. I
want a telescope. I want a real
phone. I want a little
Christmas tree. How are you
and your reindeer. I want a x
box 360 and mincraft game
and a blue reamoot.
Love Kolton

Dear Santa Clause
I wunt a Ipad and I wunt
buts. I wunt a shrd dat ses
mereckrmsus and I wunt a
jumpulen and adole. I wunt a
fun and a l fone. I wunt a ball
and a biee. I wunt a bow uf
ruduf. I wunt a blackit u
frozen. I wunt a shesufduf. I
wunt or bubes and a tawuf
frozen. I love you santa clause
Love Maripaz

Dear Santa clos
Santaclos yo ciero de chrisma
suna computaclora y yo
tanyien quiero dechrismas
una Aipat y me perdonas alo
que qeholde no obedesery
Quiero perdon porque yo te
prome to yo quierro gugetes
para gugar yo quiero gugar
From Eduardo

Dear Santa,
Como estas yo esotoy muy
bieb quete gyudeh los dvendes
con los gujetes boy qve te bota
ben
Mary chistmas
From: Ismael

Dear Santa
How are you good or bad.
How are your raindeers. For
chrismas I want a set of train.
And a Bike. And a set of cars.
And a remot control
helicopter. And a play station
three. And some games for the
playstaion. And alghit. And a
toy track for the cars. And a
book. And a pir of shoes and a
toy map. And oltoy map. And
a toy truck. And toy guns. An
a toy rope.
Love Adrian

Dear Santa
How are you and your
Reindeer? I bet your elfs are
busy. Areyou doing erything?
So I have been wondering If
you can get me a phone case
for Chrismas. What's the
weathe like there because it is
cool here. Have you got
present's ready yet? Are you
ready for Chrismas because I
am. It will be really fun.
Love Addison

Dear Santa
I want a real phone and a real
pupy. And fashin dress and
with high hels and scitlas and
lipstick and mackeup and a
pet and a clock and a desk
and a trampien and a new
watrebataland a new book.
And a candy cane.
Love Gracelynn



for we have seen his star in the east,
and are come to worship him.
Matthew 2:2

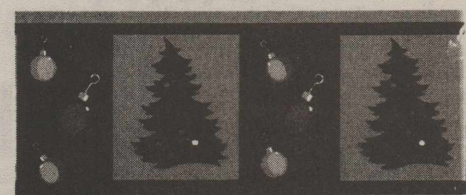
Wishing you and yours a Christmas filled with the
precious gifts of friendship, love and laughter. We are blessed
by all the good times we've shared with you and we sincerely
thank you for the gift of your business.

Bar-K Veterinary Clinic
John S. Killian D.V.M.

joy to the world

—And many thanks
to all of you this holiday
season. It's been a
privilege and a joy
serving you.

Stratford Auto Electric



Dear Santa Claus

My name is Paislee Lynn Marie Hataway in addition to being seven months old I live in Sunray, TX. I'm not really sure who you are or how you find us, but my mommy and daddy tell me that I've been a good little girl this year and that you leave us something special if on the "Nice" list while we are sleeping or away. So, I'm hoping that you find me to be on the "Nice" list.

This year for Christmas I would like for you to bring me some curly hair or even just hair in general would be nice and some teeth please. I'd also like to receive a new baby doll like a cabbage patch baby that has blue eyes & blond hair if possible. Being my sister Blakelee doesn't like it when I slobber on her Barbie's while trying to play with her in our room & the same with my Brother and his trucks.

I know that my mommy & daddy have told my sister Blakelee & brother Riley to write you a "Dear Santa Claus" letter too. I'm sure that they have told you that they have been a good girl & boy this year, but I think my mommy & daddy would tell you that's only half of the time they are good. So, they might need some coal for their stocking, but if it's possible please Santa bring them a little nice something to go under the tree. I'm sure they would like a new Barbie doll or two & some Ninja Turtles to go into your Santa Claus bag for them.

I'd also like for you to bring my mommy some new perfume, because she likes smell pretty & my daddy a new Mustang GT 5 speed, but if it can't fit I'm sure he would take a remote control car that is a Mustang GT. I can't

forget about my Meme, Poppa, Auntie Isha, Uncle D & my great Grandmother Granice. I'm sure that you will find them to be on your "Nice" list this year. So, if it's not too much to ask could you please bring each of them something extra special this year too?

I'll be leaving you some cookies & a glass of milk out for a snack being you'll have a long night ahead of you. Please tell Mrs. Claus & your reindeer "Merry Christmas & Happy New Year's for me. In the mean time I'll practice being a good girl so I can land on the "Nice" list again.

Merry Christmas
Love-Paislee Lynn Marie Hataway.

