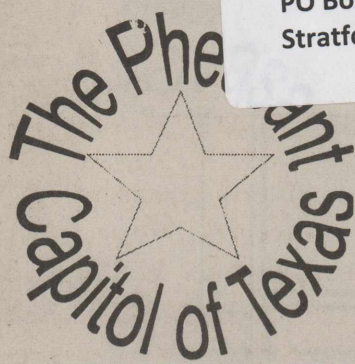


Martha Mitts 06/18  
PO Box 523  
Stratford, TX 79084



# The Stratford Star

75 cents Published for over 100 years in Stratford, Sherman County, Texas 79084 usps 523 Number 4 January 25, 2018

## CANDIDATES FORUM to be held FEB. 8<sup>TH</sup>

There will be a Candidates Forum on Thursday Feb. 8, 2018 at the Sherman County Barn. We will begin at 6 p.m. with introductions followed by questions from the floor. All candidates will receive an invitation to participate. Watch the Stratford Star for more details.

*This is a public service brought to you by the Sherman County Republican Committee & Sherman County Development.*

## Stratford Ex-Students is alive and well.

Cathy Taylor will be managing the mailing list and activities for the Stratford Ex-Students. The Honored Classes are ending in 8. Cathy will need assistance with class addresses and celebration activities. Please volunteer. Thank you Cathy and Joe for keeping the string

Attached to Stratford Ex-Students



STATE OF TEXAS  
OFFICE OF THE GOVERNOR

The concepts of freedom, justice and the pursuit of happiness are intricately woven into the fabric of American culture. We may find it hard to fathom that we live in a world where people are deprived of these rights, a world where people are trafficked for labor or bought and sold in the sex trade. The heinous crime of human trafficking is not confined to some remote country; it is happening right here, and even children have become commodities for the pleasure of sexual predators and the profit of traffickers.

The State of Texas will not tolerate the inhumane practices carried out by coercive and manipulative criminals. We provide serious penalties for human traffickers, and we continuously look for ways to better serve the victims. Since the creation of the Child Sex Trafficking Team in my office, innovative and promising practices have been launched around the state. My team knows that a spirit of collaboration is critical in this endeavor, and I commend all those working toward a stronger and more coordinated response.

I thank our state's service providers, law enforcement officers and prosecutors for their dedication to combating this terrible crime. I also applaud the faith communities, businesses, foundations and other advocates who are stepping up to make a difference. I especially want to express my gratitude for the incredible survivors who are sharing their voices and their stories to help others; their grit and resilience is a testament to the Texas spirit and a constant inspiration to us all.

At this time, I encourage all Texans to learn more about the risks and indicators of human trafficking and to do their part in helping end this atrocity. The reality of this evil enterprise can become overwhelming; however, if the past year has taught us anything, it is the fact that Texans will not be overcome in the face of adversity. Together, we can protect the vulnerable, help victims find healing and bring offenders to justice.

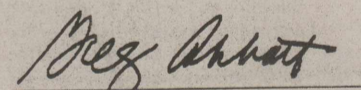
Therefore, I, Greg Abbott, Governor of Texas, do hereby proclaim January 2018, to be

## Human Trafficking Prevention Month



in Texas, and urge the appropriate recognition whereof.

In official recognition whereof, I hereby affix my signature this the 5<sup>th</sup> day of January, 2018.

  
Governor of Texas

## 2018 Pinewood Derby

Stratford Cub Scout Pack 38 would like to announce that plans are underway for the 2018 Pinewood Derby. This year, we will have an open division where anyone is welcome to build a car and come and race. Cost to participate will be \$10.00, which covers the cost of the car and as well as a donation to Pack 38. There will be a practice run and weigh-in on March 2, 2018 from 5pm to 6:30pm. The race will be Saturday, March 3, 2018 at the Imagination Station. Check in time is 2:30pm - 3pm. If you would like to enter or have questions, please contact Jesse Mariscal 806-753-6587.

## Guymon Community Theatre the Shadow Box

Guymon Community Theatre presents a drama "The Shadow Box" February 9-17-The final Theatre production will be Monty Python's "Spamalot" in May

## "The Music and Poetry of Love" LaRita Performing Arts Theatre

The LaRita Performing Arts Theatre in Dalhart will present Peter Simon, pianist, in "The Music and Poetry of Love" Sunday, February 4 at 4:00 p.m. The admission is free as a special Valentine Treat from the LaRita.

## 2018 TREE SALE

Time is here once again for Sherman County Soil and Water Conservation District's annual Spring Tree Sale. Order forms are ready and can be picked up at our office - 418 North 4th in Stratford.

While we try to list as many species that are available for this area, we cannot list them all. If you have any special wants or wishes as far as trees go this year, please call the office and we will be happy to try and find what you need.

The District can also fill requests for drip irrigation supplies. We keep some drip supplies in stock, and will help in the design of your system and order exactly what is needed for you if we do not have it. Delivery is usually within three working days. You can also help your investment with the installation of weed barrier. We have this available also. This is especially important in windbreaks because we do not want the newly planted seedlings to have to fight with weeds and grass for water. The barrier will help prevent the growth of weeds and grass and keep the moisture in the ground.

If you need a Tree Order Form, want to place an order for trees, irrigation supplies, weed barrier or have questions regarding the trees or planning for your particular needs, please do not hesitate to contact the District or the NRCS at 396-5517 ext. 3. or email us at shermawcd@xit.net.

Thank you for your continued support of conservation in Sherman County.

## CATHOLIC LIFE INVITES CHILDREN TO CELEBRATE FLAG DAY WITH 21<sup>ST</sup> ANNUAL POSTER DESIGN CONTEST

(San Antonio, TX) - Catholic Life Insurance is excited to commemorate the 241<sup>st</sup> anniversary of the American flag with our annual "Flag Day Children's Poster Contest." All children currently enrolled in grades Kindergarten through 5th are invited to show us what the flag and its principles mean to them. Participants **do not** have to be Catholic Life members or of the Catholic faith to qualify. This contest is an opportunity for all children to express their creativity and originality, while honoring a sacred American symbol.

