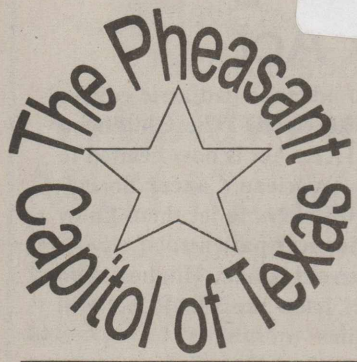


Martha Mitts 06/18  
PO Box 523  
Stratford, TX 79084



# The Stratford Star

75 cents

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Number 24 June 7, 2018



**Taylor Aduddell**

Taylor is the 18 year old daughter of Don & Mayrene Aduddell. Motto: Expect nothing, appreciate everything. She plans to attend Amarillo College to pursue a degree in the medical field



**Anna Campos**

Anna is the 17 year old daughter of Heather Clayton. Motto: She is far more precious than Jewels Proverbs: 3:10. She plans to attend OPSU and raise her son. While attending OPSU I plan to major in Elementary Education



## Graduation Edition Mistake

In our 2018 Graduation Edition the photos of these two graduates were wrong. I got the wrong photos on their Bios. They were switched. Again my apologies. Taylor and Anna. Good luck on your future.

**Reminder:**  
Free hot dog feed  
**Stratford Grain Co.**  
Thursday  
June 7, 2018  
11:30-1:30

### What's Happening

Summer Reading Programs at the Library Wednesdays in June (9:30 - 10:30)

Monday Movie Madness @ the Library  
June 2-August 6  
1:30 p.m.

Waka School Reunion-June 30<sup>th</sup>  
Beginning at 12 p.m. until?  
Accepting Free Will Donations for non profit  
FMI call Lori Borst at 806-202-4133 or  
Bernie Olivarez at 806-202-5230

Stratford Grain Hot Dog Feed  
Thursday, June 7, 2018

June 19<sup>th</sup> 2-4 p.m. Main Street Art, Impressionism by Amarillo Museum of Art \$2/person ages 8-88

June 28<sup>th</sup>, 6-8 p.m. Adults only Painting Class-Colorful Cacti \$25. Please contact Jana Clift to reserve a spot @ 806-679-7414

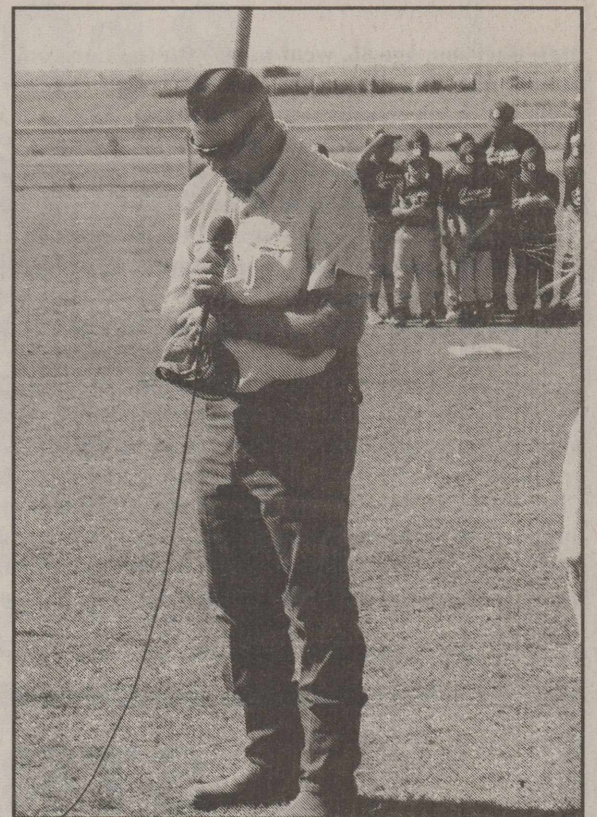
July 16-18 Drama Camp, Ages 4-6 meet from 10-11 a.m. and ages 7-11 meet from 2-4 p.m. \$20/child. Please call Laurie Spurlock to reserve a spot 806-366-2772

August 2<sup>nd</sup>, 2-3 p.m. Main Street Art, pottery by Cindy Russell \$2

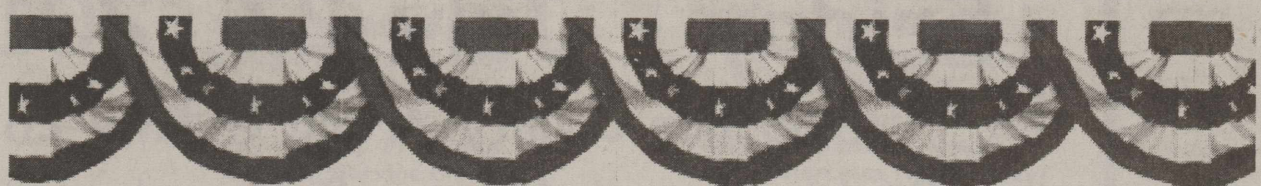


## Opening of Baseball Season

All Basketball schedules are on Page 7 of this week's edition. Be sure and save the schedules, they will only run one time. Good Luck to Everyone involved in the baseball season. Special thanks to Jessie Mariscal & Gennifer Baston

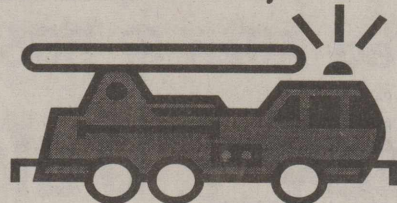


## RED, WHITE & BLUE JAMBOREE BANNERS



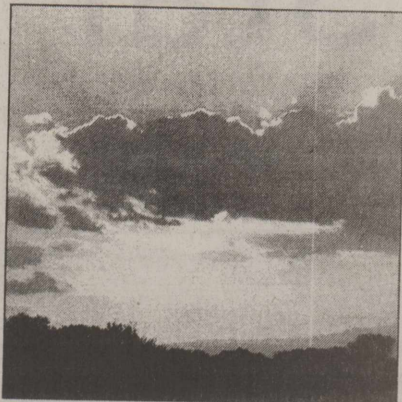
The Stratford Volunteer Fire Dept will be taking care of the banners again during Jamboree Week, this is a fundraiser for the VOLUNTEER Fire Dept. Most people don't see the firemen doing these things for the community but that's how they get done. The banners go up Sunday before and come down the Sunday after the Jamboree. These people do this on their own time, no matter what the temperature outside; they make sure the banners are up. Early Saturday morning, they're out there putting the flags up on Main Street for the parade. We couldn't do it without them! New banners were bought last year and paid for by this fundraiser. Banners are \$50; you can mail a check to the SVFD @ Box 45, drop it by the SCDC office or give it to Fire Chief Danny Davis. We are so lucky that the SVFD supports Stratford & Sherman County!!

