

Sherman County Museum 07/13
PO Box 1248
Stratford, TX 79084

The Stratford Star

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Grand Opening Held

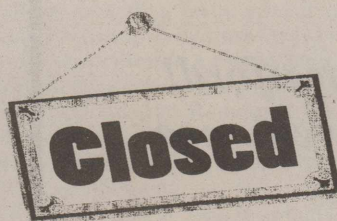
Ol' Biddy's Café held their Grand Opening, May 22nd, May 23rd and 24th. Shown above seated L/R Connie Biddy, Estella Marquez and Amanda Dretske. Standing L/R Araceli Gonzalez, Maida Hernandez and Shannon Sellers. Congratulations!!!

Congratulations to all of the
2013 Graduates
High School & 8th Grade

You all have changes coming in your future, good
luck and we are behind you all the way!

American Legion Schedules meeting

The Howard Norvell Green Post 262 of the American Legion will conduct its regular monthly meeting on Thursday, June 6, 2013 at SCOT Hall in Stratford. Meeting time is 7:00 pm. All Legion members are encouraged to attend. New officers will be selected for the coming year and other important business will be accomplished. If you are a member, we need you! If you are a veteran and have questions about the Legion, please contact Robert McGinnis or Aaron Sheehan



Great Lengths Salon on Main Street is closing;
Melissa & her family are moving to New Mexico.
On Friday, May 31st we'll have a "going away" party
from 10 a.m. till noon at the salon, so feel free to
stop by and wish her luck.



What's Happening In Stratford

Graduations

8th grade graduation will be Thursday, May 30, 2013. Stratford High School Graduation will be Friday, May 31, 2013.

Prom Pictures:

Prom Pictures can be viewed & purchased online at www.sharihudsonphotography.com

Bain in Hospital

If you would like to send a card to Marty Bain, she is in Room 535B-Windflower Rehab at the Craig, 5500 S.W. 9th Avenue, Amarillo, TX 79106 Address to Martha (Marty) Bain. Marty fell and broke her leg on May 4th.

Update on Donna

Donna Gillenwaters has been moved to Craig Methodist Rehab and is in Room 530.

Sherman County Public Library hours

Monday-9 a.m. to 7 p.m.
Tuesday, Wednesday, Thursday-9 a.m. 6 p.m.
Fridays-9 a.m. 1 p.m.
Closed Saturdays and Holidays

Yearbooks on sale Now

Stratford Year book on sale now-Price \$70.00
Order online at www.jostensyearbook.com
Or call Shari Hudson at SHS Library 366-3336 or 753-7798 or Mail to SHS PO Box 108, Stratford, TX 79084

Address for Donna Gillenwaters

If you would like to send a card to Donna Gillenwaters, you can send it to Jimmy Gillenwaters, PO Box 437, Bushland, TX 79012 and he will get the cards to her.

Volunteers Needed at Depot Museum

The Depot Museum is in need of Volunteers from April through October-2 hours a month. Call 366-2202 or 366-7679

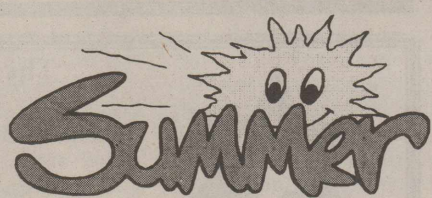
Stratford Hospital District News

Do you suffer from seasonal allergies year after year? In conjunction with United Allergy Services, the Stratford Family Medical Clinic will be offering allergy testing and immunotherapy beginning June 7. Through this service we can potentially reduce or alleviate your allergy symptoms. The unique custom formulated medication therapy can help desensitize you to many of the pollens, molds, and other triggers that cause your symptoms and make you uncomfortable. Give us a call at the Stratford Family Medical Clinic and ask about our new allergy testing services and say goodbye to seasonal allergies!!! 806-396-5583

Untied to Meet

By Paula Nusz
Untied Singles Fellowship will meet June 4th at the Stratford Ambulance Building on Beaver Road. The group will meet at 7:00 p.m. Please bring your own supper meal and drink. The group will eat in the study room. The topic for the evening will be a show-and-tell about the new ambulance. Jimmy Lanning and/or Larry Norris will give the programs. Come to this informative meeting and see what your tax dollars have bought. For more information, please contact Paula Nusz (806-753-6489).

THE OL' BIDDY CAFÉ Presents



FRIDAY NIGHT BUFFET

June 7th 6 p.m. - 8 p.m.

It's the end of the week and way too hot to cook - you deserve a night out. Come join us for our first buffet of the season. Extended hours that day - 6 a.m. till 8 p.m.

~ We appreciate your business!

Food manager training offered June 4-5

Contact: Peggy Winegarner, 806-659-4131, pwinegarner@tamu.edu

SPEARMAN - Texas restaurants are required by law to have certified food managers. To train these service professionals, Texas A&M AgriLife Extension Service of Hansford County will offer a manager certification course called "Food Safety: It's Our Business" on June 4-5.

The event will be at the Fellowship Hall of Spearman Church of Christ, 121 S. Haney in Spearman. The deadline for registration is May 29.

"This hands-on learning experience equips participants with the latest food safety principles and practices to prepare for the examination," said Peggy Winegarner, AgriLife Extension family and consumer science agent in Spearman.

The course fee of \$125 includes training, materials and the state food manager certification examination. A test-only option is available but recommended only for those with a strong food safety background. Cost for the test without the training is \$65. New food manager certificates are valid for five years.

Each year, one in six Americans will become sick, 128,000 will be hospitalized, and 3,000 will die due to a foodborne illness, according to statistics.

During the training, Winegarner said foodservice managers will learn about identifying potentially hazardous foods and common errors in food handling, and preventing contamination and cross-contamination of food. Other topics will include teaching and encouraging personal hygiene for employees, complying with government regulations, maintaining clean utensils, equipment and surroundings, and controlling pests.

Dates, locations and contact information for the certification opportunities across the Panhandle is available online at <http://foodsafety.tamu.edu>.

For details about the course in Spearman, contact Winegarner at 806-659-4131.



From the Desk of Sheriff Powell

Below, is the exact letter I received last week on Sergeant Gabehart after she returned from a two-day handgun course for law enforcement:

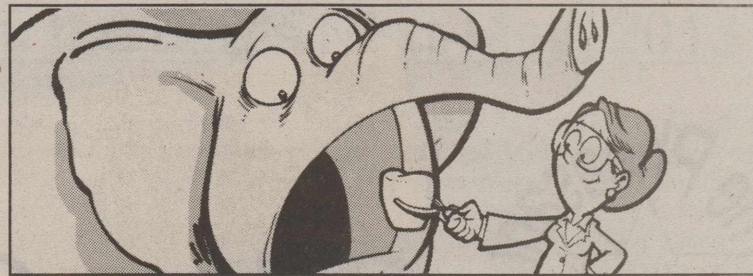
"Sheriff Powell:

Greetings ... I recently met Sgt. Gabehart at a training event in Amarillo ... we had a fantastic conversation regarding training, the profession and your organization. How proud you must be to have a member of your staff who is so eager to lead from the front Having 19 years of training experience I witness a variety of leadership traits and actions. You have a good one in Geenie ... congrats ... I would welcome her in any training we facilitate in the future ... thank you very much for sending her. She was an excellent example for officers of neighboring agencies as well ... Women have few role models in this profession ... perhaps with the presence of women like Geenie that will change...

Lou Ann Hamblin, MA
LouKa Tactical Training

Thank you Sergeant, for your consistent display of professionalism and leadership.

Sheriff Joe Powell

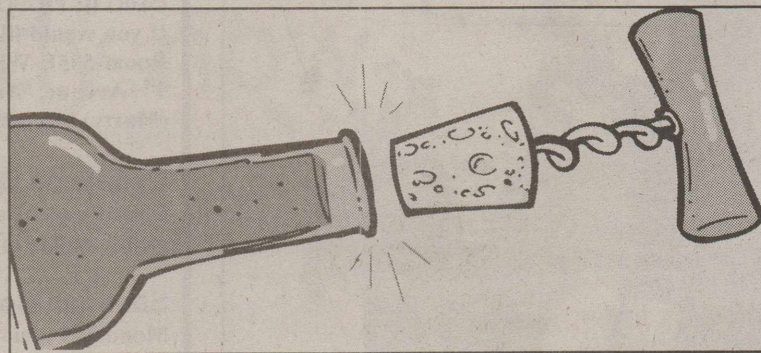


An elephant's tooth can weigh over six pounds.

You're alive. Do something. The directive in life, the moral imperative was so uncomplicated. It could be expressed in single words, not complete sentences. It sounded like this: Look. Listen. Choose. Act.
—Barbara Hall

One of the advantages of being disorderly is that one is constantly making exciting discoveries.
—A. A. Milne

A discovery is said to be an accident meeting a prepared mind.
—Albert von Szent-Gyorgyi



Some say the English were the first to seal wine bottles with cork. However, getting the cork out to get to the wine required a special tool—the corkscrew.

