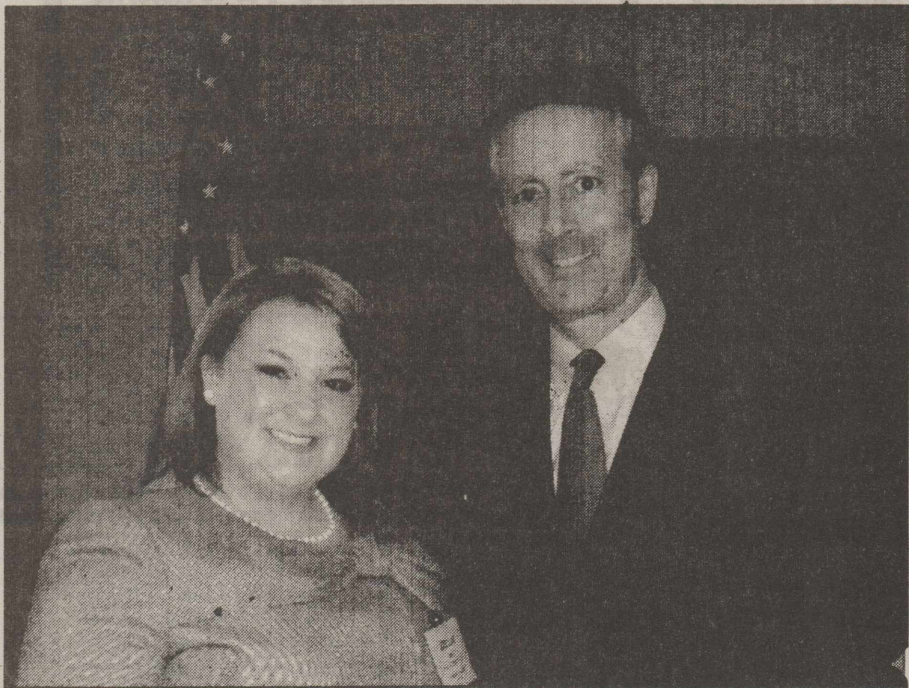


Sherman County Museum 07/11
PO Box 1248
Stratford, TX 79084

The Stratford Star

75 cents Published for over 100 years in Stratford, Sherman County, Texas 79084 usps 523 Number 10 March 10, 2011



Shown are Stratford's Mayor Marca Ewers with Congressman Mac Thornberry. (Story at right.)

SHS OAP DINNER THEATRE

The Stratford High School One Act cast and crew will perform their OIL competition play at a dinner theatre on Monday, March 21 at the Mary Allen Cafetorium at 6:00. This year's play, *The Women of Lockerbie* by Deborah Brevoort, is centered around the seven year anniversary of the bombing of Pan-Am Flight 103 over Lockerbie, Scotland. A mother from New Jersey roams the hills of Lockerbie looking for her son's remains that were lost in the crash. She meets the women of Lockerbie who are fighting the U.S. government to obtain the

Clothing of the victims found in the wreckage. The women, determined to convert an act of hatred into an act of love, want to wash the clothes and return them to the families. The play is loosely inspired by a true story, and ironically, due to recent events the bombing has again captured the attention of the world. A delicious dinner of beef tips and sides will be served at 6:00 with the play to follow. Tickets are \$12 for adults and \$7 for students and are available from any cast or crew member or directors Ronna Riffe and Stacy Metcalf. Seating is limited so secure your tickets soon.

CAST

MADLINE LIVINGSTON - KAMMI BIRDSONG

BILL LIVINGSTON - JORDAN JOHNSON

OLIVE ALLISON - SHYANNE ACKER

WOMAN 1 - KATY MOORE

WOMAN 2 - TAYLOR MELTON

HATTIE - MARYANN SPURLOCK

GEORGE JONES - KAVAN KILLIAN

CREW

HEIDI BROOKS
TYLER SEWARD
RANSOM LERMON
HUNTER EVERETT
PERLA RETA

ALTERNATES

CHASE LUTES
DEREK VASQUEZ
MAZIE VINCENT
STACEY SAPP

**Time Change this
Coming weekend.
Don't forget to
turn your clocks
one hour ahead.
Sorry guys!!!!**

Panhandle Days Visit

By: Mayor Marca Ewers

I spent February 21st and 22nd in Austin, Texas for Panhandle Days at the Capitol. Members of businesses and elected officials from our area addressed legislative members and their staffs on issues affecting the Panhandle. These included defense, transportation, business, redistricting, education, arts, human services, education, agriculture, health, economic development, energy and state government.

The event began Monday evening with a reception at the Bob Bullock Museum. Receptions in Austin are a highly effective way to network and encourage legislative members and staff to recognize groups attending the Capitol. At the reception I had the opportunity to visit with Senator Seliger, Governmental Affairs members from Texas Farm Bureau, and various business leaders.

Tuesday began with a breakfast featuring Congressman Mac Thornberry. He emphasized the economic importance of the panhandle to rest of the state and answered questions on national defense and the Middle East.

Following the presentation by Congressman Thornberry we divided in to our teams and met in the House and Senate Chambers where proclamations declaring it "Panhandle Days 2011" were read and our group was recognized. We spent the remainder of the day visiting individual members of the legislator. These visits were very productive and we had the opportunity to follow suit with Congressman Thornberry and remind legislators of the panhandle's importance to the rest of the state.