***ALL proceeds go to the Fire Dept - Please support them!!***



***Deadline to reserve a banner is June 20, 2018.***

# Obituaries



**Sarah Keener**  
March 13, 1937-May 29, 2018

Sarah Keener, 81, of Stratford, passed away on Tuesday, May 29, 2018. The funeral service was conducted at 11 o'clock in the morning on Friday, June 1, 2018 at First United Methodist Church with Pastor Damon Stalvey officiating. Interment followed in the Stratford Cemetery under the direction of Morrison Funeral Directors. The family received friends from 5 o'clock until 7 o'clock in the evening on Thursday May 31st at the funeral home.

Sarah was born on March 13, 1937 in Stratford TX to Tom and Frankie (Naugle) Lavake. She grew up in Stratford and graduated from Stratford High School. She was united in marriage to Sherrydon Keener on May 29, 1955 in Clayton, New Mexico; he preceded her in death in 1996. Sarah spent her life farming side by side with Sherrydon. Sarah was a very strong willed lady who had a deep love and devotion to her family, especially her grandchildren. She also had a unique and very close relationship with her brother and sister that was very special. Even in her last days, she was always concerned for the well-being of her daughter over herself, showing a true mothers love. Sarah was a member of the First United Methodist Church.

In addition to her husband, she was also preceded in death by her sons: Ricky, Floyd and Steve; and brother Charlie Lavake.

She is survived by her daughter Jean Ann Haggard and husband Vence of Benbrook, TX; brother: Dr. Tommy Lavake of Arlington, TX; sister: Barbara Hite of Amarillo, TX; 8 grandchildren and 8 great grandchildren.



**Dale Jackson**  
February 18, 1932-June 1, 2018

Dale Jackson, age 86, went to be with the Lord on Friday, June 1, 2018 after a short period of declining health. She was born February 18, 1932 in Stratford, Texas to Jesse and Lena (Kirkwood) McWilliams. She grew in Stratford and was a graduate of Stratford High School. She attended Texas Women's University where she studied nursing. After marriage she lived in Cheyenne, OK and moved to Mustang in 1961 where the family lived at Camp Kickapoo until 1995 when they moved into the town of Mustang. Dale served the SW area of OKC as a rural letter carrier for 27 years, retiring in 1996. She was an active member of Mustang United Methodist Church and Mustang Senior Center. She was preceded in death by her parents, her husband Marshall, three brothers Boyd, Kirk, Donald and two sisters Marcile and Dorothy.

Survivors include two sons James Allen Jackson and wife Dianna of Henryetta, Texas, Roger Dale Jackson and wife Susan of McLoud, Oklahoma, one daughter Marsha Karlene Jackson-Ferguson and husband Kenneth of Oklahoma City, eight grandchildren, 13 great grandchildren and one sister Billie Merle Booth of Tipp City, Ohio. In lieu of flowers, memorial donations may be made to the "Senior Supporters" 1501 N. Mustang Rd., Mustang OK 73064. Memorial Services will be held at 2pm on Thursday, June 7, 2018 at Mustang United Methodist Church, under the direction of McNeil's Funeral Service, Mustang, Oklahoma.

## Congress passes promising childhood cancer STAR Act

I'm celebrating today. Congress just passed legislation to advance pediatric cancer research and expertise at the National Institutes of Health (NIH). The Childhood Cancer Survivorship, Treatment, Access and Research (STAR) Act is now headed to the President for his signature. As a volunteer with the American Cancer Society Cancer Action Network, I have been in touch with our lawmakers to let them know how important this legislation is to Texas and the world of cancer patients.

Just this month, our community said goodbye to 12-year-old Aaron Hughes, who died from osteosarcoma. It is my prayer that what comes from the STAR Act will help prevent parents from burying their children.

The only way to change the outcome for future cancer patients is to invest in the research that will produce more prevention and more cures.

I want to thank Sens. John Cornyn and Ted Cruz, along with our Rep. Mac Thornberry, for supporting this important legislation. I hope President Donald Trump will sign this legislation into law.

Susan Spurlock-Rawlins  
State Lead Ambassador, American Cancer Society Cancer Action Network-Texas  
Fritch, Texas

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## STRATFORD JR RODEO

Friday - July 27, 2018

Sherman County Arena @ Hwy 287 & 15

Books open at 4 p.m., Rodeo starts at 5 p.m.

\*\*Call Alexa Reed @ 806.390.9030 for information.\*\*

#####

## STRATFORD RANCH RODEO



Saturday - July 28, 2018

Sherman County Arena @ Hwy 287 & 15

Team Introduction at 5:30 p.m., Rodeo starts immediately afterwards.

\*\*Call Ted Allen @ 806.753.7351 for information.\*\*

Sunday - July 29, 2018

Rodeo starts at 1:30 p.m.

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It is the policy of Coldwater Manor, a nursing facility, to admit and to treat all residents without regard to age, race, color, national origin, sex, handicapped condition, religious preference or political beliefs. The same requirements for admission are applied to all, and residents are assigned within the nursing facility without regard to age, race, color, national origin, sex, handicapped conditions, religion or political beliefs. There is no distinction in eligibility for, or in the manner of providing, any resident service provided by or through the nursing facility. All facilities of Coldwater Manor are available without distinction to residents and visitors, regardless of age, race, color, national origin, sex, handicapped condition, religion or political occasion either to refer resident for admission or recommend Coldwater Manor are advised to do so without regard of the resident's age, race, color, national origin, sex, handicapped condition, religion or political beliefs. Published in The Stratford Star, Thursday, June 7, 2018 and Thursday, June 14, 2018

Have you visited Coldwater Manor Lately?  
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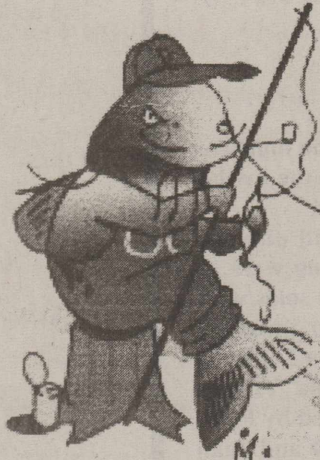
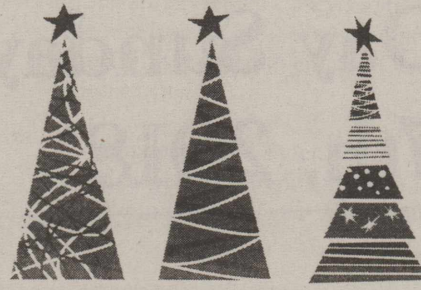
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WEDNESDAY, June 13<sup>th</sup> 10:30-11:30AM  
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## JULY 28, 2018

### SCDC BLOCK PARTY & STREET DANCE

Non-profit and for-profit organizations, businesses & citizens are invited to sign up for a designated space as early as possible. People have already registered to sell cold drinks, water, ice, jewelry & crosses, essential oils, BBQ, crochet items, original design writing pens, shrimp ceviche & jalapeno poppers!! Groups or individuals - anyone who wants to sell anything - Contact SCDC. There's no charge but you must reserve a space. If you have questions call SCDC at 366.2897, text your request to 806.753.6897 or email [scdc@xit.net](mailto:scdc@xit.net).

