

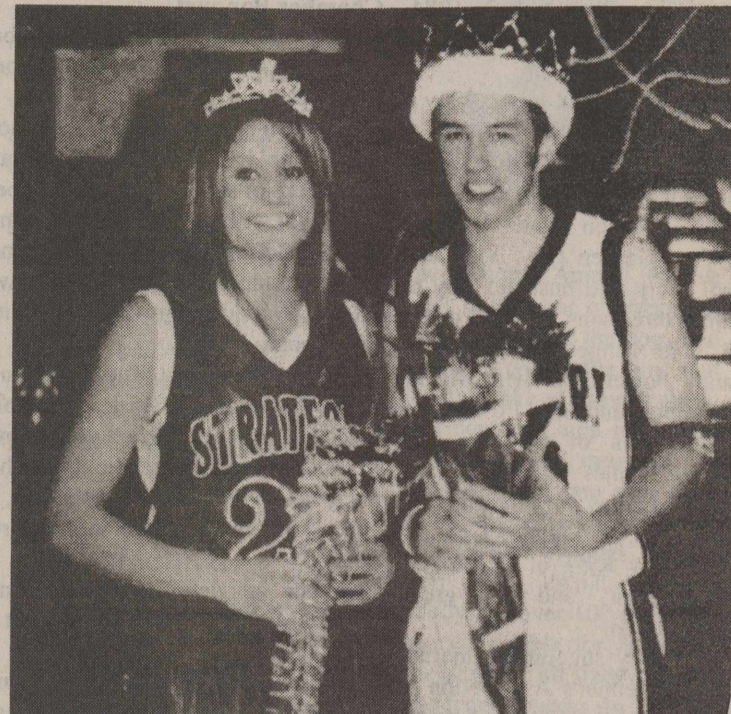
The Stratford Star

Sherman County Museum 7 / 06
 Box 1248
 Stratford, TX 79084

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Number 4, January 26, 2006



Basketball King and Queen Crowned

Basketball royalty and crownbearers from left: Perla Morales, 8th grade crownbearer, Brady Bell, Haley Buckles, Cassi Garza, Allison Baskin, King Case Crabtree, Queen Yadira Ortega, Cheyenne Ziemann, Katelyn Reed, Josh Lanning, and Tyler Gilliland, 8th grade crownbearer.

Basketball King and Queen

Crowned Basketball King and Queen at the pep rally on Tuesday, January 17th were Case Crabtree and Yadira Ortega.

See you at the Stock Show

Stratford Youth Basketball

It's time once again for Stratford Youth Basketball. The program is open to any 2nd-6th grade boy or girl. Entry forms have been sent home and are also available at the Principal's offices. Entry forms will be due on Tuesday, February 7th by 4:00 PM. Forms can be turned into the principal's office or to Kendra Mungia.

If you are interested in coaching a team or helping out in any other way, please call 366-2401.

Form elsewhere in this issue.

A volunteer program must have volunteers to be successful!!

Red Hat Meeting Thursday Feb. 2nd

The Red Hat will meet Thursday, February 2, 2006 at 6:30 p.m. at First Christian Church.

Pantry Meeting Thurs. Jan. 26th

The Pantry meeting will be Thursday, January 26, 2006 at 7 p.m. at the XIT Building.

Community Responders & Self help Organization to Meet Jan. 30th

Community Responders and Self Help organization will meet Monday, January 30, 2006, 7 p.m., Stratford Fire Station.

We have some new and exciting news and opportunities for our community to discuss. All current members and potential members are urged to attend.

For more information, contact Zelda Pickens, Ann Wells or Sandy Williams.

State Football To Be Ruffled

Happy State Bank is selling tickets for a STATE FOOTBALL signed by the team all money raised will go to the RELAY FOR LIFE.

Tickets are \$2.00 each and we will be selling them at the home basketball games, at Happy State Bank or all of employees can get you tickets!

4-H Parent/Leaders Meeting January 30

By Susie Spurlock

The quarterly business meeting of the Sherman County 4-H Parent/Leaders Association will be Monday, January 30 at 7:30 p.m. at the Sherman County Extension Office.

The organization is the booster club for the county 4-H program and all parents of 4-H members and volunteer leaders are invited to attend. Business items will include evaluation of fund raiser and updates on Spring projects.

For more information, contact Susie Spurlock or Sherman Hammons, Sherman County Extension Agents at 366-2122.

Story Time To Begin

Story Time at the Sherman County Public Library will begin on Monday, January 30th at 9:30 a.m.-10:15 a.m. and is open to all children. Dates for this event will be January 30th, February 13th, February 27th, March 13th and March 27th. Please call the library at 366-2200 to register your child to ensure that enough supplies are purchased.

Sherman County Library Accepting Donations

The Sherman County Public Library is accepting donations for the following new or used items: books, audio books, portable cassette players, portable cd players, and even computer monitors. If you have any of these items and would like to donate them to the library, simply bring them by or call 366-2200 and we will come pick up.

James Johnson III Fund At Bank

A fund has been set up at First State Bank to help with the funeral expenses for James Johnson III.

If you'd like to donate you can call the bank at 396-5521 and give them Account #312444.

Alcohol Awareness Program for Minors

The 69th Judicial District CSCD will be conducting an ALCOHOL AWARENESS PROGRAM FOR MINORS (MIC or MIP) on Tuesday January 31 and Wednesday February 1, 2006 at 6:30 p.m. - 9:30 p.m. Cost of the program is \$50. All persons needing to attend the program may register at the Adult Probation Office, 412 Denver Suite 501, Dalhart, TX 79022, by 4:00 p.m., Monday, January 30, 2006. Enrollment is limited to the first 25 students.

Drivers Education Class

First Meeting is February 2, at 7:00 p.m. in Coach Hands Classroom at the High School. Need student and at least one parent to attend. All rules, times, and fees will be discussed. Open to any 8th grader up must be 15 by May 1, 2006.

For the young people of Stratford this is a very important class for their future.

Order Forms-State Caps and State Jackets

Order Forms for State Caps & State Jackets are available at all school campus offices. Caps are \$12.00 and Jackets are \$25.00. Deadline to order is January 30th.

Order Forms Deadline-

State champ T-Shirt order forms can be picked up from the campus secretaries or administration office?

Meet the Candidate

Anette Carlisle, Republican Candidate for State Representative 87 District. Coffee at The Imagination Station, Tuesday February 7 10:00 am.

Upcoming EMS Class to Be Held

Frank Phillips College's Extended Education program and Stinnett Emergency Medical Services will offer a Basic Emergency Medical Technician (EMT) class beginning February 13.

The class meets Monday and Thursday evenings from 6:00 to 10:00 p.m. at the Stinnett EMS building. Upon completion of this class, students will be eligible to take the state certification exam.

For more information, call Peggy Smyth at (806) 878-3766.

Stratford needs a place where kids can exercise and have fun. Help promote a skateboarding park for Stratford. For more information call 753-6524.

USDA APPROVES EMERGENCY CRP HAYING AND GRAZING FOR TEXAS

(Stratford, TX) - January 23, 2006 - in continuing response to this year's widespread drought, Rebecca Hemphill, County Executive Director for the Sherman County Farm Service Agency today announced approval for emergency haying and grazing of Conservation Reserve Program (CRP) acreage in Texas.

"Texas continues to experience severe drought conditions and a severe shortage of forage," said Hemphill. "The authorization of emergency CRP haying and grazing will provide forage for livestock and help producers in areas most severely impacted by these drought conditions reducing the potential need to liquidate herds."