The theme for this year's poster contest is: **"Heroes Don't Always Wear Capes."** Describe who is your hero. This would be a person who you admire or idealize and that you look up to. It could be a family member, teacher, doctor, lawyer, etc. (All entries must include a picture of the American Flag.)

Eighteen winners will be selected and awarded cash prizes for their outstanding submissions. The entries are separated into three divisions: Division A (Kindergarten-1<sup>st</sup> Grade); Division B (2<sup>nd</sup>-3<sup>rd</sup> Grade); and Division C (4<sup>th</sup>-5<sup>th</sup> Grade). Judges score each poster submission based on the following criteria: originality, eye appeal, and theme.

The entry form and complete contest rules may be downloaded from the company website at [www.cliu.com](http://www.cliu.com). An entry form must be completed legibly and attached to the back of the poster to qualify. We strongly encourage parents or teachers to help fill out this form. Please submit your entries by **May 11, 2018**. Send entries to: Catholic Life Insurance Poster Contest, PO Box 659527, San Antonio TX 78265. All entries become the property of Catholic Life Insurance and can only be returned if proper postage accompanies the poster. Winning posters are published in the *Catholic Life* quarterly magazine.

For more information, please contact the Communications Department at (800) 262-2548 or (210) 828-9921 or send an email to [branch@cliu.com](mailto:branch@cliu.com).

Insurance returns profits to members and the surrounding community through charitable, religious and patriotic community service projects, including the Flag Day Children's Poster Contest, Join Hands Day, the All American Scholar Award and the "Catholic Schools Sweepstakes" program.

## SHS Dual Credit Parent Night

Parents of incoming Sophomore, Junior and Seniors students: We will be having our annual Dual Credit Parent Night on Thursday, March 1st at 6:00 pm in SHS Library. Dual credit course offerings allow our students to earn college credit while still in high school. Representatives from Amarillo College will be here to present information on the dual credit program and requirements for all students new to Dual Credit and those who are already enrolled. Please join us to learn more about next year's increased Dual Credit offerings for our HS students!

## SHS Noche de Padres Doble Crédito

Padres de estudiantes entrando Segundo Año, Junior y Seniors: Tendremos nuestra noche anual de Doble Crédito para Padres el Jueves, 1 de Marzo a las 6:00 pm en la biblioteca de SHS. Ofertas de cursos de crédito dual permiten a los estudiantes de ganar créditos de colegio mientras que aún asisten la secundaria. Representantes de Colegio de Amarillo estarán aquí para presentar información sobre los requisitos y programa de crédito doble para todos los estudiantes nuevos a Crédito Dual y a los que ya están inscritos. Por favor acompañanos para aprenar más acerca de los aumentos de Crédito Dual ofrecidos para el año que viene para nuestros estudiantes de HS!



## Minutes of Regular Meeting The Board of Trustees Stratford ISD

A Regular Meeting of the Board of Trustees of Stratford ISD was held Thursday, January 11, 2018, beginning at 7:00 PM in the High School Library.

### 1. OPEN THE MEETING

#### A. ESTABLISH A QUORUM

Brad McBryde established a quorum of members presented and called the meeting to order at 7:00 PM. Board members present were Brad McBryde, Tim Hudson, Tres Hess, Jo Hinds, Bryan Clift, Dan Law and Walt Berry. This being School Board Appreciation Month across the state of Texas, Mr. Dominguez thanked the school board members for their service to the district. Brad McBryde passed around thank you cards from the individual campuses thanking them for their service as well and for the ham/turkeys at Christmas.

#### B. INVOCATION

Walt Berry led the invocation.

#### C. INTRODUCTIONS OF GUESTS

The Stratford HS football team was present. Matt Lovorn, David Lantelme, Terri Lantelme, Chase Lantelme, Jon Murphy, Trever Couch, Justin Mungia, Trey Wyatt, Candice Wyatt, Jana Clift

### 2. OPEN FORUM

Candace Wyatt addressed the board in open forum.

### 3. REPORTS

#### A. SUPERINTENDENT'S REPORT

Mr. Dominguez reported a district enrollment of 589. The board looked over the 3<sup>rd</sup> six weeks ADA report. He discussed with the board on what fund they want to use to pay the attorney fees for the Watkins Farm. Discussion was held on the lawn service contract.

#### B. BUSINESS MANAGER'S REPORT

Mr. Dominguez gave the maintenance report, the transportation report and the financial report.

#### C. PRINCIPAL'S REPORT

Mrs. DeAnda gave the Mary Allen report. She reported they are currently administering the MAPS tests. The SBDM committee is working on next year's calendar and she is working with Mrs. Lavake on the TELPAS testing.

#### D. COOPERATIVE REPORT

Mr. Dominguez gave the cooperative fees report paid by the district.

### 4. CONSENT AGENDA

Jo Hinds made the motion and Dan Law seconded to approve the consent agenda as presented. Motion carried 7-0.

### 5. DISTRICT TAPR PUBLIC HEARING

A public hearing was held on the district TAPR report.

### 6. VAN PROPOSALS

Discussion was held on the three van proposals. Tres Hess made the motion and Walt Berry seconded to accept the proposal from XIT Ford in the amount of \$34,182. Motion carried 7-0.

### 7. PERSONNEL

At 8:04 PM the board entered into executive session pursuant to Texas Open Meetings Act section 551.074 to discuss the personnel. At 8:34 PM the board reconvened into regular session.

The board took a short recess.

### 8. SUPERINTENDENT EVALUATION

### 9. SUPERINTENDENT CONTRACT

At 9:07 PM the board entered into executive session pursuant to Texas Open Meetings Act section 551.074 to discuss the Superintendent's evaluation and contract. At 10:08 PM the board reconvened into regular session.

Tres Hess made the motion and Jo Hinds seconded to extend the superintendent contract for three years. Motion carried 7-0.