## 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**  
6<sup>th</sup> & 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. 3<sup>rd</sup>  
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.



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Miercoles (Wednesday)  
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Biblico & Servicio De Oracion 6 p.m.  
Servicio De Adoracion 6 p.m. se Cuidamos  
Susuiños 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. 3<sup>rd</sup> & 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.

## Father's Day Sunday June 17th, 2018

### SCOT's Monthly Luncheon Held May 24th

By Sonja Ragsdale

SCOT's monthly luncheon was held Thursday, May 24. Hostesses for the luncheon were Martha Mitts, Clara Updegrave, Terri Carter. Papa's Pitt cooked the brisket for the meal. A patriotic theme was used for the table decorations.

Entertainment was provided by students of Stratford High School band director, Kathryn Nusz and her assistant, Kara Rodden. The students performing were all qualifiers for state competition which was held Monday, May 28. Vocal solos were performed by Lara Wells and Jennifer Moillon, accompanied by former Stratford graduate, Luke Haile. Also performing was a brass trio made up of Erica Lopez on bass horn, Victor Torres and Dempsey Collums on trombones. Lilia Trayler performed a flute solo. A brass quartet consisting of two trombones played by Erica Lopez and Victor Torres along with two trumpets played by Aby Gomez and Juan Carlos completed the entertainment.

SCOT's monthly outing will be to Hogs BBQ located at the Moore County Airport, Dumas Texas on Thursday, June 14. A sign-up sheet has been posted at SCOT Hall. Those planning to attend will depart from SCOT Hall at 6pm.



## Stevenson & Sons Pest Control

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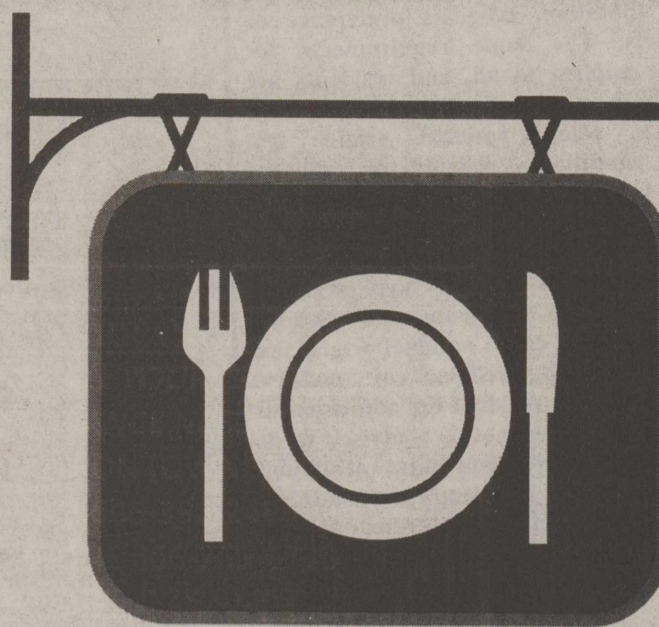
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Specials and events)

## Business Directory

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E-mail: [duncanch@xit.net](mailto:duncanch@xit.net)

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Lautz 769-4485

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# Minutes of Regular Meeting The Board of Trustees Stratford ISD

THE STRATFORD STAR  
Thursday, June 7, 2018  
Page 5

A Regular Meeting of the Board of Trustees of Stratford ISD was held Thursday, May 17, 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 present and called the meeting to order at 7:00 PM.

#### Board Members Present:

Brad McBryde, President  
Tim Hudson, Vice President – arrived at 7:45 PM  
Jo Hinds, Secretary  
Tres Hess  
Dan Law – absent  
Walt Berry  
Bryan Clift

#### Present Administration, Staff and Others:

Mike Dominguez, Superintendent  
PJ Hanna, HS Principal  
Clint Seward, JH Principal  
Jennifer DeAnda, MAE Principal  
Dinah Horsford, Supt Secretary  
Renae Horsford, JH Coach/Teacher  
Jon Murphy, HS Coach/Teacher  
Kristin Chavira, Teacher

### B. INVOCATION

Mr. Hanna led the invocation.

### C. INTRODUCTIONS OF GUESTS

Mr. Dominguez introduced the guests. Other guests included Shay Hess, Blake Rios, Addie Wells, Roger Wells, Monica Hernandez, Anthony Gonzalez, and Arturo Chaviro.

### D. RECOGNITION

The board recognized the junior high district track champions. They were: CJ Hernandez – 200, Discus, Vinny Aguilera – 2400, Zane Burr – 110M Hurdles, Long Jump, Cody Paige Audrain – Discus, Addie Wells – Pole Vault, Anthony Gonzalez – Shot Put, Discus, Diego Quintero – Pole Vault, High School Area, Regional and State Track Qualifiers were recognized. They were – Natalia Reta, Gemma Lucero, Laynee Burr – 4<sup>th</sup> place State in Triple Jump, Lucero Robles, Vanessa Gonzalez, Shaylee Audrain, Janehth Bravo, Ashton Lavake, Rese Schoonover, Reaghan Audrain, Abraham Villegas, Alberto Guerrero, Baruc Ortega, Blake Rios - 5<sup>th</sup> State in 800M,

Carlos Almdarez, Daniel DeCasas, Iuden Romero, Juan Carlos Quintero, Justin Duran, Noah Harris – 3<sup>rd</sup> place State in Shot Put, Sergio Guererro, Shay Hess.

## 2. OPEN FORUM

There was no one present to speak in open forum.

## 3. REPORTS

### A. SUPERINTENDENT'S REPORT

Mr. Dominguez gave the superintendent's report. He reported a district enrollment of 588. A pre-bid meeting was held on May 15<sup>th</sup>. Bid contracts will be opened on May 22<sup>nd</sup>. Abatement will begin on May 29<sup>th</sup> and contracts will be approved on May 29<sup>th</sup>. Construction will begin on June 4<sup>th</sup>. The board will have a training on June 5<sup>th</sup> at 7:00 PM.

### B. BUSINESS MANAGER'S REPORT

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

### C. PRINCIPAL'S REPORT

Mrs. DeAnda report on the emergency training that was held on her campus. She commended Sheriff Ted Allen and all of the first responders that had a part in the exercise. The elementary are finishing the NWEA testing as well as STAAR testing this week. The Kindergarten went to Barnes and Nobles for a field trip sponsored the Education Foundation. Every child left with 2 books. The 3<sup>rd</sup> and 4<sup>th</sup> grades have taken field trips to the Citadel in Canadian. These trips were funded through the education foundation. Summer school will begin June 4<sup>th</sup>.

