



ATTENTION EVERYONE

This notice is to everyone in Stratford and surrounding areas that may need a Fire Dept., EMS, and First Responders of any kind. That includes all of us. If you would like to help these folks, please think about dropping off water, snacks, gater aid, power aid, socks, Chap Stick or anything that you think the First Responders may need at this very scary fire season. And of course any monetary donations, small or large can be such a tremendous help. Donations of any kind can be left at Clements Insurance next to the post office. They will take anything you leave and get it to the fire dept. They also will have a box for you to drop off your monetary donations as well. These folks are volunteers I know not all of them but the majorities are Volunteers on the Fire Depts working together to stop these fires because of our dry conditions. They need our help. We would be in trouble if we did not have these people helping all of the time to take care of us and keep us safe. Please think about dropping off items at Clements Insurance for the Stratford Fire Department. These donations can do so much to helping them when they are out protecting us. And I said all First Responders, because they are on the scene when we are home safe and snug in our beds. Thanks from the bottom of my heart. A special thanks to Clements Insurance for volunteering to help.

Marty



Lady Elk Katelin Berry will compete at the State Golf Meet in Austin, May 21-22, 2018
Congratulations and Good Luck

CEMETERY CLEANUP SCHEDULED

Cleanup at the Stratford Cemetery has been scheduled for Saturday May 19th, starting at 9am. Plot owners need to remove old flowers and decorations. Tumbleweeds and other debris need to be removed as well. There is a dumpster provided on the west side of the cemetery. Thank you, Stratford Cemetery Board

VOTE FOR Maida Reyes for County & District Clerk



Greetings! My name is Maida Reyes and I am currently in the Runoff for the Sherman County Clerk's Office. I have been employed in the Clerk's Office for two years and have been the Chief Deputy Clerk since March of 2017. I am currently assisting the Clerk with the Financial Department of the Office; I take payments for County and District Court costs, fines, land documents, copies, etc., and assist with the weekly deposits. I am also in charge of reporting to the Criminal Justice Information System and filing documents across all County and District cases. Working hand in hand with the Sherman County Sheriff's Office, County and District Judge's Office, Treasurer's office within the courthouse. I assist at no extra charge. I have the self-assurance and the experience to translate in a professional matter. I am proud to say the Elected Officials have expressed their appreciation and gratitude for my assistance and I feel honored that they trust me to assist them with such matters.

I was born in Dumas and raised here in our charming town of Stratford. Before I came to work at the Clerk's Office, I was employed in the Sheriff's Office and for Connie Biddy at The Ol' Biddy Café. During my time of employment with Connie, at the Sheriff's Office, and towards the beginning of my employment with the Clerk's Office, I was also attending Argosy University. In January of 2017, I successfully completed my schooling and attained my Bachelor's Degree in Science of Criminal Justice. Where there is a will, there is a way! I am a hardworking, committed individual and my degree reflects that. I would love to continue to show my dedication to serving my community as your County and District Clerk, and would great appreciate your vote in the Runoff. Thank you for your time and attention!

Sincerely, Maida Reyes

Paid Political ad paid for by Maida Reyes, PO Box 844, Stratford, TX 79084

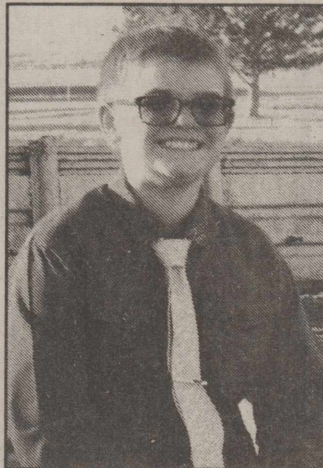
Library Receives Grant

Sherman County Public Library is pleased to announce that the library is one of thirty-six libraries in the state of Texas to receive the Trailblazer TAME mobile science museum grant from the Tocker Foundation. The Trailblazer is a traveling science exhibit filled with hands-on activities centered on energy, aerodynamics, space, weather and biotechnology. The Trailblazer is suitable for all ages. The exhibit engages students with interactive projects in science and creates awareness of careers in Science, Technology, Engineering, and Math (STEM).

The program is free and open to the public. All library patrons are invited to explore and participate in this exciting learning experience. The Trailblazer visit is scheduled for Monday, June 18, 2018 from 9:30 a.m. to 1:30 p.m.

To make this a wonderful experience for everyone the library needs volunteers. This would be a wonderful opportunity for students needing or wanting volunteer experiences for college applications. Volunteers are a very important part of the Trailblazer experience. Volunteers are positioned at each station in the Trailblazer and interact with the students students with information about the areas that they are exploring.