Dear Santa,

My name is Riley Hataway and I'm six years old. I also live in Sunray, but if you can't find me this year in Sunray you can leave my Christmas gifts at my meme & poppa's house underneath their tree in Stratford. I have tried to be a good boy this year, but it's been hard for me.

This year for Christmas I would like for you to bring me a Truck, a Monster Truck carrying case, a new basketball to shoot hoops with my Auntie Isha. I'd also like some more Ninja turtles and I would like the new movie Planes Fire & Rescue.

Could you please bring my sister Paislee a new baby doll? I know my sister Blakelee would like some new games for her tablet. My mom would like a new book for her Nook to read to us at night time and my dad a new tool box to hold his tools in the garage. If it's not too much to ask could you please bring my Meme, Poppa, Auntie Isha, Uncle D & my great-grandmother Granice Sladek something extra special to go into their stocking too. I hope that you find them to be on your good boy and girl list this year too. I know that my mom will leave you a sweet treat as you make your exit. Please tell Mrs. Claus & reindeer "Merry Christmas" for me. I promise to try to be extra good for next year when you come to visit me.

Merry Christmas & Happy New Year! Love- Riley A. Hataway

Dear St. Nick

My name is Blakelee Michele Sladek. I am ten years old & live in Sunray with my brother, sister, mom & dad. I have tried to make your "Nice" list this year, but I have had bad days too. O, I'm hoping you check me off on the "Nice" list.

This year for Christmas I would really like to have a new Ken & Barbie Doll. I would like to receive some new bright color tennis shoes, an America Girl Doll, Sleeping Beauty movie, clothes, New Boots for the stock show coming up in January. I would also like some new headphones that look like the Beats that are Purple in color. Last but not least a dork diaries book too.

I hope that you will bring my baby sister a new soft her size baby doll so that she won't drool on my Barbie's. Could you please bring my brother a new Ninja Turtle that is his size too? Please bring my mom & dad tickets to a couple of Texas Rangers games in Dallas.

I know that it may seem like a lot to be asking for, but I would like for you to bring my Poppa a new pair of boots, my Meme a new turquoise necklace, my Auntie Isha a new Patrol Tahoe with fancy bright lights, my My uncle D a new Xbox One Game and my Great-Grandmother Granice new sewing stuff to make clothes for those less fortunate overseas. I'll ask my mom to leave you a sugar cookie or two and a cup of hot chocolate. I'll try to leave your reindeer carrots out too. Please wish Mrs. Claus a Merry Christmas & Happy New Years from me. Merry Christmas
Love Blakelee Sladek.

PS. I'll try my best to make your "Nice" list for next year.

THE STRATFORD STAR
Thursday, December 18, 2014
CHRISTMAS EDITION

Merry Christmas & Many Thanks!

At the most joyous time of the year,
We'd like to publish our best wishes here
Along with our thanks and gratitude, too
Cause we wouldn't be here without all of you!

Stratford Feedyard

REJOICE!

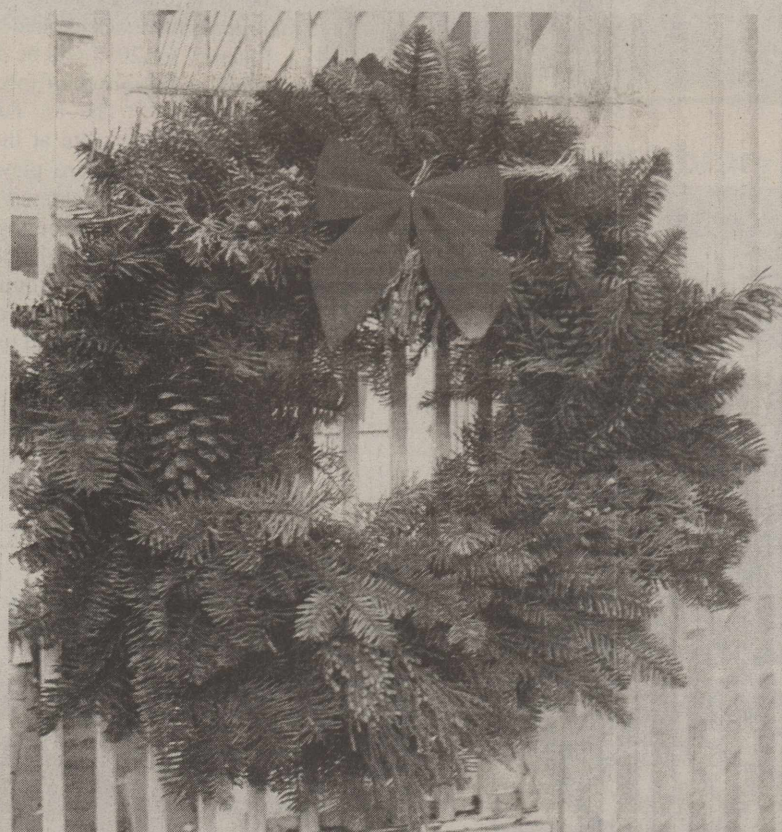
Hope your holiday is simply heavenly!
Thank you for your generous support.