Mr. Seward gave the junior high report. He reported that all of the NWEA and STAAR tests are complete. He reported on the results from the first administration of the 5<sup>th</sup> and 8<sup>th</sup> grade STAAR. They were higher than last year's results. The 8<sup>th</sup> grade will go to Guymon for the end of year trip on Friday, May 18<sup>th</sup>. The 5<sup>th</sup> – 7<sup>th</sup> graders who met their AR goals will go to Dumas to go bowling. James DeAnda is the 8<sup>th</sup> grade Valedictorian and Kaytly Clift is the Salutatorian. He congratulated these students. He reported that Linda Henderson received a \$2500 grant from Monsanto. She originally submitted the grant to Xcel and BA Donelson and Jon Engelbrecht saw the grant and thought that it should be submitted to Monsanto as well. He thanked Jon and BA for their help with the grant.

Mr. Hanna gave the high school report. He passed out a sheet on awards and honors that SHS has earned this year. He reported that prom went well and was well attended. The NWEA testing is completed as well as end of course and STAAR testing.

## 4. CONSENT AGENDA

Bryan Clift made the motion and Walt Berry made the motion to approve the consent agenda as presented. Motion carried 6-0.

## 5. APPROVE ASBESTOS ABATEMENT FOR BOND PROJECT

Tres Hess made the motion and Jo Hinds seconded to approve the asbestos abatement from ARLO Environmental for \$47,387.00. Motion carried 6-0. SEE ATTACHMENT #1

## 6. APPOINTMENT OF NEW BOARD MEMBER

Discussion was held on the appointment of a new board member for Tres Hess.

## 7. CONSIDER BUS LEASES

Tim Hudson made the motion and Walt Berry seconded to auction off the 2 spare route busses, cancel the lease on route #4 bus when it comes up for renewal in January 2019, pay out the lease route #1 bus at \$38,500 when it comes due in July 2019 and lease a 14 passenger and 29 passenger bus. Motion carried 6-0.

## 8. PERSONNEL

### A. RESIGNATIONS

Brad McBryde read a letter of resignation from Kara Rodden effective May 25, 2018. Tres Hess made the motion and Tim Hudson seconded to accept the resignation with regrets. Motion carried 6-0.

Brad McBryde read a letter of resignation from Desine Garza effective May 25, 2018. Bryan Clift made the motion and Jo Hinds seconded to accept the resignation with regrets. Motion carried 6-0.

Brad McBryde read a letter of resignation from Susan Wheeler effective May 25, 2018. Walt Berry made the motion and Bryan Clift seconded to accept the resignation with regrets. Motion carried 6-0.

## B. EMPLOYMENT

Mr. Seward presented Casey Lantelme for employment as a certified classroom teacher subject to assignment. Tres Hess made the motion and Bryan Clift seconded to employ Casey Lantelme subject to assignment. Motion carried 6-0.

Mr. Hanna presented Tyler Wright for employment as a certified classroom teacher subject to assignment. Tim Hudson made the motion and Jo Hinds seconded to employ Tyler Wright subject to assignment. Motion carried 6-0.

Mr. Hanna presented Bryce Victory for employment as a certified classroom teacher/band director subject to assignment. Tres Hess made the motion and Tim Hudson seconded to employ Bryce Victory subject to assignment. Motion carried 6-0.

Mrs. DeAnda presented Rebecca Gonzales for employment as a certified classroom teacher subject to assignment. Walt Berry made the motion and Tres Hess seconded to employ Rebecca Gonzales subject to assignment. Motion carried 6-0.

Mrs. DeAnda presented Marilyn Clark for employment as a certified classroom teacher subject to assignment. Tim Hudson made the motion and Tres Hess seconded to employ Marilyn Clark subject to assignment. Motion carried 6-0.

## 9. ADJOURN

The meeting was adjourned at 9:25 PM.

## Health And Well-Being

### Don't Let Nausea Spoil Your Life

(NAPS)—If you ever get sick to your stomach due to pregnancy, chemotherapy, surgery, riding in a car, a boat, a plane or an amusement park ride, or even virtual reality gaming, you may be relieved to learn two things:

First, you're not alone. Nausea affects millions of people every day. Scientists are not sure why, but according to a study published in the journal *Aviation, Space, and Environmental Medicine*, there is a significant genetic contribution that may be responsible for as much as 57 percent of the people who suffer from motion sickness.

#### What To Do

Next, whatever the cause, you can feel better with the help of these four anti-nausea tips:

- Eat light, plain food, such as dry bread and crackers.
- Avoid anything too sweet or greasy.
- Sip certain liquids if you can—ginger ale, ginger tea, mint tea and plain water may all help.
- Get a fast-acting, drug-free, nausea relief band that works without the side effects of medications such as drowsiness and constipation.

#### How It Works

Featuring a clinically proven technology, it's a specially designed wristband that uses patented scientific knowledge, endorsed by health care professionals, and that emits accurately programmed pulses with highly specific waveforms, frequency and intensity. These pulses signal the median nerve at the P6 location on the underside of the wrist. This stimulation of the nerves, known as "neuromodulation," uses the body's natural neural pathways to send



You can enjoy travel, boating and other activities without nausea thanks to ingenious scientists.

messages to the part of the brain that controls nausea, retching and vomiting. The signals have a rebalancing effect, normalizing nerve messages from the brain to the stomach and quickly reducing symptoms of nausea, retching and vomiting.

The unique band is easy to use and comfortable to wear, even over time, and the attractive design rivals the most fashionable wearables. Called Reliefband 2.0, it features a latex-free band and hypoallergenic surgical steel contacts for efficient transmission of pulses. The intuitive display has 10 intensity settings that can be moved up and down at the touch of a button and a battery that lasts about 18 hours on a full charge and recharges quickly. This adjustable band, designed to control nausea, helps put you back in control so you can live your life in full motion.

#### Learn More

For further information, go to [www.reliefband.com](http://www.reliefband.com), and to find a community of fellow nausea sufferers and learn how they cope, visit [www.nationalstopnauseaday.com](http://www.nationalstopnauseaday.com).

## Where Does School Money Go? Not To Teachers, Study Shows

(NAPS)—There are a little over 3 million teachers in America's public schools and for the majority of them, interacting with children is the best part of the job. That's just as well, since for too many, salary and working conditions are pretty poor.

In fact, for more than 20 years, teacher salaries have not even been keeping up with the cost of inflation. According to a recent report by Benjamin Scafidi, Ph.D., a professor of economics at Kennesaw State University, there's been a great Teacher Salary Stagnation and between 1992 and 2014, real average salaries for public school teachers actually fell by 2 percent.

#### Where The Money Went

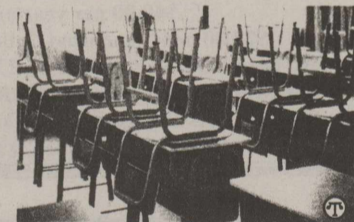
While spending on education has risen in many states, instead of increasing teacher salaries, the public schools added personnel at a rate almost four times that of student enrollment growth—and these new hires were disproportionately nonteachers.

