

The Stratford Star

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Number 23, June 8, 2006



Relay for Life Held Friday, June 2, 2006

Helping to Kick off Relay for Life on Friday, June 2, 2006 was survivors of cancer getting ready to start their Survivors lap.

Shown at right resting between laps are Sabrina Melton, Travis Melton, Jerry Melton, Desine Garza and Jamie Garza.

City to Start Tagging Abandoned and **Junked Vehicles**

The City of Stratford will begin tagging abandoned and junked vehicles for impoundment as defined by the Texas State Statute. The definition of a "junked vehicle" is one that has unexpired license plate, an invalid inspection certificate, wrecked, dismantled or partially dismantled, or inoperable. The entire statute can be obtained at City Hall for your convenience. After the vehicle has been tagged, the owner will have 72 hours (if on the public right of way) or 10 days (if on private property) to remove the vehicle. The owner of the vehicle can request a public hearing be held to the City Council. Let's all help to clean up Stratford and make it a cleaner and safer place to live. If there are any questions, you can contact Sean Hardman at City Hall at 366-5581.

Main Street Art-June 16

Main Street Art at the Imagination Station, June 16, 9:30 a.m. to 11:30 a.m. "Pinch a Pot", "Sculpt a Cat" working with clay with instructor Millie Hacker. Budding artist 5 and up should register with Laurie Spurlock 366-2772 or Gayle Harding 366-2206. Cost is \$5.00 up at West Texas Gar or per person for supplies.

Circus Tickets

The Culpepper Merriweather circus will be in Stratford Sunday June 11. There will be two performances 2:00 PM and 4:30 PM. Tickets are available at Dairy Queen, Brooks Video, Moore's Food Pride, West Texas Gas any Chamber Member and Chamber of Commerce Office 366-2260.

This is your last chance to get tickets at the reduced price.

CHEER CAMP NEXT WEEK

REMINDER: Cheerleading camp Tuesday, June 13th -Friday, June 16th from 9:00 a.m.- 12 Noon at Stratford **High School.**





Keynote Speaker at Stratford's Relay for Life held on Friday, June 2, 2006 was Denise Cummins.

Stratford Jamboree 2006 **Entry Forms Available**

Stratford Jamboree 2006, parade entry forms can be picked Stratford Chamber of Commerce. For more information contact Shannon Sellers at 366-2296 or Jolie Asher at 396-2136.

Attention-Anyone Wanting to Purchase a Headstone

Anyone wishing to purchase a headstone to mark a grave for a relative, friend, or for someone who has no apparent family still living, may do so at a nominal fee. Wallace Monument will prepare a 12"X 12 "granite stone on a concrete base. The marker will be engraved with the decedent's name, date of birth, and date of death. Cost is \$65. If you are interested, call Mr. Mark Wright at 806-874-2442 White

Alcohol Awareness Program for Minors to be Presented

CSCD will be conducting an Protective first 25 students.

A companion's words of persuasion are effective.



Sladek Recognized for her Service

The UMC accepts the programs of Civic Youth-Serving Agencies as contributing to the church's goals in its ministry with children and youth. The Office of Civic youth-Serving Agencies/ Scouting of the General Commission on United Methodist Men and the National Association of the United Methodist Scouters recognizes men and women who give unusual amounts of time and energy in dedicated service with children and youth. The Cross and Flame program gives recognition to adult leaders who have given exceptional service in the use and promotion of programs for young people. Janice is an active member of our church and chair of our missions committee. She has always looked out for, cared for, and challenged us in active participation in missions, in scouting, and in ministry. Through many years of service and dedication Janice Sladek has not only met the criteria for the Cross and Flame Award but has exceeded it. Pastor Gene Weinette presented the award to Janice and said on behalf of the First United Methodist church her in Stratford, Texas, "It is my honor and privilege to present to you the Cross and Flame Award and say thank you for all you have done over the years."

Stratford EX-Students Reunion July 28-29

Is anyone out there interested in continuing the Ex-Student Reunion?? The last meeting of about 25, only two showed. The Class of 1956 has their plan and corrected addresses. The Class of 1946 is including the Classes of 1947 and 48. The Class of 36, 66,76,86,96 has not sent any information or corrected address. I guess we get so busy with our own little world we don't have time to include the larger picture or we just don't want to make a commitment.

Foster/Adoptive **Parent Informational Meeting June 13th**

When abuse and neglect occurs, and children are no longer able to safely remain in their own homes, we are fortunate enough to have individuals willing to provide care and support to them in licensed foster homes. Foster care provides a temporary safe The 69th Judicial District haven for children as Child Services AWARENESS caseworkers and foster parents PROGRAM FOR MINORS work toward uniting children (MIC or MIP) on Wednesday with their families. These June 14 and Wednesday June 21, children, through no fault of their 2006 at 6:30 p.m. - 9:30 p.m. own, were placed in abusive or Cost of the program is \$50. All neglectful situations by their persons needing to attend the biological parents. In some program may register at the Adult situations, they are not able to Probation Office, 412 Denver return home and deserve a Suite 501, Dalhart, TX 79022, by chance for a new life with 4:00 p.m., Monday, June 12, adoptive parents who can teach 2006. Enrollment is limited to the them that family can be a safe

> There is an urgent need for more families to open their hearts to effect. and homes by becoming foster and adoptive parents. To learn more about fostering and adoption, attend an informational meeting the second Tuesday of Meetings are held at the CPS office located at 62001-40 West, can be. in Amarillo.

Staying on the Road and Independent will be Topic of **Monthly Senior Seminar** Contact: Sue Church, (806) 373-0713,

Citizens' Center, Meeting Room higher cost of doing business. 115. "Wheels to Independence" is Cooperative Extension agent in Potter County. The program also conducts training with the adaptive equipment.

Presenting Thursday's program will be Casey Carter Billingsley, occupational therapist at NWTH in acute care and outpatient therapy settings.

She will discuss: changes (physical and cognitive) that occur to affect driving; state laws and driving;

and strategies to continue to drive safely and other driving options.

The program is sponsored by the Potter County Extension Coalition on Aging and Amarilto Senior Citizens' Association. Door prizes provided were donated by Scott's Flowers and Amarillo Senior Association.