Volunteers do not need to have any special experience or technical background. All activities are easy to learn and TAME personnel will brief the volunteers prior to the tour and provide scripts containing suggested talking points. For more information please call the library at 366-2200.



**Valedictorian
James DeAnda**

**Salutatorian
Kaytly Clift**



8th Grade Valedictorian is James DeAnda, son of Jennifer DeAnda. James has a numerical grade point of 97.636 for two years of work. He has participated in numerous UIL events including mathematics, editorial writing, ready writing, chess, listening skills, and number sense. In addition, he is active in Five State Honor Band, 1st chair and All-Region symphonic Band, 4th chair. James is a member of The First Baptist Church, Sherman County 4H shooting sports team, enjoys playing piano, scouts and reading.

8th Grade Salutatorian is Kaytly Clift. Kaytly is the daughter of Bryan and Jana Clift. Kaytly has a numerical grade point average of 96.000 for two years of work. Kaytly is active in band where she was 4th chair at Five State Honor Band, and 3rd chair in All Region Symphonic Band. She also enjoys cross country and track. When Kaytly isn't busy with school, she's either gone to a major stock show showing pigs or practicing play day events on her horse. She's an active member of Sherman County 4-H, Stratford Jr. FFA and an Ambassador for Silver Spurs Rodeo club.



Justin Duran

I have been invited to participate in the Down Under Sports Tournaments hosted on the Gold Coast of Australia. I will be an ambassador of not only my community and state, but also our country. I will be representing Texas on the cross Country team in the 2018 Down Under Gold Coast Classic. Your sponsorship will be a very important part of fundraising for me and my team. Please help me achieve this once in a lifetime opportunity by contributing. <http://downundersports.com/payment/E41D-0753-CEFB> or mail donations to: PO Box 952, Stratford, TX 79084

new worship
FCC
every Sunday at 6pm

THE MUSIC WILL BE LOUD!
THE WORSHIP WILL BE REAL!
AND THE MESSAGE WILL BE RELEVANT!
COME AS YOU ARE AND WORSHIP WITH US!

First Christian Church is a non-denominational church located at 5th and Main Streets. If you're looking for a great traditional service, try our 7th Street service. Check us out online at www.fccstratford.org

DOWNUNDER Sports Fundraiser
for *Justin Duran* to run
Texas Cross Country in Australia
Mexican Pile-On
When: **Sunday, May 20th**
Time: **10:00 a.m. to 2:00 p.m.**
Where: **Stratford Cafeteria.**
Cost: **Free will donation**
+Plus,
A Family Photo shot for \$13
from 10:00 a.m. to 12:00 p.m.

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.

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Deadline for The Stratford Star
Deadline for Stratford Star items. Photos by Sundays at 4 p.m. Letters to Editor 9 a.m. on Mondays (typed) and all other articles and ads at 10 a.m. on Mondays. (PLEASE) Thank you

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-4th Thursday-12 noon
(covered dish Luncheon)

The Stratford Star
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PO Box 8-Stratford, TX 79084

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

Biddy's On Main
207 N. Main
366-2111

NEW HOURS
STARTING MAY 7TH

We will be open Monday-Thursday
10 a.m. to 2 p.m.
Friday
8 a.m. to 2 p.m. & 5 p.m. to 8 p.m.
CLOSED SATURDAYS
OPEN EVERY OTHER SUNDAY
(Please check our Facebook page for
Specials and events)



Linda Celebrates 50th B-Day

Linda had a wonderful 50th birthday party on Saturday, May 12th at the Sherman County Barn. Lots of folks came by to wish her the best 50th ever. And enjoyed the delicious refreshments. Linda you are one amazing gal, we all should take a lesson from you, you are always happy and enjoying life and never complain. You are an inspiration to us all.

Armed Forces Day May 19

Armed Forces Day is a National Holiday to recognize and honor those who are serving and those who have served in the U.S. Military. Activities to honor: "Memorial Run/Walk for the Fallen" May 19, Stephen F. Austin Park, 2400 Crockett St. Amarillo, TX. 5K Memorial Run (\$40) 9:00a.m.; 1 mile Walk for the Fallen (\$25) 10:30 am; Memorial Balloon Launch 11:00a.m. Lunch 11:15. (Race day Registration 8:00 a.m.)