If this increase in "other staff" had matched student enrollment growth, the schools would have saved almost \$35 billion a year. That could have meant an \$11,100 raise for every teacher or education savings accounts (ESAs) for more than 4 million students to offset tuition payments at private schools, to save for college, or to pay for other educational services, therapies, curricula and materials.

Essentially, taxpayers spent a lot more per student, but teachers didn't see much of it. That may be one reason so many school systems have been seeing teacher strikes lately.

#### What Students Got

What's more, this had no measurable



If parents had a greater say in where education money goes, teachers and students would both be better off, a professor contends.

positive effect on students. National Assessment of Educational Progress Long-Term Trend scores for 17-year-olds fell by three points in reading and are flat in mathematics since 1992.

#### What Can Be Done

Dr. Scafidi suggested states should expand school choice and create incentives for schools to compete for teacher talent and students.

How? By empowering parents to choose the best educational fit for their kids—and allowing the funding to follow them. This, Dr. Scafidi said, lets families, not bureaucrats, decide where and how school dollars are spent. And if schools aren't paying teachers what they deserve, those teachers should be able to teach where they'll be paid for their hard work.

#### Learn More

Dr. Scafidi's research was published by EdChoice, a nonprofit, nonpartisan organization dedicated to advancing full and unencumbered educational choice as the best pathway to successful lives and a stronger society. To read the entire report, go to [www.edchoice.org/StaffingSurge](http://www.edchoice.org/StaffingSurge).

## 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.



## SLE hoops camp

Who: Incoming 2<sup>nd</sup> – 9<sup>th</sup> graders

What: Work and develop skills and mental culture of SLE basketball

When: June 11 – 14, 9:00 – 12:00

Why: To continue the strong and growing tradition and culture of SLE basketball.

Cost: \$40 per camper (checks payable to Stratford summer basketball)

Name: \_\_\_\_\_

Shirt Size: \_\_\_\_\_

ATHLETICS, BY THEIR VERY NATURE, POSE A RISK OF A PARTICIPANT BEING SERIOUSLY INJURED. INJURIES COULD INCLUDE, BUT ARE NOT LIMITED TO, FRACTURES, UNCONSCIOUSNESS, PARALYSIS, DISFIGUREMENT, HEAD INJURIES, AND POSSIBLY DEATH. ALL ATHLETIC PARTICIPANTS ACKNOWLEDGE AND UNDERSTAND THAT PARTICIPATION IS VOLUNTARY AND NOT REQUIRED BY THE SCHOOL OR DISTRICT.

Parent signature: \_\_\_\_\_

## Legal Notice INVITATION TO BIDDERS

Sealed Bids, in duplicate, addressed to Stratford Hospital District, Attention: Leo Sanders, CEO/District Administrator, will be received at the office of Stratford Hospital District, 1111 Beaver Rd, Stratford, Texas 79084 until 5:00 p.m. Local Time, June 30th 2018, and then publicly opened and read for "Nursing Facility Kitchen Remodel".

Scope of Work of the Contract includes remodeling the kitchen of Coldwater Manor, including replacing floors in kitchen area and dish room, painting wall and replacement of ceiling tiles, installing new 3 compartment sink in Kitchen area, replacement of current counter space with all stainless steel, replacement of steam table and a steamer.

Bids received after the closing time will be returned unopened. Each Bid must be accompanied by a bid bond or a certified or cashier's check, acceptable to the Owner, in an amount not less than 5 percent of the total amount bid, as a guarantee that the successful bidder will enter into the contract and execute the bonds on the forms provided and provide the required insurance certificates within 7 days after the date contract documents are received by the contractor.

Bidding documents may be examined at 1111 Beaver Rd, Stratford, Texas 79084 or may be obtained by prospective bidders or suppliers upon payment of fifty dollars (\$50.00 non-refundable plus cost of delivery) (\$25.00 for electronic copy) for each set of documents at 1111 Beaver Rd, Stratford, Texas 79084.

Stratford Hospital District reserves the right to reject any or all bids and to waive all defects and irregularities in bidding or bidding process except time of submitting a bid. The successful bidder, if any, will be the bidder offering the best value for Stratford Hospital District based on the published criteria provided in the bid documents and on its evaluation in accordance with Chapter 1099 of the Texas Special District Local Laws Code and Chapter 2269 of the Texas Government Code. In determining the best value for the District, the District will consider: (1) the purchase price;(2) the reputation of the bidder and of the bidder's services; (3) the quality of the bidder's services; (4) the extent to which the services meet the District's needs; (5) the bidder's past relationship with the District; and (6) any relevant criteria specifically listed in the request for bids or proposals.

Stratford Hospital District

Published in The Stratford Star, Thursday, June 7, 2018, Thursday, June 14, 2018, Thursday, June 21, 2018 and Thursday, June 28, 2018

## Help Wanted

Coldwater Manor in Stratford, Texas is looking for part time experienced CNA's. We offer great pay and working atmosphere. If interested come by 1111 Beaver Road for an application or send your resume to [dgross@shdistrict.com](mailto:dgross@shdistrict.com).  
6-7-6-14 c



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Thanks-Marty

### 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)



The Pitcairn Islands have the world's shortest highway system, with just over three miles of road.

## SISD Healthy Summer Meals for Kids

Location: Mary Allen Elementary ELKS Café

501 N Shirley Stratford, TX

Dates: Friday, June 1<sup>st</sup> 2018-Friday, June 29<sup>th</sup>, 2018

Breakfast: 7:50am-8:20am

Lunch: 11:15am-12:15pm

**\*\*No cost for kids 18 years and younger!**

\*\*\*No adults pass the Café Doors unless you plan to purchase a \$3.50 meal



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We're proud to be a Reinke dealer and represent a company that calls rural America home. Reinke is an independent company that cares more about building great irrigation systems than returning dividends to stockholders. Just like us, Reinke values honesty, trust, common sense and tradition. If those things are important to you too, come see us to learn more about high-performance Reinke irrigation systems.

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PO Box 1123  
Stratford, Texas 79084

806-396-2300  
806-679-9007

Office  
Chuck's Cell

[www.reinke.com](http://www.reinke.com)

## 2018 Stratford Youth Sports Little League

Date	Time	Home	Visitors	Field
06/02	7:00PM	Dodgers	Rangers	Stratford
06/04	7:30PM	Dodgers	Texhoma	Stratford
06/07	7:30PM	Rangers	Texhoma	Stratford
06/12	7:30PM	Rangers	Dodgers	Stratford
06/18	7:00PM	Texhoma	Dodgers	Texhoma
06/19	7:30PM	Dodgers	Rangers	Stratford
06/21	7:00PM	Texhoma	Dodgers	Texhoma
06/22	7:00PM	Texhoma	Rangers	Texhoma
06/25	6:30PM	Rangers	Texhoma	Stratford

SINGLE ELIMINATION TOURNAMENT WILL BE JUNE 28-30

Closing ceremonies will follow the last game on the 30th.