For more information, contact Church at (806) 373-0713 at the Extension office in Potter County.

events that people have decided to agree upon.

the purpose that you resolved passed from the

each month at 7:00 p.m. The greatest mistake is trying at to be more agreeable than you beginning of May, when fuel

-Walter Bagehot

Xcel Energy Seeks Increase In Texas Base Rates

AMARILLO - For the first time since 1986. Xcel Energy's AMARILLO - "Wheels to Texas-based operating company, Independence" is the topic of Southwestern Public Service discussion at the next Senior Company (SPS), is proposing Seminar, scheduled for 1:30 p.m. to raise its base rates for electric June 8 in the Amarillo Senior service in Texas to help offset the

The overall rate increase a program offered at Northwest proposal will raise revenues by Texas Hospital that evaluates an \$47.1 million a year, or 6 individual's ability to drive safely percent. The company is also and/or determine the need for proposing changes in how it adaptive equipment in the car, collects certain fuel costs and is said Sue Church, Texas proposing to reconcile its past actual fuel costs for the years 2004 and 2005.

> The residential rate would rise by 7.4 percent, or \$5.18 more per month an average household using 800 kilowatt-hours (kWh). Other rate classes would see different percentage increases, but the overall increase customer classes, including residential, commercial and industrial, is 6 percent.

> The proposals were filed today with the 81 Texas municipalities Energy serves and with the Public Utility Commission of approved, new base rates - the rates the company charges depreciation, operations and maintenance expenses of electrical generation, transmission distribution systems - could take effect in July.

Between 1986 and 2005, the History is the version of past only changes in pricing have two decreases in the base rates, plus many -Napoleon changes both up and down in the of used to generate power in area generating facilities. The fuel costs Do not, for one repulse, forego figured into the base rate, and are through -William Shakespeare customers without any markup for the company. Xcel Energy no profit fuel expense. The most recent adjustment in fuel costs occurred

Cont. on page 6

THE STRATFORD STAR Thursday, June 8, 2006 Page 2

BOBBY EDMOND HORSE SALES

Yearling Catalog Sale

Sunday, June 11 @ 10 a.m. 60 Registered Yearlings All halter broke, gentle & fit **CONSIGNMENTS INCLUDE** SOMETHING FOR EVERYONE.

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The Stratford Star **Published Every Thursday** at 805 Purnell, Stratford, TX 79084

Martha (Marty) **Robertson Editor &** Publisher Shari Hudson-Advertising & Photography Subscription Rates \$25.00 per year in

Counties \$32.00 per year all others \$20.00 per (9 months) College Rate

Sherman & Adjoining

The Stratford Star Box 8 1-806-366-5885

FAX-1-806-366-5885

make when trying to design month with newer trees some something completely foolproof times more often depending on is to underestimate the inge-rain, and the new, new trees nuity of complete fools.

Chamber News

By Ann Wells

The Memorial Day Ceremony last Monday at the Stratford Cemetery was very well attended. The cemetery looked beautiful with all the flowers and flags. Many people helped to snake the ceremony a success, I especially want to thank Piper Bennett and the 4-H Horse Club. The horses and riders were a tremendous addition. Some people that made it special were Courtney Shields, Ryan Pendergrace, Nathan Bennett, Ray Hauser, and Claude Fedric, The members of the Cemetery Board who take care of the cemetery, put out flags and take them down are to be commended.

The Service men and women and their families who have sacrificed for our country deserve more than we can ever repay. You have made this country great You have defended our freedoms and given as things not even imagined by people in some other countries, 10 this small way we can mate a feeble attempt to show our appreciation. Hats off to you.

Letters to The Editor

Letters to Editor Policy

Letters to The Stratford Star are area trimmed, in mind when always welcome and will be placing decorations. The care of published if they are signed, and cannot be considered libelous. Comments in the letters are strictly the view of the writer, not the newspaper. They must always have a signature. We will not publish anonymous letters under any circumstances. Letters must be received by noon on Mondays.

Please mail letters to The Stratford Star, Box 8, Stratford, TX 79084 or fax to 806-366-5885 or e-mail stardm@xit.net

Dear Editor,

The Stratford Cemetery really the graves decorated.

It has been so dry that the grass directions. isn't green but native grass will Nutritional Information (Per Serving): Calories 166; Some of the graves have not been 7mg. water packed and excess water will cause them to fall in. Even those with grave covers will collapse so think twice before watering the grass.

—Douglas Adams every other day for a while. can adjust the water to a slow age—I missed it coming and flow. If you need to use the hose, please return it to the faucet with the sprinkler attached.

As the wind blows, flower arrangements are displaced and sometimes end up in the fence and are disposed of. Please keep the cemetery staff, that keep the the cemetery says a lot about the care of the community. Thank you for caring.

Gaynelle Riffe

Blissful Pear Sorbet Makes 6 Servings

- 2 cups water 1 cup sugar
- 1 can (15 ounces) Bartlett pears, well drained
- 2 tablespoons fresh lemon juice

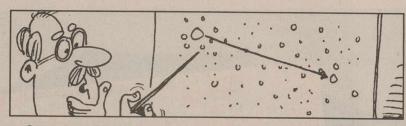
In saucepan, heat water looked nice for the Memorial and sugar until sugar is well Day Service thanks to the hard dissolved. Cool syrup to room work of the City employees, temperature. In blender convolunteers on clean-up day and to tainer, combine up to onethe many families who half of the syrup and pears; remembered loved ones with lemon juice and remaining flower arrangements. I don't flower arrangements. I don't syrup. Freeze in small (1believe I have seen so many of quart) ice cream freezer according to manufacturer's

hang on until the next rain and it Carbohydrate 0g; Fiber 0g; is very costly to water the grass. Protein 0g; Fat 0g; Sodium

How cunningly nature hides The trees are another matter. I every wrinkle of her incon-A common mistake that people try to water the trees once a and violets and morning dew! ceivable antiquity under roses -Ralph Waldo Emerson

> There was no respect for youth The hose that I furnished have when I was young, and now that small sprinklers on the ends so I I am old, there is no respect for

> > J.B. Priestley



Our solar system is located about 30,000 light-years from the center of the galaxy.



Texas Farm Bureau Insurance Companies

has been serving the needs of Texas families for more than 50 years. We proudly support you, your family and your community involvement in High School athletics.