Armed Forces Day Banquet Celebrating Freedom & Honoring Service" May 19, 2018 at 6:00 p.m. at the Amarillo Civic Center, North Exhibit Hall. Guest speaker, Rob O'Neill, former USN Seal "The Operator". The Navy Seal who shot Bin Laden.

More information and reservations 806-681-1418 Jack Barnes, USN Retired
www.america-chs.com Info@america-chs.com

Letter to Editor

TxDOT will hold an open house meeting Monday, May 21, 6:30 at the Sherman County Exhibit Building to review a project proposing the upgrade of US 54.

The proposed project is to concrete US 54, new curb, and ADA sidewalks. Problem is there is not enough right of way for sidewalk; therefore the proposed solution is to make the highway more narrow by taking out two lanes and keep the turning lane or lose the turning lane and keep the 4 lanes through town.

With the truck traffic on US 54 that is crazy to lose the lanes. If it ain't broke, don't fix it". Money would be better spent to lengthen the 4 lanes east and west for 3 miles to discourage trucks racing through town to get position before they reach the present 2 lanes.

Please plan to attend this meeting, submit a written comment or mail a comment to TxDOT Amarillo District, 5715 Canyon Drive, Amarillo, Texas 79110 before June 5 2018.

Gaynelle Riffe 1301 Beaver Rd Stratford 806-396-5303

SCOT NEWS

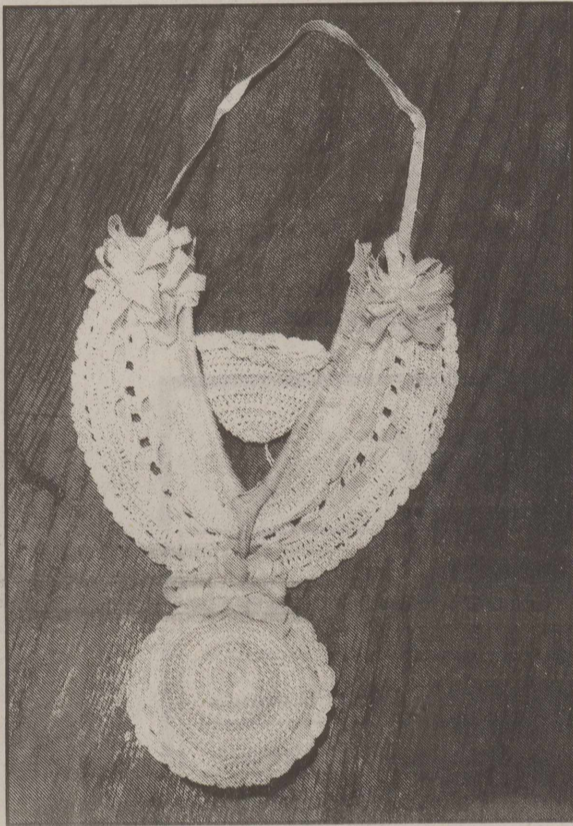
By Sonja Ragsdale

SCOT" April luncheon was held Thursday, April 26. Tables were decorated with spring flowers, birdhouses and different artificial birds. Entertainment was provided by Mrs. Belinda Hamilton's first grade music students from Stratford's Mary Allen Elementary School. Selections sung by the group were "Wrinkles", "Peanut butter and Jelly", "Awesome" and "Rockin Robin." Hosts for the luncheon were Karen Perrin, JoAnn Palmer, Sonja and Robert Ragsdale, with special helpers, Martha Mitts and Clara Updegrave.

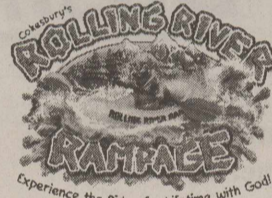
The May monthly outing will be to the 287 Roadhouse on May 15. SCOT members will meet at SCOT Hall at 6pm and carpool to Dumas.

May board meeting will be Monday, May 21 at 4pm and the May luncheon will be May 24 with Martha Mitts, Clara Updegrave and Terri Carter serving as hostesses.

COME SEE US



What is this for? Please come by the Sherman County Depot Museum and tell us!
Monday thru Saturday
10:30-3
Answer to last week's mystery photo
A Seed Sorter



First United Methodist Church of Stratford invites children of all ages to experience the ride of a lifetime with God at Rolling River Rampage Vacation Bible School! This white water rafting adventure includes exciting new music, creative crafts, a delicious meal, fun recreation and memorable Bible stories that will help children know God is always with them as they ride the rapids of life!

The adventures runs from June 3-5, 5-8 p.m. at FUMC Stratford, 520 N. Main Street, Stratford, Texas.