### 10. ADJOURN

The meeting was adjourned at 10:10 PM.

## Entertaining Ideas

### For A Fun Time, Smile And Say Cheese Board

(NAPS)—The next time you want to get together for an evening with friends, go for the sophisticated touch of a wine and cheese pairing party.

Here are four hints on how:

#### The Cheese

Start with at least four different kinds of cheese: Creamy, decadent cheeses, with a soft rind. Stiff cheeses, which can be sharp or salty. They're often aged. Pungent, sometimes salty cheeses, with a blue tinge. Soft, spreadable cheeses that can be tangy or mild.

#### The Wine

Go for either complementary or contrasting flavors. A lush wine works well with a triple-cream cheese, while an acidic wine will reduce the cheese's sweetness. Taste the cheese first by itself on a cracker before you try it with the wine.

#### The Board

You can use any large platter or cutting board or perhaps a special glass or a slate cheese tray you can chalk the cheese names on. In addition to the cheese, you may care to add some extra flavor, color and crunch with sliced cured meats such as prosciutto and hard salami, artichoke hearts, roasted red peppers, sun-dried tomatoes, assorted olives, slices of fresh apples or pears, dried fruit and mixed nuts.

One treat your guests may care to try is this:

**Manchego Cheese, Prosciutto and Fig**  
Harvest Stone Tomato Basil  
Brown Rice & Chickpea Crackers  
Manchego cheese  
Prosciutto  
Fig

Top Harvest Stone Tomato Basil  
Brown Rice & Chickpea Crackers



For a sophisticated gluten-free hors d'oeuvre, top organic Harvest Stone® Crackers with Manchego cheese, prosciutto and fig slices.

with slice of prosciutto and Manchego cheese. Finish with wedge of fresh fig.

#### The Serving

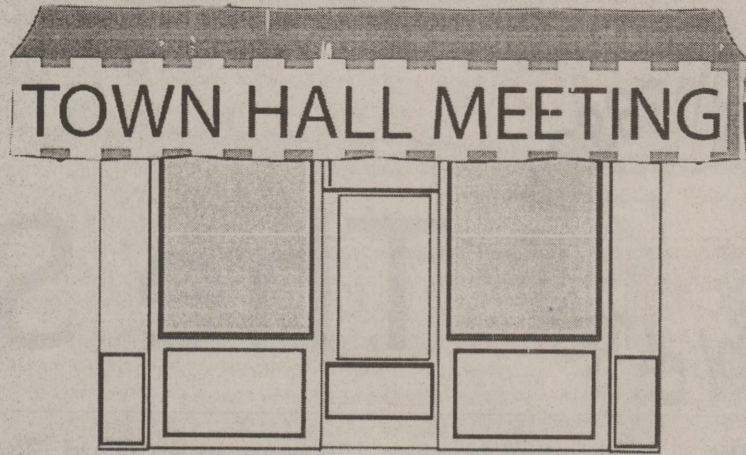
White wine should be served at 45° F, red wine at 60° F. The cheese should be at room temperature for about 30 to 60 minutes before you serve it. Start with lighter wines and fresher cheeses and move to the sharper, more full-bodied ones.

Serve it all on Harvest Stone Crackers. They're certified gluten-free by the Gluten-Free Certification Organization and made on dedicated, certified gluten-free production lines. The crackers are also verified non-GMO and made according to organic standards. Because Harvest Stone crackers are packed with whole grains, seeds and not much else, they make for an excellent canvas for just about all your wholesome creations. These clever crackers can complement your health-conscious lifestyle without compromising your good taste.

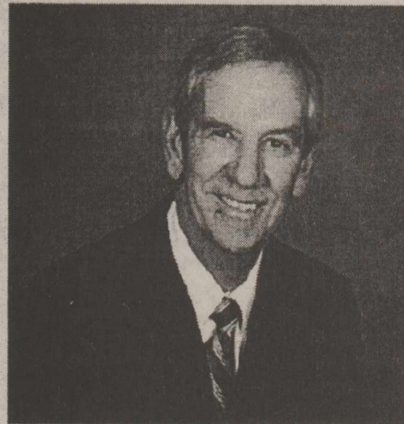
#### Learn More

For other great recipes, coupons, tips and nutrition information, visit [www.harveststone.com](http://www.harveststone.com).

Come meet Mike Canon and learn how he wants to serve District 31



## Conservative Republican Candidate for Texas State Senate Mike Canon



Imagination Station  
202 N Main Street  
Stratford, TX  
Feb. 5th from  
4 pm- 4:30 pm

Pol. Ad, Paid for by the Mike Canon Campaign, P.O. Box 51252 Midland, TX 79710

## Protecting Your Assets

### Three Simple Ways To Keep Your Information Safer

(NAPS)—It seems as though data breaches affecting millions of Americans are constantly in the news these days. If this makes you anxious about the safety of your personal information, that's understandable.

You can protect your data by using secure internet connections rather than public Wi-Fi when you're providing sensitive information such as financial account numbers online; sending bill payments from public mailboxes and collecting your mail promptly; shredding documents that contain your personal information when they're no longer needed; keeping your computer and mobile device safe against malware that may be lurking in email attachments, pop-ups and banner ads; downloading apps and other programs only from trusted sources; and being wary of anyone who contacts you unexpectedly asking for it. You can also use the security settings on social media sites to restrict who can see your posts. But when businesses have your data, you can't control how well it's safeguarded.

According to Consumer Federation of America, there are some easy steps that you can take to make it harder for fraudsters to use your personal information.

- **Create separate passwords for your most sensitive accounts.** While it's convenient to use the same password for everything, crooks know that, so if they get your password for one account, they'll try it to log into accounts on other websites. Any account that has your financial information, Social Security number or other sensitive data should have a unique, strong password to keep would-be intruders guessing.
- **Beef up your authentication.** If your user name, which is often your



With a few precautions, you can protect your personal data.

email address, and a password is all it takes to access your accounts, your defenses are relatively weak. Two-factor authentication—your password plus something that only you have, such as a one-time code that is sent to you as part of the log-in process—provides much stronger protection.