Sherman County Branch Manager, Jason Cantrell, congratulates Coach Eddie Metcalf on the Stratford, Class 1A, Div I 2005 Football State Championship!

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TRY OUR NEWEST CHUCKWAGON ITEM

HOT DOG OR HAMBURGER BUNS REG. \$1.19



COMBO MEALS

COMBO

Do you remember when the holiday was called Decoration the Ambulance Arrives.

Patti McDaniel Aurora. CO., summer, was deliciously cool Memorial evening they were supper guests of Donna Baker at Colorado City along with some other guests.

Patti McDaniel was in Kerrick last weekend. She and her mother Marylou visited with Thelma & Duane Smith in Dumas. They had supper with the Boots Avent family near Stinnett and lunch with Merilee McDaniel!

Jo June McDaniel is recovering from gal bladder surgery.

Barbara & Terry Schoonover attended Barbara's 40th High School Class Reunion in Guymon Saturday.

mother Peggy left Monday "graphein," meaning "to write." morning for Rosenberg, Texas where Chandra will participating in the state 4-H Shooting contest on Wednesday. Others on the team are Caleb Horsford, Rustin Russell, and Nathan White.

Congratulations on going to

Addie Wells had her first birthday recently. It was a family gathering. Addie is the daughter of Roger and Brandi Wells.

The Schoonovers, Trisha, Reed, Rett & Rese went to Trevor Bell's third birthday party Saturday.

Stratford Grain Bowling Team bowled in San Antonio last weekend. Stephanie Kohen, a first year bowler, with a 115 average, rolled & 200 game. Other team members, all from Dalhart, were Laura Baker, Dorinda Dashnow, Daisha Simmons, Lauren Carter.

Pat Boren went along as their coach. She is a former team member. They enjoyed the Alamo and a river cruise. They also saw the capital m Austin, a first time for several.

A truly rich man is one whose children run into his arms when his hands are empty.

—Author Unknown

FRIENDS DAY **JUNE 13**

SouthStar and Lunch and Learn Mrs. Extension Education Clubs will Rothschild is a sister-in-law of be hosting a Friend's Day on

Members are encouraged to her mother, Nadine Miller, invite a friend for lunch and learn from Stratford Emergency Services on "What to Do Before

Friend's Day will be held from 12 Noon to 1:00 p.m. at the Clifford Abbott, Lubbock, Mike County Exhibit Building in & Marylou McDaniel were in Stratford. Lunch will be catered Colorado to open cabin for the by Tip Top Caterers for \$8.00 per plate.

> For more information or to reserve a seat at Friend's Day, call Jean Everett at 966-5346 or the Sherman County Extension Office at 366-2122.



Chandra Hawkins and her from the Greek words "tele," which means "afar," and

Sherman County Library Kids are Reading Champs! Public Library **Announces Summer** Reading Program for Stratford Children

"Reading: The Sport of middle fit The 2006 Texas Reading Club, Champions!" provides opportunities for children of all ages to enjoy reading. It begins with a kickoff movie at the library on Wednesday, June 7 at 1:30 p.m. and a reading program on Wednesday, June 14 at 1:30 p.m.. This free program is cosponsored by the Texas State and Archives Library Commission and includes weekly events alternating between afternoon movies and reading programs.

"More than 200 children read for over 1000 hours last summer," said Library Director Sandy Baskin. "This year we anticipate that the children of Sherman County will break that record and read for at least twice as many hours." Local school officials applauded the public library for its efforts to help local school children maintain and improve their reading skills through die summer months.

Information about the Texas The word "telegraph" comes Reading Club is available by calling 366-2200. Programs will run through July 26, 2006. The Sherman County Public Library is

Sherman Country Public Library

Presents

Reading the Sport of Champions"

All Programs start at 1:30 p.m. Call 366-2200 for more details.

Reading Programs

June 14

June 28

July 5

July 26

open Monday from 10:00 a.m.-8:00 p.m. Tuesday through Thursday 10:00 a.m.-6:00 p.m. and on Saturday morning from 9:00-12:00 p.m.

A good novel tells us the truth about its hero; but a bad novel Reading is to the mind what Always read stuff that will make tells us the truth about its exercise is to the body. -Sir Richard Steele

-G. K. Chesterton

THE STRATFORD STAR

Thursday, June 8, 2006

Page 3

MITCHELL THEATRES Guymon, Okla

-P. J. O'Rourke

Movies Beginning June 9

Cars

The Omen

The Breakup PG-13 Jennifer

X-Men: The Last Stand PG-13 Hugh Jackman Halle Berry

United 93 R Tim Bevan The DaVinci Code

PG-13 Tom Hanks Over the Hedge

PG Animated

PG Robin Williams

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Sunday · June

Sponsored by The Stratford Chamber of Commerce

MANNANNANNANNAN FREE HOT DOG FEED AT STRATFORD GRAIN

Afternoon Movies

June 2

June 21

July 12

July 26

WEDNESDAY, JUNE 7, 2006

11:30-1:30

First Assembly of God Kevin Anderson, Pastor

921 Fulton Sunday School 9:45 am Morning Worship 10:45 am **Evening Worship 6:00 pm** Wed. Bible Study 7:00 pm

First Christian

Rev. Walter Reed 5th & Main Sunday School 9:45 am (nursery) Morning Worship 10:45 am (nursery) No Sunday Evening Worship Service

Wed.: Youth Choir 3:45 pm, Chi Rho 5 p.m., CYF 6 p.m., Bell Choir 6:50 p.m., Adult Choir 8 p.m. **First United Methodist**

Rev. Gene Weinette

520 N. Main Sunday School 9:20 am Morning Worship 10:30 am Junior High UMY 5:00 pm Senior High UMY 6:00 pm

St. Joseph Catholic Rev. Dr. Johnson, Reiki Master

6th & Pearl Rectory - 366 - 5687 Sunday morning: 8:00a.m. (English), 12 noon. (Spanish) Sacrament of Reconciliation: Before Mass.or by appt. Christian Formation Classes: K-6th Grade, Wed. afternoon

Jr. & Sr. High, Wed. - 6:30-8:30 p.m. **Church of Christ Ernie Maiwald**

N. 3rd & Chestnut Sunday School 9:30 am Morning Worship 10:30 am Evening Worship 5:00 p.m.

Wednesday Bible Study - 7:00 p.m. **Calvary Baptist**

James Washburn 302 S. Main - 806-396-5335 lv. message Morning Worship - 11 a.m. Evening Service 6 p.m.