Emergency haying of CRP is authorized until May 1, 2006 and emergency grazing is authorized until June 1, 2006. Producers must file a request to hay or graze CRP acreage and visit the Natural Resources Conservation Service to obtain a modified conservation plan prior to haying or grazing the

acreage. "CRP annual; rental payments will be reduced 25 percent times the number of acres actually hayed or grazed times the per acre annual rental payment," said Hemphill. Other restrictions and limitations also apply.

CRP participants who do not own or lease livestock may rent or lease the haying and grazing privilege to an eligible livestock producer located in an approved county.

"In Sight of recent weather patterns, it is imperative that USDA offer the Emergency CRP haying and grazing program to Texas producers. Availability of forage is literally a matter of survival in the unpredictable and often unforgiving agriculture industry," said Hemphill.

CRP offers annual rental payments and cost-share assistance to establish long-term, resource-conserving cover or eligible land, USDA will monitor producers to ensure the land is hayed or grazed without damaging conservation covers.

USDA offers additional programs to assist drought-stricken producers, including emergency farm loans the emergency conservation program and the noninsured crop disaster assistance program. For more information and eligibility requirements, producers should contact the local FSA office at 806-396-2211 or Visit FSA's website at <http://www.fsa.usda.gov>.

Sherman County Livestock Show Schedule Sherman County Exhibit Building Stratford, TX

Wednesday, January 25

Bring all animals into the barn

Thursday, January 26

Goats, lambs, and swine in place by 4:00 p.m.

Weigh in goats, lambs, and swine, In this order,

Friday, January 27

9:00 a.m. Judging of Lambs Showmanship of Lambs

Judging of Swine Showmanship of Swine

Saturday, January 28

8:00 a.m. Weigh and check-in Heifers and Steers

10:00 a.m. Judging of Goats

Showmanship of Goats

Judging of Steers

Judging of Heifers

Cattle Showmanship

Afternoon (not before 1:00 p.m.) - Livestock Judging Contest

4:30 p.m. Buyers' Appreciation Supper, County Exhibit Building

6:00 p.m. Premium Sale • Order: Goats, Steers, Heifers, Swine, Lambs

Sunday, January 29

1:00 p.m. Exhibit and Animal Barn Clean-up

Tuesday, February 7

Project Record Forms due to Extension Office by 5:00 p.m., unless exhibiting

at a Major and those are due by March 15 by 5:00 p.m.

2006 County Livestock Show Entries

Entry Fees are to be turned in to the Extension Office by January 13, 2006.

entry fees double after this date and will not be accepted after January 24.

Cards may be picked up at the Extension Office.

FFA members may pick up their cards from the Extension Office or through Mr. Burkhalter. Entry fees are \$18.00 for the first entry and \$10.00 for each additional entry. Six dollars of your first entry is for the buyer's cap and \$2.00 for the Buyer's Appreciation Supper.

Prayer & Praise Service Thursdays @ 7:00 p.m. First United Methodist Church

Chamber News

By Patty Tims

Memberships

The Stratford Chamber of Commerce would like to thank those who have renewed their memberships for 2006:

Rep. David Swinford, The General Store, Claude & Leonda Fedric, Worsham Interests, LTD, Dalhart Federal Savings & Loan, Max & Dicy Stephenson, Ron & Marihoward Engelbrecht, Western Organics, Iowa Vet Supply, Wanda Riffe, Rex & Bernice Christian, Doshier, Pickens & Francis P.C., Patty Tims, Gaskill, Pharis & Pharis, John & Sharon Wilson, Bobby Strong, Stratford Hospital District, Jimmy & Ineta Chesher, Frontier Fuel, Darla & Wayne Cummings, Sherman County Farm Bureau, James & Linda Spurlock, City of Stratford, Allen-Tarver Insurance, A.E. Pronged, Brown's Meat Locker, Smith Agency

New members of the Chamber of Commerce:

T - L Irrigation W & C Land & Cattle, LTD Kim Allen Stratford Bi-Products (Tejas), West Texas Gas Moore's Food Pride

The Chamber strives to remain self supporting through membership dues and fund raisers; each membership allows the Chamber to continue serving the community. Thank you for your support.

Chamber Banquet

Alert to the local merchants. Chamber Board Members will be coming soon to ask for donations for the silent auction.

Office Hours

In case you haven't noticed, I was not in the office much last week. Yes, school has started again. I always forget how hectic it is the first few weeks of school. But this will be my last semester, I graduate in May. Whew! It has been a whirl wind the past three years, but well worth the effort. I would like to thank all of those who have supported me during this time and who continue to support me in my efforts. You don't know how much it means to me. Any who, the new office hours are:

Monday 1 pm - 5 pm, Tuesday 8 am - 3 pm, Thursday 8 am - 3 pm.

Citizen, Farmer, & Businessperson of the Year

Please do not forget to get your nomination into the Chamber office.

If I am not here, please slip it into the slot on the door. There are so many deserving people in Stratford, do not let this opportunity pass you by. Nomination form in Stratford Star week of January 19th, 2006.

Chamber Banquet: The annual Chamber of Commerce Banquet will be held Monday, March 13, 2006 at 6:00 p.m. in the Sherman County Barn.

Special Awards: You recognize them by their concern, attitude, responsibility and enthusiasm. These individuals should be nominated in their respective areas of endeavor for Citizen, Farmer, or

Businessperson of the Year. Please take a few minutes and make your nomination for the 2006 awards: Deadline February 28th.

Nomination must be in the chamber office.

As always, shop locally, our local merchants appreciate it and need your support.

Imagination Station News

By Gaynelle Riffe

The Imagination Station will be hosting several events to know the candidates running for county and state offices before the March 7 primary.

Beginner computer classes will begin Thursday, February 2, and February 9. Gary Graham will help you get acquainted with the computer, Windows and the Excel Program to track home expenditures, donations, income in order to develop a budget or just know what you are spending, where. A spreadsheet can show you at a glance finance activities and what you might expect in the future. Classes in greeting cards, notes, search engines and ordering on the internet and Ebay are in the future.

The Imagination Station "Whale of a Sale" is on the Calendar for September 2006. Your donations help pay the utilities and we thank you very much.

Local Student Named on ENMU Honor Roll

PORTALES— Joshua King, an Eastern New Mexico University student that graduated from the Stratford, TX area, is among the 546 students on the 2005 fall semester Deans Honor Roll.

To be eligible for the Deans Honor Roll students must complete a minimum of 15 hours for the semester and maintain a 3.25 GPA. ENMU opened in 1934 and today has an enrollment of approximately 3,500 on its main campus in Portales. Eastern, which also has a branch campus in Roswell and an instructional center in Ruidoso, offers 60 undergraduate and graduate programs.

King is majoring in physical education.

The Language of Flowers.

By Julie Willard

Let's Make Arrangements

If you caught this column last week, you remember we talked about the language of flowers. I told you what is to be said about personality and flowers. This week, we will add a splash of color. In the language of flowers, the meaning changes with the color.

Carnation: *Red-my poor heart
*Pink-I'll never forget you
*Yellow-disdain *White-Sweet and lovely

Chrysanthemum: *Red-I love
*White-truth *Yellow-slighted love

Hyacinth: *Purple-sporting

*White-discreet loveliness

Lilac: *Purple-first love

*White-youthful innocence

Rose: *Red-love *Yellow-friendship

*Pink-young love, romance, first love

*White-pure innocence

Tulip: *Red-declaration of love

*Pink-fame *Yellow-unrequited love

When it comes to gift giving, carefully selecting the varieties and colors you send will result in thoughtful, customized gifts people appreciate and like to receive. You can have fun with flowers. Customize your floral gift this Valentine's Day. The first step is to consider the preferences of the person who is receiving the gift. For instance: What colors does he like? Does she have a favorite flower? What are his hobbies? What kind of message do you want to convey?


Finally, consult with the staff at Let's Make Arrangements. We can help you create just the right gift, as well as explain the assortment of possibilities available.

