#  <br> The Straford Star 

75 cenis Published for over 100 years in Strafford, Sherman County, Texas 79084 usps 523 Number 24 June 12, 2003

Damages Severe Due To Storm
On Thursday, June 5th Area Farmers unfortunately were at mercy of Mother Nature. A storm system
blew through that left many farmers without their sprinklers, wheat and corn crops due to hail, high blew through that left many farmers without their sprinklers, wheat and corn crops Ave to hail, high
winds and rain. The storm started in the Northwest corner of the county and made a 6 miles swath clear winds and rain. The storm started in the Northwest corner of the county and made a 6 miles swath clear
through to the Southeast corner. About a 10 mile radius out of Stratford was hit, but not so much west of town. Shown above is just one of the many sprinklers that was destroyed. At right was a field that had a beautiful corn crop, but now its just dirt. More damage report in next weeks edition.


## Pre-Harvest Hot Dog Bash

Stratford Grain Co. held their annual Pre-Harvest Hot Dog Bash

## Main Street Art Program

Main streer Ar Program at Station New
 Stones. Cost will be s5 for ereach




Fun Friday-Time June 13th
It's Fun Friday Time-June 13! If you can't help now, come to the
Those who attended last year will orientation to perhaps help later. remember the good time. One session classes are in the
Registration is $10: 00$ a.m. to $10: 15$ planning. If there is a class you
a.m. at the County Exhibit would like please contact Linda a.m. at the County Exhibit Young.
Building.

Bobbie Strong will give the Summer activities planned for
program from 10:15 a.m. to $11: 30$ the. Imagination Station are: Main
a.m., "Fun With Crafts \& Food". Stret Art, June 16 and July 7 :
Susie sur Sousie Spurlock, Sherman the latest on "Warps" (th.
kind) from 11:30 to noon.
Lunch is available at noon for
$\$ 5.00$. Reservation needs to be made by noon on Thursday, June 12. Call 366-2122.

This event is onen interested persons and is offered
by Texas

## Seniors

NOTICE: SENIORS can pick
up their pictures in the main on
of the Stratford High School.

## Countdown To July 4th

The Strattord Chamber Commerce is planning the Fourth
of July Celebration in Pendleton
Park on Friday Park on Friday, July 4, 2003.
Plans include food booths, game Plans include food booths, gam
booths, entertainment, an
fireworks. School classes, club fireworks. School classes, clubs,
organizations, groups, individuals, organizations, groups, individuals
or private businesses are invited to or private businesses are invited
participate by providing a food participate by providing a
game booth for the public. The local non-profit
organizations are the target organizations are the target
audience for booth spaces Commercial booths will be
permitted and all booths are
subject to Chamber review to
avoid duplication. A non-profit avoid duplication. A non-profit
booth provider will retain $85 \%$ of booth provider will retain $85 \%$ o
the gross sales with the remainin
$15 \%$ $15 \%$ to be retained by the
Chamber. Commercial booths vill retain $75 \%$ of the gross sales retained by the Chamber. Al defray the cost of the fireworks. All purchases will be made
with tickets, which will be sold by the Chamber of Commerce at a centrally located booth. Th
tickets will be priced at $\$ .50$ each
so the prices so the prices should be established $\$ 1.50, \$ 2.00$, etc.).). Containers to collect the tickets will be provide
by the Chamber for each booth. Booth registration will be on a
first come, first serve basis. The final date for participants to
to
in
Cowhoy Church
Every Wednesday

## Send applications to: Stratford Chamber of Commerce, P.O. Box 570 fax to $366-3021$, email $\frac{\text { stratford @xit.net or return to the }}{\text { Chamber office at City Hall. }}$ We build our temples for tomor- Chamber office at City Hall. row, strong as we know how, If you need additional and we stand on top of the information or have questions, mountain, free within ourselves. please call the Chamber at $366-$ -Langston Hughes 2260. We look forward to you 20.* thining the Fourth of July We build our temples for tomor- Chamber office at City Hall. row, strong as we know how, If you need additional and we stand on top of the information or have questions, mountain, free within ourselves. please call the Chamber at $366-$ -Langston Hughes 2260. We look forward to you *** We build our temples for tomor- Chamber office at City Hall. row, strong as we know how, you need additional and we stand on top of the information or have questions, mountain, free within ourselves. please call the Chamber at $366-$ -Langston Hughes 2260. We look forward to you (joining the Fourth of July We build our temples for tomor- Chamber office at City Hall. row, strong as we know how, you need additional and we stand on top of the information or have questions, mountain, free within ourselves. please call the Chamber at 3666 -Langston Hughes 2260. We look forward to you 20.ning the Fourth of July Celebration in 2003! <br> Cowboy Church will met very Wednesday at the Count Barn at 7:30 p.m. Everyona

 Celebration in 2003!