Home team is responsible for prepping the fields each game day.

Visiting team is responsible for picking up trash around the fields each game day.

## 2018 Stratford Youth Sports COACH PITCH

Date	Time	Home	Visitors	Field
06/02	6:00PM	Braves	Cubs	Stratford
06/04	6:30PM	Braves	Giants	Stratford
06/04	7:00PM	Texhoma 1	Texhoma 2	Texhoma
06/05	6:30PM	Cubs	Texhoma 2	Stratford
06/05	7:00PM	Texhoma 1	Braves	Texhoma
06/05	7:30PM	Bandits	Giants	Goodwell
06/07	6:30PM	Cubs	Giants	Stratford
06/07	7:00PM	Texhoma 2	Bandits	Texhoma
06/08	6:30PM	Braves	Bandits	Stratford
06/08	7:30PM	Cubs	Texhoma 1	Stratford
06/08	7:00PM	Texhoma 2	Giants	Texhoma
06/11	6:30PM	Giants	Texhoma 1	Stratford
06/11	7:00PM	Texhoma 2	Braves	Texhoma
06/12	6:30PM	Giants	Braves	Stratford
06/12	7:00PM	Texhoma 2	Texhoma 1	Texhoma
06/12	7:30PM	Bandits	Cubs	Goodwell
06/14	6:30PM	Cubs	Braves	Stratford
06/14	7:30PM	Giants	Texhoma 2	Stratford
06/14	7:00PM	Texhoma 1	Bandits	Texhoma
06/15	6:30PM	Giants	Bandits	Stratford
06/15	7:30PM	Braves	Texhoma 1	Stratford
06/15	7:00PM	Texhoma 2	Cubs	Texhoma
06/18	6:30PM	Giants	Cubs	Stratford
06/18	7:30PM	Braves	Texhoma 2	Stratford
06/19	7:00PM	Texhoma 1	Giants	Texhoma
06/19	7:00PM	Bandits	Texhoma 2	Goodwell
06/21	7:00PM	Bandits	Texhoma 1	Goodwell
06/22	6:30PM	Cubs	Bandits	Stratford
06/25	7:00PM	Texhoma 1	Cubs	Texhoma
06/26	7:00PM	Bandits	Braves	Goodwell

SINGLE ELIMINATION TOURNAMENT WILL BE JUNE 28-30

Closing ceremonies will follow the last game on the 30th.

Home team is responsible for prepping the fields each game day.

Visiting team is responsible for picking up trash around the fields each game day.

## 2018 Stratford Youth Sports T-BALL

Date	Time	Home	Visitors	Field
06/02	6:30PM	Rangers	Braves	Stratford
06/02	7:30PM	Astros	Cardinals	Stratford
06/02	7:00PM	Texhoma 1	Texhoma 2	Texhoma
06/04	6:30PM	Cardinals	Rangers	Stratford
06/04	7:00PM	Texhoma 2	Astros	Texhoma
06/04	7:00PM	Bandits	Braves	Goodwell
06/05	6:30PM	Cardinals	Texhoma 2	Stratford
06/05	6:30PM	Bandits	Astros	Goodwell
06/05	7:00PM	Texhoma 1	Braves	Texhoma
06/07	6:30PM	Cardinals	Texhoma 1	Stratford
06/07	7:30PM	Braves	Astros	Stratford
06/07	7:00PM	Bandits	Rangers	Goodwell
06/08	6:30PM	Cardinals	Braves	Stratford
06/08	7:00PM	Texhoma 1	Rangers	Texhoma
06/08	7:00PM	Bandits	Texhoma 2	Goodwell
06/11	6:30PM	Braves	Texhoma 2	Stratford
06/11	7:30PM	Rangers	Astros	Stratford
06/11	7:00PM	Texhoma 1	Bandits	Texhoma
06/12	6:30PM	Astros	Texhoma 1	Stratford
06/12	6:30PM	Bandits	Cardinals	Goodwell
06/12	7:00PM	Texhoma 2	Rangers	Texhoma
06/14	6:30PM	Cardinals	Astros	Stratford
06/14	7:30PM	Braves	Rangers	Stratford
06/14	7:00PM	Texhoma 2	Texhoma 1	Texhoma
06/15	6:30PM	Astros	Texhoma 2	Stratford
06/15	7:30PM	Rangers	Cardinals	Stratford
06/15	7:00PM	Bandits	Braves	Goodwell
06/18	6:30PM	Astros	Bandits	Stratford
06/18	7:30PM	Braves	Texhoma 1	Stratford
06/18	7:00PM	Texhoma 2	Cardinals	Texhoma
06/19	6:30PM	Astros	Braves	Stratford
06/19	7:30PM	Rangers	Bandits	Stratford
06/19	7:00PM	Texhoma 1	Cardinals	Texhoma
06/21	6:30PM	Rangers	Texhoma 1	Stratford
06/21	7:30PM	Braves	Cardinals	Stratford
06/21	7:00PM	Texhoma 2	Bandits	Texhoma
06/22	6:30PM	Astros	Rangers	Stratford
06/22	7:00PM	Texhoma 2	Braves	Texhoma
06/22	7:00PM	Bandits	Texhoma 1	Goodwell
06/25	6:30PM	Cardinals	Bandits	Stratford
06/25	7:30PM	Rangers	Texhoma 2	Stratford
06/25	7:00PM	Texhoma 1	Astros	Texhoma

SINGLE ELIMINATION TOURNAMENT WILL BE JUNE 28-30

Closing ceremonies will follow the last game on the 30th.

Home Team is responsible for fixing fields for Play

Visitor Team is responsible for picking up trash after the games

## Health Awareness

### When It Comes To Stroke, It's OK To Overreact

(NAPS)—Stroke affects more than 795,000 people in the United States every year.<sup>1</sup> Also known as a "brain attack," a stroke occurs when a blood vessel that carries oxygen to the brain is blocked by plaque (acute ischemic stroke) or ruptures and bleeds (hemorrhagic stroke).<sup>2</sup> If you suspect stroke, call 911 immediately.

The saying "time is brain" references the importance of receiving immediate medical attention for a stroke before it starts affecting brain function. Stroke is serious; quick treatment can be the deciding factor between recovery and disability.<sup>3</sup>

#### How To Recognize Stroke

Would you or your loved ones know what to do in the event of a stroke?

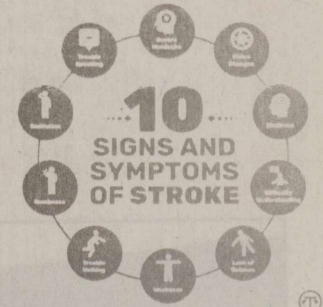
It's important to recognize all the ways in which stroke can present itself to be best prepared in the case of a medical emergency as the symptoms don't always appear the same in every person.