- **Freeze your credit file.** This prevents identity thieves from opening new credit accounts in your name because the lenders won't be able to access your credit record. Since some landlords and employers also check applicants' credit records, freezes can also stop fraudulent attempts to get jobs or rent apartments using your identity. Contact the three major credit-reporting agencies—Equifax, Experian and TransUnion—to request a security freeze. You can lift the freeze anytime you need to and reset it. In some situations, you may be able to do this free; otherwise, there will be a small fee.

## Pointers For Parents

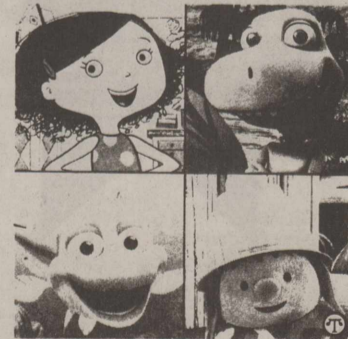
### Screen Time Is Here To Stay!

(NAPS)—Halle Stanford, President of Television at The Jim Henson Company and mother to two boys, ages 19 and 6, shares her views on navigating the kids' TV landscape.

As a producer at The Jim Henson Company and a mom to two boys, I have a unique perspective on screen time. I've also explored this issue in one of my shows, *Dot*. This animated preschool series created by the fabulous Randi Zuckerberg addresses how technology can enhance a kid's everyday adventures. We were lucky to be advised by Yalda Uhls (author of *Media Moms and Digital Dads*) on creating a show curriculum that encourages kids and their families to be excellent digital citizens, to come up with a family media agreement, and to talk openly about screen time.

My personal philosophy on this issue is simple: Viva la screen time! I encourage my kids to enjoy movies, television, videos, apps, and more. Like my hero Jim Henson, I believe in the positive transformative power of media. As a producer, my goal has always been to create television and films that enrich, educate, and entertain. So I have always encouraged my boys to love the shows and games that they are drawn to, but also to discover programming that informs them on issues and ideas they are curious about. Favorites in our house range from *Phineas and Ferb*, *Sarah and Duck*, *Reading Rainbow Skybrary*, *Despicable Me*, *Star Wars to Westworld*, *Nathan For You*, *Game Of Thrones*, and *The Walking Dead*. (Remember, my boys are 13 years apart!)

As a momma, how much screen time do I let my youngest have? It has changed with his age and often depends on what's happening that day. In the summer, he's allowed screen time in the morning AND in the afternoon, but it's more limited during the school year. True confession: I don't have a set amount of time he always gets, but it's usually no longer than an hour. And we do talk about how long he'll be watching the shows before he settles in to viewing. And when that last show starts, he gets a



Jim Henson's Family Hub is the home to some of television's favorite preschool stars. © Henson.

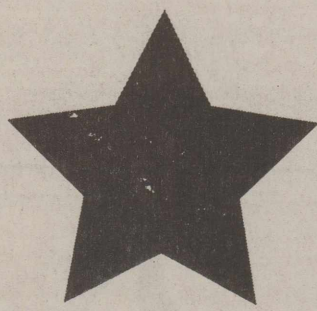
reminder that his screen time is almost up. Yes, there have been times when he grabs the phone or remote when screen time is over and runs around the house laughing, but I'm as quick as a cheetah.

My 19-year-old is an adult and at this point in his life, I trust him to regulate his own screen time. And still, the best I can do for both my boys is to model good screen time habits myself. When we are together, I do my best to use my phone only to snap those memorable photos or answer an urgent message. And I tell them why I am taking the time to focus on my screen and not on them. I also never answer the phone during meals or playtime. But, once they're asleep or out and about, I love having my own time to turn on my latest favorite show (hello, *Outlander!*).

We are in a new golden age of television and I would embolden parents to find shows that will delight and inspire their kids. It will take time (because there is so much content out there), but get involved with customizing your family's viewing experiences together—it's FUN! (And, if it happens to be *Dot*, *Splash and Bubbles*, *Dinosaur Train*, *Dozers*, *Word Party*, or *Julie's Greenroom*...even better!).

Discover your child's next favorite show. Visit [www.JimHensonsFamilyHub.com](http://www.JimHensonsFamilyHub.com) to explore The Jim Henson Company's award-winning programs for all ages.





# Star Classifieds

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**STRATFORD 640**  
Farmland

Location: S of Stratford, TX  
Acreage: ±640 Acres

All of the acreage is currently under cultivation and just produced a very good dry land cotton crop. ±320 acres is historically planted in cotton and while the rest is kept in summer fallow. The farm is surrounded by irrigated farms providing a great possibility to further develop this section of ground. The ground is mostly flat and readily available for general farming uses. The property is in a great location set back about 1/2 mile from Highway 287 just 3 miles south of Stratford, Texas.

**SMITH RANCH**  
Irrigated & Grass

Location: E of Stratford, TX  
Acreage: ±2,926 Acres

Situated on the Coldwater Creek breaks providing stunning views of canyon terrain. While there is rolling ground on the ranch, the majority of the acreage is flat, great for ranching and farming. ±500 acres are currently under center pivot irrigation. Three wells combine to produce about 2,100 GPM. Additionally, there are very good pens and corrals setup, plus several traps. There is an abundant source of water for livestock with 11 water tanks. The wildlife are also in abundance.

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**House for Sale**

OWN A PIECE OF STRATFORD! - 720 North Wall, 3 bed, 2 bath, laundry room, and heated shop attached to one car garage, yard sprinkler system, central heat & air, fenced backyard, playhouse, shed, kitchen appliances included. \$65,000 as is. Call or text Jackie Gilley, 405-830-6002

**Help Wanted**

Stratford Grain Co. looking for Elevator Laborers. Must have Valid Texas D.L. and a working knowledge of the English language. Apply in Person at 4 N. Main 1-25-tfn



Christmas is a summer holiday in South Africa.