## Hamilton Receives Grant

The Stratford ISD Education Foundation is happy to announce the final recipient for the grants awarded this spring. Belinda Hamilton, Mary Allen Elementary music teacher, was awarded a grant
to bring a production of Charles Dickens' A Christmas Carol to the students of Mary Allen (K-4). The production will consist of two actors in period costumes and will involve audience participation. This will be a wonderful learning opportunity for the students, many of whom have not been exposed to live
theater. Pictured here with Mrs. Hamilton are members of the foundation.

## Steer Validation

On June 24th
The Sherman County 4-H and
Sratford I.S.D. will be conducting
2004 livestock show season on
June 24, 2003 at the Stratford
Animal Hospital starting at 5:00
p.m. If you will be unable to attend
his validation please notify the
xtension office at (806) $366-2081$
fore the validation date so
Study Club
Sponsoring FUN IN THE SUN
Beach Volleyball
GFWCTFWC Prospectus
FuN IN IT Sponsoring some
Celebration. Teams of 4 can
AGE DIVISIONS per ARE GRADERS 7 AND 8TH
INCOMING FRESHMEN-SENIORS, AND DIVISION. Teams may be a male, all female, or mixed. Games
will last 20 minutes with the team whead at 20 minutes winthning. Sign up is at Vincent Insurance at 411 4th Street. Proceeds go toward projects. For questions call 366 -
2427 or $396-2456$ -2456.
he will is never free-it is
ways attached to an object, a
in the car-it corply the engine n't steer.
Joyce Cary ary clas



Ladies Celebrate "420" Years


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## Couple Honored With Shower

Nathan \& Kelli (Wight) Brockman were honored with a couples
shower on Saturday, June 7, 2003, at the home of Mike \& Brenda shower on
Brownlea.
For the Ultimate Hamburgers:
In a large bowl, combine meat with herbs, salt, and pep-
per. Separate meat into 8 equal portions and shape into oose balls. Gently press a butter into the center of each ball. Enclose the butter with thick burger. Grill or broil the burgers until centers are no longer pink. Serve on toasted ham
burger buns with desired toppings.

First Assembly of God

## 921 Fulton Sunday School 9:45 am Morning Worship 10:45 am Evening Worship $6: 00$ pm Wed. Bible Study 700 pm First Christian <br> The Churches of Stratford Welcome You

 Rev. Bob Sweeten 5t' \& Main Sunday Coffee Fellowship 9:00 am Sunday School 9:45 amMorning Worship 10:45 Morning Worship 10:45 am
:No Sunday Evening Worship :Wed.,Adult Choir 8:00 pm :First United Methodist ©Rev. Mark Metzger 520 N. Main Sunday School 9:40 am Morning Worship 10:50 am Junior High UMY 5:30 pm Senior High UMY 6:00 pm
5:00 pm Cable Ch. 3 for Morning Worship Service - Ev, ©St. Joseph Catholic

## 6th \& Pearl

Rectory - $366-5687$
: Sunday morning. $8: 300 \mathrm{ma.m.(English)} 10:$,30 a.m. (Spanish)
: Sacrament of Reconcilialion: Before Mass.
 Church of Christ : Larry Evans N. 3rd \& Chestnut Sunday School 9:30 am Morning Worship 10:30 am Evening Worship 6:00 p.m.
$\vdots$ Wednesday Bible Study - $7: 30$

## Calvary Baptist

James Washburn
302 S. Main - 806-396-5335 Iv. message Sunday School - 10 a.m.
Morning Worship - 11 a.m.
Evening Service 6 p.m. Evening Service 6 p.m.
Wed. Service - $7: 30$ p.m. :First Baptist
: Brent Farney 702 N .3 rd Morning Worship 10:50 a.m. Church Training 6:00 p.m.. Evening Worship 6:00 p.m.
Wednesday Bible Study $7: 00$ :La Mision Bautista Mision Bautista

401 S . Wall 396-5376 Domingo-(Sunday)
Estuela Dominical $9: 45$ am

Miercoles (Wednesday) Serviclo De Adoration 11:00 am Servicio De Oraction 6:00 pm Servicio De Adoration 6:00 pm Se Cuidamo Susninos Durante El Servicio.
$\vdots$
............................