Attention to all subscribers!!
Rate change
The Stratford Star is no longer sending out notices when your paper is due. Check the label on the paper and see what month your subscription expires. **I will be putting "Stars" on the current month** If you have a Star on your label it means that your sub expires that month. If you are not sure the amount you owe if you live out of the area call 753-7373 and double check. Locally is \$33.00 and out of the area \$40.00. If you are paying for someone else's sub, you will be billed for that person. The Stratford Star, PO Box 8, Stratford, TX 79084
Thanks-Marty

Mitchell Theaters
Northridge 8
Guymon, OK
www.northridge8.com
580-338-3281
Southgate 6
Liberal, Kansas
www.southgate6.com
620-624-5573
Garden City, Kansas
www.sequoyah8.com
620-275-2760

OIL & GAS ROYALTY/MINERAL INTERESTS - U.S. BANKRUPTCY COURT & OTHERS
TUES., JUNE 11TH AT 10:00 A.M.
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(W. Side Service Rd of the Bdwy Ext. between 122nd & Hefner)
OVER 200 INTERESTS BEING OFFERED!
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Dakil Auctioneers 405-751-6179
www.dakil.com

NOTICE
The Sherman County Commissioners' Court voted to enact a burn ban again. Sherman County is now under a **BURN BAN**

For Rent
BUILDING ON MAIN
STREET FOR RENT:
Currently being used as a beauty salon. Contact SCDC @ 366-2897 if interested in the building. Salon equipment for sale - contact Melissa at Great Lengths Salon.

Attn: Farmers & Landowners
If you have land that came out of CRP in 2012, you need to contact the Appraisal District Now. The land classification may need to be corrected and could reduce your taxes. You will need to complete a new ag form prior to June 28, 2013 for any land reclassifications to take effect for the 2013 tax roll. Sherman county Appraisal District, 402 N. 3rd, Stratford, TX or call 806-366-5566.

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Apply at www.tootntotum.com; to be eligible, please complete all of the employment application, including City/State of former employment for last five years.
Find out more at Facebook.com/tootntotumtx.

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

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Retirement Reception Held

The Board of Trustees of Stratford Independent School District recently held a retirement reception on Sunday, May 19, 2013 in the Stratford High School Library. Honorees above left to right who are retiring at the end of this school year are Kathy Switser, Linda Haynes, Linda Swain and Keith King. Congratulations to all and enjoy the years ahead of you, you have done an excellent job on the years behind you.

Helping Children Cope after a Disaster

Adults worry about their children when disasters occur. They may feel that they don't want to discuss the events such as tornadoes or explosions that have occurred. However, parents shouldn't worry that talking about disasters will make children afraid. More often, children are more frightened when information is whispered or not discussed. It is important to allow children to talk about the disaster and especially the questions that puzzle them such as, "What will happen if there is a flood and I am in school," or "What will happen to my dog." Try to answer questions and address the concerns with solid and easy to understand information.

Often children can have a difficult time coping with the trauma of a disaster. They may be sad or afraid and reenact the disaster over and over to make sense of it. Sometimes their behavior may regress; they may have trouble eating, stomach aches and nightmares. To help young children under 5 you can do the following:

- Reassure them and give them physical comfort.
- Return to a normal routine as soon as possible including bed time.
- Encourage them to talk about their losses, such as the death of pets or loss of toys.
- Monitor their exposure to news media reports about the disaster.

To help older children:

- Give them extra attention and consideration. Temporarily relax your expectations of their performance at home and school
- Set gentle but firm rules for acting-out behavior.
- Give them structured, but undemanding home chores and other activities.
- Encourage children to express their thoughts and feeling and be willing to listen.

Some children may suffer long term affects such as depression, prolonged grief and stress. This may include persistent sadness, irritability, loss of interest in activities they once enjoyed, sleeping problems. If a child is having a difficult time, for a period of time, it is best to seek help from a qualified health professional.

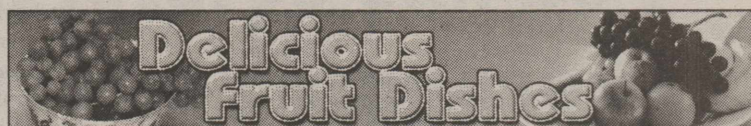
Parents can help children be prepared for a disaster such as a fire, tornado or flood. Practice with them before a disaster and how to respond. Explain that when a disaster occurs there may be people hurt, no electricity, water, or telephones.

Teach children how and when to call for help. Teach them how to call 9-1-1. Be prepared to answer questions about things that happen and is seen on the television. Give information that is helpful to them and discuss how they can be prepared.

Tell children that when a disaster occurs, that there are many people who can help them including the American Red Cross, a police officers, a neighbor.

If you are not with your child when a disaster occurs, teach children how to contact you and have someone they can call such as a neighbor, friend or relative, if they cannot call you. Help your children to memorize the important phone numbers and quiz them every couple of months to help them remember.

Source: American Red Cross and Texas A&M AgriLife Extension Disaster Recovery.



Create A Delicious Meal From The Garden In Your Pantry

(NAPS)—Looking to add some color to your dinner table? Decorate your plate with canned fruits and vegetables, which are packed with nutrition and provide garden quality all year long.

For your next family gathering, impress your guests with this Grilled Chicken & Peach Kabobs recipe. Perfect for indoor or outdoor entertaining, it's a tasty main dish that's filled with nutrition and ready to be enjoyed in minutes.

Grilled Chicken & Peach Kabobs
Prep Time: 15 min
Cook Time: 20 min
Serves: 4

Ingredients
2 Tbsp. Dijon mustard
3 Tbsp. canola oil, divided
¼ tsp. dried rosemary
Salt, to taste
1 pound boneless, skinless chicken breast halves, cut into 24 cubes (about 1-inch each)
1 green bell pepper, cut into 24 (1-inch) pieces
1 small red onion, cut into eight wedges, layers separated
2 cans (15.25 oz. each) *Del Monte® Lite Peach Halves*, drained and peaches cut in half
16 (10-inch) bamboo skewers

Directions
1. Whisk together mustard, 2 Tbsp. oil, rosemary and salt, if desired, in a medium bowl. Add the chicken and stir until well coated.
2. Use 2 skewers at a time to



Add a gardenlike feel to your next meal with these tasty kabobs, made with *Del Monte* peaches.

make turning food on grill pan easier. On each double-skewer, alternate 3 pieces each of chicken, bell peppers and onion and 2 pieces of peach.

3. Heat a grill pan over medium heat. Brush the grill with the remaining 1 Tbsp. oil, and cook the kabobs 4 minutes. Gently turn (if peaches stick to the grill, slide a spatula underneath to gently release). Cook 4 more minutes or until chicken is no longer pink inside.

4. Serve with cooked plain or flavored couscous, if desired.

NOTE: To boost the flavor of couscous, prepare with peach juice instead of water. Reserve juice when draining peaches into a glass measuring cup. If needed, add additional water to equal the total amount of liquid required, and prepare couscous according to package directions.

Learn More
For more recipes, visit www.facebook.com/delmonte or www.DelMonte.com.

**STRATFORD
GRAIN CO.'S
Annual Pre-Harvest
Free Hot Dog Feed!**
**Thursday, June 6, 2013
11:30 a.m.-1:30 p.m.**
**At
Stratford Grain Co.
4 North Main**

The Churches of Stratford Welcome You

First Assembly of God
Kevin Anderson, Pastor
921 Fulton
Sunday School 9:45 a.m.
Morning Worship 10:45 a.m.
Evening Worship 6:00 p.m.
Wed. Bible Study 6:30 p.m.

First Christian Church
Pastor Gary Smith
5th & Main
Sunday School 9:45 a.m. (nursery)
Morning Worship 10:45 a.m. (nursery)
No Sunday evening Worship Service

First United Methodist
Rev. Jim Smith 396-2178
520 N. Main
Sunday School 9:20 a.m.
Morning Worship 10:30 a.m.
Junior & Senior High UMY 6:00 p.m.

St. Joseph Catholic Church
6th & Pearl
Rectory 366-5687
Sunday morning 8:00 a.m. (English) 9:30 (Spanish)
Sacrament of Reconciliation Before Mass or t.
Christian Formation Classes K-6 Grade Wed. Afternoon
Jr. & Sr. High. Wed. 6:30-8:30 p.m.

First Baptist Church
Pastor Ron Whitt
702 N. 3rd
Sun.-Coffee 8:30 a.m.
Sunday School 9:30 a.m.
Worship Service 10:30 a.m.
Wed. Children 6 p.m. youth 7 p.m.



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Stratford Grain 396-5541
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Church of Christ
Brad Beckett
N. 3rd & Chestnut
Sunday School 9:30 a.m.
Morning Worship 10:30 a.m.
Evening Worship 5:00 p.m.
Wednesday Bible Study 7:00 p.m.

Heritage Bible Baptist
Pastor Rick Carter
302 S. Main
For more info-call 396-2212
Morning worship 11:00 a.m.
Evening Service 6 p.m.
Wed. Service 7:30 p.m.

Eben-Ezer Templo Hispano
Asambleas De Dios
Pastor: Juan M. Valenzuela
806 366-3071
205 N. Poplar-Hwy 287 268-2188
Escuela Dominical 10 a.m. - 12 noon
Servicio De Adoracion 5 p.m.-7 p.m.
Miercoles: Servicio De Adoracion 6-8 p.m.