Wed. Service - 7:30 p.m. **First Baptist** 396-5554

702 N. 3rd Sun.—Coffee - 8:30 Sunday School - 9:30 Worship Service - 10:30 Wed. -Adult Choir Practice - 6:00

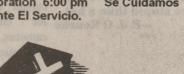
Children—6:00, youth—7:00 La Mision Bautista **Mision Bautista**

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

Miercoles (Wednesday) Servicio De Adoration 11:00 am & Servicio De Oraction 6:00 pm Servicio De Adoration 6:00 pm Susninos Durante El Servicio.

Estudio Biblico

Se Cuidamos



The Churches of Stratford Welcome You

CONFESSING CHRIST

To be assured of a place in heaven with God and to be saved from the awful wrath of God against your sins, you must confess Jesus Christ as Lord. "If you confess with your mouth Jesus as Lord, and believe in your heart that God raised Him from the dead. you shall be saved" (Romans 10:9).

To truly confess Jesus as Lord means several things. You must believe the divine Son of God came into the world to die on the cross in payment for sin (Mark 10:45). You must believe God raised Him bodily from the dead (1 Corinthians 15:4). You must believe this same Jesus ascended bodily into heaven (Acts 1:9). You must also believe Jesus Christ now reigns as Lord of heaven and earth (Matthew 28:28, Acts 2:33).

Not only so, you must personally trust in the death of Christ as the only adequate payment for your sins. You must trust in Christ's resurrection as proof that God accepted His death as adequate payment for your sins. You must commit yourself to serve Jesus Christ as your Lord. Finally, you must confess with your mouth before other men and women, preferably in a local Bible believing church body, what you believe in your heart before God (Matthew 10:32).

Do you trust Christ as Lord? Have you confessed Jesus Christ as Lord?

Sponsored by

Stratford Grain 396-5541 Lautz 769-4485 Stratford Star 396-5885 Walter Lasley & Sons, INC. 753-4411

Templo Hispano Eben-Ezer Pastor Roberto Frescas

205 N. Poplar - Hwy 287 Escuela Dominical 10 a.m. Serbicio De Adoracion 5 p.m. 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



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We call life at The Craig LOL! It means Love of Life because we're serious about helping each resident achieve a greater Quality of life. Call us today for your loved one or yourself. We'd love to have you over for lunch!



THE STRATFORD STAR Thursday, June 8, 2006 Bell & Perez Graduate from **Amarillo College**

Amarillo College awarded degrees and certificates to 1,049 students the at Commencement ceremonies recently at the Amarillo Civic Center Cal Parley Coliseum. Dr. Steven W. Jones, AC president, provided comments and introductions before presentation of the John F. Mead Faculty Excellence award by Steve Dutton, faculty senate president, and Nichole Terry, Student Government Association president. Receiving the award was Michael Kopenits, D.M.D., Biology assistant professor. Dr. Paul Matney, vice president and dean of instruction, presented the graduates.

Viviana Perez graduated with an Associate in Science degree. Margaret Bell graduated with a Certificate of Completion. These students are graduates of Stratford High School.

Amarillo College, a two-year community college, is located in the Panhandle of Texas. It served more than 10,573 academic credit students during the fall semester, 2005, and 10,401 enrolled in Continuing Education courses. AC has six campuses; four in Amarillo, one in Dumas, Texas and one in Hereford, Texas

60th Annual Dumas Noon Lions Club Dogie Days June 7, 8, 9 & 10

The 60th annual Dumas Noon Lions Club Dogie Days barbecue and celebration will be held on June 7, 8, 9, & 10 at McDade Park in Dumas. Pride of Texas shows will have games and rides beginning at 6 PM on Wed. June 7: Lions club food and game booths are also open at that time,

The picnic will again feature authentic pit cooked barbecue, along with all the trimmings; serving will be from 11 AM to 1:30 PM on Thursday, June 8. Tickets for the barbecue are \$8 on the day of the picnic, but can be purchased through June 7 from any Lions club member for \$7. The picnic location is directly north of the football field in south

Saturday's activities begin with a giant parade, beginning at 11 AM. Call 935-2123 to register your entry at no charge, Prizes of \$100 will be awarded in 3 separate categories. The evening will be capped off with the naming of the winner of a 2006 "Screaming Yellow" Mustang at 9 PM. Tickets can be purchased every evening and weekends at the Dumas Super Wal-Mart from now until June 7th.

Proceeds from the annual event are distributed to area charities, including Meals on Wheels, Moore County Senior Citizens Center, American Cancer Society, Make - a - Wish, Boys Scouts, and Crime stoppers, just to name



Ray Lermon and the Sherman Co. Dept. of Transportation have built a new rest area with a covered picnic table west of Texhoma. The Iris Garden Club has put out a row of little trees and flowers around the picnic table. On the night of May 31someone stole 2 trees from the row of trees. The Club purchased the trees and flowers and worked to put them out. They are saddened and disappointed that someone would act like that.

Hole where tree was removed L-R Margaret Russell, Ray Lermon and Grace Schafer. New covered picnic table and Texas sign in background.



New Texas Marker at picnic site-Sherman Co. Texas Dept. of Transportation built covered table and benches. Iris Garden Club put out flowers and trees. L-R Ray Lermon, Grace Schafer, Margaret Russell.

> There is nothing wrong with today's teenager that twenty years won't cure -Author Unknown

Student diplomats- to serve in ambassador program

On June 7, Red Oak High School incoming sophomore Alexis Rife and Ovilla Christian incoming senior Wayland Griffin will join about 30 students in a once-inlifetime adventure to Australia with the People to People student ambassador program. During the 18-day trip, the students will travel beyond schoolbooks experience the culture and environment first hand.

The People to People student ambassador program, founded by President Dwight D. Eisenhower in 1956, strives to offer students the unique opportunity to travel and explore the world, and in turn, gain respect for other cultures and lifestyles.

Alexis Wayland received letters in January, notifying them that they had been selected to enter the People to People student program. ambassador Teachers, friends, family community members nominate students into the program: neither Alexis nor Wayland knew who nominated them for program.