> Sponsored by; Thriftwav 396-55s Stratford Grain 30685

Lautz 769-4485
Ellie's 396-2092
Stratford Star 396-5885 Walter Lasley \& Sons, INC 753-4411
Templo Hispano Eben-Eżer Pastor Roberto Frescas
205 N. Poplar - Hwy 287
Esculala Dominical 10 a.m.
Serbicio De Addracaion 5 .
Meir Co Les Serv De Ador 5 p.m.

Kerrick Community Church Pastor Roy Harris Community Building Sunday Morning - 11:00 a.m. Sunday Evening-6:00 p.m. Prayer Meeting - $7: 00$ p.m. Wednesday


Kiley Seaton
Seaton's Driving Skills Earn TxDOT Truck Roadeo Honors Amarillo, Texas-Kiley Seaton, Sign Technician for the Texas Department of
 Stratford, drove away with the highest score at his section's Truck Roadeo held
in April. April.
TrDOT sponsors the
Truck Roadeo annually to recognize the skills of TxDOT truck drivers and to showcase the pride they have
in the safe operation and maintenance of TxDOT equipment. Drivers are scored on two different tests. well they can spot safety wefects on equipment. Then, they drive through an obstacle course designed to
simulate truck ${ }_{\text {simulate truck }}^{\text {encountered }}$ maneuvers normal workday. Seaton scored the most points in the
Stratford competition and tratford competition and 30 other drivers in the district wide competition.
Seaton is a graduate of
Stratford High School. He has been employed with

## A Foundation For

The Children
(NAPS)-Today's career-ori-
ented military means more fallen
service members will leave behind
a spouse and children - like
a spouse and children-like Gun
nery Sergeant Joseph Menusa who
served in the served in the Marine Corps for 14
years, saw action in the Gulf War and left behind a wife and three-

The Fallen Heroes Last Wish Foundation is leading the way in ilies of fallen service members to supplement military death bene-
fiis. It was founded by Dan ODowd, the father of two sons and
CEO of Green Hills Software, because he believes that "the last wish of any parent who falls on the battlefield is not for a medal or a
parade, it is: please take care of my
children parade, it is: please take care of my
children,
"The U.S. government provides a one-time $\$ 6.0000$ payment, $\$$ pu48 per
month stipend and month stipend and optional
$\$ 250,000$ life insurance policy paid over three years, but this is not
enough," said ODowd, who started enough,"," said ODDowd, who started
the Foundation with a personal contribution of $\$ 100,000$, and he's paytion is giving 100 percent of the donated funds to the children of sertion Iraqi Freedom, with a minimum goal of $\$ 5,000$ per child.
Donations in any amount are Donations in any amount are
appreceiated and ODowd will match
all contributions until the first
$\$ 500,000$ is raised. $\$ 500,000$ is raised.
For more information on the
Fallen Heroes Last Wish FounFallen Heroes Last Wish Foun-
dation, visit www.lastwishfound
atien.org.


## West Texas Comets Takes Tourney

West Texas Comets won the Mid America Youth Basketball Tourney in Clayton, NM May 31-
June 1. They won all six games over teams from Denver, Co, Clayton and Moriatity, NM, Amarillo June 1. They won all six games over teams from Denver, CO., Clayton and Moriatity, NM, Amarillo Everett, Lynn Bela, Kathy Riffe. Next, Diana Solis, Kellyn King, Whiney Moffet, Merilee McDaniel, Evereth, Lynn Beia, Kathy Rif