Join us for the ride of a lifetime at Rolling River Rampage VBS by calling Macy Begley at (806) 759-7770 or visit us online at rrr.cokesburyvbs.com/fumcstr/

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.



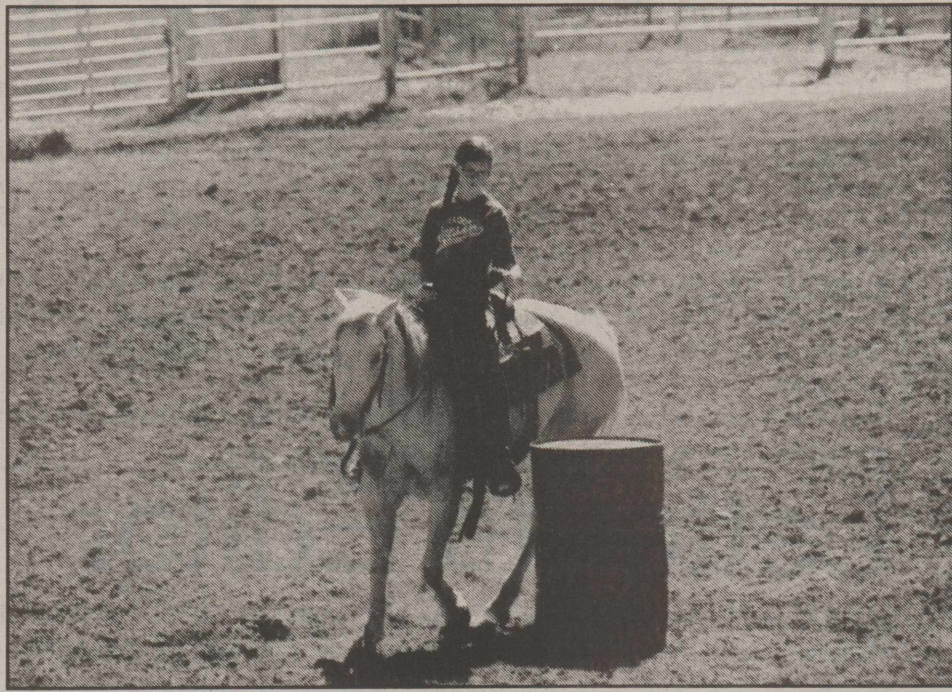
La Mision Bautista
Mision Bautista
401 S. Wall 396-5376
Domingo (Sunday)
Estuela Dominical 9:45 a.m.
Miercoles (Wednesday)
Servicio De Adoracion 11 a.m. Estudio
Biblico & Servicio De Oraction 6 p.m.
Servicio De Adoracion 6 p.m. se Cuidamos
Susuiuos Durante El Servicio

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
Stratford Grain 396-5541
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Stratford Star
366-5885



By Kaytly Clift

Silver Spurs had a beautiful day and a great turnout for the first playday. We had 26 kids from Stratford and the surrounding area attend.

In Pee Wee Division, we had Victoria Joyner, Bailey Gerrond, Maverick Whittintgton, Aubrey Reed, and Harper Moore.

In Junior Division we had Noelia Joyner, Ellie Clift, Kenneth Hughes, Talon Madrid, and Alyssa Ortega.

In the Intermediate division we had Monique Joyner, Abby Ortega, Kaytly Clift, Morgan Clift, Joshua Ortega, AshLynn Eaton, Marion Johnson, Adrien Madrid, Kaedyn Kimball, Stevan Martinez, Jonathan Martinez, Kennedy Elliott, Melinda Ortega, Taylor McFarlen, and McKinzie Moore.

In the Senior Division we had Sofia Joyner.

Our Next Play Day is scheduled for May 19th!!!

Books open at 6 and events start at 7.

Come join us at the Sherman County arena to cheer these kids on!!!

Business Directory

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Stratford, TX 79084
Phone: 806-366-5557

Duncan Chevrolet

www.duncanchevrolet.com
E-mail: duncanch@xit.net

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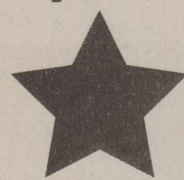
Jerry Cell 806-676-2902

Mickie Cell 806-683-5025

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Help Wanted

Help Wanted: Part time Secretary needed at First United Methodist Church. For an application call 396-2178 or 806 753-6255

Help Wanted for Spring cleaning. Call Gaynelle Riffe 1301 Beaver RD.806-396-5303

WANTED TO LEASE BY USDA

The US Dept. of Agriculture in Sherman County, City of Stratford, TX, seeks to lease 2,285 ABOA - 2,743 RSF office with 17 parking spaces for a term of 10 years full, 0 years firm.

