

Sherman County Museum 07/11 PO Box 1248 Stratford, TX 79084

The Stratford Star

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Number 16 April 21, 2011



Grand Opening Held

Stratford's newest business had a grand opening on Thursday, April 14th, 2011. Daylight Donuts has officially opened their doors for business. They are located at 309 N. Main. If you have not tried them, they are really good. More information in Next week's issue.

A benefit fund has been set up for Medical Expenses for Matthew Chaffee at The First State Bank of Stratford.

Stratford Hosts American Legion District Convention

By Wayne Smith

On April 9th the Howard Norvell Green Post 262 in Stratford played host to the District 18 American Legion Convention. The Sherman County Exhibit Building was the venue for the event. According to the American Legion, District 18 Commander, Harold Lehnick of Claude, some 60 delegates and guests attended the convention. The event was highlighted by key remarks offered by Amarillo College President Dr. Paul Matney who spoke on the character and impact of "The Greatest Generation". Other distinguished guests included Department of Texas Auxiliary President Diana King of Pasadena, Texas, Department Commander Ken Mueller of Brenham, Texas and 4th Division Commander Steve Brooks of Lubbock, Texas.

Qualifying for the District Commander's Trophy were posts from Claude, Perryton and Darrouzett who tied for having the largest delegation in attendance. Other posts represented were Nazareth, Borger Post 672, Amarillo, Vega, Hereford and Stratford.

The convention was jointly coordinated by District Commander Harold Lehnick and the Howard Norvell Green Post Commander Wayne Smith. District Auxiliary President Susan Wheatley of Darrouzett, presided over the Auxiliary business meeting.

Major decisions reached at the convention centered on future events in the vast 18th District which covers the top 28 counties of the Texas Panhandle. Due to the lack of support by some posts within the District, it was decided to cancel future fall conventions and conduct and more vigorously promote spring events. A committee of three delegates was appointed to decide the location of the next event scheduled for spring 2012.

In other action, delegates supported the continuance of the District Eagle Scout scholarship which is directed by Harry Stumpf of Spearman who also commands the Perryton post. Bob Schulte and his wife Beverly of Nazareth coordinate the Boys and Girls State travel programs in the District reported that 19 girls and 23 boys from across the Panhandle would be attending the events in June. Delegates also heard post activity and committee reports concerning District Finances, Veterans Affairs and Rehabilitation, Membership and Public Information. Dempsey Malaney of Perryton provided an interesting slide presentation on various subjects, including his career in the United States Army

Wayne Smith, Post Commander in Stratford thanked District 18 Commander Harold Lehnick for selecting Stratford as convention host and thanked all the convention delegates and guest for attending. He also stated that this was the first convention ever held in Stratford and acknowledged the hard work and support from all post members. Mr. Harold Lehnick lauded the effort and wonderful hospitality of the Stratford post and presented Commander Smith with a Certificate of Appreciation to the Stratford post from the entire District.

The one day event concluded with a joint memorial service and evening dinner provided by the Stratford post.

STRATFORD AREA FOUNDATION

Reminder for the Annual Meeting Monday, April 25, 2011
SCOT HALL
7:00 p.m.

Entertainment..Business Meeting...Refreshments

Please come and bring a friend

Unvaccinated animals should be monitored by vet for rabies after biting attack

By Bailey Naugle

A recent increase in animal bite patients within Sherman County has prompted Stratford Family Medical Clinic to issue a cautionary warning and information on what to do when an unfamiliar animal bites or scratches a human.

"Rabies is transmissible through saliva contact," explained Stratford Family Medical Clinic's Tommy Brian, RN, FNP-C. State health officials have confirmed multiple rabies positive animals north of the Canadian River with additional cases throughout the Texas Panhandle. Any bites or scratches caused by an unfamiliar animal should be taken into consideration.

When a human is bit by an animal and that animal's vaccination status is unknown — as with a stray or wild animal — it is imperative that the animal be observed by a veterinarian to determine whether or not it is rabid.

In the event that the rabies status of the animal is unknown and not tested, the bite victim must receive a rabies treatment series — which is notoriously painful — as a precaution, said Brian.

"The rabies series isn't as bad as it used to be, but it is definitely something you want to avoid if at all possible, especially for children," he said.

In order to prevent unneeded treatment for the victim, the animal — even if it has been killed — should be transported to a veterinarian for testing in a secure location, removed from other animals and humans.

"We wanted to let the public know that in the occurrence of a bite from a stray or wild animal this is important," Brian said, "Most people don't know that the animal needs to be tested."

Stratford Family Medical Clinic recommends having animal control remove any potentially dangerous animals. Call City Hall at 806-366-5581 or the Sherman County Sheriff's Office at 806-366-5551.

Veterinarian services are available locally at Stratford Animal Hospital, 806-396-5579, and Bar-K Veterinary Clinic, 806-753-7760.

Stratford Family Medical Clinic is located at 1220 Purnell Avenue in Stratford. Call 806- 396-5583 for an appointment or more information.

Happy State Bank announces Ground Breaking of new Dumas location

J. Pat Hickman, Chairman & CEO of Happy State Bank and Alvia Calvert, President of the Dumas market are proud to announce the ground breaking of Happy State Bank's new building in Dumas at 800 Dumas Avenue. The ground breaking took place Wednesday, April 13th. Pioneer General Contractors, Inc. is the general contractor for this new building in Dumas. The architecture, designed by D. Scott Stark Architect, is consistent with other Happy State Bank offices. This is a full service banking center offering six drive-up windows (including two commercial lanes) as well as a drive up 24-hour ATM and a night depository. The new 9,952 square foot building includes the Texas Room which is available for the community's use. The building is expected to be completed by the end of the year.

"We are excited about this new office being built in Dumas. The location is perhaps one of the best locations in Dumas. It will be ideal for convenient banking for our customers!" said Alvia Calvert.

Building new and convenient bank locations is one of Happy State Bank's greatest customer benefits. Along with the new Dumas location look for the new Express Bank in Amarillo located at le and Buchanan.

The \$1.6 Billion Happy State Bank, established in 1908, has 26 full-service offices and 85 ATMs in 18 communities in the Texas Panhandle including, Happy, Amarillo, Borger, Canadian, Canyon, Dalhart, Dumas, Floydada, Hereford, Higgins, Lockney, Olton, Pampa, Panhandle, Plainview, Silverton, Stratford and Sunray. Happy State Bank also owns a non-depository branch—Gold Star Trust Company which is head-quartered in Canyon, Texas.