Things are changing at historic
Lake Meredith National
Recreation Area Lake Meredith National
Recreation Area north of
Amarillo Texas Prion Lake was best known for hunting fishing, boating, hiking swimming and camping. Over a million
visitors enjoyed the waterway's amenities each summer.
In June 2001, a new facet in outdoor entertainment at the lake came into being. The show Lone Star Rising, a western, Texas-style musical took the stage at the
Fritch Fortress amphitheater and the rest is history.
Last summer for the shows second season, visitors came from Chile, Germany, Russia, Malaysia, China, Taiwan, Mexico, Canada and other foreign countries, along
with thousands of theater goers from Texas and the remaining forty-nine states.
Neil Hess, known for his work
in developing the show Texas and in developing the show Texas and
winner of the prestigious Texas Cultural Trust award for theater, brought Lone Star Rising to the stage to entertain, enrich, and
educate vistors about the history educate vishtors about the history,
heritage, and culture of the great heritage, and culture of the great
state of Texas. Teaming up with the national
Park Service, the Borger
Economic Economic
Corporation, the Fritch Chamber Corporation, the Fritch Chamber
of Commerce, Lone Star Ballet, and various area businesses, Hess created an inspiring Texas
celebration that has received immediate acclaim. Winnie Spears, administrator with the Amarillo
Senior Citizens organization calls the show, "wonderful, the perfect family entertainment." She communicated that she is
impressed with the delightful impressed with the delightful
storyline, elaborate costumes, and high energy singing and dancing. "People are thrilled by the setting for Lone Star Rising, says Hess, "Many consider the amphitheater at Lake Meredith
one of the most beautiful outdoor theaters in the country."
Besides giving jobs to a large
roup of talented singers, dancers, group of talented singers, dancers, actors and technicians, Lone Star Rising is impacting the economy
of the Amarillo and Borger area. The Amarillo Globe News spotighted the production in a praising the shows contribution to crediting the actraction for bringing tourism dollars to hotels, motels, restaurants, and other
For visitors to Lone Star
Rising in 2003, many new additions to the amphitheater cast dressing facility will. A new a a gift of the Chevron Phillips itchie of Amarillo.
The National Park Service has seating area in the theater and has he audience to enjoy. New the Hutchinson and planted county chapters of the Master ative plant species "Its purpose is o educate visitors "bout water esthetically pleasing example a Haugen, settings," informs Jaso so pleased, it couldn't have been many." the generous help of mphitheater was built by the Youth Conservation Corps and
completed in 1978. It has been the
focal point for various theatrical
events and celebrations through events and
the years.
"It is the perfect spot for "It is the perfect spot for a Debra Wells, editor of the Fritch Eagle Express, "The show is
colorful, high energy colorful, high energy, funny and
full of historical relevance. The full of historical relevance. The
beauty of the amphitheater cauty of the amphitheater
provides a perfect setting for the
jewel that is Lone Star Rising jewel that is Lone Star Rising." Yes, things at Lake Meredith
are changing. There is more to do are changing. There is more to do
there than ever before and Lone there than ever before and Lone
Star Rising provides the special touch that makes visitors want to extend their stay.
The 2003 season for the Lone
Star Rising show runs June Star Rising show runs June 11th
 through Sunday nights. Gues artists will also perform on Monday and Tuesday nights
throughout the season. For more inroughout the season. For more
information call the Center for Texas Culture at their offices in Borger (806) 274-9050 and Amarillo (806) 331-2510.

Nominations Being Taken For Buck Ramsey Heritage Award
The Nara Visa Cowboy
Gathering is taking nominations Gathering is taking nominations Award to be presented on Sept. 20, 2003, at the annual Gathering.
The award is piven The award is given to an
individual, family or ranch that eeflects the "Spirit of the Est." Heritage is defined as "Something handed down from one's ancestors rr the past as a culture or a
tradition passed on to a later generation.
suidelines of the criteria and re from the choosing a recipien

Someone from northeast New Mexico or northwest Texas
Family homesteaded Family homesteaded in th
Long-term commitment or nd livestock industry
Has retained many "cowboy"
 Multi-generation involveme
ranching

## Community Neighborly

Neighborly
Agriculture producer
Agriculture producer
Responsible in $\underset{\text { Responsible in in }}{ }{ }^{\text {Rand }}$ p

The Buck Ramsey Heritage National Bank of donted Feris Melvin Keith of the AV Cattle Co wned by Dee McCarty was the
cipient of the award last year. He has worked for the McCart Ranch for 42 years and has
nstilled the tradition and values of instilled the tradition and values of
he Western lifestyle to his children and grand children. Nominations should be made
in story form, depicting the in story form, depicting the पualifications for the award
Please send biography to the Nara Visa Cowboy Gathering, Drawer 6 or Box 3, Nara Visa, NM 88430 by or Box 3, Nar
July 1, 2003.