To be considered, space offered must be located within the following delineated area: City limits of Stratford, TX. A copy of the delineated area map and further information can be located at www.FBO.gov.

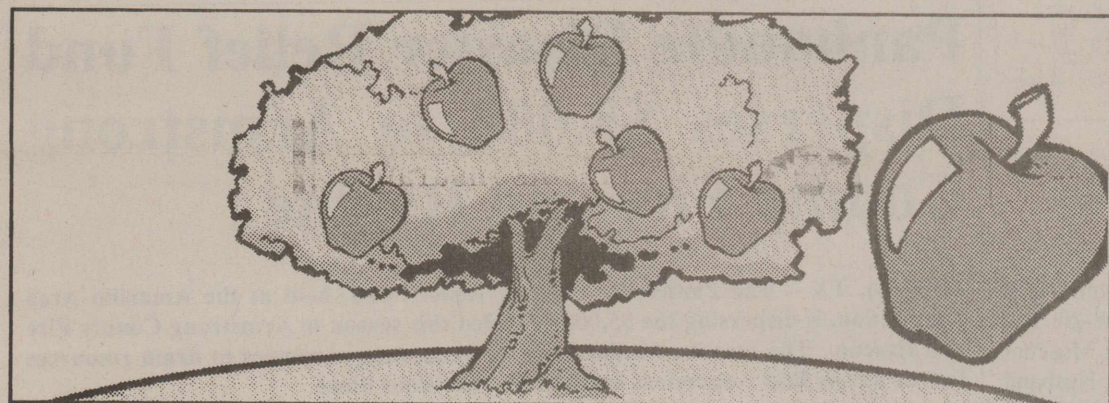
Offered space must meet Government requirements for fire safety, accessibility, seismic, and sustainability standards. A fully service lease is required. Proposed building, including parking areas shall not be located within a 100-year flood plain.

Expressions of Interest due by 5:00 p.m. Mountain Standard Time, XX/XX/2018.

Send Email or Hard Copy Expressions of Interest to:

AmeriVet Real Estate Services, Inc.
c/o Damon Moody
6950 E Chenango Ave, Suite 632
Denver, CO 80237
P: (303) 993-5929
Email: dnmoody@amerivetres.com

Please reference USDA 48-421-SHERMAN-2018 in your reply.



You're not getting older, you're getting better. An apple tree is at its prime when it's about 50 years old. The United States produces about 100 million barrels of apples a year.

EDUCATION NEWS & NOTES

Success Stories Prove That No One Gets A Diploma Alone

(NAPS)—The United States' national graduation rate rose to record highs in 2017.

The Problem
Nevertheless, there are still approximately 34 million American adults who do not have a high school diploma.

Why A Diploma Matters
On average, individuals with a high school degree can expect to earn 30 percent more than adults without a diploma over their lifetime, a difference of nearly \$10,000 per year, according to U.S. Census data. For many individuals, completing their high school education as an adult is just the beginning of their road to a college degree or new career.

Where to Find Free Classes
Studying while balancing work and family may seem difficult, but help, advice and inspiration are close at hand. Each adult education center will work with new students to place them in the right classes and create a custom learning plan. Teachers and tutors in each program help students learn the material and support them as they earn their diploma.

If you or someone you know doesn't have a high school diploma, visit www.FinishYourDiploma.org to find a nearby center and get started with classes.

New PSAs feature personal stories from recent graduates who earned their high school diplomas in their 20s, 30s and 40s. The campaign also showcases teachers who are helping students on their journey to achieving a high school equivalency diploma. The PSAs underscore that adults without a high school diploma may have more support than they realize—from teachers, friends and family—as they work toward continuing their education.

Share Your Story
If you've graduated with a high school equivalency or are taking classes to get your diploma, give a



Adults looking to finish their high school diploma have more help than they realize.

shout-out to those people who helped you along the road to graduation—teachers, family and friends. Use the #FinishYourDiploma hashtag and tell about a time when someone helped you succeed with your education or when you helped someone else pursue their educational goals. It could be as simple as driving someone to school or classes, or preparing meals so someone could study. By using #FinishYourDiploma, you could also be featured on the website www.FinishYourDiploma.org.

Resources Available
Since its inception in 2010, nearly 5 million people have visited the FinishYourDiploma.org site and more than 1 million adults across all 50 states have received help finding free test-prep classes in their area.