C & D Body Shop

Greetings Of The Season

We hope your Christmas is the most joyous and picturesque yet,
celebrated with the love of good friends and family.
Our best wishes and heartfelt thanks to all of you for your support.

Stratford Farm
Supply
366-Farm



DECK THE HALLS!

We're displaying our best to say, hope you have a great holiday! Thank you for your business this year.

The Red Door

RING IN THE JOY!

May peace, harmony and joy resound throughout the holiday season. Merry Christmas and many thanks from our entire staff.

Stevenson & Sons

Merry Christmas

a note of thanks to our Customers & Neighbors & Associates & Friends at the holiday season

We didn't want to leave anyone out when we say, hope you have a great holiday!

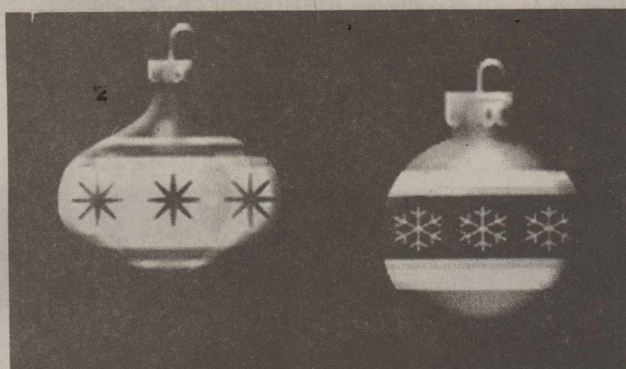
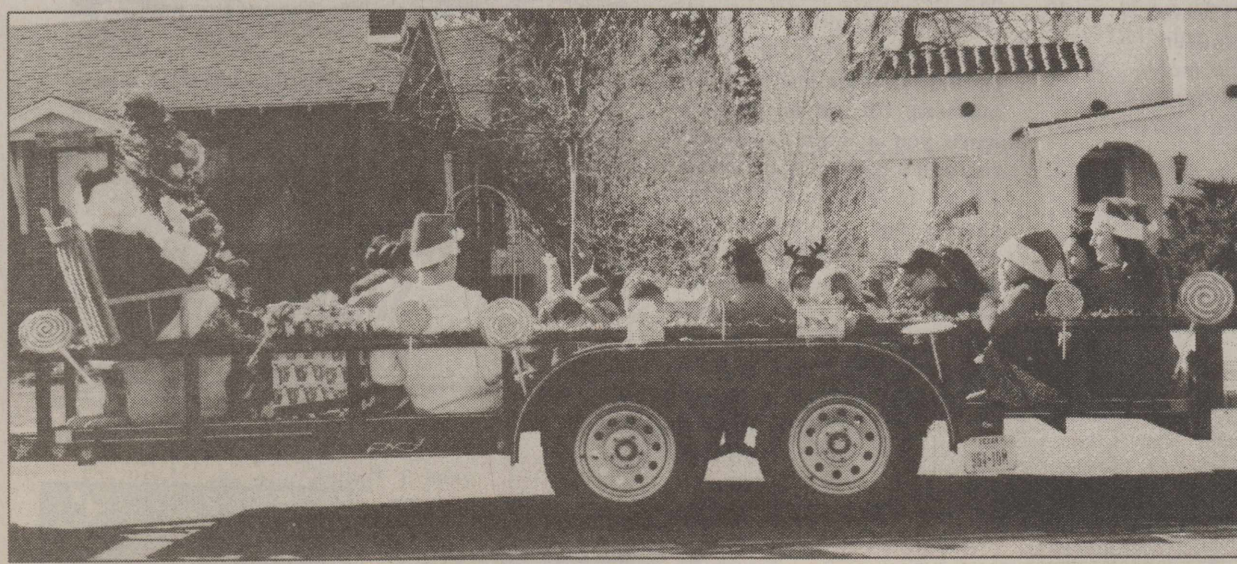
Structured Touch Massage

Delivering Our Best

To all our readers, advertisers, friends and associates go our best wishes for a season filled with good news and good times. Your support makes it all worthwhile. Happy Holidays and many thanks!