One great difference between a wise man and a fool is, the formay possibly obtain; the latter desires impossibilities.


The Varsity and J.V. Cheerleading squads just finished up a three day instructor camp. The camp was held here in Stratford. Universal Cherrleading Assocu (UCA) offers a private have recently graduated from college. The reason for doing this the last three years is it gives,
instruction to both squads. If we went to an out of town camp the earsity squad would be the orly instruction to both squads. If we went to an out of town camp the varsity squad would be the orrly
squad to go. The private camp gives a more intense and specialized instruction. The squads squad to go. The private camp gives a more intense and specialized instruction. The squads;
received a superior rating on all areas of instruction. The girls worked very hard for three days and learned a lot of new material. They are very excited to show it off during the upcoming sport seasons. Shown standing left, J.V. Cheerleaders Chelsi Thiessen, Cassi Garza, Merilee McDaniet, Instructor Kim Kuhns, LaRissa Luna, and Allison Baskin. Seated from left, Varsity Cheerleaders,
Kayla Robertson, Amber Larance, Lindsay Stein, Yadira Ortega, Audrey Navarret, Jamie Kayla Robertson, Amber Lara,
Valenzuela, and Heather Seiler.

| Business <br> Directory | STRATFORD HOSPITAL DISTRICT <br> Coldwater Manor Stratford Family Medical Clinic Stratford EMS Proudly serving the medical needs of Stratford and Sherman County |
| :---: | :---: |
| WALTER LASLEY \& SONS <br> INC. <br> THE Feedyard <br> Since 1953 <br> 753-4411 | This Space Available Call 366-5885 |
| Stratford Grain Co. Stratford 396-5541 Lautz 769-4485 4 North Main | Robert's Service Center: 400 S. Poplar 396-2882 <br> Auto Repair \& Lawn Mower Repair |
| CONSUMERS <br> 208 Texas <br> We Sell Seed \& Fuel Farmland, Acco, \& Moorman Seeds \& Diamond Shamrock Products 366-2261 | Blue Stuff of Stratford Texas <br> Betty Chamberlain 802 N. Pearl St. Stratford, TX 79084 (806) 366-2843 E-Mail-rjb@xit.net |
| Stratford Auto Electric <br> 119 S. Wall, Stratford, Texas 79084 <br> Phone 366-5941 366-5857 <br> Alternator, Starter,-Magneto Repair Since 1964 | Allen-Tarver Insurance Agency Carolyn A. Tarver <br> Auto - Home © Life © Commercial Bus: (806)396-5810 © Res: (806)396-2393 |
| Betty Brown's Medical Claim Service 605 S. Main P.O. Box 7 Stratford, TX 79084 806-396-2623 | Joe Flores <br> Farm Bureau Insurance <br> 396-5538 office <br> 396-5389 home |
| Brown's Meat Locker <br> Custom Wholesale \& Retail Meat <br> Federally Inspected <br> Hwy 287 South <br> 396-2513 |  |
|  | Carlion Cards...Millionaire Candy. Gifts Çookie and Balloon Bouquets |
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| Big Towa Solection $\star$ Small Town Friondliness Wido Solection Frozen Food Quacity Foods Frosh Produce Hwy 54 East 39.5586 | Westside Luundry/Stratford Laundry <br> $\&$ Dry Cleaners <br> 4i0 N. 4th - Stratford. Texas 396-2841 <br> Owners - Jerry \& Janie Smith <br> Operators - Bob \& Keri Harris |
| Joan Bell THE TRAVEL STORE <br> affiliated with National Travel Systems A Full Service Travel Agency $\begin{gathered} 396-5958 \\ 1-800-753-2792 \end{gathered}$ | Jac Taylos, Phatograthy PO Box 27 1305 N Chestnut Stratford, TX 79084 806-366-2459 Weddings, Portraits, Etc. |
| This Space Available Call 366-5885 |  |

Phone 366-5885
For Sale
Pagkeets

| Wanted |
| :---: |
| Wianted: Contract pumping. Daily weekky, monthy. Insured. Call 806 948-5169 or 806-922-2169. C=2b-c |
| Garage Sale |
| Gärage Sale: Saturday, June 14, 8-3 pith., 102 s . Maple. Little of Evernthing! <br> 6-12-1xc |
| 3. Family Garage Sale. 302 Chestnut, Saturday, June 14 th, a.m. - 1:00 p.m. Come by check out the bargains. |

Services
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Custom swathing and baling: 2 ne ovaliable Cal
 check out the bargains

## Help Wanted

 will be required toatend a 32 h hour tranining

G.-12-6 HEPPWANTED-AVON REPRESENTTTTVE Earn now sis.000 to stant free books
samples. Call $1877-31-2880$ Ind. Rep.