Two-day Grant writing workshop To be held

A two day grant writing workshop is being taught by Melyn Johnson, Main Street Guymon Project Director, on April 27 and 28. Beginning at 9 am and ending at 3 pm both days, the class (limited to 10 people) is going to focus on Oklahoma government and foundation grants that are open to government and 501c3 entities.

"The key to grant funding is that you have a good, fundable project and find a funding source whose mission is met by your project," explains Johnson. "We shall spend time talking about what makes a project fundable, how to research grant opportunities, and how to write a decent grant application."

Reservations for the class can be made at 580-338-6246 or email **Director@MAinStreetGuymon**.com. The class is geared for the beginner and each person must have a project chosen before they are accepted into the class. The cost is \$75 per person and only those who can attend both days are taken in to the class. The class is to be taught at the Main Street Guymon office, 116 NE Fifth.

Red Hats

RED HATS will meet May 5th at 6 p.m. at Elk Junction.

ATTENTION! JR. Students

@ Parents

Your help is needed each Thursday @ 6 p.m. to help with prom decorations. We meet at the high school. Call Desine if you have questions 930-2758.

The museum is in need of volunteers to set at museum 2 hours a month April through October. Call Kay 366-7679

S.C.O.T. Hall

Memorial Day Flowers Don't wait, Get yours early Call Karen Perrin @ 396-2097



Special

(Wednesday thru Tuesday)
11 a.m. till 2 p.m.

Clip this coupon for 2 Burgers-2 fries & 2 drinks \$8.99

El Primo's

Call 806-366-3799 1120 E. Texas Hwy 54

Letter to the Editor

SUBMITTING A LETTER: Letters should be no more than 200 words and can be mailed to PO Box 8, Stratford, TX 79084 or faxed to 366-5884 or e-mailed to stardm@xit.net. Please include your street address (NO PO boxes), daytime phone number and full name. All submissions are subject to editing for length, libel, clarity and taste. The newspaper has the last say on whether a letter will be published. Letters to the editor are the opinions of the writer, not the

Readers, **KEEP STRATFORD** BEAUTIFUL

newspaper.

April is Keep America KEEP Beautiful and STRATFORD BEAUTIFUL. (There it is again—Curb Appeal).

The City hired a company to sweep the streets with the understanding they could do the whole town in one day. (Dream on) Well they did get the north part of town. Downtown and South Side are on your own. (If everyone would sweep in front of their own door step, the whole world will be clean) That means a little shovel work to clean the gutter.

Tumbleweeds and plastic sacks are ablowlin.. It would be a great service project for school classes or organizations (or family's) to take a vacant lot and pick up. Hint: The tree line across from the grocery store.

The Cemetery should have a cleanup day soon. Now is a good time to remove your winter (poinsettias) faded flowers and rake dead leaves. Flower arrangements should very close to the monument for mowing. There are still many temporary metal markers that need a permanent marker and some unmarked graves that are marked with a brick.

What about a project to help rid the town of dead trees and tree limbs on the ground and in the trees. (Trees that do not get water in the winter will not survive, even elm trees are stressed.) I have been on this project for about 5 years.

I tend to be a little impatient while waiting for a plan to be organized and implemented. That leads to some interesting projects. Please return the 2 lengths of PINK hose to the Baseball faucet. Let's keep Stratford Beautiful

Gaynelle Riffe



phone service was established in 1878, people said "ahoy."

Regardless of how you feel inside, always try to look like a winner. Even if you are behind, a sustained look of control and confidence can give you a mental edge that results in victory. -Arthur Ashe

From the desk of Chief Powell

EASTER EGG HUNT!!!

The Police Department is sponsoring an Easter Egg Hunt in the park this Saturday!! We are asking parents to have children there at 11 a.m. Come out and see Police Cars, Sheriff Vehicles, Fire Trucks and Ambulances. Bring a camera to save the memories. Perhaps, have your child's picture taken with their favorite emergency services crews. Music will be provided by Blue-Line Entertainment. The event should last approximately an hour or so. Some citizens have offered to bring cookies, cupcakes etc. to hand out to the little ones. If you wish to help out or you are able to offer any baked items for the children, please contact Chief Powell or Detective Gabehart as soon as possible. All help is appreciated. Let's make this a very special day for the children of Stratford...they deserve it!! Chief Powell www.stratfordpd.com

Scot Hall Scuttle

By Cindy Jackson

A group of ten went to the Chicken House on April 14th. We had a wonderful time. The meal and fellowship can't

Have you ever wondered why they call a Boston Cream Pie, Boston or a pie, when it has the characteristics of a cake? Have you ever wondered why some people put cheese on apple pie? Well, I do and I have the answers to those very questions. The Boston Cream Pie was created by French chef M. Sanzian at Boston's Parker House Hotel. The idea of it being a pie most likely stems from the easier availability of pie tins over cake pans during the time the dish originated. It might also originate from the use of the custard cream filling which is usually associated with pies rather than cakes.

Apple pie with cheddar cheese is quite common in New England and the Midwest. The tradition may have originated in Yorkshire, England. An apple pie recipe was first seen, in a cookbook, written in the 1300's A.D. The combination of sharp cheddar cheese and apple's are magnificent. They say: "Apple pie without the cheese is like a kiss without the squeeze". A la Mode is French, meaning in the current style or fashion. How did it become the meaning, "with ice cream"? According to the historians of the Cambridge Hotel in Washington County New York, Professor Charles Watson Townsend, dined regularly at the Cambridge Hotel during the mid 1890's. He often ordered ice cream with his apple pie. Mrs. Berry Hall, a diner seated next to him, asked what it was called. He said it didn't have a name, and she promptly dubbed it Pie a la mode. Townsend liked the name so much he asked for it each day by that name.

Get your Memorial Day flowers before they are all gone. Call Karen Perrin @396-2097

April 20th-Exercise class starts at 8 a.m. April 21-Birthday Party 2 p.m. Bingo 3 p.m. April 25th-Stratford Area Foundation Meeting @ 7 p.m. April 26th-SCOT Hall Board Meeting 5:15 p.m. April 27th-Exercise class starts @ 8 a.m. April 28th-Noon Luncheon

Dues are due! The dues are \$24.00 for a year. Thank you for being a part of the SCOT Hall family.

Fun Run Committee seeking nominations for honoree

By Bailey Naugle

The Stratford Reunion Weekend Fun Run Committee is currently seeking nominations for the 2011 Fun Run

The Reunion Weekend Fun Run was established in 2010 as an exciting way for the Stratford community to show its support for a local family or organization facing a difficult time.