The Stratford Star

Sherman County Christmas Parade Saturday December 13th, 2014



From the Desk of Joe Powell

We have recently added two new 2015 Chevrolet Tahoe PPV's to our fleet. Our two old trucks had exceeded the 150,000 mile mark and it was a good time to trade them in. Duncan Chevrolet gave us a fair trade value on the two trucks and this, along with a JAG Grant our office was awarded from the state, in the amount of \$17,337.00 we got the two units for approximately \$14,000.00 each. This saved in excess of \$33,000.00. We also found a new installer for our equipment that saved more than \$1,800.00 per unit in labor costs. These PPV's (Police Package Vehicles) are designed specifically for law enforcement driving conditions and we are very proud to have been able to update our two oldest units.

On Friday, I received a letter from a couple out of Colorado Springs, Colorado. The couple had apparently broken down in their motor home recently, here in our county. They were praising the professionalism and dedication of Sergeant Geenie Gabehart who helped them until they were back on their way safely. It is always nice to receive letters like this and I am very proud of the service our deputies and officers give to the citizens of this county each and every day. Oh, and by the way, the couple enclosed a \$1,000.00 donation to our office as their way of showing appreciation.

I stopped in on "Breakfast with Santa" Saturday morning and what a turn-out! Everyone was having such a great time. Later, was the Christmas Parade on Main Street and we all had so much fun! Tuesday of this week, I will be unavailable for most of the day, but I do know that Santa will be visiting a daycare center in Dalhart that morning and he will be at Lollipop in Stratford around 2pm! Buckle-Up - Drive-Safe - & - Have a Great Week !!!!

-Sheriff Joe Powell-

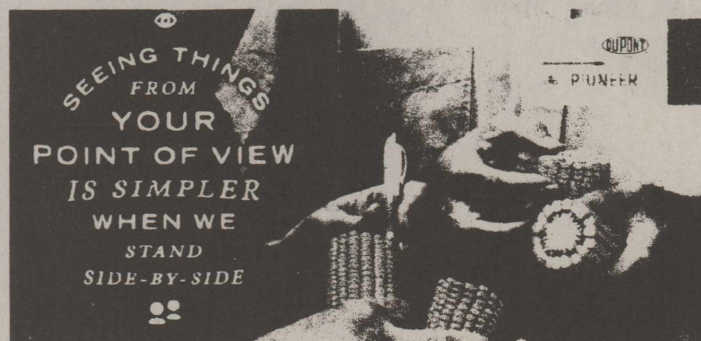
Start off 2015 with new Friends

By Paula Nusz

UnTied Singles Fellowship invites all singles from the area to join the fun on Tuesday, January 6, 2015. Meet at the 1st United Methodist Church Fellowship hall (520 N. Main) in Stratford at 6:30 p.m. Please bring a can of vegetables to add to the communal pot of soup for supper and a dessert to share. The meat for the soup and cornbread will be supplied.

Itinerary for 2015 will be discussed. There are no dues to belong to this group of folks which encompasses all adult age groups. The 1st Tuesday, of each month, is the regular meeting date at the church at 6:30 p.m. During this time, games are played, movies are watched, and special interest programs are entertained. Also each month, some type of outing will occur. The cost for these trips will be minimal and paid by the participant. A carpool system for the outings is used. A large range of interests are accommodated for the outings.

Everyone is encouraged to join this group of friendly and happy people. "We just want to have fun" is the motto for this group. This is a non-denominational fellowship. No nursery is provided for children. The church is handicap accessible. For more information, please contact Paula Nusz (806-753-6489)



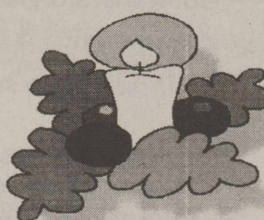
You're invited to join DuPont Pioneer to learn about our new products, technologies, agronomic insight and services.

Join us:
Wednesday, January 14
Sherman County Barn
Stratford, Texas

Agenda:
Registration: 9:30 a.m.
Keynote Speakers: 10 a.m. - 3 p.m.
Lunch will be served
5 CEUs will be offered at this event

Please contact Nita with Barnard Seeds for more information at 806-753-7719

The DuPont Oval Logo is a registered trademark of DuPont. Trademarks and service marks of Pioneer. ©2014 PHIL



Merry Christmas

"Big Blue Band" Christmas Concert Thursday- Dec. 18th at 6:00 p.m. Stratford Well-Represented in All-Region Bands



The Stratford 7th Grade Band, 8th Grade Band, and High School Band will present their annual Christmas Concert in the school gymnasium this Thursday, December 18 at 6:00 p.m.

The 7th Grade Band will begin the concert with three selections: "First Rockin' Christmas", "Holly Jolly Christmas", and "The Hanukkah Song". Next the 8th Grade Band will perform "Frosty the Snowman", "Feliz Navidad", and "We Wish You a Merry Christmas". The High School Band will continue the concert with "Russian Christmas Music", "Dance of the Slippery Slide Trombones", and "Deck the Halls with Rock and Roll".