Many people may be familiar with the F.A.S.T. signs of stroke, but could you recognize all 10 signs?

1. Confusion
2. Difficulty Understanding
3. Dizziness
4. Loss of Balance
5. Numbness
6. Severe Headache
7. Trouble Speaking
8. Trouble Walking
9. Vision Changes
10. Weakness<sup>4</sup>

As with most symptoms, these are not unique to stroke but if they appear quickly and are out of the ordinary, they may indicate a serious condition that requires immediate attention.

If you recognize any combination of these signs, it's okay to "overreact." Sus-



Knowing the 10 signs and symptoms of stroke could make all the difference for a loved one.

icion is enough reason to take action and call 911. Do not wait for symptoms to subside. The right care—right away—has the potential to save both lives and quality of life.<sup>4</sup>

#### Who Is At Risk?

While a stroke can happen to anyone at any time, certain factors can place your loved ones at an increased risk of having a stroke.<sup>5</sup> One of the best ways to protect them from stroke is to know their risks and do what you can do to help reduce them.

While you can't control age or family history, there are many manageable risk factors that can lower your loved one's chances of stroke. Some healthy life choices that decrease risk include:

- Not smoking or using tobacco products
- Limiting alcohol consumption
- Maintaining a healthy diet
- Exercising regularly.<sup>6</sup>

#### Learn More

To learn more about stroke and how to recognize all 10 signs and symptoms, visit [www.signsofstroke.org](http://www.signsofstroke.org).

1. Stroke Facts. Retrieved March 23, 2018 from <https://www.cdc.gov/stroke/facts.htm>  
2. Stroke 101: Fast Facts on Stroke. Retrieved March 23, 2018 from [http://www.stroke.org/sites/default/files/research/NSA\\_2016/Fast\\_Facts\\_on\\_Stroke\\_101\\_2014.pdf](http://www.stroke.org/sites/default/files/research/NSA_2016/Fast_Facts_on_Stroke_101_2014.pdf)  
3. Stroke Warning Signs and Symptoms. Retrieved March 22, 2018 from [http://www.strokeassociation.org/STROKEORG/WarningSigns/Stroke-Warning-Signs-and-Symptoms\\_UCM\\_308528\\_SubHomePage.jsp](http://www.strokeassociation.org/STROKEORG/WarningSigns/Stroke-Warning-Signs-and-Symptoms_UCM_308528_SubHomePage.jsp)  
4. About Stroke Treatment. Retrieved March 26, 2018 from [http://www.strokeassociation.org/STROKEORG/AboutStroke/Treatment/Stroke-Treatment\\_UCM\\_392917\\_SubHomePage.jsp](http://www.strokeassociation.org/STROKEORG/AboutStroke/Treatment/Stroke-Treatment_UCM_392917_SubHomePage.jsp)  
5. What is Stroke? Retrieved March 23, 2018 from <http://www.stroke.org/understand-stroke/what-stroke>  
6. Behaviors That Increase Risk for Stroke. Retrieved April 3, 2018 from <http://www.cdc.gov/stroke/behavior.htm>

## Hints For Homeowners

### What You Need To Know About Your Ductwork

(NAPS)—Your health and your wealth. Those are the two major reasons you should have your HVAC system inspected by a reputable, certified professional. Consider this:

#### Your Health

Your heating and cooling system is essentially the lungs of your home. The system takes air in and "breathes" air out. Through normal living in a house, a great deal of contaminants and air pollutants—dander, dust, chemicals—get pulled into the HVAC system and recirculated an average of six times a day. Over time, this causes a buildup of contaminants in the ductwork.

While dirty ducts don't necessarily mean unhealthy air, they can contribute to health issues, especially for people with respiratory problems, autoimmune disorders or allergies.

#### Your Wealth

According to the U.S. Department of Energy, 25 to 40 percent of the energy used for heating or cooling a home is wasted. Contaminants in the heating and cooling system cause it to work harder and shorten its life. Even though there are filters, the system still gets dirty. When an HVAC system is clean, it doesn't have to work as hard to maintain the temperature you desire. As a result, you save energy and money.

#### What You Can Do

A qualified contractor can meet your duct cleaning needs. Here are seven things to ask for:

1. Insurance and licenses.
2. An assessment and explanation of the service to be provided.
3. Information on which components will be cleaned as part of the service: air ducts (supply and return), coils, drains, registers, grilles and so on.

4. A limit on the amount of dust, dirt and debris released into your home during the cleaning.

5. Both agitation and vacuum collection while cleaning.

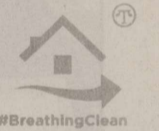
6. Information about any chemicals used as part of the cleaning, including a safety data sheet for the products used.

## HOW MUCH DOES AIR DUCT CLEANING COST?

An average-size home typically ranges in cost from \$450-\$1,000

#### FACTORS THAT AFFECT COST AND TIME ESTIMATES:

- the type of ductwork
- system size
- system accessibility
- number of crew members required
- level of contamination
- environmental factors



7. Proof of National Air Duct Cleaners Association (NADCA) membership and certification. NADCA members follow the industry standard for HVAC system cleaning and must:

- Have at least one NADCA-certified Air Systems Cleaning Specialist (ASCS) on staff.
- Maintain general liability insurance.
- Agree to clean according to ACR, the NADCA standard.
- Comply with NADCA's code of ethics.
- All ASCS-certified individuals must acquire continuing education credits to maintain certification each year.

It's this dedication to quality and a higher standard of performance that can mean peace of mind for you.

#### Learn More

For further information, visit [www.BreathingClean.com](http://www.BreathingClean.com). There, you can also find the professional directory of NADCA members.

## Sleep Facts

### Three Cool Ideas For A Better Night's Rest

(NAPS)—The next time you find yourself kicking your leg out of the side of your blankets to cool off or turning your pillow over because it's too hot—you won't be alone. Some 50 million Americans are affected by intermittent sleep problems, potentially created by bedding choices, according to the National Sleep Foundation—but you don't have to be.

Not many people realize it, but surrounding yourself with breathable fabrics while you sleep is essential for a restful night. Airflow matters because it lets heat naturally dissipate away from your body and helps keep your temperature regulated. Overheating can lead to a night of tossing and turning, leaving you groggy the next day because you didn't recover properly the night before.

#### What To Do

So what's the solution? It's possible to get more out of each day by enhancing your sleep environment. There are options that can cater to your individual sleep position, body frame and temperature to help you maximize recovery at night.

Consider these facts and tips for a better night's sleep:

1. There are 24 vertebrae in your back, eight of which are supported by a pillow and the rest by your mattress. Therefore, while you're sleeping, 30 percent of your comfort comes from your pillow and 70 percent comes from your mattress. This is why it's important to have the right fit of sleep equipment that supports your body's needs.