Kerrick Community
Pastor Roy Harris
Community Building
10 a.m. Worship Service

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



Summerour named a director for the Houston Livestock Show & Rodeo

Berry Summerour has been named a director for the Houston Livestock Show and Rodeo. He is the son of Buzz and Nell Summerour. He has been very involved with this organization for a number of years and loves working with and for the kids. He was awarded a Houston scholarship in 1985 in the amount of \$8,000.00 for his college education at Texas A&M. The amount of the scholarships is now up to \$18,000.00 - all due to the work of the HLSR organization. Since its beginning in 1932, the Houston Livestock Show and Rodeo has committed more than \$330 million to scholarships, research, endowments, calf scramble participants, junior show exhibitors, School Art participants, and other educational youth programs. In 2013, the total educational commitment totaled over \$24 million. Currently, more than 2,000 students are on Show scholarships, attending more than 100 different Texas colleges and universities. The value of these scholarships is approximately \$30 million. The Houston Livestock Show and Rodeo is a volunteer organization with over 28,000 volunteers and over 35,000 members. Both Berry and his wife Jennifer work in several capacities. We are very proud of Berry as he grew up loving the cattle industry and helping his dad on the ranch. This is a very nice honor but mostly the people they are associated with are some of the best people in and around Houston. They have made some great and wonderful friends through all of the work they do. He has always had support from the people in Dalhart and Stratford and he loves where he came from!!!

SCOT News

By Sonja Ragsdale

Sherman County Older Texans met Thursday, May 23 for the monthly noon luncheon. Albert's Manor House Restaurant of Dumas cooked and sponsored the meal of roast beef. Host and hostesses for the meal were Daryl and Karen Perrin, Martha Mitts, Clara Updegrave, Shorty Albert, and Dorothy Haile.

Revisions of the SCOT by-laws were approved by the membership. SCOT will sponsor Exercise with Accolade which is planned for the 2nd and 4th Tuesdays of each month. The beginning session will be at 9:30 am on June 11th and the next session will be June 25th. Community participation is invited. The exercises will be appropriate for older participants. There is no charge for this activity.

A trip to the Chicken House is planned for SCOT members on June 11. The deadline for sign up for this activity is June 4th. A sign-up sheet is on the bulletin board at SCOT Hall or sign up may be made by calling Lynn Wells. Please meet at SCOT Hall on June 11th at 5:30 pm for the trip to the Chicken House.

Monthly activities for SCOT Hall are
Bingo-1st and 3rd Thursdays at 2pm
Games-2nd Friday at 2pm
Ladies Mexican Train Dominoes Mondays- at 1:30pm
Gentlemen's Pool- daily from 1 to 4pm
Next SCOT luncheon will be June 27th with Kenneth and Lynn Wells, BA and LeRayne Donelson, and Ann Johnson hosting.



In July 1950, a patent was issued for an automatic spaghetti-spinning fork.

Sherman County Appraisal District Board of Directors met March 15, 2013

The Sherman County Appraisal District Board of Directors met on Friday, March 15, 2013 in the appraisal district board room. Board members present were Roger Wells, Dana Buckles, Brad McBryde, Tom Moore and Valerie McAlister. Tim Hudson, Mel Yates, and Mike Grotegut were not present. Chief Appraiser Teresa Edmond was also present.

The meeting was called to order by Board Chairman Wells at 7:15 a.m. Moore moved to approve the minutes of the previous meeting. McBryde seconded the motion, and the motion passed.

January and February financial reports and bills were presented along with the bills for the first part of March. After discussion, Buckles moved that the reports be approved and the bills be paid. Moore seconded the motion, and the motion passed.

Chief Appraiser Edmond reported that 8.80% of the appraisal district's 2012 budget is being returned to the jurisdictions.

Consideration of Service Contracts included in the 2014 budget was next on the agenda. Contracts remaining the same amount for 2014 are Insect Control, Mapping, and Website. The rent, audit expense, mineral valuation, and computer contracts will increase for 2014. McBryde moved that the increases in service contracts for 2014 be approved, and Buckles seconded the motion. The motion passed.

Edmond presented the proposed 2014 budget along with information about staff qualifications and several salary surveys. After discussion, Buckles moved that the board go in to executive session. Moore seconded the motion. The motion passed and the board went into executive session at 8:13 a.m. Tim Hudson joined the meeting during executive session.

At 8:35 a.m., executive session was closed and normal session resumed. Moore moved that the proposed 2014 budget be approved with a 2% salary increase. McBryde seconded the motion, and the motion passed.

Edmond reported that tax collections are continuing as well as appraisals for the 2013 tax rolls.

Buckles moved the meeting be adjourned. Hudson seconded the motion, and the meeting adjourned at 8:45 a.m.

Safe Food Preparation

Every year, about one in six Americans get sick, 128,000 are hospitalized and 3,000 die from foodborne diseases, according to the Centers for Disease Control and Prevention.

"One would think foodborne diseases should be declining," says John Bowman, MS., RPH, associate professor of pharmacy practice at the Texas A&M Health Science Center Irma Rangel College of Pharmacy. "While illness from many microbes has declined due to improved monitoring, increases are still observed, especially in chickens and oysters."

To help curtail these diseases, food safety tips are online (www.foodsafety.gov). Included are safe internal cooking temperatures for various types of meat, along with details on proper food storage and handling. Along with the food safety website, Bowman says to follow these recommended steps for food preparation: Clean. Wash your hands with soap and running water for a full 20 seconds. Wash surfaces and utensils after each use, as bacteria can spread from one food to another. Wash fruits and veggies but not meat, poultry or eggs. Why? Washing them can actually spread bacteria because their juices can splash onto your sink and countertops. Commercial eggs are washed before sale and safe.

Separate. Use separate cutting boards and plates for produce and for meat, poultry and seafood. Keep meat, poultry, seafood and eggs separate from all other foods at the grocery when bagging, and keep them separate in the fridge. Cook Use a food thermometer to be sure your food is cooked enough. Color and texture alone will not tell you whether the food is done. Keep food hot after cooking (at 140 F or higher) because bacteria multiply when the temperature drops lower than this level. Microwave food thoroughly (to 165 F).

Chill. Refrigerate perishable foods within two hours. Never thaw or marinate foods on the counter. Know when to throw food out.

Business Directory

Vincent Insurance Agency
Sabrina Melton

PO Box 739 Office: 806-396-2456
Stratford, TX 79084 Home: 396-2512
Email: vinceins@xit.net

Willing and Capable
HandyMan Home Repairs LLC
Painting-Texture-Sheetrock-
Remodeling
Plumbing & More
Gary & Rebecca Lowe
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806-753-6333

Stratford Auto Electric

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Stratford Grain Company

Stratford 396-5541
Lautz 769-4485

4 North Main



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Cece Yelek, CMT, LMT
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Stratford, TX
Sunray, TX
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Cell 806-290-3655
9-5 M-F-Sat. by appt

Joe Taylor, Photography

PO Box 27
1305 N. Chestnut

Stratford, TX 79084
806-366-2459

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Ronnie Melton-Assistant
1001 Matlock



Allissa Palmer places 3rd in Lincoln-Douglas Debate at State UIL Academic Meet

Shown above is Allissa Palmer who placed 3rd in Lincoln-Douglas Debate at the State UIL Academic Meet held in Austin May 21-22. Allissa won 1st place at both the District and Regional Meets which secured her place to compete at the State Meet. Allissa is the daughter of April and Shane Palmer, the granddaughter of Rotene Arkon, and the sister of Sidney Palmer. Stratford High is very proud of Allissa for this outstanding accomplishment and we look forward to her future success in debate! Shown with Allissa is her debate coach Ronna Riffe. Great Job!!!

Prom Pictures can be viewed and purchased online at

www.shariHUDSONphotography.com

RanchFest 2013! It's the buzz in Childress and around the state!

Childress' first Red Dirt concert, co-produced by Childress Theatre Company and Jon Herring of Upward Productions, will be staged lakeside in the panhandle town's historic Fair Park Saturday, June 29, From 4 p.m. till midnight.

The event will have ALL the facets of a country music festival—first and foremost, the entertainers! Coming to Childress for your entertainment are **Charla Corn, Zach Edwards, Thrift Store Cowboys, and Trent Willman**, all dynamic rising stars on the Texas music scene.

Event hosts guarantee there will be dancing in the park to the "WOW!" sounds of these exciting bands. Attendees are invited to bring yard chairs and "rear back" in the seven acre park for hours of contemporary Texas country music.

The stage will sit on the north side of the park, adjacent to the covered bridge that stretches across a century-old lake ... Col. Charles Goodnight's herds watered at the lake decades before the park was created.

There will be a variety of food and soft drink vendors, as well as a first aid station, excellent security, and convenient parking at Bobcat stadium. No outside food or drink will be allowed.

Attendees will be issued bracelets and will be free to come and go throughout the evening. Tickets are \$25 advance and \$30 at the gate. T-shirts and caps will be available for purchase.

Tickets can be purchased online from EasyTix, www.myeasytix.com, and by phone at EasyTix, 1877-840-0457.

RanchFest 2013 is sponsored by the Palace Theater Restoration Committee of Childress Theatre Company. Information about The Palace and RanchFest 2013 can be viewed on their Facebook page "RanchFest 2013" and on their website, www.rememberthepalace.com.