Last year over 100 area residents came out to show their support for Corey Sims in his battle with B-Cell Leukemia by participating in the Fun Run. Proceeds from the event were used to assist Sims' family with

We are working to make the 2011 Fun Run an even greater success, and this year the event will also include a youth bike-a-thon for children ages 10 and under.

If you know of a local family or non-profit organization in need of some additional community support, please People didn't always say nominate them to be honored at the 2011 Stratford "hello" when they answered the Reunion Weekend Fun Run/Walk & Youth Bike-a-thon. phone. When the first regular To submit a nomination, please write to the Stratford Reunion Fun Run Committee at PO Box 572 Stratford, TX 79084 or e-mail baileynaugle@yahoo.com. Please include the name and contact information of the person or non-profit organization being nominated and a brief description of the situation the nominee is facing and how the funds would be used.

Please note: all nominations must be received by 5:00 PM Friday, May 13, 2011 to be eligible for consideration.

The nominations will be reviewed by a neutral party, and the person or organization selected will be contacted by the Fun Run Committee and announced in The

Contact Bailey Naugle at 806-543-3313 or Heather Braden at 366-3224 with any questions.

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City Hall Insider

Hi citizens of Stratford! Have you ever been running circles so much it feels like you might have bit your own rear a few times? Well that's kind of how I have been feeling the past few weeks...I have been going and going then, all of a sudden, I look up and March is gone and April is rolling right along, full steam ahead. Wow time flies when you are having fund... Did I just say when you are having FUND?

I guess I did, and that's probably cause I have financials on my mind lately and I will tell you why...I would like to take this edition of City Hall Insider to brag a bit on the City of Stratford if that's ok with you. The City had its annual financial audit for last year completed recently and received a great report from the auditors and I would like to share some details with you.

For starters, this audit was conducted for the City of Stratford's fiscal year ending September 30, 2010; it began on October 1, 2009. The audit is for the purposes of reviewing our financial files and determining if we are maintaining compliance with generally accepted practices, rule, and regulations for municipalities in the State of Texas. The auditors typically come in and spend a week running through all of our financial books from the previous year looking for anything that may raise a red flag or cause concern about the City's financial practices. After the week of rifling through numbers the auditors are able to provide a report that shows their opinion of how the City is doing financially. You can basically liken this process to receiving a final grade on a report card. All this being said; I would like to share with you some highlights of this year's Auditor's Report.

I am happy to tell you that the auditor's opinion regarding the City's financial situation was reported to be satisfactory. This means that there are few areas that could use some polishing but, as a whole, we are in very good financial condition. In fact, the City's General Fund has seen its unrestricted fund balance go from (\$60,000) in 2009 to \$131,847 in 2010!! What this means is that we have a surplus of funds that would help to cover a few months of normal operating expenses in case of a major emergency. We still have work to do because the City's goal is to create a funds balance of about 3-6 months' worth of operating expenses, and the above mentioned number represents about 2 months. However, I am certain we will be much closer to our goal by the end of this year with the conservative budgeting that took place this past year by the City leaders. Our Utility Fund is in great shape with approximately 4-5 months' worth of normal operating expenses in the it's unrestricted fund, specifically \$457,417. Both of the numbers for the General and Utility Funds depict great advances and substantial progress from years past in the City of Stratford. We are making progress each and every day here at City Hall. Yes, we do sometimes have some setbacks but we are still

I am very proud of the great report we received from our auditors this year and I am very anxious to see what our future has to hold. The City of Stratford leadership is already moving forward proactively as we have started the budget process for the next upcoming fiscal year. I would like to take this time to recognize all of our Council and Mayor for their hard work and effort toward the betterment of the City of Stratford. These leaders have made it their commitment to progressing the City of Stratford and maintaining a proactive mindset towards the policies and needs of Stratford and her citizens. Mayor Ewers has taken ownership of her role as Mayor and ensures that all of our Council meetings are being conducted in an orderly fashion to ensure that the City leaders are advancing towards the common goal of doing what's best for Stratford.

Additionally, I would like to recognize Kathy Rendon, City Secretary, for the City of Stratford. She is the person that handles all of the City's financials and ensures that all practices, rules, and regulations are being followed according to standards. Kathy is the underlying factor that ensures such compliance. She has held the position of City Secretary with Stratford for more than eight years now. Thank you for your hard work.

Well I could go on for days bragging about how well Stratford is moving along but I guess we always have to find a stopping point. I will be quiet now and get back to running my circles. See you next month!!

Kerrick

By Marylou McDaniel

It's with sorrow that Kerrick says goodbye to Terry and Barbara Schoonover this week! They are moving to their home at Folsom, Barbara will be having some more surgery on her knee right away.

They will be missed. Much happiness in their new home! Watch for a Kerrick garage sale one of these days. Donna Gillenwaters and Ciccy Harris are busy cleaning community building.

SHD - No Election

Stratford Hospital District had two open places on the Board of Directors. John Ashley and Janet Reinart signed up to serve. Their two year terms will run until 2013. Since they are unopposed, there will be no election for Stratford Hospital District Board of Directors this



A rat can go without water for a longer period of time than a camel can.

Honesty is the cornerstone of all success, without which confidence and ability to perform shall cease to exist.

-Mary Kay Ash

Travis's Small

Is now servicing vehicles and car washing And remember It's Time to service your **Lawn Mowers for**

Engines

Spring & Summer For an appointment call 753-6187

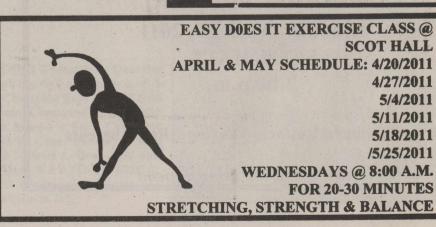
Elk Pharmacy Mon. - Fri. 9:00 AM - 5:30 PM ospital Distri 366-5505 Angie Hipp, RPh

Stratford Family **Medical Clinic** Mon. - Fri. 8:00 AM - 5:00 PM 396-5583 Tommy Brian, ANP

Coldwater Manor **Nursing Facility** 396-5568 Karl Punch, LNFA

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

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



Stratford

bituaries

GRUVER — Andrew Joseph Burleson, 77, died Wednesday, April 13, 2011.