Wayland explained that he receives similar invitations and usually doesn't pursue them further. However, his mother felt they should look into the People to People program.

"This time we looked at it as something beneficial."

Wayland said.

Wayland, Alexis and accompanied by their mothers, attended an international meeting at Southern Methodist University. At the meeting, the students and parents were presented with details of the program and trip, which include a dive at the Great Barrier Reed, a tour of the Australian Parliament and a stint living with an Australian family.

"After the first meeting, I really started to get excited, Wayland Said.

However student's nomination into the program did not guarantee each student would board the plane in Australia. Students were required to complete essays, collect three recommendation letters and go through an process with interview from the representatives People to People program. The students also had to fund their own way through the program.

In the end, Wayland and met all requirements, and now must decide how to pack 18 days worth of clothing and toiletries in once suitcase and one carry on. The fact that the students cannot bring any electronics entertainment, except cameras, should cut down on how much each student packs.

"They have to interact with people," said Anne Griffin, Wayland's mother.

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LADY ELK BASKETBALL CAMP 2006

ELIGIBILITY: FIRST-EIGHTH GRADE (the grade you will be in at the start of the 2006-2007 school year)

June 19th - June 22th (Monday-Thursday) WHEN:

SESSION I: (First-Sixth Grades) 8:30 a.m. - 11:30 a.m. SESSION II: (Seventh-Eighth Grades) 1:00 p.m. - 4:30 p.m.

WHERE: HIGH SCHOOL GYM

\$30.00 COST:

REGISTRATION DEADLINE (You must pre-register to receive a camp T-shirt and backetball)

"EACH PRE-REGISTERED CAMPER WILL RECEIVE A

OWN BASKETBALL

"EACH CAMPER MUST PROVIDE HER OWN PROPER APPAREL - SOCKS, SHORTS, SHIRT, AND BASKETBALL SHOES DEFENSE WILL BE TAUGHT) THERE WILL BE DRILLS AND COMPETITION AWARDS

SEVENTH - EIGHTH

"THE FIVE FUNDAMENTALS OF BASKETBALL AND
MORE WILL BE TAUGHT. SHOOTING AND TEAM
SKILLS WILL BE EMPHASIZED, AND WE WILL BEGIN
PREPARING FOR THE 2006-2007 SEASON. *WE WILL CONCLUDE EACH DAY BY SCRIMMAGING

LADY ELK **BASKETBALL CAMP 2006** REGISTRATION FORM

147ELVED.	(END RED AGE:
SCHOOL:	GRAI
ADDRESS:	city
PARENTS:	read set bangston body then
HOME PHONE:	Christ as your Lord. Fig.
WORK PHONE:	preferably in a local Bi
CIRCLE ONE:	SESSION I SESSION II
SHIRT SIZE:	YOUTH SMALL YOUTH MEDIUM YOUTH LARGE
Sponsored by	ADULT SMALL ADULT MEDIUM ADULT LARGE ADULT X-LARGE

PLEASE MAIL REGISTRATIN FORMS WITH PAYMENT TO THE **FOLLOWING ADDRESS:** Johnny Hudso P.O. Box 445

For further information, contact Johnny Hudson at 896 366-3584 or 806

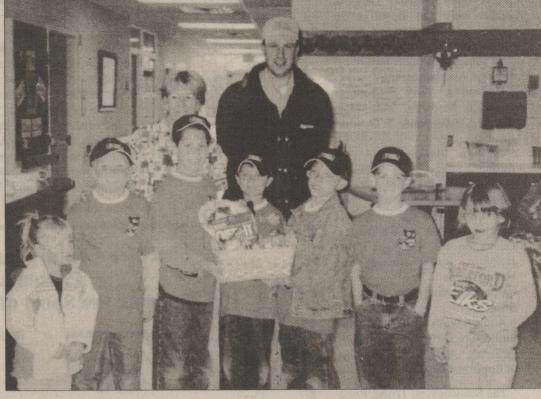
REGISTRATION DEADLINE: MONDAY, JUNE 5TH



Stratford, TX 79084

The world's greatest tea drinkers per capita are the Irish, averaging about 1,600 cups each a year.

A hat should be taken off when you greet a lady and left off for the rest of your life. Nothing looks more stupid than a hat. -P. J. O'Rourke for



Local Groups Participate in National Volunteer Day

Each year, adult and youth organizations across the country become partners for Join Hands Day. Join Hands Day is sponsored by America's fraternal benefit societies, including Modern Woodmen of America. Locally, Tiger Cub Pack 38 and Modern Woodmen of America joined hands on May 6th. They made a goody basket for the employees of Coldwater Manor. They also sent along a note of appreciation for the great job these employees do. The ladies of Coldwater Manor were very surprised at the gift. We sure had a super time visiting, eating donuts and joining hands for such a great cause!! Shown are Payton Berry, Bret Barnard, Russell Spurlock, Francisco Barajas, Gage Brooks, Tristan Weinette, Katelyn Berry and Walt Berry with a very appreciative Coldwater Manor employee.

Business Directory

WALTER LASLEY & SONS INC.

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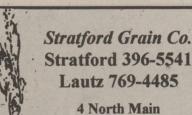
610 E. Taylor P.O. Box 217 Texline, TX 79087

Stratford Hospital District Coldwater Manor

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

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Stratford, TX 79084 806-396-2623 Brown's Meat Locker

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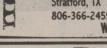
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Phone 366-5885

For Sale

Used Tire Sale: Duncan Chevrolet-366-5557.

7-28-tfn

3-8-c-

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

For Sale: 1 Corn Fed 1000 lb Angus steer ready for processing, pick up by June 14th. 80 cents a lb. Call Steve Pemberton 806-753-7837

For Sale: 10" Pro Tech table saw on a stand and Sears Craftsman 10" Radial Arm Saw on the stand. Call 366-5700 between 5:30 p.m. to 9 p.m. or leave message.

For Sale: 2003 Yukon XLT Suburban, 36 K miles, loaded. 366-3520.

For Sale: 2-corner lots, 1st street and S. Maple. Call 366-3134 or 769-4440. 5-11-c-

For Rent

Small 2 bedroom house, fenced backyard and garage, Call 396-2125.