The site has a database of thousands of adult education centers around the country—each offering free classes to help people study for their GED, TASC or HiSET. The website also provides graduate stories, tips, information about what to expect from the tests, and a step-by-step guide to finishing your diploma.

How Your Next Dental Visit Could Save Your Life

(NAPS)—Nurse Sandy Wexler went to her dentist in 2012 for a routine teeth cleaning. During the exam, her dentist took a moment to feel the sides of her face, jaw and neck, looking for signs of oropharyngeal cancer—a type of cancer that occurs at the back of the mouth or top of the throat. Her dentist noticed an enlarged lymph node on the right side of Wexler's neck and sent Sandy to see her physician.

It was metastatic squamous cell oropharyngeal cancer.

After weeks of radiation and chemotherapy at The University of Texas MD Anderson Cancer Center, Wexler was cancer-free. But had she not seen the dentist when she did, Wexler might not be alive today.

"I credit [my dentist] with saving my life because otherwise it could have been six more months before this could have been diagnosed and found," she said.

The American Cancer Society estimates that there will be 51,540 new cases of oral cancer and oropharyngeal cancer diagnosed this year and 10,030 deaths from them. The U.S. Centers for Disease Control and Prevention (CDC) has noted that oropharyngeal cancer is on the rise.

As doctors of oral health, dentists see the mouth as a window to overall health and, as in Wexler's case, can identify clues suggesting cancer.

This means more and more dentists are talking with patients about health issues that might at first pass seem unrelated but can actually affect oral health. Human papillomavirus (HPV) vaccination is one such topic. In fact, the



Your dentist may be the first to spot serious medical problems, such as cancer, while they're easiest to treat.

American Dental Association has partnered with MD Anderson in an effort to improve public and professional education about the HPV vaccine and HPV-related cancers.

HPV vaccination was first discussed for its benefit in preventing cervical cancer in women, but there are other HPV-related cancers, including those at the back of the throat and the top of the mouth. The HPV vaccine can prevent infection with those strains of HPV responsible for 60 percent of oropharyngeal cancer cases. Because of this, consistent with the recommendation of the CDC, many dentists are now recommending both their male and female adolescent patients get the vaccine.

At your next dental appointment, don't be surprised if your dentist checks for signs of oral and oropharyngeal cancer and talks to you about the benefits of the HPV vaccine. HPV vaccination can prevent cancers; a thorough exam for signs of oral and oropharyngeal cancers could save your life.

College Corner

The First Step After College: Leaving Campus

(NAPS)—New college graduates may have the whole world at their feet, but first they have to get their feet—and everything else—out of the dorm and into their old home or new place.

To help make that transition a little smoother, the experts on moving at Penske Truck Rental offer 10 tips:

1. Plan ahead. Determine how long it'll take you to get to your destination—and then add in extra time for the unexpected. Take into account the time of day, likely traffic patterns and stops.

2. Reserve a moving truck in advance. For most students, a 12- or 16-foot truck is right for the job. Just remember, you're not the only one moving out. Try to reserve the truck and any accessories—boxes, packing tape, bubble packing material, moving blankets, hand trucks and so on—at least two weeks before you plan on leaving.

3. Try it before you drive it. Before you load up and drive away, familiarize yourself with the truck's switches and gauges. Adjust the seat and side mirrors so they match your height and comfort zone. Remember, it's likely to be taller, wider and heavier than the vehicle you're used to driving. That means you may have to drive more slowly and carefully, particularly on turns. Also, be aware that trucks have oversized blind spots. Know where these are.

4. Make sure you understand the rental agreement. Most include language from the U.S. Department of Transportation that prohibits the "carrying or hauling of explosives and other dangerous articles." That means you can't pack paint, chemicals and cleaning materials, flammable solvents, propane, gasoline and the like.

5. Be prepared for emergencies. First, you should know that most insur-



There are a few things you should keep in mind when it's time to pack up and move out of college and into the world.

ance and credit card companies won't cover truck rentals. You may want to sign up for additional coverage options to protect yourself and your belongings. Next, if you run into a problem, remember that you can call Penske for 24/7 roadside assistance.

6. Pack the back properly. Load the heaviest items on the truck first. Always bend your knees and lift with your legs, never your back.

7. Don't pack everything. Things you may need to grab in a hurry—paperwork, credit cards, identification, a change of clothes, drinks and snacks—should be kept close at hand in a travel bag with you in the cab.

8. Share. See if someone you know is going your way. Sharing the ride can help you save money, time and effort.

9. Look for discounts. For example, Penske Truck Rental is the exclusive truck rental partner of AAA and offers a discount to all AAA members.