**There is a benefit account at the Happy State Bank for Victor Garay and his family to help with expenses from the fire in their home over the New Year's weekend**

**Stratford Hospital District**

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

**Stratford Family Medical Clinic**  
Mon. - Thurs 8 a.m. - 5 p.m. Fri, 8 a.m. - 2 p.m.  
396-5583 Tommy Brian, ANP & Krista Brown ANP

**Elk Pharmacy**  
Mon.-Thurs 9 a.m. - 5:30 PM  
Friday 9 a.m. to 3 p.m.  
"Check our Competitive pricing"  
"Compounding Available"  
366-5505 Shelly Worley, PharmD, RPH

**Coldwater Manor Nursing Facility**  
396-5568 Leo Sanders, 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.

## 2018 Sherman County Stock Show

**Thursday, January 25, 2018**  
4:30 Weigh In  
Lambs, Goats, Swine

**5:30 Exhibitor Meeting - Show Barn**  
Every Exhibitor Must Attend

**7:00 PM**  
Lamb Show  
Goat Show

**Friday, January 26, 2018**  
8:00 AM  
Swine Show

Cattle Show  
Steer Show  
Heifer Show

**Saturday, January 27, 2018**

**5:00 PM - Exhibitors report to County Barn for Sale Meal**

**6:00 PM Sale Meal for Buyers**

**6:30 PM - Awards Presentation**

**7:00 PM - Sale Begins**

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Published for over 100 years  
805 Purnell  
Stratford, TX 79084  
Telephone: 806-366-5885  
Fax: 806-366-5884  
E-Mail: [stardm@xit.net](mailto:stardm@xit.net)

The Stratford Star is published weekly  
Editor & Publisher Martha Robertson  
Advertising & Photographer Shari Hudson

Subscription rates

\$33.00 per year in Sherman & Adjoining counties  
\$40.00 per year all others  
\$27.00 per (9 months) College rate

The Stratford Star-PO Box 8-Stratford, TX 79084  
Periodicals postage paid at Stratford, TX  
POSTMASTER: Send address changes to Stratford Star,  
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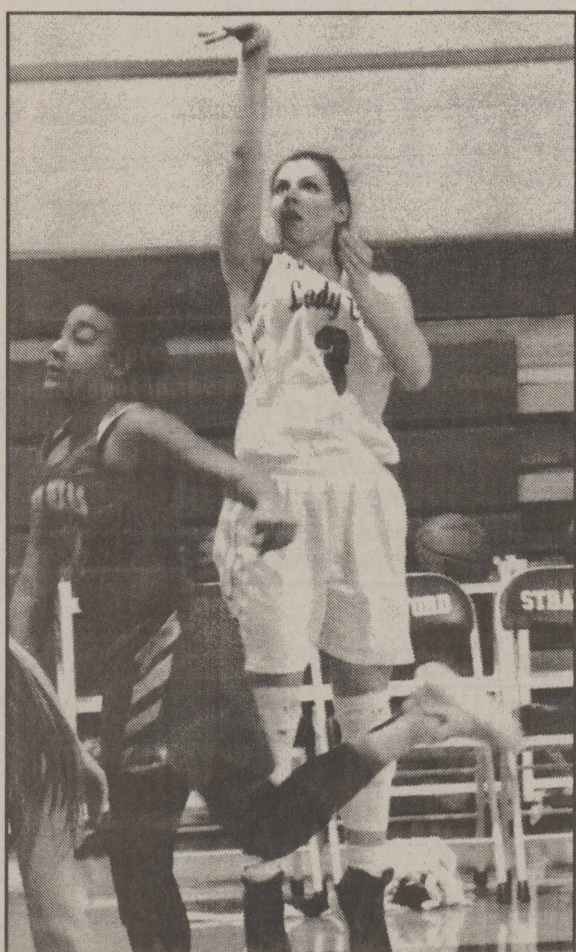
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**Rate change**