Next week we will see how numbers affect the language of flowers. In the meantime, remember that Valentine's Day is February 14th. Come by Let's Make Arrangements now to start customizing a Valentine tribute for your loved one!


Every winter, when the great sun has turned his face away, the earth goes down into a vale of grief, and fasts, and weeps, and shrouds herself in sables, leaving her wedding-garlands to decay—then leaps in spring to his returning kisses.

—Charles Kingsley

Stock Show Weekend See you at the Stock Show



Elect
PENNY (Fedric) GILBERT
(For the People)
FOR JUSTICE OF THE PEACE
Pol. Ad. Pd. For by Penny Gilbert, P.O. Box 602, Stratford, TX 79084



Elect
GINA JONES
COUNTY & DISTRICT CLERK
SHERMAN COUNTY
Pol. Ad Pd. For By Gina Jones, P.O. Box 753, Stratford, TX 79084

Let's Make Arrangements Presents:
When Harry Met Sally

Harry: What do you want for Valentine's Day?
Sally: You don't have to get me anything
(You better get flowers, candy, balloons, and a giant stuffed animal!)
Harry: Hmm...
Sally: Would you like something special this year?
Harry: No. Valentine's Day is for girls.
(Of course I do. Everyone wants to feel loved on Valentine's Day. Give me flowers, balloons, candy, the works!)

February 14th is Valentine's Day. Get them what they really want, at Let's Make Arrangements! We have a large assortment of flowers, balloons, candy, stuffed animals, picture frames, and much, much more.
Come by or Call TODAY!!
Let's Make Arrangements
211 N. Main—366-ROSE

JESSICA KING AUDRAIN

VOTE FOR JUSTICE OF THE PEACE

SHERMAN COUNTY

Clerk for the Justice of the Peace for 2 1/2 years
Sherman Co. Resident for 18 years
Pol. Adv. Paid for by Jessica Audrain, P.O. Box 531, Stratford TX 79084

OBITS

ROY ARTHUR POWERS

DUMAS — Roy Arthur Powers, 71, died Thursday, Jan. 19, 2006. Services were held at 2 p.m. Saturday in Morrison Memorial Chapel with Dr. Michael Mowery of Grapevine and James Powers, his brother, officiating. Burial was in Northlawn Memorial Gardens by Morrison Funeral Directors.

Mr. Powers was born April 2, 1934, in Model, Colo. He was a Dumas resident since 1984, and a prior Stratford resident since 1961. He was a yard foreman for Stratford Feedyard. He married Mary Houlette on June 3, 1984, in the Middlewell Community. He was of the Baptist faith.

He was preceded in death by a grandson, Joshua Powers.

Survivors include his wife, Mary of Dumas; two daughters, Cathy Evenson and husband Larry of Garden City, Mo., and Carol Clark and husband Roy of Dumas; three sons, Jimmy Powers and wife Ginger of Gatesville, Johnny Powers and wife Michel of Seminole and Billy Powers and wife Cynthia of Quanah; four brothers, James Powers, Denny Powers, Johnny Powers and Bill Powers, all of Pueblo, Colo.; a sister, Patty King of Pueblo; 13 grandchildren; and 12 great-grandchildren.

The family suggests memorials be to Alzheimer's Association of the Panhandle, 2200 W. Seventh Ave., Amarillo, TX 79106.

GEORGE WILFRED KING

GOODWELL, OKLA. — George Wilfred King, 80, died Tuesday, Jan. 17, 2006, in Guymon.

Services were held at 2 p.m. Saturday in Goodwell Baptist Church with the Rev. Jay Kindsvater officiating. Graveside military rites were in Goodwell Cemetery. Arrangements were by Bunch-Roberts Funeral Home of Guymon.

Mr. King was born May 10, 1925, in Waka, Texas. He served on the Goodwell city council, school board, Hilltoppers Senior Citizens board and served as Goodwell Fire Chief.

Survivors include his wife, Paulagean King of Goodwell; four children, Danese Lindsay of Wichita, Kan., Chris King of Montezuma, Colo., Marlese Methvin of Goodwell and Keith King of Stratford, Texas; six grandchildren; five great-grandchildren; and three brothers, Richard King of Woodward, Fountain Lee King of Hudson, Fla., and Dow King of Guymon.

The family suggests memorials be to Goodwell Hilltoppers Senior Citizens, in care of Bunch-Roberts Funeral Home, P.O. Box 1112, Guymon, OK 73942.

JAMES CALVIN JOHNSON III

James Calvin Johnson III, age 39 died Sunday, January 22, 2006 in Stratford.

Memorial services will be held on Monday, January 30, 2006 at 1 p.m. at First United Methodist Church under the direction of Morrison Funeral Directors of Stratford.

Memorials may be made to your favorite charity or to the Memorial Fund for James C. Johnson, III at First State Bank, PO Box 48, Stratford, TX 79084.

PLANNED PARENTHOOD Of Texas and the Texas Panhandle

The Dumas Clinic closed on December 31, 2005. Medical Records can be obtained by calling 1-800-972-9731. Current prescriptions can be picked up in Amarillo M-S, or in Cactus, TX on Thursdays. Annual exams will be provided at the Amarillo Clinic M-F, or in Cactus Clinic on Thursdays.

Amarillo Downtown Clinic
1501 S. Taylor
Exams & Sat. of each
372-8731, ext. 107
Or Toll Free at
1-800-999-3107

Cactus Clinic
One-Day per Week
On Thursdays at the Cactus Health Center
403 Sherrie, 9 a.m. - 6 p.m.
On Thursdays call
956-4000 to reach the Cactus Clinic. Make appointments by calling
1-800-999-8107

Services available in Cactus include:

- *Full physical Exam and Pap
- *Cancer Screening
- *Lab Screening for STDs
- *Anemia, Diabetes and
- *Cholesterol
- *Childhood immunizations

Winter is on my head, but
eternal spring is in my heart.
—Victor Hugo

REAGAN & BROWN AUCTIONEERS AUCTION DUMAS COOP GENERAL MERCANTILE

FARM & RANCH SUPPLIES, FEED, HARDWARE, TACK, LAWN & GARDEN, TOOLS, MISC SUPPLIES, PICKUPS, FORKLIFT, STORAGE VANS, BULK FEED & STORE FIXTURES

DATE: SATURDAY, FEBRUARY 4TH, 2006 - STARTING TIME: 10:00 AM CST
LOCATION: 600 SOUTH TWICHELL AVE IN DUMAS, TEXAS
STORM DATE FEBRUARY 11, 2006
WATCH FOR AUCTION SIGNS

**** NOTICE ****

DUMAS COOP WILL CONTINUE TO OPERATE ITS GRAIN ELEVATOR BUSINESS

***** AUCTIONEERS NOTE *****
DUE TO THE LARGE AMOUNT OF ITEMS TO BE SOLD
IT MAY BE NECESSARY TO RUN TWO AUCTION LINES SALE DAY

NEW TOOLS & MERCHANDISE, NEW LIVESTOCK ITEMS & SUPPLIES, FEED, OIL & LUBRICANTS, USED STORAGE VAN BOXES, PICKUPS, FORKLIFT, NEW CLOTHING, BOOTS & RAIN: SUITS, STORE, & WAREHOUSE FIXTURES

FOR MORE INFORMATION OR A BROCHURE CALL US AT 806-244-6776, EMAIL US AT rbaut@xit.net, OR VISIT OUR WEBSITE www.texasauctionguide.com/rb OR CALL LEON LANEY AT 806-333-2738

LEON LANEY TXS LICENSE #16071

WE ARE NOW ACCEPTING ASSIGNMENTS FOR OUR ANNUAL 3-DAY SALE March 7th, 8th and 9th

15 Years, 4500 Babies In Dumas

Women's Health Center

Normal and high risk pregnancies
Gynecologic cancer screening
Breast cancer screening
Infertility and family planning
Menopause and hormone problems

Dr. Turhan I. Baykan, M.D.