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APARTMENTS
1319 & 1320 N Chestnut

1319 & 1320 N. Chestnut Stratford, TX

"2 BEDROOMS"Great for Senior

Citizens and HUD
Approved.
Call we have a
home you.

806-244-3418

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

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

11-27-tfn

5-4-tfn-

For Rent:-605 N. 3rd-2 bdrm-1bath, Laundry room, 1-car detached garage. Storage shed. Call 930-0734.

Services

Housecleaning Call 806-268-0816 or 930-9246 6-8-p

Garage Sales

MOVING SALE

The Best of Friends GARAGE SALE, Sat. June 10, 9:00 a.m. until noon at 512 N. Pearl. Good prices, lots to choose from. Furniture, wall hangings, electric clothes dryer. A few antiques and things, and more things. You'll love this one!!!!!!! 6-8-c-

Help Wanted

Farm hand, Prepare land for growing corn; fertilizer and cultivate. Maintain farm equipment. Mail resume to John Ewers, Box 611, Stratford, TX 79084.



Most gnats lay their eggs on water, where they float for several days before hatching.

Houses for Sale

For Sale by Owner: 901 N. 3rd, 1476 Sq. ft., 3 Bdrm, 2 bath, garage and 2 small decks. Corner lot, lg. fenced yard. 366-2576.
5-11-tfn

REDUCED: 3 Bdrm, 1 % bath on large corner lot, 1201 NW 2nd St. Sprinkler system, fenced yard. Call 366-2153 for appointment.

· 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.

For Sale: 611 N. Chestnut, 3 Bdrm, 1 full bath-2 ¾ bath, CH/A detached garage, Big back Yard with storage building,

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.

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



NEW LISTING! Mr. Investor!
Affordable, corner location with one car garage, roof only 3 years old, gas fireplace and steel siding. Call us today. \$27,500

NEW LISTING! New paint inside & throughout. Well decorated, really a pretty home! Dishwasher replaced last few months, garage door replaced a few months ago. Sewer line replaced '05, Lovely landscaping! This is a must See!

THE PERFECT FIRST INVESTMENT!

3 bedroom., 2 bath with 1947 sq. ft home. This home has lots of storage & built-ins, CH/A, and a fireplace.

Covered patio, 10x12 yard barn, with lots of update. Call today to make an appointment to see.

EASY TO ENJOY! This corner lot home comes with 3 bedrooms, 1.75 bath and chain link fence. Great family home. Call today to setup an appointment. \$40,900

SHOP IN BACKYARD! Nice 3 bdrm., 2 bath with 1 car detached garage.
Reduced to \$43,000

CORNER LOT! This 4 bdrm., 1 ½ bath home has had C/H&A, sewer lines, and gas line recently replaced. \$55,000

VERY NICE 3 bdrm., brick Austin Stone house on corner lot with side garage entry. Has flip-out Therma pane windows, storm cellar, storage building with large fenced backyard, fireplace and large kitchen.

House for Sale: 1202 N. 5th. 2418 Sq. ft 4 bdrms, 1 3/4 bath, 2 living areas, office/sewing room, fireplace, fenced backyard. Lot adjacent with house 125' x 300'. Call Gale at 366-2294.

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

Tips for Dieters: Surviving Summer Parties

(NU) - Warmer weather means smaller clothes. Swimsuits, shorts and tank tops can be your worst enemies if you haven't been getting regular exercise for a while. So now is the time, with days being longer and temperatures milder, to start working out in earnest.

However, summer also means parties, socializing with friends and family, and food. How can you keep up with all the craziness and still stick to your careful plan to slim down?

Here are a few tips to help you stay on track and still enjoy

• Eat before you go. Have a decent meal before you hit the scene so that you don't feel tempted to indulge in foods that don't fit into your diet.

Head for the fruits and vegetables. Skip the dip and avoid the potato salad but enjoy the crudités.
 Fill up the tank with liq-

• Fill up the tank with liquids. Fresh water or iced tea will keep you feeling full so you don't unintentionally ruin all your good work. Carb Crusher lemon-flavored bottled tea is great to carry along to your next party.

The active ingredient in Carb Crusher is GCA, green unroasted coffee beans that can inhibit the release of sugar into your body and force the fat-burning process to start even when you aren't eating.

• Don't stand near the food. Keep your distance and it will be difficult to eat unnecessarily.

• If you must eat, put your food on a smaller plate. A salad or dessert plate full of delicacies is a lot less damaging than a heap-

ing dinner plate.

• Have a li

• Have a little exercise. If there's dancing, then get into it. Two hours of dancing can burn off your dessert.

• Keep your eyes forward and your mouth moving. If you concentrate on the person you're talking to and don't eat at the same time, there's less chance of overeating without thinking.

overeating without thinking.

• Put down the loaded plate.

If your well-meaning hostess has filled up your plate, put it down and walk away. Don't be bullied into cleaning your plate if you don't want to.

For more information on Carb Crusher tea, made by Innovative Technologies Corporation of America, visit www.carbcrusher.net.

Travel

(NU) - Road trips are back in season. Whether it's hiking and camping or a day at the beach, keeping everyone entertained and energized often takes some planning. When packing food for a day trip, keep it simple. Fill a cooler with a variety of sliced fruits and veggies stored in plastic baggies. Include drinkable yogurts, individually wrapped cheese slices and granola bars. For a more hearty snack or meal while on the go, try Smucker's Peanut Butter and Jelly Uncrustables sandwich-These thaw-and-serve sandwiches are individually wrapped and can be stored in the freezer before taking them out for the big trip.

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 and 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 the food. All of these dogs have had their shots and are looking for lots of love. Please contact Diane Trull at 244-3216 for additional information.

Legal Notices

Stratford Independent School
District
Legal Notice

The Stratford Independent School District is accepting requests for proposals on items in the following categories:

CATALOG PROPOSALS for: Custodial/Maintenance Supplies Athletic Supplies Teaching Supplies

PROPOSALS for: Fuel

Band Supplies

The proposals are for the period of September 1, 2006 through August 31, 2007. The proposals will be accepted until 2:00 pm July 5, 2006. Any proposals after this date will not be accepted. The proposals may be mailed to Stratford I.S.D., P.O Box 108, Stratford, TX 79084, faxed to 806-366-3304, or delivered to the

Superintendent's office at 503 N. 8th Street, Stratford, TX. The proposals will be opened July 5, 2006 at 2:00 PM. Specifications may be obtained from the Superintendents office. We reserve the right to accept or reject any and/or all proposals. No one will be discriminated against because of race, sex, color, national origin, age or handicap.