The band students have been very busy as last week sixteen 9th - 12th grade band students traveled to Panhandle High School to audition for a spot in one of two 100-member High School All-Region Bands. The students did very well placing 14 students in a band with 2 named 1st alternates. This is an improvement from last year's results of 11 students selected and 1 alternate.

In addition three students, Kobi Garza, Karina Henderson, and Brantley Powers, placed high enough in their sections to advance to the Area Honor Band competition held in January. This is the next step to being selected to the Texas 2A-3A All-State Band.

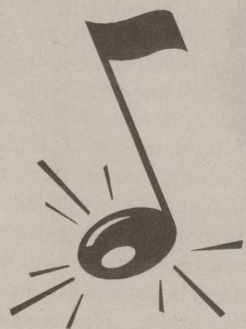
One week before the High School All-Region auditions forty-four 7th and 8th grade Stratford band students traveled to Panhandle High School in hopes of earning a place in one of the two Junior High All-Region Honor Bands. Over 1000 students from panhandle-area schools were entered in the audition.

The Stratford students did very well placing 22 students and having 1 alternate selected. Other schools participating were Borger, Bushland, Tulia, Pampa, Dalhart, West Texas, Canadian, Sunray, Memphis, White Deer, Wellington, Booker, Panhandle, Pringle-Morris, Happy, Shamrock, Vega, Wheeler, Highland Park, Friona, Spearman, Claude, Childress, Sanford-Fritch, Clarendon, and Perryton. Stratford placed 10 students in the All-Region Symphonic (top) Band and 12 students in the All-Region Concert (2nd) Band.

Congratulations go to all students auditioning and thanks go to Mrs. Suzanne Trayler and Mrs. Annie Duran for supervising the students during the audition process and helping to monitor the auditions. Also thanks to Mr. Seward for driving a bus to transport the students.

Both Junior High and High School students selected to an Honor Band will travel to Canyon Friday, January 16 for rehearsals. Concerts will be given Saturday, January 17 in WTAMU's Northen Hall at the following times: Junior High Concert Band- 2:00; Junior High Symphonic Band - 3:00; High School Concert Band - 4:00 and High School Symphonic Band - 5:00.

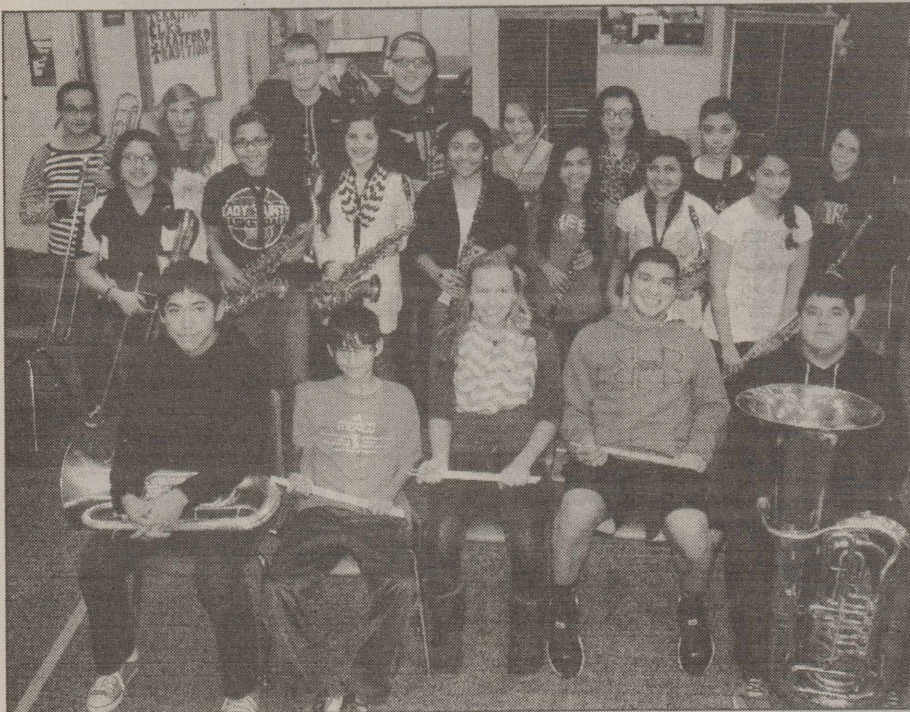
Please support these All-Region Band students and other band members with your attendance at their Christmas Concert. Everyone is invited and there is no admission.



Advancing to All-Area Auditions left to right: Kobi Garza, Brantley Powers, and Karma Henderson.