## Mmediate

opening: Experience
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 Wood. Diee coro of Nusing, PPC, P.

To business that we love we rise
betime, and go tot't with delight.
-Shakespeare, Antony and

Don't Have Time For A Healthy LifestyleCreate The 80 -Second Minute
(NAPS)-How many times
have you caught yourself saying,
"I just don't have tim then have you caught yourself saying,
"I just don't have time to eat
healthy and exercise?" For those of us who live life on the run, it's
sometimes hard to fit everything sometimes hard to fit everything
into a 24 -hour time period. We all know that it's important to make time for health and physical activ-
its, but finding the time is not atways easy
Yecond count learn to make every 80 -second minute. By following hese simple tips, you can fit more
ctivity which will enable you to lead a appier, healthier lifestyle
Experts recommend at least 30 minutes of physical activity every know that three 10 -minute activity sessions could be as beneficial as a 30 -minute session? Here's an leaving for work a few minutes Cearly and park the car a distance
from the door and walk for 10 minutes before you enter the
building. Take a 10 -minute walk during lunch. Walk another 10 :Minutes before going home. activity in a day! $\quad$ Grab and Go
: People in a rush tend to go for junk food because its quick and -easy. If you re pressed for time, try on the go. A great choice is new
Dannon Light $N$ Fit ${ }^{\text {S }}$ Smoothie Dannon Light ${ }^{\text {' }} \mathrm{N}$ Fit" ${ }^{\text {Smoothie- }}$
one seven fluid ounce bottle has 80 calories and zero percent fat. If you're prepared in advance with a
delicious, healthy Light 'N Fit delicious, healthy Light 'N Fit
Smoothie, you can still look and

## go. Work Woes

 Sitting too much on the job?
probably have shorter and more
efficient meetings! Take a break
every hour or so to take a few every hour or so to take a few
deep breaths and stretch your arms and shoulders. Stand up
and walk in place or do toe lifts while you're on the phone or
waiting for your computer to boot up or a document to finish
printing. inting.
Plan Right to Eat Light A little advanced planning can go a long way in eating healthy.
Make a grocery list and menu plans for the whole week. Just
knowing what yourre going to have for supper will make you feel more
in control when you walk into a house with a hungry family.
Choose quick, but healthful fods
such as smoothies, nuts and dried Cuoose quick, but healthful foods
such as smoothies, nuts and dried
fruit to make the most out of your fruit to make the most out of your
time. Make arrangements with a neighbor or two to cook a few healthy meals in advance and
trade. Youll have several days trade. You'll have several days of
prepared meals and only cook once! Wrepared it might take some extra!
While effort, these tips will allow you to start your day ahead of the game.
For nutrition tips and healthy For nutrition tips and healthy
recipes, log onto www.dannon.com. Aelp you have more time to take care of yourself as well as every-
thing else take


## House For Sale or Lease: Recently remodelled 2500 sq. tt house. 3 bdrm, 2 lemodiled Call for more information. 244-2155 or $333-7120$.

REDUCED for Sale: 604 s , Fulton bdim, 2 bath, 1716 living, brick'steel
siding, central heat/air, a/c new, viriMd windows, fileplace, large fenced
backyard, backyard, new.. ceramic cook-top
built-in oven microwave,
dishwasher, pantry, ice maker hook-
 covered patio, 2 storage sheds, 2
car garage, electic door openers. Phone ?54-772-7927.