Published in The Stratford Star, Thursday, June 8, 2006 and Thursday, June 15, 2006.

NOTICE OF
CONCENTRATED ANIMAL
FEEDING OPERATION
APPLICATION
General Permit Authorization
No. TXG920648

APPLICATION. R-WAY FARMS, 4833 Farm-to-Market Road 297, Stratford, Texas 79084, has applied to the Texas Commission on Environmental Quality (TCEQ) under General No.TXG920000 Permit authorization to operate a new dairy facility at 6,400 total head, of which 3,200 head are milking, in Sherman County, Texas. The notice of intent was received by TCEQ on July 27, 2005. No discharge of pollutants into the waters in the state is authorized by this general permit except under chronic or catastrophic rainfall conditions or events. All waste and wastewater will be beneficially used on agricultural

The proposed facility will be located approximately 1.25 miles west of the intersection of Farmto-Market Road 2014 and Highway 54 on the northwest side of the Highway 54, said intersection is approximately 3 miles southwest of Stratford, in Sherman County, Texas. The facility will be located in the drainage area of an unnamed segment in Segment No. 0100 of the Canadian River Basin.

A copy of the notice of intent, application, the Executive Director's technical summary, and the CAFO general permit is available for viewing and copying at the Sherman County Courthouse, County Clerks Office, 801 North 3rd, Stratford,

Texas 79084.

The Executive Director of the TCEQ has made a preliminary decision to approve coverage of this facility under General Permit No. TXG920000.

PUBLIC COMMENT. Written public comments may be submitted to the Office of Chief Clerk, at the address provided in the information section below, within 30 days of date of newspaper publication of this notice. In addition, the public may request a public meeting. If significant interest exists, the Executive Director will direct the applicant to publish a notice of the public meeting and hold the public meeting. The applicant must publish notice of a public meeting at least 30 days prior to the meeting in a newspaper of general circulation in the county in which the CAFO is proposed to be located. The Executive Director will consider all relevant information pertaining to whether applicant meets requirements of the general permit and will issue a written determination as to any final action on the notice of intent for coverage under the general permit.

INFORMATION. Written public comments should be submitted to the Office of the Chief Clerk, MC 105, TCEQ, P.O. Box 13087. Austin, Texas 78711-3087. For additional information, about the application or the procedure for public participation in the general permit process, individual members of the general public may contact the Office of Public Assistance at 1-800-687-4040. Si desea informacion en Espanol, puede

Ilamar al 1-800-687-4040. General information regarding the TCEQ can be found at our web site at www.tceq.state.tx.us.

Issued: MAY 31, 2006.

Published in The Stratford Star, Thursday, June 8, 2006.

Be Car Care Aware

Hot Weather: The Culprit
Behind Car Battery Woes

NewsUSA

(NU) - Summer is the season for major car battery problems. Heat, not cold, shortens battery life, says the Car Care Council. The average life of a battery is three and a half years, and even shorter in warmer cli-

mates.

Excessive heat and overcharging are the two main reasons for shortened battery life. Heat causes battery fluid to evaporate, which damages the internal structure of the battery. A malfunctioning component in the charging system, usually the voltage regulator, allows too high a charging rate. That's slow

death for a battery.

Statistics from the 2005 National Car Care Month inspection campaign show battery cables, clamps and terminals were found to need maintenance in 13 percent of vehicles, and 7 percent of batteries were not properly held down.

To get the most life out of a battery, the Car Care Council suggests the following:

Be sure the electrical system is charging at the correct rate; overcharging can damage a battery as easily as undercharging.
If your battery is the type

that needs to be topped off, check it regularly, especially in hot weather. Add distilled water when necessary.

• Always replace a battery

 Always replace a battery with one that's rated at least as high as the one originally specified.

• Keep the top of the battery clean. Dirt becomes a conductor, which drains battery power. Further, as corrosion accumulates on battery terminals it becomes an insulator, inhibiting current flow.

The Car Care Council is the

source of information for the Be Car Care Aware consumer education campaign promoting the benefits of regular vehicle maintenance and repair to consumers.

To obtain a free service in-

terval schedule, visit www.car care.org.

15 Years, 4500 Babies In Dumas

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OBSTETRICS-GYNECOLOGY

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



Happy State Bank had a booth at the Relay for Life held on Friday, June 2, 2006 at the Stratford Football field.

Cont. from page 1

costs were reduced 17.5 percent natural natural

Consumer prices over the past Xcel 20 years have risen almost 80 Xcel Energy lowered base rates Accounting for the increases total amount customers pay has risen only percent 1986. Adjusted for inflation, today's total electric bill is about 40 percent lower than it was in information is available at

"We have worked hard to because driver in this region," said Gary Gibson, president and CEO of Southwestern Public Service Company. "But in order to fund capital improvements to our system, we must take a step toward offsetting increased costs and focus on the needs of a

Electric usage in the Texas and New Mexico territory Xcel risen by more than 50 percent since 1986, Gibson pointed out, company must keep up with this in growth by investing in power generation,

transmission capacity and a host

Although Xcel Energy is equesting an increase in base rates. will remain one of the state's lowest-cost suppliers of electricity, Gibson current Xcel Energy price per

kilowatt-hour in Texas is around 8.45 cents, including fuel costs. Electric customers in the Houston area much as 15.8 cents per kilowatt-hour.

Another aspect of the upcoming rate filing is the and simplification consolidation of more than 40 rate structures into eight welldefined classes of service that include only one residential rate.

To help customers manage costs, Xcel Energy is publicizing tips through a brochure called "60 Simple Ways" that details mostly inexpensive steps customers can take to reduce energy consumption. The brochure can downloaded www.xcelenergy.com, customers may request copies by contacting customer service at

1-800-895-4999 "While we're proposing a little more than \$5 in increased residential customers, it is possible for customers to save much more by taking steps to conserve power in the home," Gibson said.