Notice to our readers

**We will have all of the banquets held in May
Through the issues in June-Thank you!**

Shari Hudson

capturing those special memories

Photography

*Families*Children*Portraits*Weddings*Seniors*

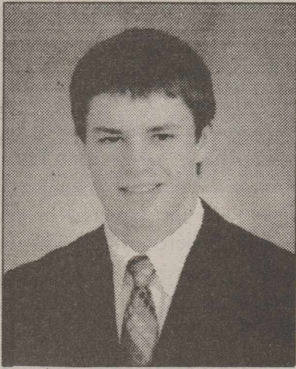
Special Occasions

Call Shari

806-753-7798

www.shariHUDSONphotography.com

CLASS OF 2013



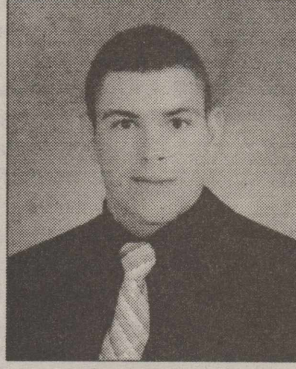
Valedictorian
Tyler Seward

Tyler is the 18 year old son of Clint and Cindy Seward. His Motto: Work smarter not harder. He plans to attend Wayland Baptist University.



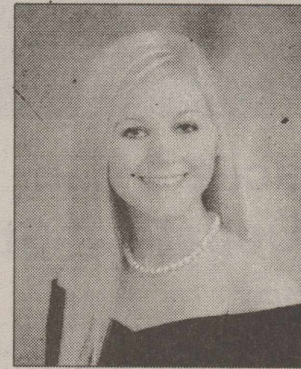
Salutatorian
Meghan Brooks

Meghan is the 17 year old daughter of Lance & Kelly Brooks. Motto: "Go confidently in the direction of your dream" -Henry David Thoreau. She plans to continue her education at Texas Tech majoring in pediatric medicine.



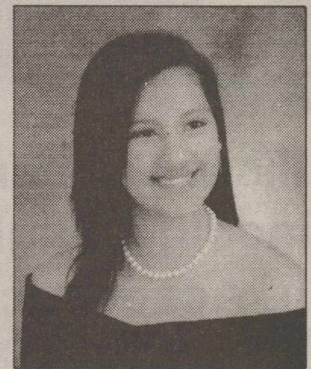
Victor Acevedo

Victor is the 18 year old son of Victor & Maria Acevedo. Motto: don't let anyone tell you that it can't be done! -Annie Duran. He plans to attend Amarillo College for physical education.



Jordon Shyanne Acker

Jordon Shyanne is the 18 year old daughter of Forest and Brenda Acker. Motto: "We know what we are, but know not what we may be."-William Shakespeare. Jordon plans to attend WTAMU to study Musical theatre, and then pursue a career in performing and teaching.



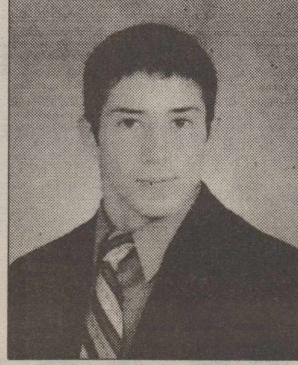
Karina Aldavaz

Karina is the 18 year old daughter of Alejandro & Irene Aldavaz. Motto: You were given this life because you are strong enough to live it. She plans to go to college and study massage and physical therapist.



Alexia Morgan Asher

Alexis is the 18 year old daughter of Heath & Jolie Asher. Motto: Always remember you are braver than you believe, stronger than you seem, and smarter than you think. She plans to attend West Texas A&M University and major in Athletic Training.



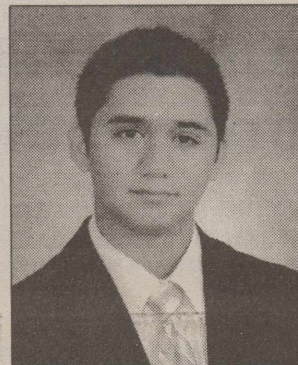
Alex Chavoya

Alex is the 18 year old son of Manuel & Marisol Chavoya. Motto: live an altruistic life. Plans to join the Army after graduation.



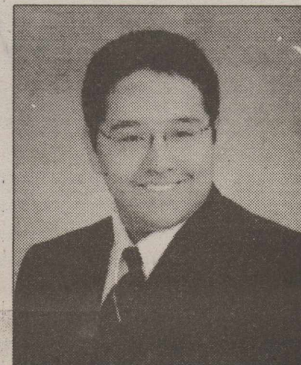
Jessica Lynn Couch

Jessica is the 17 year old daughter of Jim & Monica Couch. Motto: "It's better to be absolutely ridiculous than absolutely boring" -Marilyn Monroe. She plans to go to Amarillo College and get her associates in Algebra. Hopefully pursue a career in High School education.



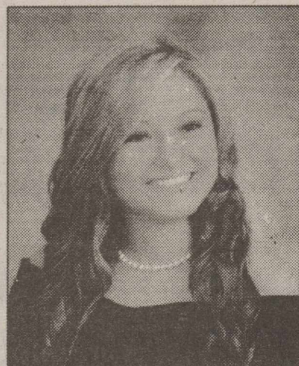
Manuel Cruz

Manuel is the 17 year old son of Octavio Cruz and Maria Cruz. Motto: I live for the present because the future doesn't exist. He plans to attend Amarillo College.



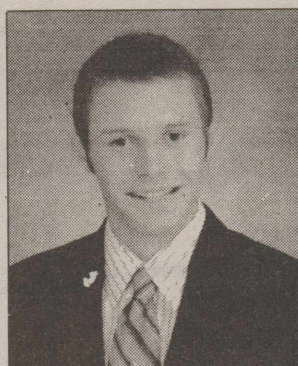
Roberto Cruz

Roberto is the 18 year old son of Roberto & Maria Cruz. Motto: Everyone has his burden, what counts is how you carry it. Plans to attend Amarillo College



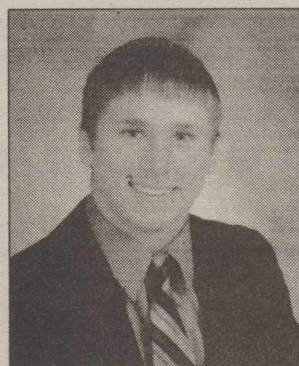
Macy Everson

Macy is the 18 year old daughter of Jim & Angie Everson. Motto: Learn from yesterday; live for today; pray for tomorrow. She plans to attend West Texas A&M and major in Accounting.



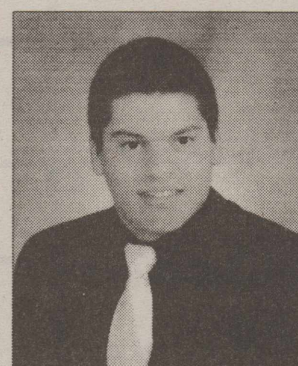
Grayson Gonzalez

Grayson is the 18 year old son of Mr. and Mrs. DeWain Traylor. Motto: Do you not know that those who run in a race all run, but only one receives the prize? Run in such a way that you may win 1 Corinthians 9:24. He plans to attend York College in Nebraska to run track and cross country.



Kelby Hartman

Kelby is the 18 year old son of Mark Hartman & Stephanie Hartman. Motto: Anyone can give up it is the easiest thing in the world to do. But to stay positive and hold it together when everyone else would understand if you fell apart, that is true strength-Kelby Hartman. He plans to attend WTAMU and study Business/Agronomy/Marketing



Leobardo Ibarra

Leo is the 18 year old son of Leobardo & Guadalupe Ibarra.



Jake Keathley

Jake is the 18 year old son of Chris & Durdin Keathley. Motto: learn from yesterday; live for today, hope for tomorrow. Plans to attend OPSU to get prerequisites then transfer to OSU.

No Photo Available



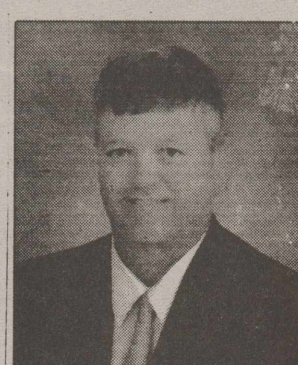
Jerry Birdsong
Superintendent



Dr. Paul Uttley
Principal



Paula Everett
Class Sponsor

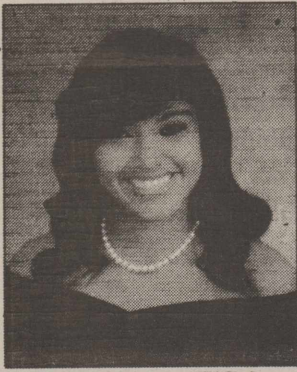


Lance Horsford
Class Sponsor

Veronica Lemus
Veronica is the 18 year old daughter of Georgia and Angel Perdona.