10. Park thoughtfully. Park the truck in well-lit areas only and keep a padlock on the rear door.

Learn More
For more useful moving tips, call (800) GOPENSK or see www.PenskeTruckRental.com.

Fire Safety

Sound The Alarm: Help Save Lives

(NAPS)—Every 45 minutes, someone in this country is injured in a home fire, mostly in places without working smoke alarms—but you can help reduce such statistics.

Three Steps Toward A Solution

1. Check that you have working smoke alarms on every floor, in cooking areas and in every bedroom of your house.

2. Volunteer to help the American Red Cross. It's calling for thousands of volunteers to join Sound the Alarm events across the country as part of its Home Fire Campaign. During these



Help keep your loved ones and neighbors safe from home fires by installing working smoke alarms. Volunteer at www.SoundTheAlarm.org.

events, volunteers and partners install smoke alarms, replace batteries in existing alarms and help families create escape plans. As of March, the campaign is credited with saving 381 lives.

More than 1.1 million smoke alarms have been installed during Sound the Alarm home fire safety and smoke alarm installation events and volunteers are needed to help with upcoming events.

3. Donate to the American Red Cross. The money will help educate families on fire safety; install free smoke alarms nationwide; and provide food, comfort and aid to those who have been affected by a home fire. You'll be joining thousands of other Americans and generous organizations including Almost Family, Delta Air Lines, and FEMA through its Assistance to Firefighters Grant Program.

Learn More
To find out how to volunteer or to donate, go to www.SoundTheAlarm.org. To see how a smoke alarm saves lives, go to <https://vimeo.com/259007277>.

Health Awareness

A Heart Disease Risk Even Your Doctor May Not Know About

(NAPS)—If you're like most people, you're familiar with LDL (low-density lipoprotein) and HDL (high-density lipoprotein), particles in the blood that carry what is often referred to as "bad" and "good" cholesterol. There is, however, another lipoprotein particle you should be aware of: lipoprotein(a), also known as Lp(a), which poses a high risk of early cardiovascular disease.

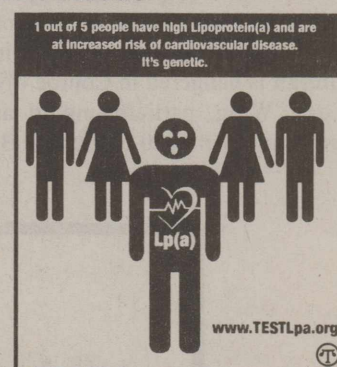
The Danger
High levels of Lp(a) travel through the bloodstream and enter into the arteries, leading to gradual narrowing of the artery that can limit blood supply to the heart or brain. This increases the risk of blood clots, heart attack, stroke and aortic stenosis. Lp(a) is the most prevalent genetic risk factor for coronary heart disease and aortic stenosis. One in five people have inherited high Lp(a)—63 million in the U.S. Anyone with a parent with elevated Lp(a) has a high risk of inheriting it.

People with high levels of Lp(a) can be at risk even if they're physically fit and have "normal" LDL and HDL cholesterol levels. Unfortunately, for many, the first sign of the disease is a heart attack or stroke.

A Simple Test May Be The Answer
The good news is a simple blood test measures Lp(a) concentrations, though it's not included in most standard lipid panel tests. Current cholesterol guidelines miss 8 percent of people who have a cardiovascular event whose only risk factor is high Lp(a). Knowing Lp(a) levels could be the first step in preventing up to 120,000 cardiovascular events in the U.S. every year.

Saving Lives In Three Easy Steps
1. Recognition: Test everyone for high lipoprotein(a) once in their lifetime.

2. Prevention: If you have high



It's a healthy idea to know all your cholesterol numbers, no matter how fit you feel.

Lp(a), work with your physician to develop an aggressive prevention plan.

3. Vigilance: People with high Lp(a) levels should be aware of stroke and heart attack symptoms.

"Fit, healthy people can inherit genetic factors like high Lp(a) that cause early heart disease," said Dr. Henry N. Ginsberg, the Irving Professor of Medicine at Columbia University. "Research continues to show the significance of Lp(a) as an independent, genetic risk factor for cardiovascular disease."

The Lipoprotein(a) Foundation's mission is to empower patients to prevent cardiovascular events and support research into a specific treatment for elevated lipoprotein(a). "We are advocating that Lp(a) testing be added to the standard cholesterol test to increase the rate of early diagnosis and provide a more accurate prediction of risk," said Sandra Revill Tremulis, founder of Lipoprotein(a) Foundation.