Services were held at 2 p.m. Saturday April 16, 2011 in First Baptist Church with the Rev. Scott Curry officiating. Burial was in Gruver Cemetery by Boxwell Brothers Funeral Home of Spearman.

Andrew was born Dec. 23, 1933, in the Holt community in Hutchinson County. He married Patricia Faye Cluck on Sept. 6, 1958. She preceded him in death in 2007.

He was a member of First Baptist Church in Gruver. He was a graduate of Spearman High School, and attended "No matter what your skill Wayland Baptist University, West Texas State level in the kitchen, ham is just was a graduate of Spearman High School, and attended University, and Baylor University.

At age 12, Andy batched on the turkey track ranch and helped on the family farm. After a few years of college, he was drafted into the U.S. Army and was a cryptographer at the Pentagon.

He then returned to Gruver to farm and ranch with his to creative casseroles." father-in-law, Sam Cluck. After 17 years in Gruver, Andy worked for his lifelong friend, J.A. Whittenburg III at First State Bank of Stratford and later in Amarillo as operations manager for Mr. Whittenburg.

In 1985, he began working for Amarillo Production Credit Association, becoming vice president until his

Upon retiring, he and his wife, Pat, moved back to the Sam Cluck home place near Gruver. He then enjoyed working part-time for Interstate Bank in Spearman.

After Pat's death in 2007, Andy moved into Gruver, C). Cook lasagna noodles where he was huge basketball fan, and also other sports from junior high and up.

for their love and support in the three years since the skillet over medium heat, death of his beautiful and beloved wife, Pat. They greatly helped in his healing after her loss.

Andy's family is especially grateful to Tomasa Perez for her care and friendship.

Andy gave his life to Jesus at an early age. As a young man he rededicated his life and was devoted to serve his Lord in any capacity. Through this ministry, Andy was given many opportunities to touch lives, all to God's glory.

He was preceded in death by his parents, Dan and Ella Burleson; a sister, Dannie Hunt; two brothers-in-law, N.C. "Jeff" Jeffries and Del Cluck; and numerous nephews and nieces.

Survivors include three daughters, DeDe Cummins and husband Tim of Canyon, Marcy Tow and husband Scott of Garland, and Esther Gibson and husband James "Hoot" of Carrizo Springs; two sisters, Georgia Kern and husband Dennis of Amarillo and Mona Jeffries of Tyler;

three sisters-in-law, Barbara Cluck of Gruver, Sammie Hurt and husband Mike of Amarillo, and Mary Lou Mathews and husband Steve of Spearman; two granddaughters, Jessica Cummins McKenzie (Joel) of Canyon and Hayley Tow of Garland; two grandsons, cheeses that are available prc-Hogan Tow of Garland and Andrew Cummins of sliced are Jarlsberg and Jarlsberg Canyon; a great-granddaughter, Jaidalyn Faye McKenzie of Canyon; and a great-grandson, Jeremiah Elijah

McKenzie of Canyon. When hosting a game night, fea-The family suggests memorials be to Cal Farley's Boys ture no-cook dishes that can be McKenzie of Canyon Ranch, P.O. Box 1890, Amarillo, TX, 79174-0001; or enjoyed without interrupting the the Those Who Have Gone Before Us Fund at First Baptist Church of Gruver, P.O. Box 608, Gruver, TX

Deliziono Food Paleas

Make This Spring Even More Delicious

(NAPS)—A perfectly prepared ham can be the center of attraction at your dinner table—and a Ham Hotline from Kentucky Legend Ham makes getting it there much easier.

Anyone can create a great ham dinner, according to Diane Morgan, author of more than 16 cookbooks, including several on entertaining.

about foolproof for your spring celebrations—especially with the hotline backing you up," she said. "And the leftovers are an added bonus. You can stretch your food dollars by using them in everything from sandwiches and soup

Here's one recipe you may care

Ham and Potato Lasagna

9 uncooked lasagna noodles onion, sliced ½ cup butter

cups mashed potatoes 1 lb. Kentucky Legend Ham, cut into ¼" ham slices

Preheat oven to 350° F (175° according to package directions, adding 1 tablespoon vegetable oil to the water. The family wishes to thank the entire Gruver community Drain. In a separate large combine the onion with the butter and sauté for 5 minutes. Place 3 noodles in the bottom of a lightly greased 9x13-inch baking dish. Spread 1/2 the potato mixture over the noodles in the dish. Top with a layer of ham slices. Top this with 3 more noodles, followed



Use your noodle and serve a dish with a difference: Ham and Potato Lasagna

by the other 1/2 of the potato mixture and the remaining ham slices. Finish by topping with the remaining 3 noodles, then top those with sautéed onions. Bake at 350° F for 20 minutes or until bubbly. Allow to cool for 5 minutes before

The Hotline

The first-ever ham hotline can help at-home chefs choose, prepare and serve up a delicious ham meal-and even provide recipes for the leftovers. Experts from Kentucky Legend Ham will field calls at (866) 343-5058 from 9 a.m. to 7 p.m. Eastern Time, Monday through Friday throughout April. The Ham

Made for more than 100 years, each Kentucky Legend Ham is hand carved from a recipe handed down through generations, slow cooked in its own natural juices, then double smoked. It can be eaten right away or gently reheated in the oven.

Learn More You can find more facts about ham and new recipes at www.specialtyfoodsgroup.com.

Thursday, April 21, 2011 **Sherman County Depot Museum**

Hours Open Tuesday, Thursday & Friday 2 till 4 p.m. For more information call

Ann Wells 396-2527 Pat Hartman 366-7644 Dick Bachman 366-7679 Page 3

THE STRATFORD STAR

PROM TIME

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Save your gas & 3 trips out of town Shop at Stratford 15 years in the Tuxedo business

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Cooking Ideas

(NAPS)—For information on the myths and facts about meat in America, visit www.MeatMyth Crushers.com, or for a free brochure, send a self-addressed stamped envelope to American Meat Institute Public Affairs/ Myths, 1150 Connecticut Ave., NW, 12th Floor, Washington, DC 20036.

A couple of super meltable Lite. Visit www. jarlsbergusa.com for more information.



action. Tostitos Artisan Recipes tortilla chips can be an excellent option. They're available in Roasted Garlic & Black Bean and Fire-Roasted Chipotle flavors. For more information, visit www.facebook com/tostitos. n 8 ta amore ass

CALLING ALL QUILTERS---

SCOT Hall's annual Garden Tour is expanding to include a Quilt Show!!! This event will be held the morning of Saturday, July 9th at SCOT Hall.