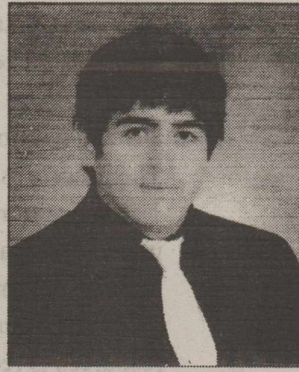
CLASS OF 2013



Diana Alejandra Lopez
Diana is the 18 year old daughter of Antonio & Sara Lopez. Motto: There are far, far better things ahead than any we leave behind-C.S. Lewis. Diana plans to go to College and get her radiation tech degree, work for a little then go back to school and get my teaching degree.



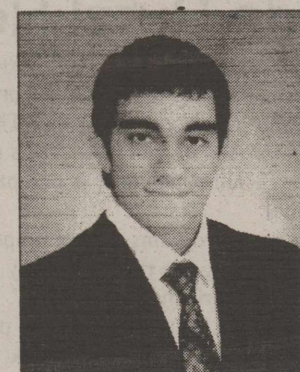
Karen Arely Lozoya
Karen is the 17 year old daughter of Jose & Veronica Ortega. Motto: For I know the plans I have for you, "declares the Lord," plans to prosper you and not to harm you, plans to give you hope and a future." Jeremiah 29:11. She plans to go to Amarillo College and eventually become an athletic trainer.



Brandon Moreno.
Brandon is the 17 year old son of Maria Moreno. Motto: If you can't do it do it anyway-Alex Chavoya. Brandon plans to attend college.



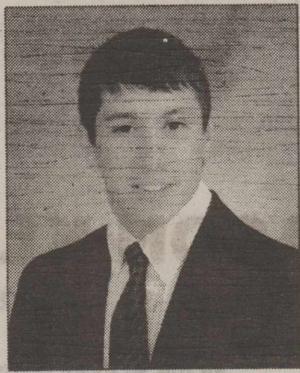
Kaylee Mungia
Kaylee is the 18 year old daughter of Bryan and Kendra Mungia. Motto: "People will forget what you said, people will never forget how you made them feel."-Maya Angelou. She plans to attend Tarleton.



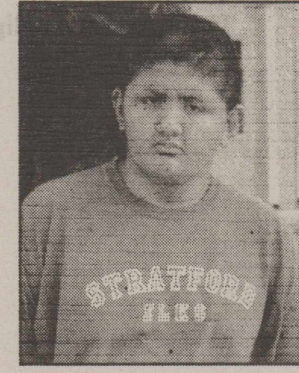
Albert Ortega
Albert is the 19 year old son of Julie and Liberato Ortega. Motto: You may fall so many times but always stand up!



Monica Nicole Pale
Monica Nicole Pale is the 17 year old daughter of Jennifer Artho and Emilio Ramos. She plans to attend Milian Institute of Cosmetology.



Colten Rendon
Colten is the 18 year old son of Ruben and Kathy Rendon. Motto: If you can't do it, do it anyway-Alex Chavoya. He plans to attend WTAMU



Raul A. Reta
Raul is the 20 year old son of Isabell Reta & Santiago Reta. Motto: Don't judge a book by its cover. Plans after Graduation God's will be done.



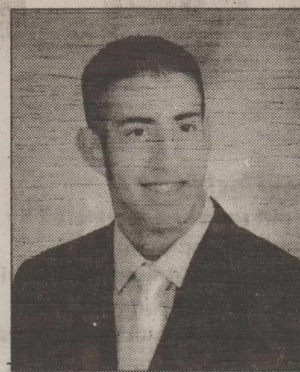
Elizabeth Reyes
Elizabeth is the 18 year old daughter of Gonzalo & Juana Reyes. Motto: "Do not follow where the path may lead go instead where there is no path and leave a trail."-Ralph Waldo Emerson She plans to attend Amarillo College and major in Nursing.



Gaby Reyes
Gaby is the 18 year old daughter of Pedro & Maria Reyes. Motto: A person may plan his own journey, but the Lord directs his steps. - Proverbs 16:9



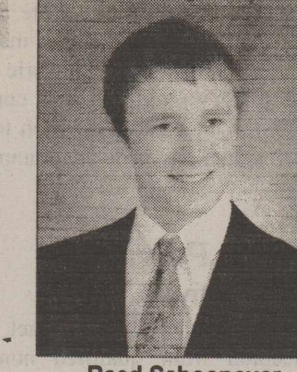
Erika Robles
Erika is the 18 year old daughter of Susana Robles and Ramico Reyes. Motto: Love all, trust a few, do wrong to none. She plans to be a good mother and get back to college and work at a bank.



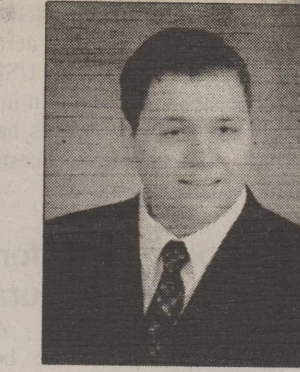
Kenny Ruiz
Kenny is the 19 year old son of Jorge and Norma Ruiz. Motto: Work smarter, not harder-Unknown. Kenny plans to attend Tarleton State and get degree in biomedical science to get into pharmacy school.



Itzel Salcido
Itzel is the 18 year old daughter of Irma, Manuel Salcido. Motto: Live everyday like it's your last. Plans to go to college and get a degree in Elementary teaching.



Reed Schoonover
Reed is the 18 3/4 year old son of Brady Schoonover and Trisha Keener. Motto: Every man's life ends the same way. It is only the details of how he lived and how he died that distinguishes one man from another."-Ernest Hemingway. Reed plans to attend OPSU and receive an agriculture business degree.



Zakary Joel Sims
Zakary is the 18 year old son of Jamie Hopkins. Motto: Everyone has his burden. What counts is how you carry it. He plans to go to college.



Tiffany Louise Turner
Tiffany is the 19 year old daughter of Andrea Robertson and the late Chris Turner. Motto: Live each day like if it was your last. Tiffany plans to go to College at The Art Institute of Denver, Colorado to study Baking and Pastries.



Erin Wilkins
Erin is the 17 year old daughter of Clay and Barbara Wilkins. Motto: Do the best you can and only be who you are, because that's the only way to be happy at the end of life. Plans to get an Associate's Degree in Ag.



M'Lynn Wells
M'Lynn is the 18 year old daughter of Jennifer Wells. Motto: "When you've been talked about as much as I have, you'll realize how little it matters." -Rhett Butler. She plans to attend Baylor and major in Pre-Med.



Tanner Wright
Tanner is the 18 year old son of Greg & Marsha Wright. Motto: If at First you don't succeed, try again. Tanner plans to attend New Mexico Highlands to play football and Major in Sports Educational Sciences.



Graduation Pages Sponsored by
The Stratford Star

USDA Seeks Applications to Upgrade Rural Rental Housing

TEMPLE, TEXAS, May 23, 2013 – Agriculture Secretary Tom Vilsack announced today that USDA is seeking applications from qualified organizations (intermediaries) to preserve or renovate rural rental housing. The United States Department of Agriculture (USDA) remains focused on carrying out its mission, despite a time of significant budget uncertainty. Today's announcement is one part of the Department's efforts to strengthen the rural economy.

"USDA's housing programs are an important part of the Obama Administration's policies for strengthening the rural economy. They make a real difference in the lives of thousands of rural Americans nationwide," Vilsack said. "As the President said in his radio address last week: 'Our economy and our housing market are poised for progress – but we could do so much more if we work together.' Revitalizing rural rental housing helps create construction jobs, while maintaining safe and stable rural communities."

"USDA Rural Development is committed to preserving and revitalizing rural, low-income, multi-family housing and migrant and farm labor housing throughout Texas," said Paco Valentin, USDA Rural Development State Director. "We are pleased to assist rural Texans in meeting their housing needs, a critical goal to the long term sustainability of our communities."

Selected intermediaries will establish revolving loan programs to construct or make repairs that meet USDA Rural Development design and construction standards. Tenants must have very low or low incomes. Generally, households that qualify for U.S. Department of Housing and Urban Development Section 8 assistance or Low-Income Housing Tax Credit assistance meet this income standard.

USDA Rural Development plans to make up to \$5.3 million available for this program. Demonstration program loans will have an interest rate of one percent or lower. The interest and principal payments may be deferred for up to three years. Loans may not exceed \$2,125,000. Since the Preservation Revolving Loan Fund began as a demonstration program, USDA has made 22 selections for funding. This program provided funding to housing finance agencies and national or regional non-profit affordable housing groups.

Eligible intermediaries include:

- Non-profit organizations;
- State and local housing authorities;
- Organizations with experience revitalizing low-income, multi-family housing properties, and
- Organizations that have loan-making and loan-servicing experience.

For more information on how to apply for funding, see page 30854 of the May 23 Federal Register, or visit <http://www.gpo.gov/fdsys/pkg/FR-2013-05-23/pdf/2013-12325.pdf>. The deadline for submitting applications is December 31, 2013. Selected responses that develop into complete applications and meet all Federal eligibility requirements prior to September 30, 2013 will receive conditional commitments until all FY 2013 funds are expended.

On July 18, 2012, USDA announced that funding was available through the revolving loan fund demonstration program. Additional applications are being solicited for the funds that remain. The funding is available to qualified intermediaries, not directly to owners of rental property.