Specializing In
OBSTETRICS-GYNECOLOGY

Monday - Saturday 9 a.m. - 6 p.m.



110 S. Bliss



ELK TALES
By Lynda Hauser

An important class will soon begin for the young people of Stratford. Coach Hand will be teaching Drivers Education starting February 2 at 7:00 p.m. All eligible students should participate in this class so they can become safe, defensive drivers.

The Sherman County Stock Show will be in full swing this week. There is no school on Friday so the stock show participants can be showing and working with their animals.

Mrs. Paula Everett says they will extract the DNA out of a banana in lab. The genetic projects are due February 7.

The 5th and 6th grade math classes just finished taking their first benchmark for the TAKS test. This is just a way for Mrs. Brownlee to check to see what each child still needs to work on. She will be assembling study groups to stay after school to work on the lower objectives. Parents will be notified in the planner as to when or if their child needs to stay.

English-Language Arts field test for Freshman and Sophomores will be held Wednesday. Tutorial notices are due Thursday. The Hereford Speech Tournament is Saturday, January 28. Math TAKS benchmark tests are January 30-31.

Mrs. Kaci McBryde says last week Kg, 1st, and 2nd graders took the Texas Primary Reading Inventory (TPRI). They are all taking benchmarks (practice tests) now to prepare for the upcoming Terra Nova Standardized Test. 3rd and 4th graders are busy taking TAKS benchmark tests to get ready for the February administration of TAKS in 4th Writing and 3rd Reading.

Biology students will be working with Jimmy Lanning getting their blood type. We will take the information and calculate different genetic combinations of offspring. The students will also learn about blood donation.

Anatomy students are creating Power Point presentations to teach each other the structure of skeletal muscle and how it works. Environmental Science classes are looking at common bacteria and viruses and how they make people sick.

On Wednesday the sixth graders will attend a performance about Jackie Robinson at the Globe News Center of Performing Arts.

Thank you for the prayers, cards, flowers, and concerns during this difficult time of loss. We appreciate everything that everyone has done and for the support from our friends. Those that were able to attend the funeral services—it was so nice of you to take time out of your busy schedules to attend. Stratford truly is a great place to live and we appreciate all of you.

Keith and Tami King and family

We would like to thank all the kind and caring people for their visits, gifts, food, & especially their prayers. May God bless you all. Your concern was and is deeply appreciated.

Lucille Hills & Family

I just want to say thank you for the cards, food, phone calls, visits and especially the Prayers.

Mildred Arnold

To the Family Medical Clinic and Dr. Palmer acting so fast getting the EMT's, they took me to the Helicopter EMT's, on to Northwest Heart Hospital in time to put in a Heart Pacemaker. Thanks to my daughter Andrea Slaton coming to be with me, Michael Pilch who came to take care of me for 4 days. Thanks son. Thanks to my church for prayers and the Liberty Church in Liberty, Mo and all Stratford people. Also MariHoward and Lois and John for feeding Kitty-Kat.

Marjorie Pilch

We can't express in words how much we appreciate the concern that has been shown to our family since the birth of Kenedi Jae Groves. We will always remember the cards, calls, prayers, donations, and other acts of kindness. Kenedi is home for now and will return to Dallas in a few months. Thank you again.

Rob & Kelli Groves
Ken & Barbie Wight
Brad & Kaci McBryde
Nathaniel & Keri Walden

Children's Health

(NU) - Exercise-induced asthma affects about 17 million Americans, many of whom are children. Symptoms include coughing, wheezing, chest tightness, breathing difficulty and shortness of breath. "There is no cure for exercise-induced asthma," said Dr. Michael Kaliner, medical director of the Institute for Asthma and Allergy in Chevy Chase, Md. "But by preventing inflammation, you can successfully reduce the chances of having an asthmatic attack."

It is important for children to receive proper diagnosis and treatment. "For children 5 years and older, one option is Intal," Kaliner said. "It works by preventing certain cells from releasing substances that may cause inflammation in the air passages. It is important to note that Intal should be used prior to engaging in exercise, as it cannot treat acute asthma attacks." For full prescribing information, visit www.kingpharm.com.

We would like to let the community of Stratford know how much we truly appreciated the plants, cards, prayers, and of course the hugs! Once again we experienced the love and care of the people in this town. Thanks again to those who took time out of their busy schedules and came over to Goodwell. It all means so much to us.

Jessica King
Audrain and family

The whole art of government consists in the art of being honest.

—Thomas Jefferson

**STRATFORD YOUTH BASKETBALL ASSOCIATION
2006**

Registration Deadline: Tuesday, February 7, 2006 by 4:00 PM
Entry Fee : \$15.00
Grades: 2nd - 6th grades

Turn in registration form to the School Principal's Office or Kendra Mungia.

NAME _____
PARENT'S NAME _____
ADDRESS _____
PHONE # _____
GRADE _____ BOY _____ GIRL _____

Every parent will be asked to help with the clock, book, clean-up, etc. It will be your duty to find a replacement if you are not able to fulfill this obligation. If these jobs are not taken care of, we will not be able to continue with the games.

Shirt Size(circle one)

YM YL AS AM AL AXL

Paying by: Check _____ Cash _____ Money Order _____

Waiver of Liability: I as a parent or guardian, hereby give permission for my child to fully participate in the Stratford Youth Basketball Association. I warrant that my child is physically able to fully participate in the said program. I hereby release any claim(s) for damages that my child or I, on my child's behalf, have against the Stratford Youth Basketball and any of their representatives in case of injury to my child. In the event that my child is injured during a Stratford Youth Basketball Association activity (games or practices) and not being available to be notified, I hereby authorize the Stratford Youth Basketball Coordinator or coach to take appropriate medical action as needed.

Signature of Parent/Guardian: _____ Date _____
This registration must be signed before your child can attend any practices or games. After the registration deadline, teams will be announced and coaches assigned.

If you would like to coach a team please call 366-2401.

A volunteer program must have volunteers to be successful!!

**Cards of
Thanks**



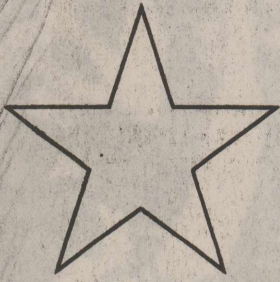
**Mr. Ward Palmer R.N. N. P.
Honored with a "Meet & Greet"**

On Monday, January 23, 2006 Mr. Ward Palmer R.N.N.P. was honored with a "Meet & Greet" at the Stratford Family Medical Clinic. Shown above left to right are Dr. Perry Bassett, Judy Griffith-Office Manager, Mr. Ward Palmer, Isabel Reta, Receptionist, Sharon Pickens-VA Coordinator, Sherri Sladek, LVN and Tamera Rosales, CNA

If we had no winter, the spring would not be so pleasant; if we did not sometimes taste of adversity, prosperity would not be so welcome.
—Anne Bradstreet

Just because something doesn't do what you planned it to do doesn't mean it's useless.
—Thomas Edison