SCOT would like to show case the talents of quilters in our community at this event. Anyone who would like to display a quilt (either one they made or have received) is encouraged to do so. So that adequate arrangements can be made for the display, persons interested in exhibiting quilts are asked to contact Susie Spurlock at 396-2864 lockspur@xit.net as soon as possible.

Your Pocket Guide to Dietary Fats

Unsaturated Fats

· Polyunsaturated fats are found in soybean, corn and some safflower and sunflower oils, walnuts, flaxseed and fish, such as salmon, trout and herring.

· Monounsaturated fats are found in canola, olive and some safflower and sunflower oils and in avocados, nuts and peanut butter. **Saturated Fats** • Saturated fats and cholesterol are found in foods from animals.

Such foods include butter, lard, egg yolks, fatback, tallow, suet, chicken fat, beef fat, whole milk and cheese products. Saturated fats are also found in foods from plants such as vegetable shortening, coconut oil and palm oil. • Trans fats are found in foods containing partially hydrogenated

oils such as vegetable shortening, baked goods (examples: cakes, cookies, pies and crackers), snack foods, stick margarines and other foods. Trans fats also occur naturally in dairy and beef products. **Substituting for Saturated Fat**

• If you are trying to reduce the amount of saturated fat in your diet, there are many simple substitutions that can help. When eating out, choose items described on the menu as steamed, broiled, baked, roasted or poached instead of fried, crispy, creamed or au gratin. At home, bake, broil, roast and grill your foods instead of frying. When shopping, choose lean cuts of meat, skinless poultry, fish, dry beans and low-fat or fat-free milk, cheese and yogurt.



Snails travel on "roadways" that they make themselves. A snail produces a sticky liquid on the underside of its flat foot. The rim of its foot skids along on the liquid with a rippling motion. Wave after wave of this motion pushes the snail along.



The Tasmanian Tiger went into extinct in the year 1936. This animal is regarded to be the largest carnivorous marsupial in the modern day and age. It was a native of Australia and New Guinea.



Elk Junction

will be serving

Easter lunch

Sunday, 11 until its all gone!! Reservations nice but not necessary

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 8:00 p.m. Wed. Bible Study 7:00 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. David Terry 520 N. Main Sunday School 9:20 a.m. Morning Worship 10:30 a.m. unior High UMY 5:00 p.m. mior High UMY 6:00 p.m.

Stratford Star St. Joseph Catholic 6th & Pearl Rectory 366-5687 Sunday morning: 8:00 n.m. (English), 9:30 (Span Sacrament of Reconciliation: Before Mass or by Christian Formation Classes: K-6° Grade Wed. s: K-6" Grade Wed. After

Church of Christ N. 3rd & Chestnut nday School 9:30 a.m. orning Worship 10:30 a.m. coning Worship 5:00 p.m. ednesday Bible Study 7:00 p.m.

Jr. & Sr. High, Wed.-6:30-8:30 p.m.



Sponsored by

Stratford

Grain

396-5541

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754-4411

366-5885

Pastor Rick Carter 302 S. Main For more Info-Call 396-2212 Morning Worship-11 a.m. Evening Service 6 p.m. Wed. Service-7:30 p.m. First Baptist

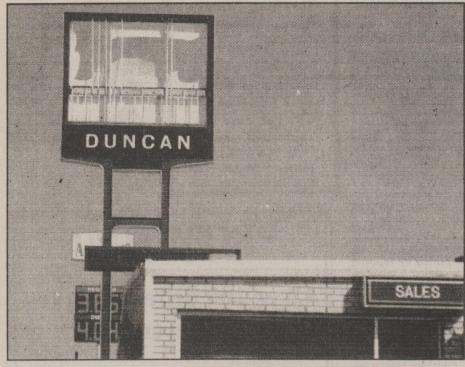
Aeritage Bible Baptist

Pastor Jason Stone 702 N. 3rd Sun.-Coffee-8:30 Sunday School-9:30 Worship Service-10:30 Wed.-Children-6 p.m. youth-7 p.m.

La Mision Bautista Mision Bautista 401 S. Wall 396-5376 Domingo-(Sunday) Estuela Dominical 9:45 a.m. Miercoles (Wednesday) Servicio De Adoration 11 a.m. Estudio Biblico & Servicio De Oraction 6 p.m. Servicio De Adoration 6 p.m. se Cuidamo nos Durante El Servicio

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

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



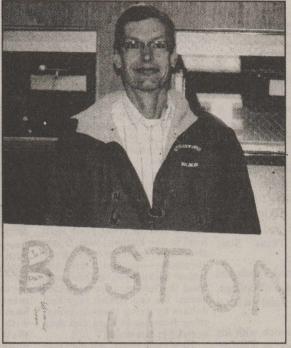
Wind damages **Duncan Chevrolet Sign**

Photo by Corey Naugle

Stratford had some really strong winds on Friday, April 15th. Shown above is the Duncan Chevrolet sign by their business on Highway 287. Luckily no one was hurt. Keep praying for rain!! We need it so bad.

Cats are rather delicate creatures and they are subject to a good many ailments, but I never heard of one who suffered from insom-

-Joseph Wood Krutch



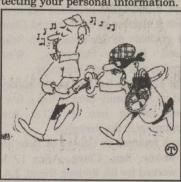
Parham Runs in

time for Jim to run the Boston Marathon.

Boston Marathon Jim Parham was given a send off by Stratford Middle School and Jr. High on Friday, April 15th. Jim, age 56 ran in the 2011 Boston Marathon Monday, April 18th. He finished 4797 overall with a time of 3:19:09. He was in the 75 Gender age division. Congratulations!!!!! This is not the first

Did You Know?

(NAPS)-If you are concerned with identity theft, a company such as LifeLock, online at www.lifelock.com, is a reasonable and responsible investment in protecting your personal information.



Penske Truck Rental, a socially conscious company that received the Environmental Protection Agency's highest rating and Smart Way certification, offers tips on moving at www.Penske TruckRental.com.

For tips on designing an exotic outdoor living space, call (800) 289-8739 or visit Trex, the world's largest manufacturer of woodalternative decking and railing, at www.trex.com. The site features user-friendly online tools, including a Color Visualizer and Deck

New Initiative Aims To Save More Lives From Sudden Cardiac Arrest

(NAPS)—The nation's leading emergency and resuscitation experts are working together to improve survival rates for sudden cardiac arrest (SCA).