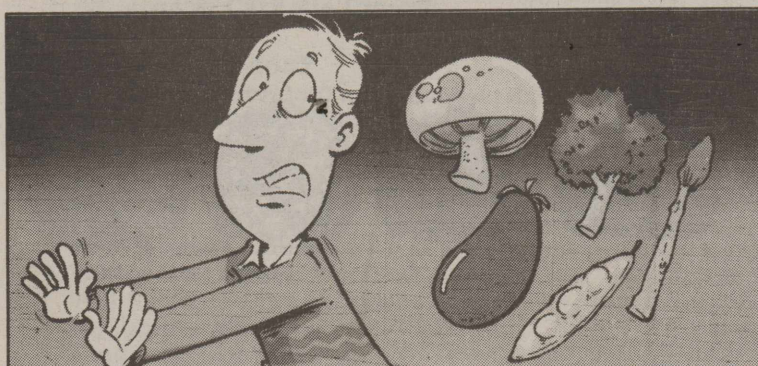
Pictured above (in no particular order) are the 9th 12th grade band members who auditioned for the All-Region Band: Ethan McGinnis, Vanessa Mendoza, Stephanie Vasquez, Amberimenez, Karma Henderson, Orlando Mayorga, Colten Lanning, Sonia Lopez, Alexie Wright, Kelsey Pickens, Brantley Powers, A.J. Rife, Juan Camberos, Dalia Cruz, Kobi Garza, and Erika Lopez.



Pictured above (in no particular order) are the 8th grade band members who auditioned for the All-Region Band: Eugenia Almendarez, Emily Barajas, Katelin Berry, Adamaris Castro, Justin Duran, Xenia Franco, Carlos Gonzalez, Irene Henderson, Renee Lawrence, Eimy Mendoza, Luis Mendoza, Nadia Ortega, Brenda Portillo, Sherridan Powers, Natalia Reta, Remie Seward, Turner Smith, Victor Torres, Eiyelene Torres, and Jennifer Torres. Not pictured: Elizabeth Martinez and Astrid Valenzuela.



Pictured above (in no particular order) are the 7th grade band members who auditioned for the All-Region Band: Itzel Botello, Janeht Bravo, Jesus Duran, Nadia Fiero, Abi Gomez, Lily Gonzalez, Xhander Lewis, Toni Lopez, Fernando Martinez, Oscar Sauzameda, Akira Vacio, Carozan Wallis, Kenlee McBryde, Walker McBryde, Ty McBryde, Luis Molina, Publio Reyes, Annahi Ruiz, Jacob Sanchez, Lilia Trayler, Abraham Villegas, and Alex Fiero.



Mycophobia is the fear of mushrooms, while lachanophobia is the fear of vegetables.

A billion here, a billion there,
and pretty soon you are talking
big money.
—Everett M. Dirksen

Don't let a man put anything
over on you except an umbrella.
—Mae West

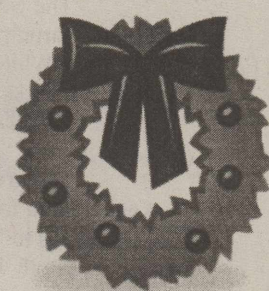


Tonsurphobia is the fear of haircuts.

Open Houses



Happy State Bank of Stratford held their Annual Christmas Open house on Tuesday, December 9, 2014. Shown at left LtoR) Bailey Naugle, Brenda Brownlee, Trisha Keener, Lynn Meiners, Jo Hinds, Doak Crabtree, Brandi Scott, & Blanca Acosta.



Open House at First State Bank of Stratford was held on Wednesday, December 10, 2014. Shown above left to right are Jack Swain, Adam Bell, Mary Brooks and Kristi Peck.



Shown above is Bristol Naugle, daughter of Corey and Bailey Naugle, telling Santa she has been very good and what she would like for Christmas. She also shared that her daddy has been good to.

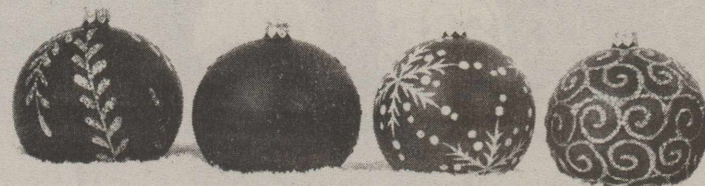


Tina Saenz and Penny Boyd also took time to tell Santa what they would like for Christmas this year.



Santa shops at Acquisitions and so should you!

For the latest in jewelry and accessories or one of a kind furniture and home décor, come and shop with us this holiday season. Open Mon. through Sat. from 10 a.m. to 6 p.m. at the corner of Hwy 54 & 287 in Stratford, Texas.