<p>Business Directory</p>	<p>Stratford Hospital District Coldwater Manor Stratford Family Medical Clinic Stratford EMS Proudly serving the medical needs of Stratford and Sherman County</p>
<p>WALTER LASLEY & SONS INC. <i>THE Feedyard</i> Since 1953 753-4411</p>	<p>folkArt ONE Stroke OSCI BOBBIE STRONG 806-396-2802</p>
<p>Stratford Grain Co. Stratford 396-5541 Lautz 769-4485 4 North Main</p>	<p>This space available</p>
<p>This space available Call 366-5885</p>	<p>This space available</p>
<p>Stratford Auto Electric 119 S. Wall, Stratford, Texas 79084 Phone 366-5941 366-5857 Alternator, Starter, Magneto Repair Since 1964</p>	<p>Allen-Tarver Insurance Agency Carolyn A. Tarver Auto • Home • Life • Commercial Bus: (806)396-5810 • Res: (806) 396-2393</p>
<p>Betty Brown's Medical Claim Service 605 S. Main P.O. Box 7 Stratford, TX 79084 806-396-2623</p>	<p>Joe Flores Farm Bureau Insurance 396-5538 office 396-5389 home</p>
<p>Brown's Meat Locker Custom Wholesale & Retail Meat Federally Inspected Hwy 287 South 396-2513</p>	<p>Jesse's Gun Shop Gun Repairs • Sales • Cleaning Hours: Mon. - Fri. - 1730 - 2000 Sat. - 0800-1600 Jesse Resendes (806) 763-4454 111 S. Maple Stratford, TX 79084 (806) 366-3134 Shop</p>
<p>A & I PARTS CENTER AUTOMOTIVE AND INDUSTRIAL PARTS - THE CAR CARE PEOPLE Jerry Ewers Manager P.O. Box 1146 201 N. 2nd-Stratford, TX 79084</p>	<p>Your HomeTown Pharmacy.. ELK PHARMACY 317 N. Main P.O. Box 360 Stratford, TX 79084 806-396-4505 Major Prescription Plans Accepted Gayland Vandiver, R.Ph. Debbi Vandiver/ Owners Carlton Cards...Millionaire Candy.Gifts Cookie and Balloon Bouquets</p>
<p>This Space Available Call 366-5885</p>	<p>Tommy's Embroidery 580-423-7718 Texhoma, OK 210 Hwy 54 West Caps, Shirts, Jackets, Baby Blankets, Towels, Trwel Wraps, School Logos, & Much More!</p>
<p>THRIFTWAY Big Town Selection ★ Small Town Friendliness Wide Selection Frozen Food Quality Foods Fresh Produce Hwy 54 East 396-5586</p>	<p>This space available</p>
<p>This space available</p>	<p>Joe Taylor, Photography PO Box 27 1305 N Chestnut Stratford, TX 79084 806-366-2459 Weddings, Portraits, Etc.</p>



It Pays To Look In The

Star Classifieds

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Phone 366-5885

For Sale

STOCK SHOW IS HERE: For Sale: In great condition Lister Clippers w/extra blades. Call 396-5373 after 6 p.m. or call 366-5398 lv. Message.
1-26-tfn

For Sale:
1-1999 Suburban
1-2001 Pickup
1-2002 Pickup
1-2003 Pickup
2-2004 Pickups
Call Billy Bell at 366-2576.
10-27-tfn

COMPUTER FOR SALE:
DELL,PENTIUM4,924 HP PRINTER, MONITOR ETC \$200.00. ARNITA LANE 366-5853 AFTER 5:00.
1-26-c

Used Tire Sale: Duncan Chevrolet-366-5557.
7-28-tfn

For Sale or Lease-212 N. Poplar-40' x 60' office building. Call 806-679-5585.
4-1-tfn

Let's Make Arrangements has all your Valentine's Day needs. Give the hottest gifts! We have a large assortment of flowers, balloons, candy, stuffed animals, picture frames and much more.
1-26-c

Help Wanted

HELP WANTED:
LARGE FAMILY FARM AND RANCH IN THE TEXAS PANHANDLE. NEEDS YOUNG, FAMILY MAN WITH FARM AND RANCH EXPERIENCE. GOOD PAY & BENEFITS. LONG TERM EMPLOYMENT OPPORTUNITY. PHONE: DAY 806-733-2083, NIGHT 806-733-2860.
2-16-c

Sherman County Sheriff's Office is currently taking applications for the position of dispatcher-jailer. Applications may be picked up at Sherman County Sheriff's office 701 N. 3rd, Stratford, TX or call Sheriff Jack Haile at 806-366-5551. Sherman County is an EOE.
1-19-c

Help Wanted-Counter. Salesperson needed at A&I Parts. Contact Jerry Ewers at 366-5592 or 753-7593.
12-1-tfn

Houses for Sale

For Sale-Nice 3 br. 1.75 bath brick home at 408 N. Fulton. Ready to move into. Updated kitchen and bathrooms. CH/A, attached garage, new attic insulation, large fenced in backyard. Stove, washer, dryer and new built in dishwasher stay. Great neighborhood. \$55,000. Call 366-3111.
3-31-tfn

For Sale: 3BR, 1.75 bath home at 603 S. Fulton. 2 living areas, dining room, master bedroom with 2 walk in closets. Lots of closets and storage throughout the house. Large backyard with above ground swimming pool, metal storage shed and covered patio. 2 car garage. Brick and vinyl exterior for maintenance free up keep. Contact Rhonda Browne after 6:30 at 366-7597 or leave message.
12-9-tfn

For Sale: 605 N. 3rd, 2 bedroom, laundry room, CH/A, detached garage, storage building, nice location \$20,000. Call 930-0734 or 930-5613.
3-31-tfn

House for Sale: 3 bdrm, 1 1/2 bath, brick, great location by elementary school. Call 366-3485. 1317 N. Division.
9-22-tfn

For Sale: 611 N. Chestnut, 3 Bdrm, 1 full bath-2 1/2 bath, CH/A detached garage, Big back Yard with storage building, close to school. Call 366-2401.
5-5-tfn

For Sale by Owner. 4/2/3 home on corner lot. Custom built in 1995. New carpet, 20 x 20 finished basement, fireplace, ceramic tile in entry, utility dining and kitchen, sprinkler system, open floor plan, Approx. 3200 total sq. ft. Call 806-934-3381 evenings or leave a message.
11-4-tfn

House for Sale; 3 Bdrm, 2 Bath, 2-living areas, 2 car garage-indoor grill. Roof-1 yr. old, New H/A, Updated kitchen, Storage building, close to schools. Call 806-744-5270
9-22-tfn

REDUCED: 3 Bdrm Brick, 2 baths on large corner lot. 1201 NW 2nd St. Sprinkler system, fenced yard. Located in Casa Bonita Addition. Call 366-2153 for appointment.
10-21-tfn

For Rent

House for Rent-2 Bdrm at 609 N. Grace. Call 366-2008 for more information.
5-12-tfn

For Rent: 1 Bedroom furnished Apt., 6th & Fulton. Call 396-5541 daytime, 396-5692 nights.
1-28-tfn

For Rent: Office space on Main Street for rent. For information call (806) 396-5541.
11-27-tfn

2 bedroom house for rent with garage and fenced in backyard. Call 396-2125.
1-26-c

For Rent: 3 bedroom, 2 bath, central Heat/AC W/D Hook-ups. \$450 mo plus deposit. Call 244-5646 during the day.
2-2-c

Ad Rem Land Co.
803 S Bliss
Dumas, TX 79029
806-935-7364



NEW LISTING! Hurry to see this large family home. It has central heat and air, a free standing fireplace and a great location.
\$52,900

Shop in Backyard! Nice 3 B/R, 2 bath with 1 car detached garage. Reduced to \$43,000

Corner Lot! This 4 B/R, 1 1/2 bath home has had C/H&A, sewer lines, and gas line recently replaced.
\$55,000

NEW LISTING! Right on the corner, right across from school, right on the PRICE. Metal siding and trim.
\$35,000

Reduced Price. Precious brick house. 3 bedrooms, 1 bath, New carpet, central heat & air, sprinkler system and huge storage building. 401 S. Pearl. Call 366-3678.
6-16-tfn

House for Sale at 1209 Division St. 3 bedroom, 2 bath, nice neighborhood. Close to schools. Lg. Storage building in fenced backyard-attached garage. For more information call 934-3569 or 922-3569.
7-14-tfn

Services

Tree trimming or removal. Call Dusty Stewart for a free bid. 366-7601.
6-9-tfn

I will do little handiwork jobs for the elderly at a reasonable cost. Call Dick Bachman 366-7679.
8-19-tfn

Lawn Mower repair, Call Travis 396-2512 or come by 610 S. Wall. Leave message.
1-26-c

Land for Sale

Land for Sale: Section 66 and South 1/2 of Section 67 Block 8. Capital Syndicate sub-division. Dallam County CRP to 9-30-2007. Contact Trust Dept. at First State Bank of Stratford 806-396-5521.
10-23-tfn

PHEASANT RIDGE APARTMENTS

1319 & 1320 N. Chestnut
Stratford, TX

HAS OPENINGS

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Great for Senior Citizens and HUD Approved.