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& \text { House } \\
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& \# 760 \\
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House for Sale: Excellent location
House for Sale: Excellent location,
near both schools, comer lot, two
living areas, to living areas, two bedroom, of three bedroom, one living area, $1 \quad 12$
baths, double car garage, storag
pulding baths, double car garage, storage
buiding. 1101 N. Chestrut. call

Kathy Bonds-Day \#366-5566-Night | \#769-4478. |
| :--- |
| b-5-1n |

| Sherman Co . Child <br> Welfare Board <br> To Report Suspected Child Abuse, Call <br> Kathie Altman - 366-5611 <br> David Cross - 396-2396 <br> Ken Forthman - 366-2586 <br> Patsy Harland - 827-1568 <br> Michael Meyer - 827-7453 <br> Jesse Resendes - 769-4454 <br> Bob Sweeten - $366-5848$ <br> Austin Hotine <br> 1-800-252-5400 <br> AlL CALLS <br> CONFIDENTIAL |
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The Best Salesperson Around


## Legal Notice

NOTICE TO PROPOSED TEXAS HIGHWA IMPROVEMENT CONTRACTS

Sealed proposals for highway
improvement contracts will received by the Texas Department of Transportation (TxDOT) untiu
the date (s) shown below, and then publicly read.

CONSTRUCTION/MAINTE ANCE CONTRACT(S)

Dist/DIV:Amarillo Contract $0904-00-085$ for
THERMOPLASTIC STRIPING in POTTER County, etc. will be
opened on July 02,2003 at $1: 00$ p.m. at the State Office.


Minimum wage rates are se
out in bidding documents and the rates will be part of the contrac TxDOT ensures that bidders will not be discriminated against o
the e grounds of race, color, sex, or national origin.
Published in The Stratford
Sar, Thursday, June 5, 2003 and Thursday, June 12, 2003
sional jeweler who will offer qual
ity customer service. Look for ity customer service. Look for
store that's a member of a profes sional trade association such as
Jewelers of America (JA). They equire high ethical stadards with ongoing edr ion. Be sure to inquire about : return policy
and the warrantee. For more and the warrantee. For mor information on fine jewery and
watches, visit the Jewelry Infor mation Center's Web site a
www.jewelryinfo.org.
?
Nations will rise and fall, bu equality remains the ideal. Th respect for the entire human race, not for the dominant few.
-Carlos P. Romul
$-{ }_{*}^{* *}$



SCOT will sponsor their 2nd annual garden tour on June 22 at $2: 00$ p.m. Tickets are $\$ 5.00$ and group will meet at Roxy Park. Among the yards to visit are the Ann Johnson
yards. Watch for more next week. Shown above, part of Ann Johnson's yard.



Breast Cancer Screening Clinic June 17, 2003 Breast Center will conduct a overweight or obese. People who tell you is lose weight and increase and money. Breast Cancer Screening Clinic at are overweight have increase. Can losing weight and physical activity are easier with 1220 Purnell, in Stratford on June 2 diabetes, high cholesterol, heart increased physical activity really support from other people trying $17,2003$. Many studies have shown that Whether you want to increase
detection by having an annual health risks can cost a person not ond
breast exam, mammoram and detection exy, mammogram and only many dollars, but also their losing $7 \%$ of your weight can have physical activity or lose weight or
breast
performing a breast self-exam All exams are done by many health risks we can ignore other problems listed above. medicines without your doctors
appointment only. Call (806) $356-1905$ or $-800-$ until we reach 40 to 50 years of Many people say, "Well, I will just have an important impact on the
$377-4673$ for more information or age. Suddenly, you might find your take pills for these problems-that quality of your life now and in to schedule an appointment.

According to the National high at a health fair or routine taking medication on a regular The Don and Sybil Harrington Institute of Health, 55 percent of health check up. The first thing medicines-they most likely will say Breast cancer affects one in $\begin{aligned} & \text { disease, osteoarthritis, sleep apnea blood pressure, blood sugar, and Across Texas is a way to increase } \\ & \text { and other breathing problems and heart disease? The answer is your physical activity with group }\end{aligned}$
eight women. The key to winning eight women. The key to winning certain cancers. Any one of these clearly, yes!
the battle against cancer is early health risks can cost a person not $\quad$ Many studies have shown that Whether you want to increase performing a breast self-exam their older years.
each month: each month: Being overweight is one of the diabetes, heart disease, and the change the dose of any of your appointment only.
Call (806) $356-1905$ or $4-800$ - with no visible threat to our health However, losing weight is not easy. advice. Taking action now could 40 to 50 years of Many people say, "Well, I will just have an important impact on the

## Why Should I Lose Weight??

 age. Suddenly, you might find your take pills ior tese probiems-that quality ofblood pressure or blood sugar is a whole lot easier." Ask anyone later years.

## Sammy remembers when tin cans were great

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Sale Dates
June 2nd - June 13th, 5:00 p.m.