It Pays To Look In The

Star Classifieds

Phone 366-5885

Classifieds

Services

Will babysit Saturday day or night. 366-2586 Linda Forthman. 8 hr. \$12.00

Houses for Sale

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

Painting & Home Repairs

Keith King

1-580-817-1489 or
396-2047

For Sale

Tri corner artist will have items on display from 10 a.m. - 4 p.m. on Tuesdays at the Sherman County barn until Christmas-come and browse.

For Sale: Tall TV armoire with two door cabinet beneath. Looks brand new. Asking \$150.00 Call 753-6709

Help Wanted

CASA 69 has an opening for Assistant Director. This individual will be working with volunteers and managing cases. Skills needed-Proficiency in MS Office, manage multiple projects, volunteer/case management, public speaking, writing skills and event planning. Bachelor's degree preferred or equivalent non-profit work experience. We are an EEO employer. Resumes can be mailed to CASA 69, 414 Denver, Suite 103, Dalhart, TX 79022 or casa69@xii.net

Cimarron Feeders is accepting applications for the following positions:

- *Feed Mill Maintenance Team Member
- *Mill Laborer
- *Mechanic

17 miles S. Keyes, OK on HWY 171
15 miles N. of Stratford, TX on HWY 287
Then right 5 miles on HWT 171

Apply in person: M-F 8a.m.-3p.m. or call (580) 543-6383

Great benefits for full-time positions that include:

Medical, Dental & Vision insurance as well as 401 K and paid time off. Pre-employment drug screen required. EOE M/F
JBS Five Rivers Cattle Feeding is an equal opportunity Employer
11-6-11n

Holiday Safety

Decorating Ideas

(NAPS)—While holiday decorations are a great way to spread the joy of the season, you have to make sure they're safe.

Tips To Help

Whether you decorate indoors, outdoors or both, there are certain electrical safety tips you need to keep in mind:

- First, always purchase electrical decorations and lights from reputable retailers and make sure they've been approved by a nationally recognized testing laboratory such as Underwriters Laboratories (UL), Intertek (ETL) or Canadian Standards Association (CSA).

- Next, plan out your decoration arrangements so no outlet is overloaded and no cords are pinched by furniture or under rugs. Once you're ready to decorate, inspect all electrical decorations for cracked, frayed or exposed wiring. These can pose shock and fire hazards and should be thrown away. When hanging holiday lights, don't connect more than three strings of incandescent lights. Alternatively, consider purchasing LEDs, which use less energy and let you safely connect more strings together.

- When decorating outdoors, bear in mind that some common electrical products you use inside, such as holiday lighting or extension cords, may not be suitable for outdoor use. Check each product's labels or packaging to determine whether it's for indoor or outdoor use. Outdoor electric lights and decorations should be plugged into circuits protected by ground fault circuit interrupters (GFCIs),



If you use an artificial Christmas tree, choose one that is tested and labeled as fire resistant.

which are designed to protect from electrical shock and electrocution. If circuits are not GFCI protected, you can get portable outdoor GFCIs where electrical supplies are sold. They require no special knowledge or equipment to install.

- Once you've safely put up your decorations, continue to ensure your electrical safety by turning off all electrical items before leaving the house or going to bed. To reduce your risk, it's also important to keep Christmas trees hydrated and at least three feet from heating equipment or any open flame, such as a candle or fireplace.

Be vigilant about heeding these hints from the experts at the Electrical Safety Foundation International and give yourself the gift of safety this holiday season.

Learn More

For more electrical safety tips for the holiday season and beyond, visit www.esfi.org.

Health

(NU) - Studies consistently show the benefits of breakfast for promoting productivity during the day. However, according to a January 2014 study conducted by global polling firm Penn Schoen Berland, although nearly 85 percent of Americans believe breakfast is important, 53 percent skip it because they don't have enough time, want to get extra sleep or don't like preparing it. These time-starved individuals need a quick and easy option, such as a Hormel Compleats breakfast (www.hormel.com). Ready in just 60 seconds, the shelf-stable line offers the great taste of familiar, hearty breakfast staples, like Apple Cinnamon Oatmeal and Bacon Breakfast Scramble. Select varieties contain 17-20 grams of protein per serving.

THE STRATFORD STAR
Thursday, December 18, 2014
CHRISTMAS EDITION

HEALTH

6 Health Tips Every Boomer and Senior Should Know Before Traveling

NewsUSA



Avid travelers Marvin and Reva Mallon.

(NU) - Marvin Mallon, 86, and his wife, Reva, know how important it is to plan ahead before embarking on a long journey—especially when it comes to their health.