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Sherman Co. Child Welfare Board

To report Suspected Child Abuse, call

Kathie Altman-366-5611
Paula Everett-966-5445
Ken Forthman-366-2586
Patsy Harland-827-7568
Belinda Hamilton-827-7728
Jesse Resendes-366-3134
Ernie Maiwald-366-5546

Austin Hotline
1-800-252-5400
ALL CALLS
CONFIDENTIAL

Nature chose for a tool, not the earthquake or lightning to rend and split asunder, not the stormy torrent or eroding rain, but the tender snow-flowers noiselessly falling through unnumbered centuries.
—John Muir

LEGAL NOTICE ADVERTISEMENT FOR BIDS

Sealed Proposals for Window replacement (portion of per bid form) for the Sherman County Courthouse, Stratford, Texas will be received by Judge Terri Beth Carter until 4:00 P.M., CST, Friday, February 10, 2006, then publicly opened and read aloud. Address for delivery is: 701 N 3rd St. Stratford TX 79084. Address for mail to: P O Box 165 Stratford TX 79084. Proposals shall be addressed to Judge Terri Beth Carter. The scope of the work shall include window replacement, refurbishment of window sills where termite damage exist, ceiling removal and reinstallation, etc.

Plans may be examined at the following locations:
AGC/F, W, Dodge Plan Room
1707 W. 8th Avenue
Amarillo, Texas 79105
Phone: (806) 374-1924

Sherman County Courthouse
701 N, 3rd, Room 206
Stratford, Texas 79084
Phone: (806)366-2021

Two copies of the plans may be obtained from the office of D. Scott Stark, Architect, 1500 S. Tyler, Amarillo, Texas 79101, (806) 342-9940, by qualified Window Contractors upon deposit of \$10.00 per set of plans. Additional copies may be purchased upon receipt of \$10.00 per set to defray printing costs. All plans shall be returned to the Architect for which a deposit was taken. All deposit shall be refunded in full if plans are returned in good condition to the

Architect with ten (10) days after bid opening.

A cashier's check or acceptable bidder's bond payable to Sherman County, in the amount of five percent (5%) of the total bid submitted must accompany each proposal as a guarantee that, if awarded the contract, the bidder will enter into a contract and execute such bonds as may be required.

The Owner reserves the right to waive any informalities or irregularities or reject any or all bids.

A proposal shall remain in effect for a period of thirty (30) days from the date of receipt unless sooner returned.

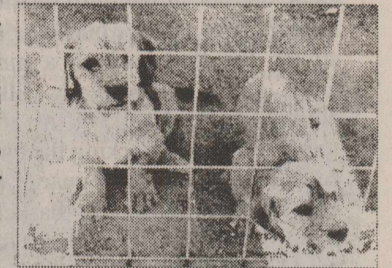
The four-hour bid time as observed by AGC shall be in effect on this project.

Published in The Stratford Star, Thursday, January 26, 2006.

Health

(NU) - Nearly half of all diabetic patients suffer from painful nerve damage called diabetic peripheral neuropathy, or DPN. This condition is often so painful that patients are unable to live normal lives. But new treatment options offer hope to lessen the pain. Dr. Sean Mackey, associate director of Stanford University's Pain Management Center, suggests a program that incorporates physical, psychological, pharmacological and procedural treatment. Mackey says physicians must work with patients in goal-oriented and paced activities that gradually build endurance and strength. For more information, visit the American Medical Association's Web site at www.ama-assn.org.

Pet of the Week



The Dalhart Animal Rescue Shelter needs your old blankets, towels, & rugs for the dogs and puppies. If you have any that you would like to provide them, please contact Linda Reimer at 244-6326 (leave message) or 249-5333. You can also drop them off at the shelter.

The Dalhart Animal Rescue Shelter ("no "kill" facility) currently has over 100 dogs and puppies available for adoption. These dogs are all sizes & range in age from 4 weeks on up. The older dogs have been spayed and/or neutered & have their shots. These dogs need a good home.

We are also seeking responsible individuals to provide foster care for the dogs. If you feel you would like to take one or two and care for them for a couple of months, we will provide free food. AH of these dogs have had their shots and are looking for lots of love. Please contact Diane Trull at 244-3216 for additional information.

Health

(NU) - Approximately 243,000 seniors end up in the hospital each year due to adverse reactions caused by the combination of over-the-counter and prescription medications. The interaction may increase or decrease the effectiveness or the side effects of the drugs. The Quigley Corp. recently joined the National Council on the Aging in launching a public awareness campaign called "Seniors and Medicine: Proper Use for Good Health." For more information, visit www.senior-med-safety.com.

In the sheltered heart of the clumps last year's foliage still clings to the lower branches, tatters of orange that mutter with the passage of the wind, the talk of old women warning the green generation of what they, too, must come to when the sap runs back.
—Jacquetta Hawkes

Arts in the Area

By Gaynelle Riffe

Jan. 19-20 "Crowns" Musical ALT Main Stage
Amarillo Little Theatre 806-372-7464

January 20-21 Kwahadi Indian Ceremonials 7:30
29,28 Kwahadi Kiva Museum

January 29 Chamber Music Amarillo 2:00 p.m. (free to public)
Amarillo Museum of Art 2200 S. Van Buren 236-3545

January 31 "Thoroughly Modern Millie" Broadway Series
Feb. 1 Amarillo Civic Auditorium 806-378-3096

Feb. 3 "Three Mo' Tenors" Lift Every Voice
Amarillo Opera 806-372-7464
Globe News Center www.panhandletickets.com

Feb. 9 Harrington String Quartet 7:30 p.m.
Amarillo Globe-News Center 806-376-8782

Feb. 9-19 "Boston Marriage" Adult Drama 806-372-7464
Amarillo Little Theatre Adventure Space

Feb. 11 Dinner Theatre at the LaRita
Chamber Music Amarillo/ Polk St. Jazz
Dalhart La Rita Theatre 244-5646

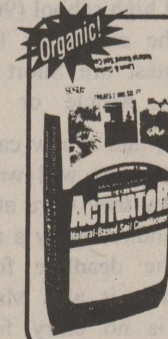
Feb. 11 Jim Wilson, pianist and guest artist
Globe-News Center 806-378-3096

THE General Store

515 N. Poplar, Stratford
Convenience, Service, Selection - in your neighborhood!!!



Apply NOW before Crabgrass
And other grassy weeds begin to sprout.
Creates a PREVENTATIVE barrier against
Crabgrass and other grassy weeds
Turf Builder also contains fertilizer.



Soil Activator

A safe, natural way to help your lawn clippings "compost" and return to the soil valuable nutrients found in grass clippings and thatch.
Contains humates and 17 other trace elements.