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



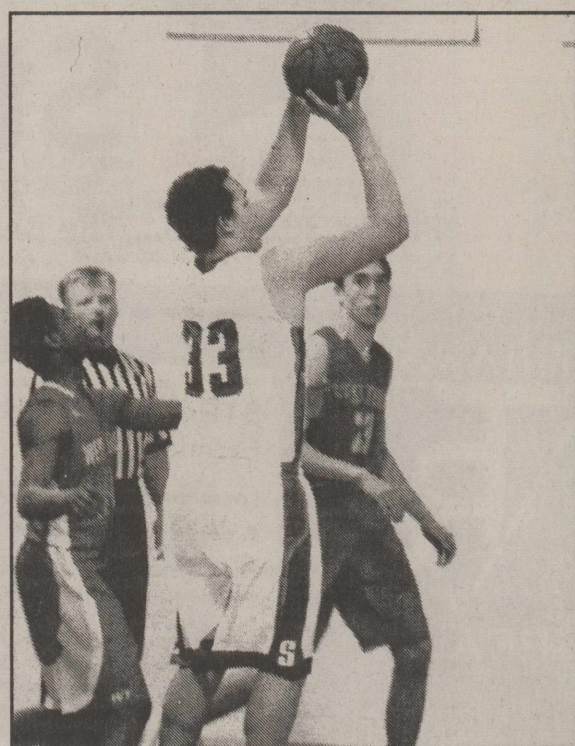
# Basketball



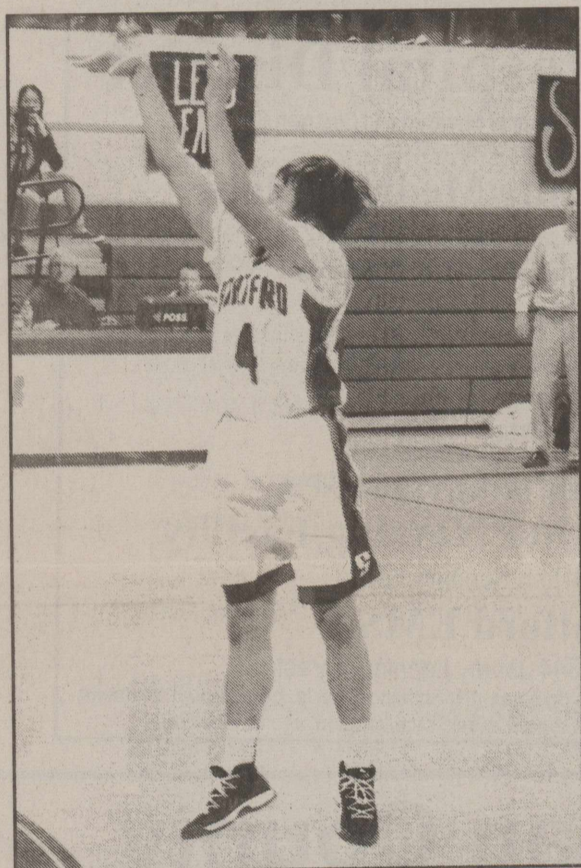
Lady Elk #3 Laynee Burr shoots the three pointer in the Lady Elks win over West Texas on Friday, January 19, 2018.



West Texas defender stops Lady Elk #00 Reaghan Audrain as she drives in to the basket.



Stratford Elk #33 Noah Harris scores for the Elks in their loss to West Texas on Friday, January 19<sup>th</sup>.



Stratford Elk #4 Shay Hess scores on the 3 point shot in the Elks loss to West Texas.



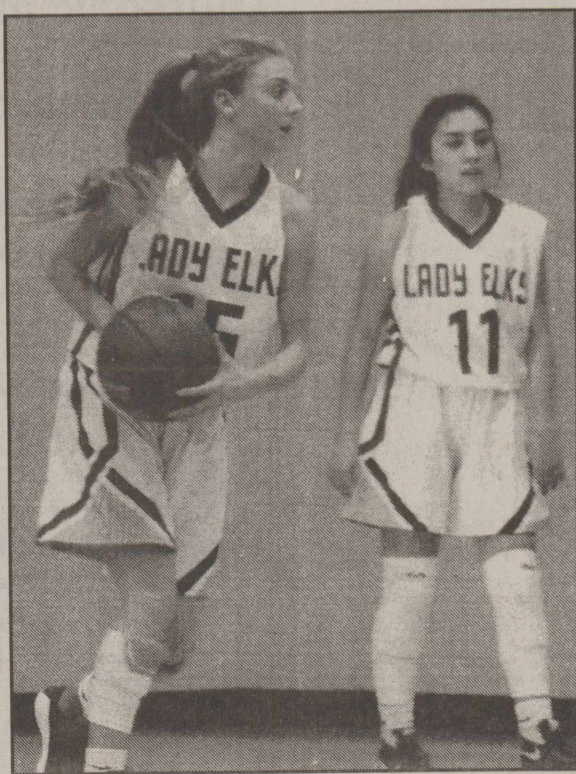
J.V. Lady Elk Ashton Lavake goes up for the shot in their win over West Texas on Friday, January 19, 2018.



J.V. Elk #33 Turner Smith scores under the basket in the Elks win over West Texas on Friday, January 19<sup>th</sup>.



Slate Anderton #4 pulls up for the shot in the J.V. Elk win over West Texas.



J.V. Lady Elk Rese Schoonover looks to pass to teammate in Lady Elks win over West Texas.

## News For Older Americans

### How Older Adults Can Combat Loneliness And Social Isolation Through Exercise

(NAPS)—When discussing health, people typically think of physical health—their weight, strength, mobility, and potential health issues they are facing. However, when looking at overall well-being, it's important to think beyond the physical and focus on mental health as well.

This is especially true for older Americans, as many are tackling physical and mental health issues alone. According to the U.S. Census Bureau, more than 11 million people ages 65 and older are living alone and are at risk for loneliness or social isolation. These issues can impact a person's mental and physical health significantly, leading to high blood pressure and disease, as well as depression. In fact, according to a Harvard Health study, "loneliness has an equivalent risk factor to health as smoking 15 cigarettes a day, shortening one's life span by eight years."

Social isolation can also make it harder for people to take control of their health as they do not have a network to support and motivate them to remain socially or physically active. Activities that not only make people healthier but also allow them to connect with others can help those at risk for social isolation and improve health and well-being. SilverSneakers, the nation's leading community fitness program designed specifically for older adults, has seen the power of socialization combined with fitness, firsthand.

For more than 25 years, SilverSneakers

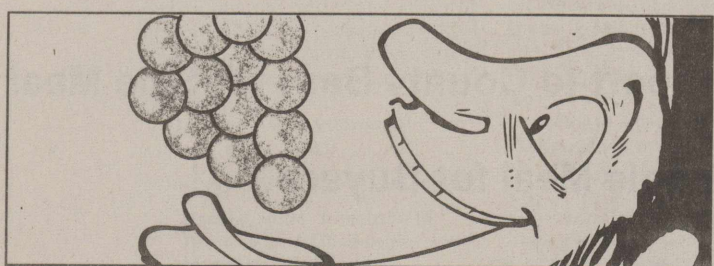


An exercise class can be a great place for older adults to make new friends.

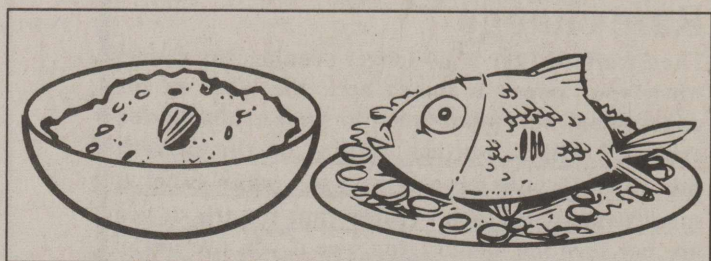
ers has been helping older adults enjoy and get the most out of life by engaging participants in physical activity, as well as fostering new friendships with a welcoming member community. Through exercise and social interactions, SilverSneakers helps people maximize their health and well-being, and maintain an active lifestyle—recognizing that community is just as important as the fitness aspect. In fact, a recent survey of SilverSneakers members revealed that 65 percent of members have made new and valuable friendships through the program.