During a road trip through the United States and Canada, Marvin Mallon needed regular hormone injections to treat his prostate cancer. Thanks to his Kaiser Permanente physician, the Southern California grandfather was able to receive his treatment during a stopover in Helena, Montana.

"I was miles away from my doctor, and Kaiser Permanente saw to it that I was taken care of," said Mallon.

"Older adults usually have several health concerns," said Jose Dryjanski, M.D., a travel medicine specialist at Kaiser Permanente in Southern California. "They should consult with their doctor or a travel clinic before going on a long trip. Being prepared is the key to staying safe and healthy."

Dr. Dryjanski offers six basic health tips for a less stressful trip.

1. Get vaccinated. Learn what vaccines are needed. You may need shots to protect against pneumonia, measles, meningitis, polio and other

diseases. To develop immunity, vaccines need to be given four to six weeks before your trip begins, so plan accordingly.

2. Remember to take your medication. Refill your prescriptions before you leave. Bring a list of all your medications in case you lose them or need medical attention. Bring important medicines in a carry-on bag. If you have diabetes, check with your airline about travel restrictions regarding insulin, insulin syringes and blood glucose testing supplies.

3. Drink bottled water, and avoid raw food. Stay hydrated. If you're traveling in a developing country, drink bottled water and bottled juices only. Avoid ice, ice cream, soft cheeses and

raw vegetables. Bacteria found in these foods can cause diarrhea and vomiting.

4. Exercise often. Take stretch or walk breaks, especially if you're on a plane or in a car. Sitting for long periods of time can cause vein and pulmonary clots.

5. Prevent falls and injuries. It's easy to fall while traveling. You can stumble on a curb while sightseeing, or trip in your unfamiliar hotel room. Walk carefully, and make sure your room has proper lighting and a clear path to the bathroom—free of telephone cords, bags and suitcases.

6. Protect against mosquito bites and sun damage. Mosquito bites can transmit diseases such as malaria. Wear clothing that covers your skin, and use insect repellent approved by the U.S. Environmental Protection Agency. Prevent sun damage by using sunscreen with a sun protection factor of at least 30.

If you're traveling abroad, find out in advance whether your health plan covers you. Kaiser Permanente members are covered for emergency care anywhere in the world. For more tips, visit share.kp.org/travel. For questions or advice about a specific condition, talk to your physician.

5 Tips for Healthy Eating as We Age

NewsUSA



How many calories do people over age 50 need each day?

A woman:
*not physically active: about 1,600 calories
*somewhat active: about 1,800 calories
*active lifestyle needs: about 2,000-2,200 calories

A man:
*not physically active: about 2,000 calories
*somewhat active: about 2,200-2,400 calories
*active lifestyle needs: 2,400-2,800 calories

Source: National Institute on Aging

- Eat foods with protein—Protein is found in lean meat, fish, poultry, eggs and cheese, cooked beans, peanut butter and nuts and seeds.

- Get enough calcium and vitamin D—Calcium and vitamin D are found in milk and milk products, including yogurt and cheese. They are also in green leafy vegetables (spinach, kale, collard greens) and tofu.

- Include foods high in vitamin B12—After 50, the body produces

less gastric acid and absorbs less B12, which helps keep blood and nerves vital. B12 is found in milk, meat, poultry, fish and eggs.

- Eat high-fiber foods—This includes fruits, vegetables, cooked dried beans and whole grains.

3. Drink plenty of fluids.

Drink plenty of fluids—enough so that your urine is light yellow or clear like water. Fiber and fluids help with constipation.

4. If your appetite is poor.

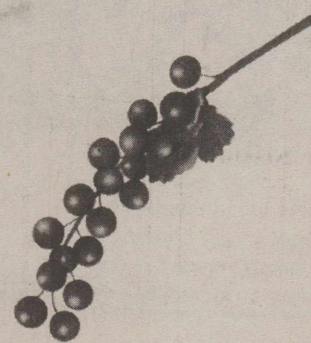
Try eating smaller meals, several times a day, instead of one or two large meals. Eating while socializing with others may help your appetite. You might also ask about changing medicines. Medication can cause appetite or taste problems.

5. Eat soft foods.

As we approach our senior years, chewing food is sometimes difficult. Choose low-sodium canned vegetables or cooked fruits and vegetables. These are often softer. Chop or shred meat, poultry or fish. Add sauce or gravy to the meat to help keep it moist.

For healthy recipe ideas, check out Kaiser Permanente's Food for Health blog at <https://foodforhealth.kaiserpermanente.org>.

In addition to eating a balanced diet, aim for 150 minutes of physical activity each week. Ten-minute sessions several times a day on most days are fine. For more information, visit kp.org and everybody-walk.org. For questions or advice about a specific condition, talk with your physician.



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