A-Vert plus Lawn Fertilizer

Three pre-emergent herbicides to give control of broadleaf and grassy weeds in Northern and Southern lawns.
Effectively controls Dandelions and Crabgrass.

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Basketball

GOOD START & FINISH GIVE LADY ELKS WIN OVER GRUVER

The Lady Elks jumped out to a 10-0 lead in the first quarter to help give the girls a win over Gruver on Tuesday night in front of a packed house in a District I-A showdown between the Gruver Lady Hounds and the Stratford Lady Elks. The Lady Elks seemed to lose some intensity and let the Lady Hounds back in the game in the second quarter as Gruver went on a 15-10 run led by the driving attack of Lindsey Clift. However, the Lady Elks came out hot in the third quarter hitting two quick buckets to stretch the lead back to a nine point game. The Lady Elks outscored Gruver 13-9, in the third and began attacking the half court trap in the fourth quarter to get some transition baskets putting the game out of reach for the Hounds with a final score of 45-31. The Lady Elks were led by Shadley Audrain who put in 16 points and pulled down 12 rebounds. Merilee McDaniel added 8 points and two steals while Katelyn Reed and Allison Baskin both put in 7 more points and 3 rebounds each.

LADY ELKS DEFEAT BOOKER TO END 1ST ROUND OF DISTRICT

The Lady Elks defeated Booker with a score of 57-22 to end the first round of district at 4-1. The Lady Elks subbed frequently as they put a tremendous amount of man to man pressure on the Lady Kiowas in the first three quarters of the game on Friday night. The Lady Elks limited Booker to only 11 points in each half and pulled down twice as many rebounds as the Lady Kiowas. Leading the Lady Elks was Shadley Audrain with 13 points and 12 rebounds, Allison Baskin with 10 points and 3 rebounds, Katelyn Reed with 6 points and 6 rebounds, Merilee McDaniel with 6 points and 3 rebounds and Haley Buckles with 5 points and 5 defensive assists. Yadira Ortega and Candie Bell led the Lady Elks in steals with 4 and 3, respectively. Great job Lady Elks on the first round of district play!

The 7th grade Lady Elks beat White Deer 21-6 on Monday, January 16th. Rubi Rueda led the Lady Elks with 7 points followed by Brianda Chavoya and Lindsy Confer with 4 points each.

The 8th grade Lady Elks beat White Deer 21-15. Chelbye Ellis was high point with 7 points followed by Channing Zieman with 6 points.

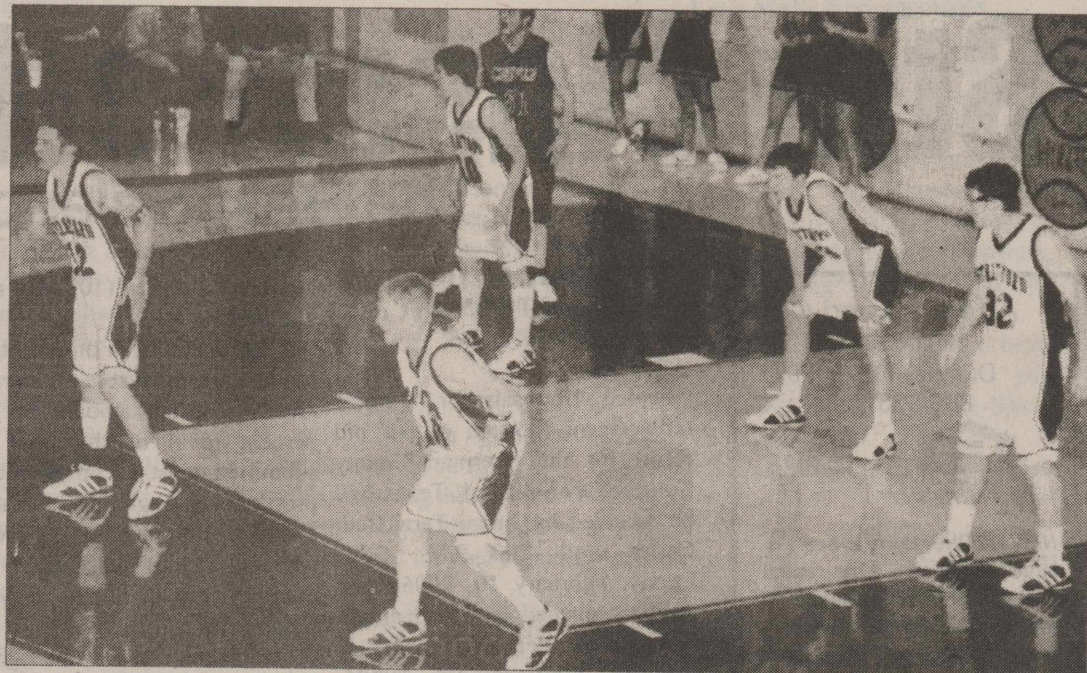
The J.V. Lady Elks beat Gruver 55-11 on Tuesday, January 17th. Jordan Confer was high point with 16 points followed by Rhia Everett with 11 points and Whitney Garza with 10 points.

The J.V. Elks lost 23-40 to Gruver. Angel Resendes led the Elks with 8 points followed by Sandro Gomez with 6 points and Justin Lanning with 5 points.

The Elks lost 35-64 to Gruver. Brant Cumming was high point with 7 points followed by Daniel Hays and Harrison Walden with 5 points each. Kaleb Horsford and Scott Hudson added 4 points each.

Crafts

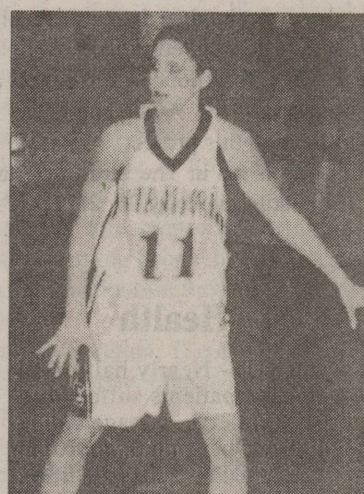
(NU) - As a software engineer, Marci Baker solved difficult mathematical problems; later as a stay-at-home mom, she turned those math skills toward quilting. Along the way, she discovered a sewing machine that appealed to both her engineering and quilting sides. Baker found that by using the systematic approach of an engineer, she could make cutting and sewing faster. She developed a method based on "strip piecing," eliminating the need to measure and sew together every small piece of fabric in a quilt top. Baker does her work on Janome's Memory Craft 6500 Professional, which operates at up to 1,000 stitches per minute. Janome's machine has the power of an industrial machine, but with the quiet operation to work at home. To learn more about Baker's quilting techniques and products, visit www.aliciasantic.com. For information on Janome products, go to www.janome.com.



Stratford Elks on defense in front from left, Case Crabtree and Scott Hudson. Back L-R, Hunter Buckles, Kaleb Horsford and Brady Bell.



Stratford Elk Harrison Walden looks for the pass.