Community exercise programs like SilverSneakers help engage older adults in social activities and give them a built-in network of support, while also offering the benefit of improving their physical health.

To find out if you are eligible for SilverSneakers or to find a class in your area, visit [www.SilverSneakers.com](http://www.SilverSneakers.com).



The people of Portugal and Spain will often eat 12 grapes from a bunch just as the clock strikes 12 midnight on New Year's Eve. This tradition is said to ensure 12 happy months in the coming year.



In Scandinavia, popular food items considered good luck at New Year's include herring and rice pudding. The rice pudding is usually prepared with a hidden almond placed in the serving bowl and whoever gets the almond in his or her serving is believed to be doubly blessed with good fortune in the coming year.



# Honor Rolls

## Stratford Junior High School 3rd Six Weeks Honor Roll 2016-2017

### 3rd Grade A Honor Roll

Elizabeth Alvarez  
Sam Audrain  
Madison Braden  
Brylynn Hauser  
Hudson Holland  
Tate Hudson  
Chase Lantelme  
Abigail Murphy  
Mario Niave  
Kooper Walden

### 3rd Grade AB Honor Roll

Kamia Baston  
Jenell Boyer  
Johnny Bravo  
Ellie Clift  
Avery DeAnda  
Jonathan DeCasas  
Joseline Gonzalez  
Natalie Gonzalez  
Vanessa Gonzalez  
Maxmiliano Guerra  
Lorenzo Gutierrez  
Charisse Henderson  
Brody Hensley  
Turley Howell  
Hagan Johnson  
Jessy Lara  
Jessica Lux  
Ricardo Martinez-Garcia  
Makena Meiners  
Sebastian Montoya  
Genessis Neave  
Steve Ortega  
Tristan Ortega  
Emerson Pool  
Avery DeAnda  
Kennedy Rogers  
Luz Ruedas  
Daniel Sauzamedia  
Maylee Wells  
Jackson Wyatt

### 4th Grade A Honor Roll

Itsel Barajas  
Cash Wheeler

### 4th Grade AB Honor Roll

Miranda Esquer Moina  
Bruce Glendinning  
Marize Howell  
Mason Lavake  
Matthew Mariscal  
Diego Olson

### 5th grade

Dane'ja Agu-White  
Lyriley Albert  
Addison Bell  
Makenzie Bell  
Bryce Braden  
Bo Engelbrecht  
Eric Gonzalez  
Deidre Hininger  
Tripp Hudson  
Santiago Ibarra  
Michelle Lopez  
Jasmine Moczygamba  
Santiago Montoya  
McKinzie Moore  
Nathan Morillon  
Luis Mauro Ortega  
Aryanna Pellano  
Marlet Quintero  
Allison Roberts  
Treyton Smith  
Faith Tims  
Dawson Unruh  
Julio Valdez

### 6th grade

Abigail Botello  
Morgan Clift  
Zaeleigh Gutierrez  
Cole Hinds  
Cutter Hodges  
Paola Howell  
Abigail Ibarra  
Omar Jacquez  
Karston Long  
Tatum Martin  
Kimberly Mendoza  
Bianca Morales  
Miguel Olson  
Abraham Ortega  
Claudia Ramirez  
Evelyn Reyes  
Jasmine Ruedas  
Angel Soto  
Briana Tello  
Mila Thompson  
Linda Vega

### 7th grade

Emiliano Alvarez  
Cody-Paige Audrain  
Luke Braden  
Zane Burr  
Shay Clements  
Viridiana Contreras  
Adan Duran  
Mauricio Duran  
Emmanuel Gonzalez  
Kaidence Hanks  
Thomas Mariscal  
Adamaris Mayorga  
Ethan Moczygamba  
Jaden Nelson  
Benjamin Paez  
Adam Sanchez  
Brenda Sanchez  
Dezerray Tims  
Samantha Unruh  
Yessenia Valdez  
Violet Vazquez  
Klaire Walden  
Addie Wells

### 8th grade

Ivan Bravo  
Brendi Brown  
Jocelyn Cardenas  
Kaytly Clift  
Susie CojTzoc  
James DeAnda  
Rebeca Favela  
Marcela Favela  
Anastacio Ibarra  
Andrea Jacquez  
Saralyn Mace  
Taylor Martin  
Sonia Mayorga  
Mason McNeely  
Viktoria Moczygamba  
Jasmyn Ortega  
Destiny Paez  
Alejandra Portillo  
Issai Reta  
Cody Rinne  
Benjamin Sanchez  
Holly Sladek  
Tyler Smith  
Mia Torres  
Jose Vega

## Health & Wellness

### Live Life Well: Keeping Your Resolutions In 2018

(NAPS)—The New Year is a wonderful time to not only evaluate your past, but also explore your goals for the year ahead. While it is common that health and fitness resolutions land at the top of people's list, the truth is that achieving any goal in 2018 is dependent upon good health. Whether planning that bucket list vacation, trying a new hobby or spending more time outdoors, a healthy fitness routine is the backbone of making these goals achievable.



This year, create an attainable health and fitness goal to help you reach all your resolutions. SilverSneakers, the nation's leading fitness community for older adults, offers the following tips on how to make resolutions that will help you live life well in 2018:

- 1. Set a SMART goal:** SMART stands for Specific, Measurable, Action Oriented, Realistic and Time Bound. "Losing weight" is not a specific measurable goal; instead, say you want to lose 10 pounds in three months. That way, you have something to strive toward and measure against.
- 2. Start small:** If you only focus on an ambitious long-term goal, you may be setting yourself up for failure. It is important to set weekly milestones that allow you to see progress and achieve success early and often.
- 3. Bring a friend:** Knowing that you promised a friend you would join her for that 6 a.m. class keeps you accountable for showing up and doing your best. Having a friend to work out with also makes the experience more enjoyable.