President Obama's plan for rural America has brought about historic investment and resulted in stronger rural communities. Under the President's leadership, these investments in housing, community facilities, businesses and infrastructure have empowered rural America to continue leading the way – strengthening America's economy, small towns and rural communities. USDA's investments in rural communities support the rural way of life that stands as the backbone of our American values.

President Obama and Agriculture Secretary Vilsack are committed to a smarter use of Federal resources to foster sustainable economic prosperity and ensure the government is a strong partner for businesses, entrepreneurs and working families in rural communities.

USDA, through its Rural Development mission area, has a portfolio of programs designed to improve the economic stability of rural communities, businesses, residents, farmers and ranchers and improve the quality of life in rural America.

USDA has made a concerted effort to deliver results for the American people, even as USDA implements sequestration – the across-the-board budget reductions mandated under terms of the Budget Control Act. USDA has already undertaken historic efforts since 2009 to save more than \$828 million in taxpayer funds through targeted, common-sense budget reductions. These reductions have put USDA in a better position to carry out its mission, while implementing sequester budget reductions in a fair manner that causes as little disruption as possible.

USDA Seeks Applications for Grants to Provide Development Support to Rural Cooperatives

TEMPLE, TEXAS, May 23, 2013 – Agriculture Secretary Tom Vilsack today announced that grant applications are being accepted from qualified non-profit organizations and educational facilities to help rural cooperatives develop new markets for their products and services. The United States Department of Agriculture (USDA) remains focused on carrying out its mission, despite a time of significant budget uncertainty. Today's announcement is one part of the Department's efforts to strengthen the rural economy.

"This funding is part of the Obama Administration's effort to ensure the development of a rural economy built to last. This program supports business development services for rural cooperatives. These funds will promote start up, expansion and operational improvements as cooperatives work to grow and strengthen their businesses and provide sustainable, well-paying jobs to rural residents," said Vilsack.

"USDA Rural Development's mission is to provide assistance that will increase the economic conditions of rural communities," said Paco Valentin, USDA Rural Development Texas State Director. "By providing these grants, we increase the technical and educational assistance available to rural business owners."

USDA is offering Rural Cooperative Development Grants (RCDG) to non-profit corporations and institutions of higher education. The grants may be used to conduct feasibility studies, create business plans, help rural cooperatives develop markets and provide training for cooperative leadership. Grants are awarded competitively on an annual basis to Rural Cooperative Development Centers, which in turn provide technical assistance to individuals and cooperatives.

Through this notice, USDA may award up to \$6.5 million in grants. The deadline for paper applications is July 15, 2013. Electronic copies are due July 10, 2013. For information on how to apply, see page 30848 of the May 23, 2013 Federal Register, <http://www.gpo.gov/fdsys/pkg/FR-2013-05-23/html/2013-12329.htm> or contact the USDA Rural Development State Office.

Individual grants of up to \$200,000 are available. Grants may be used to pay for up to 75 percent (95 percent when the applicant is a 1994 Land Grant Institution) of the project's cost. Recipients are required to match 25 percent (5 percent for 1994 Land Grant Institutions) of the award amount.

The RCDG program and other USDA business and cooperate development programs have had a significant impact on rural communities. Business and cooperative program funding created or saved an estimated 53,000 rural jobs and helped almost 10,000 rural business owners or farmers improve their enterprises in 2012.

President Obama's plan for rural America has brought about historic investment and resulted in stronger rural communities. Under the President's leadership, these investments in housing, community facilities, businesses and infrastructure have empowered rural America to continue leading the way – strengthening America's economy, small towns and rural communities. USDA's investments in rural communities support the rural way of life that stands as the backbone of our American values. President Obama and Agriculture Secretary Vilsack are committed to a smarter use of Federal resources to foster sustainable economic prosperity and ensure the government is a strong partner for businesses, entrepreneurs and working families in rural communities.

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NOTICE

STRATFORD HOSPITAL DISTRICT will use the following rules to comply with its responsibility under the County Indigent Health Care Program of the state of Texas for the 2012 and 2013 fiscal year.

Applications can be requested in person at 1111 Beaver Road, Stratford, Texas. Assistance in completing the application will be provided if needed. Contact Stratford Hospital District Administrator or designee at District offices, 1111 Beaver Road. Stratford Hospital District will follow the rules set by the CIHCP for eligibility.

The process is:

1. Applicant must be a resident of Stratford Hospital District and intend to remain there.
2. Applicant must appear in person at the District Offices.
3. Verification of income, residence, household composition, and resources is required.
4. Maximum monthly income cannot exceed:

Family Size	21% FPG
1	\$202
2	\$272
3	\$342
4	\$413
5	\$483

5. Application must be completely filled out.
6. Total countable household resources cannot exceed \$2000, (\$3000 if aged or disabled).
7. Applicant must provide all requested information and documentation requested.
8. Applicant must apply for any other program for which they are potentially eligible. The Hospital District program is payor of last resort.

JASON KLINE Basketball Academy

@ the Activity Gym

Stratford, TX

July 29, 30, 31, & Aug. 1, 2013

Cost: \$60.00

Dates: July 29, 30, 31, & Aug. 1, 2013

Times: 8:30am-11:30am

(K-4th grade)

12:30pm-3:30pm

(8th grade-9th grade)

Location: the Activity Gym, Stratford, TX

- For boys & girls; Ages 6 to 15
- Competitions & skill levels will be divided
- Bring your own basketball (name on it)

Camp Includes:

T-Shirt (must be registered by July 19th)

Awards for competition

Fundamental drill for skill—dribbling, passing, shooting, footwork, etc.

Agility, speed, quickness, & balance drills

Registration: (please print)

Name: _____

Address: _____

City: _____

State, Zip: _____

Phone: _____

Email: _____

Age & Grade for fall 2013: _____

T-Shirt Size: ys ym yl as am al axl

Parent / Guardian Name: _____

Daytime Phone: _____

Email: _____

* Please make checks payable to Jason Kline & send check or money order to: Jason Kline, 7612 NW Milrey Dr., Kansas City, MO 64152 *

I hereby release Jason Kline, Stratford High School, Stratford Middle School, the Activity Gym, and the employees of the camp from all liability from any injury, illness, or loss of property, that the above named registrant may occur or suffer while attending the Jason Kline Basketball Academy at Stratford High School / Stratford Middle School Activity Gym. I hereby authorize the employees and agents of the Jason Kline Basketball Academy at the Stratford High School / Stratford Middle School Activity Gym to act on my behalf according to their best judgment to obtain any medical attention for the above named registrant which they shall deem necessary and agree to pay for all charges incurred for the same.

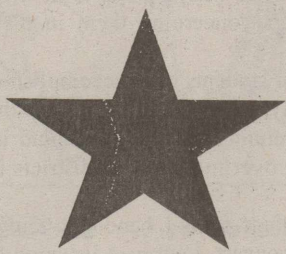
Parent Signature: _____

Insurance Company: _____

Insurance policy #: _____

 If we are to survive, we must have ideas, vision, courage. These things are rarely produced by committees. Everything that matters in our intellectual and moral life begins with an individual confronting his own mind and conscience in a room by himself.

—Arthur M. Schlesinger, Jr.



It Pays To Look In The

Star Classifieds

Phone 366-5885

..The Best Salesperson Around

THE STRATFORD STAR
Thursday, May 30, 2013
Page 9

Business for Sale

Great Lengths Salon. For more information call 806-396-5004 3-21-tfn

For Sale

Bedroom furniture, living room furniture and kitchen furniture and other items. For more information call 753-6664. 5-23-tfn

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"Professionals in Pest Control Technology"

249-4202 Jim Stevenson
Owner

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Card of Thanks

THE CLASS OF 2014 WOULD LIKE TO THANK EVERYONE IN THE STRATFORD COMMUNITY THAT HELPED TO MAKE OUR MIDNIGHT SKY PROM 2013 A HUGE SUCCESS! PEOPLE WERE SO GRACIOUS TO LET US BORROW THEIR PERSONAL ITEMS FOR OUR DECORATIONS AND WE APPRECIATE YOU. ALSO, THANK YOU TO THE FOLLOWING BUSINESS/PEOPLE THAT DONATED MONEY, TO HELP PAY FOR THE MEAL: GREG FIERRO TRUCKING, EVERETT FARMS, CACTUS FEEDERS, CIMARRON FEEDERS, STRATFORD GRAIN, JOE PETE FLORES, OL' BIDDY CAFE, WEST TEXAS GAS AND HAPPY STATE BANK. THE REALITY OF IT IS, WE COULD NOT HAVE DONE THIS WITHOUT THE TREMENDOUS SUPPORT OF BUSINESSES AND PEOPLE LIKE YOU. THANKS AGAIN!

JUNIOR CLASS SPONSORS:
TAMI KING & EDDIE METCALF
CO-CHAIRS
LORIE VINCENT
LAURIE SPURLOCK

Help Wanted

Cimarron Feeders is accepting applications for the following positions

- Assistant Mill Department Manager
- Management Trainee Feed Department
- Mill Maintenance
- Feed Truck Driver
- Pen Rider

17 miles S. Keyes, OK on HWY 171
15 miles N of Stratford, TX on HWY 287, then right 5 miles on HWY 171

Apply in person: M-F 8 a.m.-3p.m or call (580) 543-6383
Great benefits for full-time positions that include:
Medical, Dental & Vision insurance as well as 401 K and paid time off.
Pre-employment drug screen required. EOE M/F
JBS Five Rivers Cattle Feeding is an equal opportunity Employer
3-14-tfn

Coldwater Manor is taking application for Housekeeping and Laundry. Apply in person, from 8:00 a.m. to 5:00 p.m. Monday thru Friday.