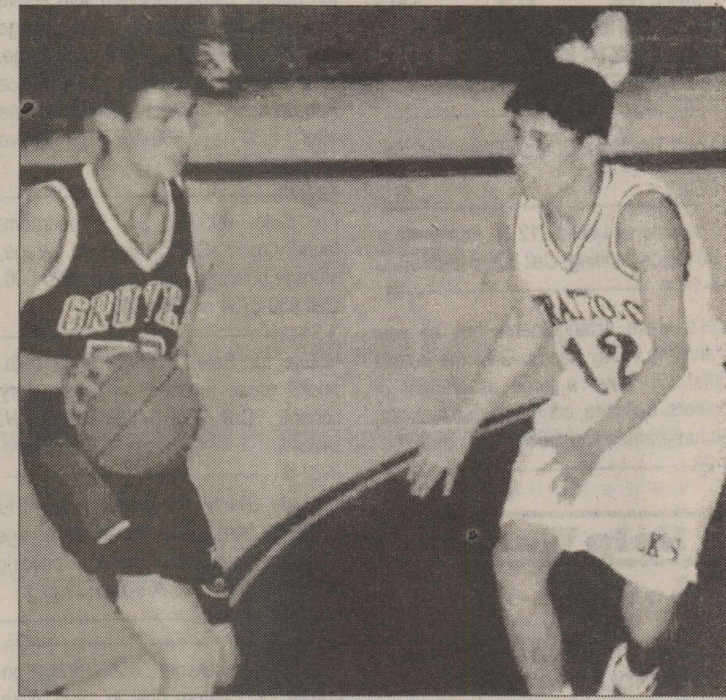
Lady Elk Cassi Garza



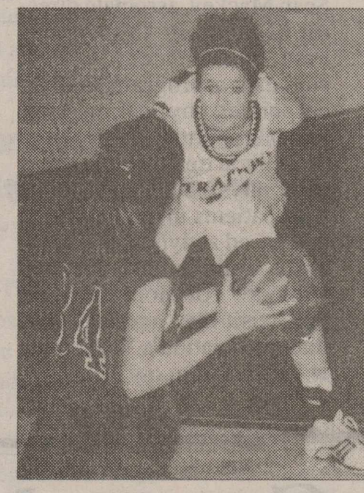
Lady Elk Yadira Ortega



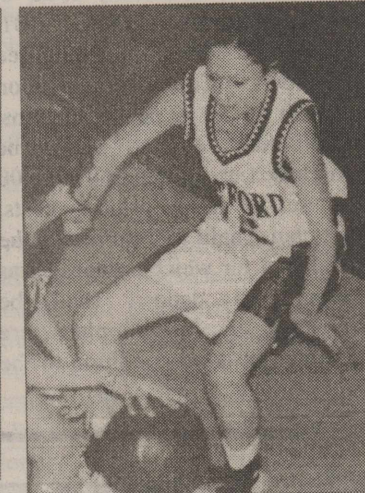
Lady Elk Shadley Audrain dominates the opening jump.



J.V. Elk Nelson Rodriguez on defense.



J.V. Lady Elk Whitney Garza on defense against Gruver.



J.V. Lady Elk Kelsey Stein.

No 8th grade pictures due to camera problems - Sorry!



**Good Luck To
All the
Basketball
Teams
Have a
Great season**



7th grade Lady Elk Kelsie Keener.



J.V. Elk Clayton Johnson



7th grade Elks from left #25 Bryce Cummings, #41 Tyler Wright, and #23 Trevor Christian.

Local Writing Contest Deadline Mar. 1

Panhandle Professional Writer proudly announces its 2006 writing contests for adults and young people. Categories for the adult competition are Short Story, Non-Fiction Article or Essay, Non-Fiction Book, Screenplay, Memoir, Juvenile or Young Adult Short, Poetry Short, and Poetry Long. Novel categories are Mainstream, Mystery/Suspense/Thriller, Historical or Western Romance, Science Fiction/Fantasy/Horror, and Juvenile or Young Adult.

Published authors will judge the first round. The top six scores from each category will be submitted to professional, acquiring editors for final judging. Cash prizes will be awarded to the top three winners in each category.

Entry fees range from \$10-\$15 for PPW members and \$15-\$20 for nonmembers. Membership in PPW is not required to enter the contest. Submissions must be postmarked by March 1, 2005 to be eligible and the winners will be announced at the Frontiers in Writing conference at the Ambassador Hotel on Saturday, June 10, 2006.

The Youth Contest is open for students from grades 3-12. Young people are judged by three age groups, elementary (3rd-5th grades), middle school (6th-8th grades) and high school (9th-12th grades). The categories for the Youth Contest are Short Story, Non-Fiction Article or Essay, Short Poem, and a new category in which students will write an essay on how they were affected directly or indirectly by a natural disaster. The deadline for the Youth Contest is also March 1 and there is no entry fee for students. Published authors will judge submissions. The students receiving the top five scores in each category will receive plaques or certificates during a reception at the Frontiers in Writing conference on Saturday, June 10, 2006. PPW will publish the winning entries in a book will be available for sale at the reception.

Rules and entry forms for both contests are available on the PPW website www.panhandleprowriter.org. The sponsor for the Adult Contests is Panhandle Professional Writers and the sponsors for the Youth Contests are Barnes and Noble, Crown Trophy and Panhandle Professional Writers.

SUNRIPE BELLA ROMA DI POMODORO (Makes 6 servings)

- 3 tablespoons extra virgin olive oil
- 3 medium garlic cloves, peeled and thinly sliced
- 12 Bella Roma Italian-style tomatoes (plum tomatoes), cut into chunks
- 1/8 teaspoon salt
- 1/8 teaspoon pepper
- 1 pound penne pasta
- 10 basil leaves, torn by hand into small pieces
- 1/4 cup chopped fresh parsley

In a large skillet, heat olive oil and sauté garlic. Add Bella Roma (plum) tomatoes, salt and pepper. Simmer sauce for 10 to 15 minutes; do not overcook the tomatoes. Meanwhile, cook pasta according to package directions. Spoon sauce over pasta and sprinkle with parsley and basil.

Nutritional information per serving: 364 calories, 8.3g total fat, 1.3g saturated fat, 20 percent calories from fat, 3 percent calories from saturated fat, 12g protein, 63g carbohydrates, 0mg cholesterol, 4g dietary fiber, 65mg sodium.

Fritch Chamber calls on local talent for Citizen of the Year Banquet

FRITCH—The Fritch Area Chamber of Commerce will be hosting a pancake breakfast in conjunction with the annual Citizen of the Year Banquet, Saturday, March 25th from 8 a.m. until Noon at the Sanford-Fritch Junior High School cafeteria.

"We wanted to have a pancake breakfast this year," Renee Cunningham, chamber secretary said. "So we decided to have it in conjunction with our annual Citizen of the Year Banquet."

In addition to a great breakfast, local talent will be on hand throughout the morning to entertain guests.

"We really have a lot of talent in our area," Cunningham stated. "So this is another chance to get to see some of them perform."

To be included in the entertainment you can sign up at the Lake Meredith Aquatic & Wildlife Museum under the water tower in Fritch from Noon until 5 p.m. Monday through Saturday.

Cunningham said the ballots for the Citizen of the Year will be out later this week and citizens are encouraged to vote for who they think has earned the honorable title. Numerous businesses will have forms and boxes for your convenience.

"We have a great many wonderful folks living in and

around Fritch," Cunningham said. "It can be pretty tough decision for the Chamber, so whoever gets the most votes wins."

Cunningham added that the

Chamber is hoping for a good turn out this year. "There's no reason why we shouldn't see a good turn out this year," she stated. "It's a great opportunity to spend time with your neighbors and enjoy reminiscing or even getting to know them."

Tickets for the event will be \$5 per adult and \$2.50 for ages 12 and under. All proceeds will benefit the Fritch Area Chamber of Commerce.

Health

(NU) - The depletion of energy is often due to stress. According to the National Institute of Mental Health, the stress hormone cortisol plays an important role in helping your body make energy available. But when stress takes its toll, your body can secrete excess amounts of cortisol, making your energy low. Fortunately, there are steps you can take to relieve stress and increase your energy, like taking a five-minute break every couple of hours when at work or school or finishing big tasks earlier in the day. Also, some health experts recommend taking a supplement, such as Vital StressX, to relieve mental strain. For more information about Vital StressX, call (866) 308-9493 or visit www.vitalstressx.com.