The Problem

Sudden cardiac arrest occurs when the heart abruptly stops beating because of abnormal heart rhythms. Each year, an estimated 295,000 Americans die from SCA, as reported by the American Heart Association's Heart Disease and Stroke Statistical Update.

For three decades, there's been no improvement in the national survival rate of 8 percent for SCA, and depending where you live, the survival rate could vary greatly.

The Solution The HeartRescue Project is a new initiative to improve SCA procedures in three critical areas of response: bystanders, emergency medical services and hospital emergency rooms. To educate people and encourage the proper response to SCA, the Medtronic Foundation committed more than 15 million to initiate the HeartRescue Project. The project assembles the country's leading emergency and resuscitation experts to expand successful response programs in five pilot states. The goal is to improve outof-hospital cardiac arrest survival rates by at least 50 percent in five years in these states.

HeartRescue partners at the Universities of Arizona, Duke, Minnesota, Pennsylvania and Washington and their partner agencies will coordinate proven protocols and high-tech treatments that show SCA is treatable.

There is a 500 percent variation in survival after cardiac arrest," said Dr. Graham Nichol, a HeartRescue partner at the University of Washington. "Many people don't realize that cardiac arrest can be treated. In many regions, bystanders, emergency response



The high risk of death from sudden cardiac arrest can be reduced-and you may be part of the solution.

and hospitals are not working together to help the patient.

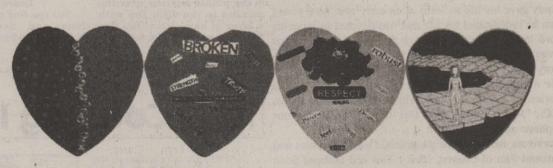
What You Can Do Success begins with public bystanders. Communities with higher bystander CPR participation have higher SCA survival rates. Bystanders can take the following three steps to increase survival rates: Recognize the signs of SCA and call 911, begin CPR and find an automated external defibrillator (AED)

· Recognize the signs of SCA-If you see someone suddenly collapse, lose consciousness and stop breathing, that person could be experiencing sudden cardiac arrest. Immediately call 911.

• Perform CPR-Begin hands-only CPR: Push hard and fast on the chest-about 100 compressions a minute. Let the chest rise completely between compressions.

• Find an AED—Continue chest compressions until emergency personnel arrive. If possible, have someone get an automated external defibrillator, turn it on and follow the directions.

More Information You can learn more about this initiative at www.medtronic. com/foundation and www.heart rescueproject.com.

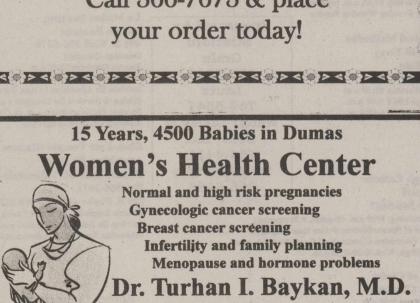


April is Sexual Assault Awareness Month and the theme this year is Healing the Wounded Heart.

Survivor art offers visual testimony to the impact of sexual violence in our lives by offering survivors and those who love them wooden hearts to use as vehicles of expression and healing. The project actually began in March 2001 as a collaboration between sexual assault programs in Texas and Arte Sana in conjunction with International Women's Day: Safe Place, Inc. is asking those who live in any of their service areas (Moore, Harley, Sherman and Dallam) and who are survivors of sexual violence to take part in this project. There will be no names put on the hearts so they will remain anonymous. Wooden hearts and paint will be provided for those participating as well as examples of art already done. Afterwards, in May 2011 the painted hearts will be displayed at the Window On The Plains Museum for one week.

Safe Place, Inc. is located at 306 W. 7th St in Dumas, Texas 79029. You can also call 806/935-7585 for further information about this project.





Specializing In

110 S. Bliss Monday-Thursday 8 a.m.-5 p.m. Friday 8 a.m.-12 noon

OBSTETRICS-GYNECOLOGY





It Pays To Look In The

THE STRATFORD STAR Thursday, April 21, 2011 Page 5

Star Classifieds

Phone 366-5885

.. The Best Salesperson Around

Help Wanted

Cimarron Feeders is accepting applications for the following positions

Automotive Mechanic

* Full & Part-Time Feed Truck Driver * Mill Maintenance Technician

17 miles S Keyes, OK on HWY 171

15 miles N of Stratford, TX on HWY 287, then right 5 miles on

Apply in person: M-F 8 a.m. - 3 p.m.

Great benefits that include: Medical, Dental & Vision insurance as well as 401K and Paid time off. Pre-employment drug screen required. EOE M/F

Coldwater Manor is seeking an R.N. to work at least 8 hours per day on Saturdays and Sundays. If interested, please contact Shelly Turner, R.N., Director of Nurses at 1111 Beaver Road, Stratford, TX 79084 or call 806-396-5568. 4-14-tfn

Lollipop Junction daycare is seeking a motivated, loving individual to care for children. If interested, please inquire at Lollipop Junction or call 366-5886 ask for Breo 1-20-tfn

Houses for Sale

Home for sale at 411 North Fulton: 4 or 5 bedrooms, 2 bathrooms, office, large kitchen with gas fireplace, covered patio, privacy fence, attached 2 carport, attached 1 car garage. CH/A please call and leave message at 806-396-5673 or 806-753-6721. 4-7-tfn

Home located 2 miles West of Stratford, 4 bedrooms, 3 bathrooms, spare room, large open floor plan, 2 car garage, acreage and 36 x 36 horse barn and roping arena (optional). Call 806-396-1156 or 753-7709 leave a message. 2-3-tfn

For Sale by Owner-218 Purnell-3 Bdrm-1 bath, brick-single garage. Central H/A 366-7664 or 753-6677. 6-10-tfn

For Sale by Owner-319 South Main, 3 bdrm-1 bath Stucco Corner Lot-Central H/A 366-7664 or 753-6677. 2-18-tfn

House for Sale-3 BR, 1 3/4 Bath, new kitchen, new roof, new windows & flooring. Near schools-1306 Putnam call 806-769-4464 3-24-tfn-

TOP of TEXAS REAL ESTATE 3 BDRM- 2 Bath brick home-614 S. Wall, Stratford, TX 806-244-6000 4-14-c

104 N. 7th-\$79,900 4/2 701 N. Chestnut St-\$74,000 3/1/2 12885 CR 16-\$285,000 3/3/2 AD Rem Land Co., LLC 803 S. Bliss-Dumas, Texas 79029 806-935-7364-www.adremland.com 4-14-c