Next year could be better than ever if you resolve to follow five ideas.

**4. Track progress:** As you work toward your goals, make sure to track your activities and the progress you make along the way. Whether it be pounds lost or miles ran, it will be encouraging to see where you started and where you are now.

**5. Celebrate success:** Each milestone toward the end goal should be celebrated. Completing your resolution won't happen overnight and the journey should be an exciting time as you work toward a healthier you.

For more than 25 years, SilverSneakers has been helping older adults enjoy and get the most out of life by engaging participants in physical activity, as well as fostering new friendships with a welcoming member community. Through exercise, SilverSneakers helps people maximize their health and well-being, and maintain their active lifestyle in retirement.

To find out if you are eligible or to find a class in your area, visit [www.SilverSneakers.com](http://www.SilverSneakers.com).

## 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**  
5th & Main  
Tim Boyer, Pastor  
Sunday School 9:45 a.m. (Nursery)  
Morning Worship 10:45 a.m. (nursery)  
No Sunday evening Worship Service

**First United Methodist**  
Rev. Damon Stalvey  
520 N. Main  
Sunday School 9:20 a.m.  
Morning Worship 10:30 a.m.  
Junior & Senior High UMY 5:00 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.

**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.



**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 Oraction 6 p.m.  
Servicio De Adoracion 6 p.m. se Cuidamos  
Susunos Durante El Servicio

**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

**Church of Christ**  
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.

This page sponsored by  
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## 2018 TREE SALE

Time is here once again for Sherman County Soil and Water Conservation District's annual Spring Tree Sale. Order forms are ready and can be picked up at our office - 418 North 4th in Stratford.

While we try to list as many species that are available for this area, we cannot list them all. If you have any special wants or wishes as far as trees go this year, please call the office and we will be happy to try and find what you need.

The District can also fill requests for drip irrigation supplies. We keep some drip supplies in stock, and will help in the design of your system and order exactly what is needed for you if we do not have it. Delivery is usually within three working days. You can also help your investment with the installation of weed barrier. We have this available also. This is especially important in windbreaks because we do not want the newly planted seedlings to have to fight with weeds and grass for water. The barrier will help prevent the growth of weeds and grass and keep the moisture in the ground.

If you need a Tree Order Form, want to place an order for trees, irrigation supplies, weed barrier or have questions regarding the trees or planning for your particular needs, please do not hesitate to contact the District or the NRCS at 396-5517 ext. 3, or email us at [shermwcd@xit.net](mailto:shermwcd@xit.net).

Thank you for your continued support of conservation in Sherman County.

## SCOT Monthly Activities

Men's Pool daily 1 p.m. M-F

Ladies Mexican Train Dominoes  
Monday at 1:30 p.m.

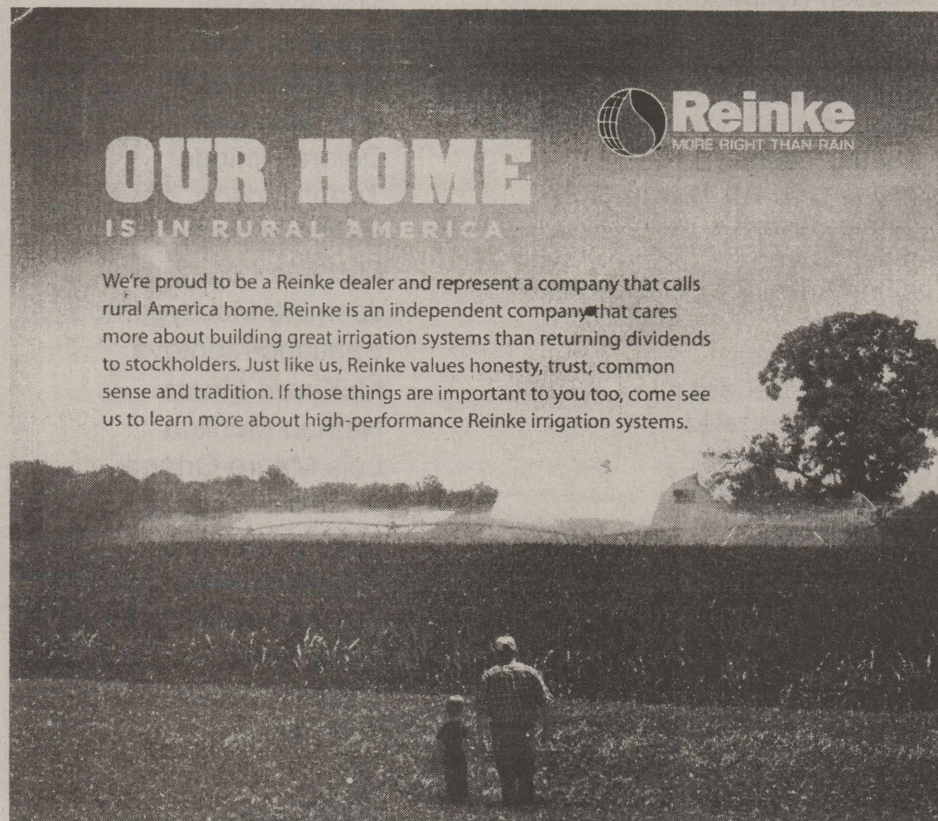
Yoga with Erin Tuesdays at 8:15 a.m.

Yoga with Cindy Thursdays at 9 a.m.

Monthly luncheon-4<sup>th</sup> Thursday-12 noon  
(covered dish Luncheon)

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PO Box 510  
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Lautz 769-4485

4 North Main



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Stratford, TX 79084

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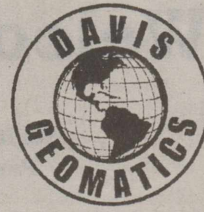
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