Houses for Sale



New Listing!! 403 N Purnell—3/2/2, large backyard with new fence & garden shed. Kitchen with new remodel, lots of storage, and a covered back patio.

201 N. 7th St. Nice 3 bdrm/1 bath brick home with lots of storage. The windows are new and there is a finished basement with laundry area. Detached garage has room for four vehicles. Corner lot. \$85,000.00

104 N. 7th St. 1,836 sq ft manufactured home with 4 bdrms and 2 baths. Ceiling fans, fireplace, and two nice storage buildings. Lots of room for the

Country living within the city limits on Purnell Ave. 2,432 sq ft modular home with 4 bdrms, 3 baths, office, mud room, 2 living areas, and a nice kitchen. Two stall horse barn and another barn with 4 horse stalls and a lean to. \$175,000.00

1205 Division St. Great 3/2/2 brick home with a nice storage building in the back. \$100,000.00

Jana Clift 806-679-7414

www.CliftLandBrokers.com

Stratford Office: 401 S Poplar 396-1065

3430 I-40 Amarillo, TX 79102 -806-355-9856



STRATFORD AUTO ELECTRIC

119 S. Wall, Stratford, TX



From small town America to small town America! Deka batteries have been made in Lyon Station, PA since 1946. Deka is a division of East Penn manufacturing, the world's largest and most modern independent battery manufacturer.

**Wanna start something?
Do it with a Deka!**

More economical!

Differences between electric and hydraulic-driven systems

Have you seen the ads that insist hydraulic driven systems are the better way to irrigate? Make sure to read between the lines - and we don't mean the oil lines.

Fact is, Reinke's "Electrogator" II and "Autogator" electric-driven irrigation systems are, and have always been, among the safest, most reliable and most effective methods available to deliver water to your thirsty crops.

Reinke encourages you to "dare to compare" the electrical energy requirements of electric and hydraulic driven machines. You will be amazed by the dollars you can save by going electric.

Reinke Dealer-Professionals are ready to share other eye-opening reasons why more and more producers are choosing Reinke irrigation systems.

Talk with a Reinke Dealer today.

TEXAS ELECTRIC CO.
Stratford, TX 79084
Charles & Chuck Harbour
301 N. Poplar
Office 806-396-2300

Reinke
www.reinke.com

Health Awareness

Avoid The High Cost Of Hearing Loss

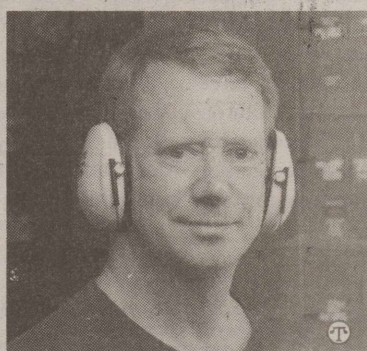
(NAPS)—Hearing loss is one of the leading public health concerns, impacting an estimated 17 percent of American adults. Despite this fact, most insurance policies cover only a portion of hearing impairment costs, and government-sponsored health programs like Medicare offer little to no coverage at all.

A recent industry survey cited by the National Institutes of Health revealed that, on average, Americans pay \$1,182-\$2,786 per hearing aid—70 percent of those with hearing loss require two devices. As hearing aids must be replaced every four to six years, a person may spend tens of thousands of dollars within his or her lifetime. This factor is one reason fewer than 20 percent of adults with hearing impairment seek help for their condition.

Hearing Loss from Noise Is Preventable

Many cases of hearing loss are due to excessive noise. With power tools, motorcycles, movies, lawn mowers and music players capable of producing noise levels above 85 decibels (dB), there is no shortage of sounds that put hearing at risk. Prolonged exposure to noises louder than 85 dB can damage your hearing permanently.

"Too many people are losing their hearing because of noise exposure," says Dr. Laurie Wells, an audiologist in 3M's hearing protection business. "Noise-induced hearing loss is irreversible and costly—and not just to your pocketbook, but more importantly, to your overall well-being. Hearing loss negatively affects the most fundamental need we have as humans: the ability to communicate with each other. Evidence suggests that people who suffer from hearing loss are less social and more apt to report depression and anxiety."



Noise-induced hearing loss is irreversible and costly—and not just to your pocketbook, but more importantly, to your overall well-being.

Protection Is Key

The good news is that noise-induced hearing loss is 100 percent preventable. People can significantly reduce their noise exposure by wearing hearing protection, avoiding repeated exposure to loud noises, and participating in hearing loss prevention programs at work.

To address this growing concern, 3M recently launched the Hearing Pledge. The Hearing Pledge is an awareness campaign aimed at providing education on the risks associated with exposure to excessive noise and encourages visitors to commit to using proper hearing protection, both at work and at home. The site provides educational materials and resources for individuals and businesses interested in implementing hearing protection initiatives. Individuals who commit to protecting their hearing through the Hearing Pledge are entered into a drawing for the chance to win an iPod, along with specially designed headphones with audio-limiting technology. This is just one more incentive to protect your hearing and avoid the costs associated with hearing loss.

To learn more, visit www.hearingpledge.com.

Health Awareness

Most Consumers Take Supplements

(NAPS)—Consumers continue to show that they have a healthy appetite for nutritional supplements. According to a recent study sponsored by Wells Fargo Securities, LLC Equity Research Department, more than 76 percent of Americans regularly take a vitamin or supplement.

For some, it's a way to complement inadequate diets, while others see it as a way to enhance their healthful lifestyle.

Given the popularity of supplements, the Natural Products Association says consumers may be



It's estimated that 76 percent of Americans take a supplement or vitamin.

pleased to learn supplements are often the first step that people take toward greater nutritional awareness and the adoption of other healthy choices.

While a good diet is the foundation for better health, research shows that most adults and children don't eat the way they should. People can and do live healthier lives by supplementing their diets.

Many people may not know the National Institutes of Health maintains an Office of Dietary Supplements dedicated to conducting and coordinating scientific research on supplements within NIH. These scientific studies serve to substantiate the fact that dietary supplements support health and wellness with an enviable safety record compared to other commonly consumed products.

To learn more, visit www.NPAinfo.org/consumers.

Health Awareness

A New Campaign Weighs In On Your Weight And Health

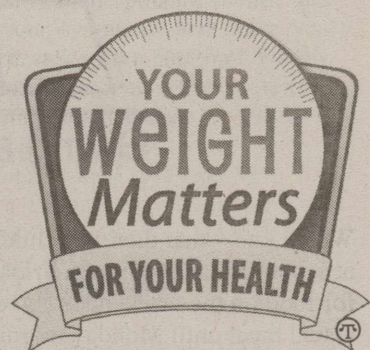
(NAPS)—An estimated 72 million Americans are affected by obesity, with nearly one out of three affected by excess weight. Yet, according to some experts, a weight loss of even 5 percent may improve health and reduce risks of some diseases.

That is the word from a new campaign called Your Weight Matters. It's designed to draw attention to the fact that there are many health implications that accompany excess weight and obesity. For example, diabetes, hypertension and sleep apnea are some of the many health conditions related to the issue of weight and obesity.

The campaign—developed by the Obesity Action Coalition (OAC)—encourages people to measure their weight and discuss it with their healthcare provider. To prepare themselves for that discussion, individuals can take the Campaign Challenge and receive the Your Weight Matters Toolkit for free, which is designed to help them talk to their healthcare provider.

Measuring Your Weight

You may not be aware of how your weight is impacting your health. The Your Weight Matters Campaign will help you measure your weight and prepare you for your talk with your healthcare provider. One simple way to measure your weight is to calculate your body mass index, or BMI, which is a number calculated by dividing a person's weight by his/her height squared. The result will fall into one of four main weight categories that healthcare professionals use when assessing weight. They are "normal," "overweight," "obesity" and "severe obesity." The campaign's website has



Your Weight Matters: A major health and wellness campaign is challenging the public to confront their weight and to have a conversation with their healthcare provider.

a calculator that makes it easy to get your BMI and a more detailed description of how to understand the results.

Taking the Challenge

The OAC encourages you to take the Campaign Challenge by making an online pledge to talk to your healthcare provider about your weight.

By taking the Challenge, you will receive the free Campaign Toolkit, which covers a wide variety of valuable information on weight, health, nutrition, exercise, emotional issues, weight-loss options, benefits of weight-loss and more.

Most importantly, the Campaign Toolkit will prepare you for your first appointment with your healthcare provider by providing you with sample questions for your provider, a food journal, wellness tips and more.

To measure your weight, learn more and take the Challenge, visit www.YourWeightMatters.org.



Band Receives Donation

Receiving a check from XIT Communications for the Stratford High School Band Calendar are band members (left to right) Katy Moore, Mary Ann Spurlock and Kyle Winn, Stratford High School Band Director. XIT Communications is a proud supporter of the Stratford High School Band. XIT is the local provider for local telephone service, high speed Internet service and IPTV service with HD, DVR and Video on Demand in Stratford and the surrounding areas.