Vehicles for Sale

Finance Lot 1985-Mercury Marquiz-\$1995.00 1999-Chevy Silverado-\$4995.00 1995-1/2 ton Chev 4 x 4-\$4995.00 2001 Impala-\$4995.00 2005-Silverado-\$6495.00 1987-Ford Van-\$995.00 1987 Ford 3/4-\$1195.00 25% +TTL Down Payment (WAC)

Duncan Chevrolet-366-5557

Vehicles for Sale Spring Sale

2007-Yukon-\$18,900.00 2005-Impala-\$8500.00 2006 Impala-\$9995.00 2007 Silverado Ext. Cab - \$15,000.00 2008 Suburban 4 x 4 \$29,900.00 2009 Traverse-\$29,000.00 2005 Dodge Cummings-\$22,500.00 2008 Silverado Reg. Cab \$7500.00 2008-Dodge Quad Cab SLT-\$14,500.00 2007 HHR-\$9995.00 2007 Crew Cab Chev-\$14,000.00 2008 Chevy Duramax-\$36,500.00 2004 Lincoln Navigator-\$14,500.00 **Duncan Chevrolet-366-5557**

For Sale

Shower selections available at Let's Make Arrangements for Eric Riffe and Jordan Confer. Free delivery to shower.

Beautiful blooming plants available at Let's Make Arrangements. Just in time for Easter.

Beautiful Handmade Memorial flowers. Delivery before Memorial Day. Contact Sandy Williams 806-753-7331. 4-21-tfn

For Sale-'se-venden Lotes Para Trailas-o-Casa 2-Lotes-0-4-6-8 Tienen-Aqua Drenaque-y Electricid hablar 806-366-2493 o-806-930-1985 4-21-p-4x's 5-12

Legal Notice LEGAL NOTICE Sherman County Commissioners' Court will accept sealed applications to serve as the Depository for County funds and County/District Clerk Registry funds until Thursday, May 5, 2011 at 10:00 a.m. Applications will be opened at that time. The depository contract will be discussed and awarded at the May 10, 2011 meeting of the Sherman County Court. Commissioners' Applications must include a description depository services to be provided; service charges; interest rates to be paid on commercial checking and interest bearing checking; interest rates on time deposits of 30, 60, 90, 12, 180, 360 days and 24 months; and the interest rate to be charged to the county short-term Applications should presented to Terri Carter, Sherman County Judge at the Sherman County Courthouse, Room 204, Stratford, Texas 79084. The Public

Collateral Act (Article 2529d, Vernon's Texas Civil Statutes) governs the type, level substitution, possession, release, and method of valuation of the

security necessary to secure the deposit of public funds. Terri Carter, Sherman County Judge Published in The Stratford Star, Thursday, April 14, 2011, Thursday, April 21, 2011 and Thursday April 28th, 2011

NOTICE:

Edition

Texhoma ISO is taking Requests for Proposals for the production and installation of two modular homes. RFP's will be accepted from April 11, 2011 at 8:00 am through April 28, 2011 at 4:00 pm. Additional information about the RFP specifications may be viewed at www.texhomaisd.net. information shall be directed to Hope Appel at 806-827-7400, fax at 806-827-7657, email at hope.appel@texhomaisd.net,

or by mail at PO Box 709, Texhoma, TX 73949. TISD Board of Trustees reserves the right to accept or reject any or all proposed RFP's, to waive any and all technicalities, and to accept the proposal that will best serve the district.

Published in The Stratford Star, Thursday, April 14, 2011, Thursday, April 21, 2011 and Thursday, April 28, 2011

Lost & Found

Lost Saturday evening April 16th- near Football Field, Black and White Shih Tzu dog, answers to Faith. If found please call 770-354-1656 or 678-230-4187 4-21-c

STEVENSON & SONS

PEST CONTROL

Termite & Pest Control ● Rat Control ● Bird Control Yard & Tree Spraying

Residential • Commercial Farms • Ranches "Professionals in Pest Control Technology"

249-4202 Jim Stevenson

Dalhart ● Stratford ● Hartley

Home is a shelter from stormsall sorts of storms. -William J. Bennett

I had rather be on my farm than be emperor of the world. -George Washington

Could Your Yard Use An Intervention

(NAPS)-Are you struggling with a problem lawn and yard? Are the weeds growing but the grass isn't? Maybe you're embarrassed by patchy grass and an overgrown landscape. If so, it may be time for a yard care intervention, and a chance to grow your confidence and a better-looking lawn and landscape.

This spring and summer, the Briggs & Stratton Yard Doctor will roll up his sleeves and help homeowners confront their yard care demons, bringing three of America's neediest yards back into their neighborhoods' good graces. Yard Doctor Trey Rogers and his team will spend a day providing advice and hands-on help to transform the winning homeowners'

yards into points of pride. In addition to a yard makeover, the winners will receive new lawn care equipment and \$1,500 in landscape cash. To enter, visit www. yardsmartsintervention.com. Homeowners can apply for an intervention for themselves or (with permission) they can call out a neighbor, family member or friend in need of help. Each "application" should explain the yard care problems faced and why an intervention is needed, using either a short video or up to four photos to show the yard.

One yard will be selected each month from May through July by online voting. Runners-up each month receive cool Yard Smarts gear and a signed copy of the Yard Doctor's book on growing the perfect lawn.

Rogers, who has helped homeowners across the country bring their yards back under control, has the following tips:

Pick up and put away kids' bicy- and yard care equipment.



If your lawn or yard could use some TLC, there's hope and help from the Yard Doctor.

cles, balls, lawn furniture, garbage cans and other clutter.

2000

· Mow correctly for a lush lawn. When you mow, cut only one-third of the height of the lawn to encourage strong roots. Cutting too short stresses the lawn, creat ing an environment ideal for weed growth and disease.

• Be sure to trim. Mowing your lawn without trimming is like getting half a haircut. String trim around flowerbeds, sidewalks and decks.

• Eliminate overgrowth. Trim back or replace overgrown bushes and trees that overwhelm the front of your house

· Add a focal point. Every home should have a focal point, such as a front door painted in a contrasting color to the home or a landscape feature, such as a beautiful tree, flowerbed or curving pathway to your door.