Xcel Energy will continue to work with customers who need time paying bills, and also will continue working with area nonprofit agencies finding assistance for customers who cannot pay their bills. In October the company donated \$250,000 to relief groups in Texas who utility pay bills for customers needing need payment arrangements or help in paying bills should contact Xcel Energy 1-800-895-4999.

Xcel Energy (NYSE: XEL) is a major U.S. electricity and

lower with regulated operations in 10 prices. Western and Midwestern states. Energy provides comprehensive portfolio energy-related products services 3.3 electricity to million fuel customers and 1.8 million natural customers through its regulated operating since companies. Company located headquarters are Minneapolis. More

www.xcelenergy.com. This news release includes keep prices down, in spite of forward-looking statements that subject low costs are a chief economic certain risks, uncertainties and assumptions. Such forwardlooking statements are intended to be identified in this document the words "expect," "projected," "estimate," "outlook," "objective, "possible," "potential" and Actual similar expressions. materially. Factors that could cause actual results to differ materially include, but are not limited to: general economic impact capital the expenditures; business conditions the energy industry; competitive factors; changes in unusual weather; state federal or system-wide legislation; regulation; risks associated with the California market: adjustments; the transaction of risk degree associated with Xcel Energy's non-regulated businesses compared with Xcel Energy's regulated business; and the other risk factors listed from time by Xcel Energy in reports filed with the Securities and

Commission. Exchange Wes Reeves - Xcel Energy Relations Media 600 S. Tyler St., 25th Floor, 79101 TX Amarillo, P.O. Box 1261 Amarillo, TX 79105-1261 voice (806) 378-2714 - fax (806) 378-2113 -(806) 679-7773 wes.reeves@xcelenergy.com

Film

(NU) - Most girls her age are busy. There's homework, boys, fashion, music. So much to do, so little time. All of that is on Natasha Gill's agenda as well as her movie. The 17year-old is co-executive producer of the feature-length motion picture, "Americanizing Shelley." Responding to a pitch by family friend and film producer Naomi Cooper, president of American Pride Films Group, and with the help of her clinical psychologist father, Natasha saw that the film's \$5 million budget got funded. The film tells the story of a wannabe Hollywood talent manager's quest to Americanize an Indian girl from the Himalayas. To learn more, visit www.americanizingshelley

Perpetual devotion to what a man calls his business is only to be sustained by perpetual neglect of many other things. -Robert Louis Stevenson

Diplomats Cont. from page 4

that the trip will change their view on life outside of the United States.

and regain a new perspective," Alex said.

"It will help me relate to other people," Wayland said.

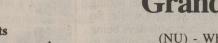
Jilanne Rife, Alexis's mom and Anne are only slightly hesitant to send their children on a 17-hour flight halfway around the world. They realize the benefits that Alexis and Wayland will reap from this trip that takes them away from their home, family, friends and ultimately away from their comfort and places them in a complete different country.

your child away, but it's a one time opportunity." Anne said, think for Wayland, it will be a chance to see and do other

"This is a chance to go and see another part of the world," Jilanne said. "It is good on college leadership skills, I think it will

Wayland is the grandson of

Ellis County



Alexis and Wayland agree

"I think I will be more appreciative of other cultures

"It's always scary sending

resumes, builds forever." them

Wayland and Betty Brown of Stratford.

This article appeared in the Wednesday, May 24, 2006.

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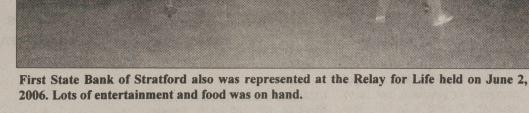
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Yard & Tree Spraying

"Professionals in Pest Control Technology"

249-4202 Jim Stevenson



Cleaning Secrets Your Grandma Forgot to Tell You

(NU) - While Grandma remembered to pass down many of her recipes, she may have forgotten to tell you how she managed to keep her house so spot-

Here are a few old-fashioned but tried-and-true cleaning tips: Kitchen: To help make kitchen cleaning more manageable, focus on one part at a time. For example, clean the refrigerator first, and then move on to the

counters and floors. Don't forget the small details like the garbage disposal. To freshen, put a few citrus rinds in the disposal, turn it on and flush with water. A freshly cut lemon can also be rubbed on the sink to remove stains. If your drains are clogged, use vinegar and baking soda to clean them out.

• Laundry: Using a natural laundry booster such as 20 Mule Team Borax in addition to your regular detergent will make laundry a breeze. Add a half cup of 20 Mule Team Borax to the laundry to fight stains, eliminate odors and keep your clothes and linens looking their best. In addition, it acts as a hard water conditioner, which also helps prevent fading. If you have tough stains, get removal tips from the stain guide at www.purex.com.

• Furniture: Keep your furniture looking like new by spraying furniture polish on a toothbrush and using it to clean the hard-to-reach crevasses. Also, use iodine to touch up scratches

Farms Ranches

on dark furniture.

· Glass: Glass cleaners often leave streaks and can be expensive. Instead, try using ammonia to clean windows and mirrors. Another tried-and-true method is to use vinegar and water, and plain old crumpled newspaper works just as well as paper towels.

• Trash cans: Deodorize all your household garbage cans to eliminate unwanted odors. Just toss a little Borax in the bottom of the can. For immediate air freshening, throw in a fabric

• Bathroom: A thorough, deep cleaning from time to time will help keep your bathroom clean longer, making weekly touch-ups less work. Make sure to scrub your porcelain enamel and fiberglass surfaces.

Deodorize your toilet by letting the cleaner soak in the bowl for 30 minutes. While you're at it, throw your toilet brush in the bowl to deodorize that, too. Instead of expensive cleaners, try lemon juice to clean the soap scum off shower curtains.

Health

(NU) - Better sleep may help you beat the blues, according to a new survey by the Better Sleep Council. The national poll compared the quality and quantity of people's sleep to their reported mood levels over a one-week period. The results showed that those who received the recommended amount of sleep per day (seven to nine hours) were much more likely to report their mood as "excellent" than those who received six hours of sleep or less. The quality of your mattress can have a dramatic effect on how well you fall and stay asleep. It is important to evaluate and replace your sleep set on a regular basis, and always buy the best mattress you can afford. For more information, visit

www.bettersleep.org.

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