Get ready now.

The Texas Division of Emergency Management urges Texans to review their personal plans in the event of a serious emergency. Family members may not all be in the same place when disasters strike, so it is important to ensure your family and friends know what to do when the threat of a disaster is nearby or directly impacts your community. Make sure you establish plans to address communications, have an emergency kit, and make other necessary preparations that will assist in keeping you safe.

The following links can assist with building a plan and checklists of items that will help prepare you and your family for a disaster:

<http://www.txdps.state.tx.us/dem/Preparedness/tips/tornadoSafetyTips.htm>

<http://texasprepares.org/English/information-tornadoes.shtml>

www.texasprepares.org

www.ready.gov

It is also critical for residents to follow weather reports and be prepared for changing weather conditions:

<http://www.weather.gov/>

Our thoughts and prayers remain with those in our neighboring state of Oklahoma and those impacted by the tornadoes in Texas recently.

The destruction we have all seen in the media coverage of these devastating disasters is a reminder of the sheer power these storms and severe weather events are capable of – and it is a reminder that we must prepare now.

Volunteering & Donations

As Texans we all understand the urge to help our neighbors, and many of us want to reach out to our Oklahoma neighbors today. It is important to volunteer and donate in a way that will best help the impacted communities. Spontaneous volunteers and random donations unfortunately are more problematic than helpful. The most effective way the public can assist is to support the experienced disaster relief organizations with either financial contributions or in-kind goods and services that the organizations report are needed. Contact volunteer organizations, churches, and Voluntary Organizations Active in Disasters (VOAD).

The following are links to some of these organizations in Oklahoma:

<http://www.redcross.org/ok/oklahoma-city>

<http://salvationarmyokcac.org/>

<https://okvoad.communityos.org/cms/home>



Giving a Voice to Hungry Kids

We all know that there are children who have free breakfast and lunch provided for them at school Monday through Friday. Have you ever stopped to think what these children do for food on the weekends? Have you ever eaten lunch on Friday and then not had another actual meal until Monday morning? Can you imagine trying to listen to your teacher on Monday morning when all you can do is watch the clock and count the seconds until lunchtime? Unfortunately, there are children in Stratford and the surrounding towns in the Texas panhandle who face this struggle every weekend and during school holidays. Snack Pak 4 Kids is a program that provides food for children in these situations every weekend of the school year. 100% of all money is used for food only.

YES!!! I want to adopt a child for: **Stratford ISD**

___ 1 year- \$133 (number of children ___)
___ 1 month-\$14 (number of children ___)
___ 1 week- \$3.50 (number of children ___)
___ other- \$ _____

Name _____

Address _____

Phone _____

Email _____

Organization _____

School you are sponsoring _____

Checks are payable to "Snack Pak 4 Kids." Please designate Stratford in memo line of your check.

Snack Pak 4 Kids
701 Park Place Ave
Amarillo, TX 79101
806-337-5252

From the Bird's Nest-May, 2013

By Jerry Birdsong-Superintendent

Graduation is upon us and we are expecting thirty-five students to walk across the stage on Friday night. We are very proud of this group of young people – many outstanding kids. But they didn't get there by themselves. From P-K through their senior year, their lives have been touched by many of our school staff as well as folks from other schools. They have been given guidance from parents, relatives and have been surrounded by others that care. We are very proud of these young people on their accomplishments and look forward to seeing great things concerning them in their futures. So Friday night will be a celebration for all us.

It has been a successful year for Stratford ISD. Our students have accomplished a great deal and have represented our school and community well. This is a tribute to the kids, but also our parents and community. Having a community that stands behind its school and expects excellence, gives us a great advantage over most school districts in the state.

Our spring band concerts were amazing. The high school band got things started with a great performance. Later at the junior high concert, I enjoyed listening to the progression of accomplishment as we started with the 5th grade and ended with the 8th. Our band program is strong thanks to great kids and leadership.

Banquet season was wonderful. It is always fun to honor students for their year of accomplishments, while enjoying great food and company. Stephanie and I have had lots of date nights this month with me taking her out to eat!

Stratford students have been on the state-wide stage the last couple of weeks. We qualified two for the state track meet, one for state academic UIL, and we had one on the all-state choir. Our UIL Academic participant brought home a medal in Lincoln-Douglas debate. It is really a great feeling to see one of our kids in Stratford blue representing us among the best in the state.

Academic success in classroom is important as we prepare these young people for their futures. The extracurricular competition successes are also a testament of the kind of kids we serve and the great job that our staff does with our students. It is a competitive world out there. This district and community does a fine job of getting the kids ready.

Resignations continue to trickle in. We always hate to lose good folks, but life presents opportunities and we wish them well. We have made a couple of hires and continue to interview prospective employees.

We have had a change in our board of trustees as Tres Hess has resigned and Clint Black was recently appointed. I want to thank Tres for his four years of service and I am looking forward to working with Clint to ensure that we have the best school district possible for our youngsters.

SnackPak4Kids made its debut at the elementary during the month of April. This is a community program that will provide food for youngsters that deal with starvation on the weekend. Shelf stable foods were distributed to backpacks on Friday afternoon before the students go home for the weekend. The community support has been great as large donations have been made to get the program up and running. Hunger is a barrier to learning for some of our students and we hope this will relieve these students of some of their hunger issues.

It appears that we may get some relief from state assessments and high school graduation requirements. House Bill 5, which will require five assessments for graduation and changes high school requirements, continues down the path to become law. The graduation requirements will be more flexible and allow students to explore more opportunity than the current system that only seems to be concerned with the college bound students. The reality of the matter, although we encourage all of our students to pursue post-secondary education, is that some are ready to go to work. I believe people should have the freedom to pursue their dreams – not a state-driven path.

Funding is still a big question mark. There has been work on the deficit that we faced this biennium, but it will not restore all of the funding cuts from last session. The district will continue to move forward and prepare budgets for the 2013-14 school year, but we will have to see how this legislative session impacts our district.

As another school year come to close, I must again say it is an honor and a privilege for me to serve the community, parents, staff, and students of Stratford ISD. Stratford ISD has done a tremendous job of educating the kids of this community for many years. After completing graduation requirements, our kids have doors opened to them to pursue employment, military options or further their education. This is possible because of the excellent staff, along with the great support of the community. It is my pledge to you to continue this tradition of excellence.

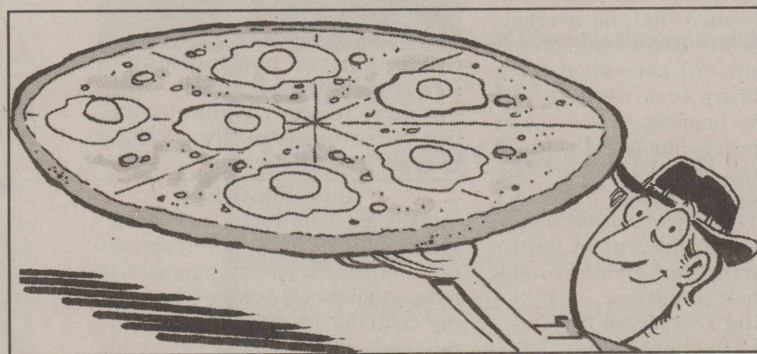
Full Weekend Planned for WTAMU Alumni Summer Reunion June 7-9

CANYON, Texas—Whether you attended West Texas Normal School, West Texas State University or any of the others in between, the Alumni Association at West Texas A&M University invites you to join in the fun as alumni young and old gather during the first-ever Alumni Summer Reunion June 7-9 on campus.

It will be an activity-filled time with reunions, mixers, banquets and so much more. Plans have been in the making for months, and the weekend agenda has a little bit of something for everyone. There will be a juried alumni art show in Mary Moody Northern Hall's Formal Art Gallery, and the Buffalo Club will host a tailgate for former athletes at the Bain Athletic Center. Plus, there will be an all-Greek reunion, affinity group gatherings and a Maroon Block Party featuring the music of Noah Jenda. There's even more—a movie on the lawn, a Night at the Museum, an alumni breakfast, campus tours, pitchfork fondue and opportunities to reconnect with favorite professors.

And as if that wasn't enough, three well-deserving alumni will be recognized at the 50th annual Phoenix Banquet on Saturday, June 8. Plus, those who met or married at WT are encouraged to attend the Sweetheart Luncheon on Sunday, June 9.

There will be so much to see and do. Mark your calendars now and plan to be a part of the fun. Visit wtamu.edu/reunion for more information.



In Australia, the No.1 topping for pizza is eggs.

Stratford Hospital District

"Proudly serving the medical needs of Stratford and Sherman County."

Stratford Family Medical Clinic

Mon. - Thurs. 8 AM - 5 PM, Fri. 8AM - 3 PM
396-5583 Tommy Brian, ANP

Elk Pharmacy

"Compounding available" Mon. - Fri. 9 AM - 5:30 PM
366-5505 Angie Hipp, RPh

"Check our
Competitive pricing"

Coldwater Manor Nursing Facility

396-5568 Karl Punch, LNFA

Stratford EMS

9-1-1 or 396-2844 Jimmy Lanning, Director

The Stratford Hospital District operates on a non-discriminatory basis, giving equal treatment and access to services without regard to sex, race, religion, age or ethnicity.