The intervention is sponsored by Briggs & Stratton, the largest maker of gasoline engines for a variety of yard care equipment. The company's educational website, www.yardsmarts.com, provides expert advice and informa-• Eliminate yard clutter. tion on topics related to yard care

New York Times Best Sellers @ Your Library By Sandy Baskin-Librarian

Fiction



The Fifth Witness by Michael Connelly The Land of the Painted Caves by Jean M. Auel I'll Walk Alone by Mary Higgins Clark 44 Charles Street by Danielle Steel Miles to Go by Richard Paul Evans Toys by James Patterson Live Wire by Harlan Coben Sing You Home by Jodi Picoult The Girl Who Kicked the Hornet's Nest by Stieg Larsson Mystery by Jonathan Kellerman 11. The Saturday Big Tent Wedding Party by Alexander McCall Smith 12. The Paris Wife by Paula McLain 13. Mobbed by Carol Higgins Clark The Jungle by Clive Cussler Miss Julia Rocks the Cradle by Ann B. Ross 16. Night Road by Kristin Hannah 17. A Discovery of Witches by Deborah Harkness Room by Emma Donoghue 18. 19. The Wise Man's Fear by Patrick Rothfuss 20. Cold Wind by C. J. Box 21. The Peach Keeper by Sarah Addison Allen Minding Frankie by Maeve Binchy The Judgment by Beverly Lewis 23. Leaving by Karen Kingsbury Home Free by Fern Michaels Indulgence in Death by J.D. Robb

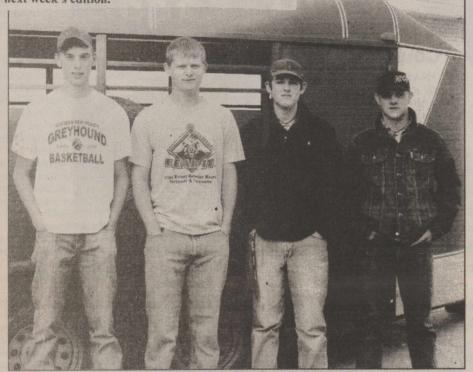
To check the availability of these items go to www.shermancountylibrary.org to search our catalog or call 366-2200 and we will be happy to place a hold on the item for you or request an interlibrary loan item.

THE STRATFORD STAR Thursday, April 21, 2011 Page 6

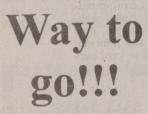


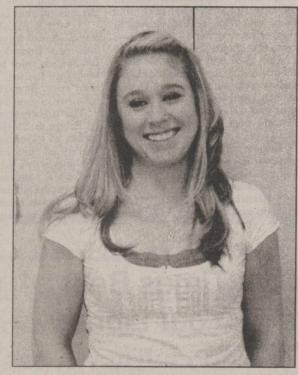
Foos Wins District Golf Meet

Senior Ragan Foos won the 1 1A Girls District Golf Meet recently held. On Monday, April 18th she was competing in the UIL Regional Golf meet in Lubbock at Reese Golf Course. No word at press time. More in next week's edition.

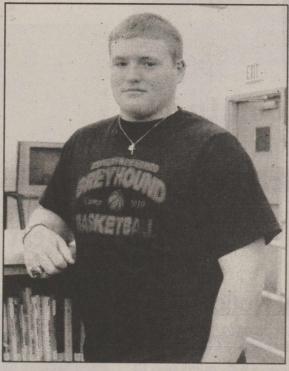


The livestock judging team L/R: Trevor Christian, Kyle Horsford, Kavan Killian and Rhyan Burton placed 9th at Texas Tech and qualified for State at TAMU on May 7th. Trevor was 9th high individual out of 250 participants. The team was also 15th at South Plains College out of 120 teams where Kyle was 5th in swine and Trevor was 6th in beef and 7th overall high individual out of nearly 400 participants.

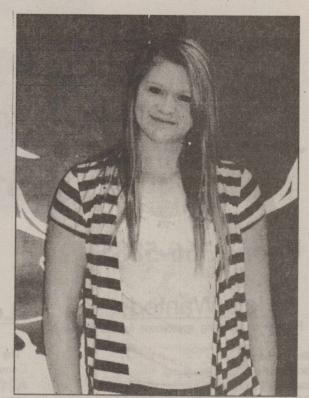




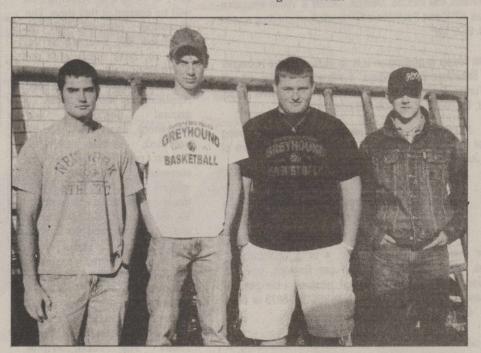
M'Lynn Wells, sophomore at Stratford High School placed 5th at the Regional Academic Meet held Friday, April 15 at South Plains College in Levelland Texas.



Casey Lantelme, junior at Stratford High School won first placed in Headlines at the Regional Academic Meet on Friday, April. Casey will advance to the State meet in Austin on Thursday, May 5th. Congratulations and Good Luck!



Bethany Everett, 8th grader at Stratford Junior High beat the school record in discus with a throw of 112'4". The old record was held by Deidre Tarver with 101'4". Congratulations!



The welding team finished 2nd, 3rd, 4th, and 9th individually at the recent PSU welding contest. They are L:/R: Wyatt Smith, Trevor Christian, Casey Lantelme and Rhyan Burton.



Kelly's Gymnastics competed at the State Trampoline and Power Tumbling Gymnastics competition on April 8 and 9th in Hobbs, NM. The kids will compete at the Regional Meet in Ft. Worth April 29 - May 1. Back row: Meghan Brooks, Tyson Brooks and Gage Brooks 2nd Row: Reagan Stroud (Stinnett), Ashton Lavake, Camryn Laster (Stinnett) and Emma Hartman. Front row: Emmalee Johnson (Texhoma), Parker Stroud (Stinnett) and Brookelynn Trimble (Guymon) not pictured: Rye Laster and Rabecca Couch.

Just Some of Stratford's finest youth

Congratulations

You are always #1 with us

State Champions: Kelly's Gymastics - Emmalee Johnson is State Champion girls 6 and under level 2. Tyson Brooks is State Champion boys 7 and 8 level 4, Parker Stroud is State Champion boys 6 and under level 2. Meghan Brooks is State Champion girls 15 and over level 8. Gage Michael is State Champion boys 13 and 14 level 6. Over 1200 kids competed at the State Meet. WAY TO GO KIDS!!! Meghan and Gage will advance to compete at a National level in San Antonio in July.