Learn More
For further facts visit www.TESTLpa.org.

Grand Opening



Grand Opening Held May 11th

A grand opening was held for El Arcoiris Ice Cream Shop on Friday, May 11th at 11 a.m. They are located on Main Street next to West Texas Gas. Shown above are Stratford Police Chief-Randy Hooks, Ann Johnson, Monica Reyes, Ruth Romero-owner, Maria Avalos, Lety Reyes, Not Pictured Freddy Romero, Ruth's husband and co-owner, Marsha Wright and Greg Wright.

Commemorative Air Force B-17 Texas Raiders Flying Fortress arriving in Amarillo Thursday, May 17th to be on display

The Commemorative Air Force B-17 Texas Raiders Flying Fortress will be returning to Amarillo on Thursday, May 17, to be on display Friday through Sunday, May 18-20. The historic World War II bomber will be on display at the Texas Air and Space Museum located at 10001 American Blvd north of the Bell Helicopter complex at Rick Husband Amarillo International Airport. Tours of the aircraft will be available on Friday from 12N to 5P and on Saturday and Sunday from 10A to 5P.

The cost for admission is \$10 per person, \$5 under 12 years of age or \$20 for a family of up to five. Rides on the aircraft may be purchased beginning at \$475. For more information, call TASM at (806)335-9159 or visit the website: <https://www.b17texasraiders.org>

Manufactured in 1945 and commissioned to the U.S. Navy, this B-17 has been restored to its wartime configuration and is one of only 11 B-17s still flying. Later equipped with rotating-scanner radar, it became one of the first Airborne Warning And Control System "AWAC" aircraft. It was used in Sea Search Early Warning Patrol along the Atlantic seaboard, finishing its military service in Japan. In military service, the aircraft had 77 months of service and 3,257 hours of flying time.

In civilian service, it was used as a cargo and aerial photographic aircraft to perform high-altitude mapping over the northwest U.S., Central and South America. It was then converted into an aerial platform for satellite tracking equipment. The aircraft was used in aerial surveys for oil and natural gas in the North Sea Project off western Norway and Scotland.

In 1967 it was purchased by the CAF for the purpose of preservation and painted in military colors, including nose markings as "Texas Raiders" with the Texas State flag. A 1993 restoration was included in the PBS documentary "Honor Squadrons." Today the aircraft is hangered in Conroe - North Houston Airport as part of the CAF Gulf Coast Wing, participating in air shows throughout the Midwest, including the 75th anniversary in 2010 of the first B-17 flight.

Panhandle Disaster Relief Fund Disperses \$5,000 to Armstrong County Fire and Rescue

Amarillo, TX – The Panhandle Disaster Relief Fund, held at the Amarillo Area Foundation, is dispersing the \$5,000 collected this season to Armstrong County Fire and Rescue. The massive Mallard fire in Armstrong continues to drain resources for the heroic first responders battling the enormous blaze.

Due to the generosity of local donors and in the true spirit of the Panhandle, firemen from across the state of Texas will benefit from the Panhandle Disaster Relief Fund. The funds will be used to meet the ongoing needs of the first responders involved in the Mallard fire in Armstrong County with resources such as food, sunscreen, lip balm, baby powder, and other necessities. Up to 400 firefighters from across Texas have been summoned to help with the fire, draining critical resources.

The fund was established in 2006 following a horrific wildfire season. In 2017 wildfires brought pain and destruction to the Texas Panhandle with loss of life, livestock, and property. The AAF Panhandle Disaster relief fund was used to support the efforts of the Working Ranch Cowboy Association to mitigate the loss to the cowboys and ranchers impacted by the fires. Generous donors, some from outside the 26 counties of the Texas Panhandle, gave to bring relief.

The Foundation is not legally allowed to make distributions directly to individuals but will make distributions to the non-profit organizations on the front line so they can help those who are affected most.

Additional funds are needed to meet the need. Donations can be made at the Amarillo Area Foundation offices (801 S. Fillmore), or online here: http://bit.ly/aaf_disaster

2018 SCDC

BLOCK PARTY

The Block Party will be held during the Stratford Jamboree on Saturday evening, July 28, 2018. Non-profit and for-profit organizations, private businesses & citizens are invited to register for a designated space as early as possible. People have already signed up to sell cold drinks, water, ice & cups, jewelry & crosses and essential oils. There is no charge for spaces but you will be assigned a certain spot. If you have questions call SCDC at 366.2897, text me at 806.753.6897 or email scdc@xit.net.