2. Get personalized. It's true that one size doesn't fit all—especially when it comes to your bedding. You might want



You may be able to sleep more soundly in a bed suited to your personal needs and dimensions.

to check out Bedgear, which offers a personalized Performance Sleep System and a Pillow ID fitting process, used by professional sports teams such as the Boston Celtics and Dallas Mavericks. The process is designed to fit people with individualized products for the best sleep every night.

3. Spend the last hour before bed away from electronics. Taking some time to relax and unwind calms your body and helps your brain transition more easily into deep sleep. At the same time, you're removing artificial sources of the blue light found in electronic devices that activates your brain to stay awake and can disrupt sleep.

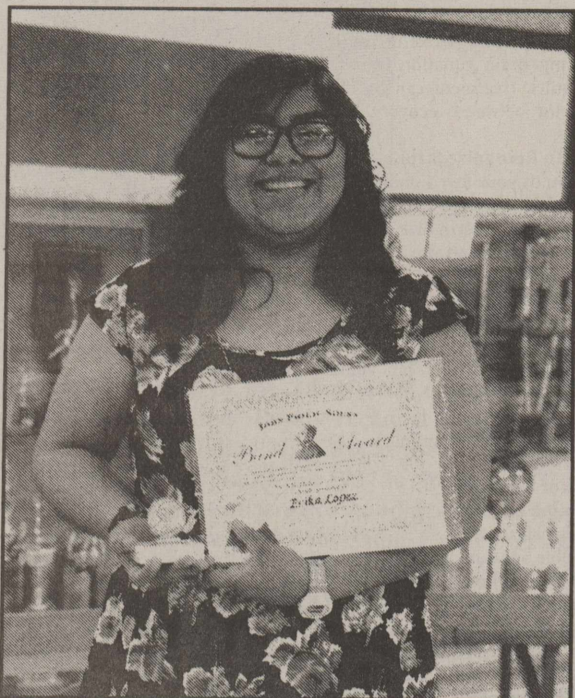
Personalization, coupled with fabric technologies that are engineered to promote airflow and assist with temperature regulation, can ensure that your sleep environment is optimized for the best rest.

#### Learn More

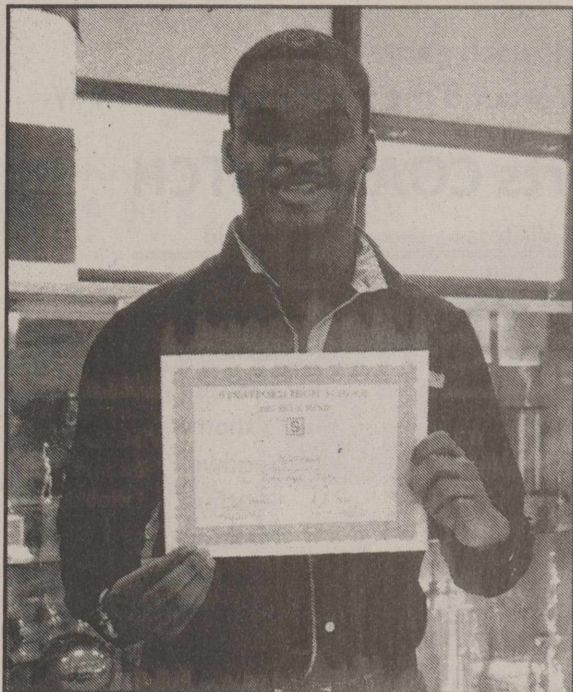
For further information on how to upgrade your sleep, visit [www.bedgear.com](http://www.bedgear.com).

# Stratford High School

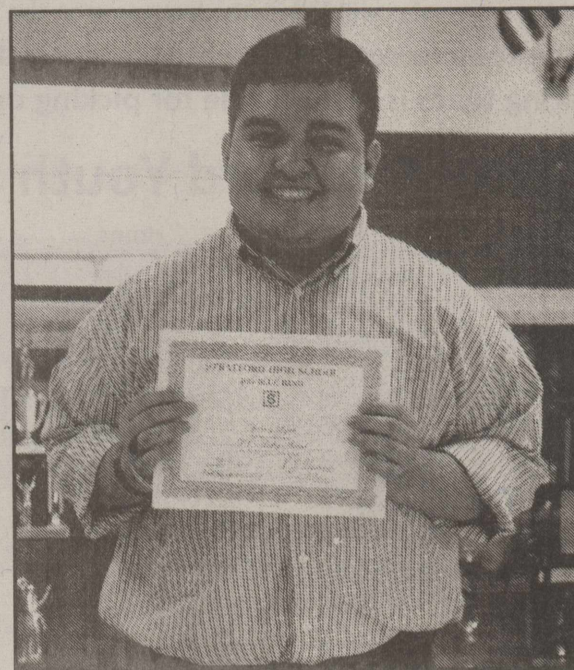
## Band Banquet



**JOHN PHILIP SOUSA AWARD**  
Erika Lopez.



**ERICH TAYLOR OUTSTANDING LEADERSHIP AWARD** – Karl Punch



**V.O. LASLEY AWARD**  
Zachary Lujan



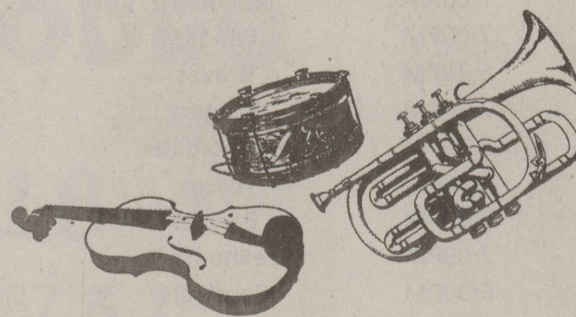
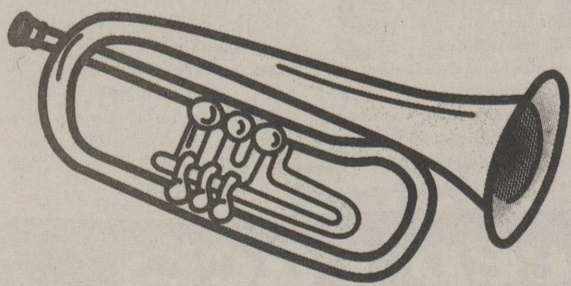
**BAND BEAU & SWEETHEART**  
Karl Punch and Erika Lopez



**OUTSTANDING COOK & BUN DRESSER**  
L/R: Tucker Summers – Cook and Stephanie Ruiz – Cook.



**OUTSTANDING GIRL & BOY MUSICIAN**  
Lilia Trayler & Victor Torres



L/R: Outstanding Freshman- Jennifer Morillon, Outstanding Sophomore – Lilia Trayler, Outstanding Junior – Victor Torres and Outstanding Senior – Karl Punch.



**OUTSTANDING AWARDS** L/R: Outstanding Brass – Victor Torres, Outstanding Woodwind, Lilia Trayler, Outstanding Percussion – Justin Duran and Outstanding Marcher – Renee Lawrence.