In addition to the scheduled meetings with the group I met with Lindsay Dickens, Grants Specialist for the Texas Department of Agriculture (TDA), and Catherine Wright-Steele, Governmental Affairs director at TDA. At these meetings I had an additional opportunity to communicate the success of the new businesses in our area including Dollar General, Allsup's, and Fed Ex. I also highlighted the positive changes our community has made such as the Main Street Project and improvements to Stratford Independent School District's campus. Amid all the negative news regarding the state and national financial situation, news of Stratford's growth and resilience to the volatile economic climate was refreshing to the staff members.

My trip to Austin was a great success and I made numerous contacts that I am sure will benefit me in fulfilling my duties as mayor! As always, please feel free to contact me with any questions. I can be reached at ewers@xit.net or 806-753-7358.

Preparing to Weather the Storm

When severe weather is in our area, several things begin to happen quickly. When the dispatcher in the Sheriff's office receives a message about severe weather or a watch that is in effect, they will contact emergency management and storm spotter volunteers as well as law enforcement personnel. Extra personnel may be called in to assist in the dispatch office. If there is a confirmed tornado sighting, the sirens will sound. They will sound for twenty minutes and then shut off. If there is still a threat in the area, sirens will be sounded again for twenty minutes as necessary. As soon as you hear the storm siren, you should seek shelter. There will be no all clear signal. Your best source of information is your television or radio. **Do not call the Sheriff's office! The Sheriff's office should only be called in case of emergency NOT for weather information!**

This is when your planning becomes important. Do you have a storm shelter or a cellar? If not, which room in your house is the most suitable? Do you have a neighbor close by with a cellar? For a long time, people have believed the Courthouse to be the community shelter. However, because of the age of the building and the amount of exposed glass, it is not recommended. If you do choose to go to the Courthouse, you should enter using the west basement door. **IF YOU SEEK SHELTER AT THE COURTHOUSE, YOU DO SO AT YOUR OWN RISK.** Sherman County has no liability due to injury or death.

You can help make our community as prepared as possible. As you probably know, the storm sirens are tested at 12:00 noon every Saturday. If you live close to one and you can't hear it or it doesn't sound, please report it to the Sheriff's office at 366-5551.

Please feel free to come by or contact me at the County Judge's office in the Courthouse.

Margaret Ewers Sherman County EMC 366-2021

Medical Center League House in Amarillo Is Open.

The Medical League House is open for the convenience of persons in the rural areas in medical treatment in Amarillo. Amber Glawe, Executive Director of the Medical Center League House was in Stratford Monday, February 21 to give programs to the Lions Club at noon and to the Community at the Imagination Station at 5:00- 6:30 p.m.

Although participation was very sparse at both meetings. The Lions Club will fund a TV for the Stratford room at the league house and information was received to share with Stratford residents on the use of the League House. For more information contact Amber Glawe at 806-358-3759.

Transportation News

Progress on US 287 is moving. The entire cross streets from 2nd to 8th are open across the soon to be finished highway. Traffic is not allowed on US 287 for about two more weeks. Work on the railroad crossing should begin March 16 which will allow only two lanes open for 2 way traffic. Work will continue on the highway to finish sidewalks and driveways so **TXDOT asks for caution and be watchful for workman on the road.**

The next project will be overlay and dip repair on Main Street from 4th to 8th. (All streets, including the detour, should be repaired to leave it better than they found it.)

City Hall Insider

By D. Scott Caldwell

Hey everyone! I hope everything is going well with ya'll. Well for March's edition of the City Hall Insider, I am going to leave things a little skimpy. Not because I have nothing to report, but because I would like you all to your time and read the article written by our Mayor and fearless leader Marca Ewers. Marca attended Panhandle Days in Austin this past month and, well, as you can see from the pictures, she got rub shoulders with some pretty important people like Congressman Mac Thornberry of Clarendon. We are proud to have Stratford represented this year at the State's Capitol.

Well, sit back, grab a cup of coffee, and enjoy Marca's article.

Oh yeah, one more thing...This will be the first notice, and keep your eyes peeled on the newspaper the rest of March regarding this because we will advertise this every week this month. On April 1, 2011 Panhandle Sweeping and Maintenance will be running down the streets of Stratford, sweeping and cleaning the streets. In order to help out in this process, if you could remember to keep all vehicles or other large items parked in a location other than on the curb that day. This way there will be no obstructions in Panhandle Sweeping and Maintenance's way as they clean our streets. The streets will be cleaned between 8:00 AM and 5:00 PM that day. In addition, we are hopeful that the street cleaning will also ignite a spirit of Spring Cleaning around town. Therefore, we plan to place yard waste dumpsters and regular dumpsters around town for citizens of Stratford to clean their yards the weekend following the street cleaning. Please join us in keeping the City of Stratford looking beautiful. For more information regarding this, please contact City Hall. Talk with ya'll next month!

Open House at Historic Murdock School

The Kerrick Community Committee will host an open house at the Historic Murdock School on Saturday, March 12th from 11:00 a.m. to 3:00 p.m. Come join us for a tour of the historic building, see the damage and hear our vision for the school. Refreshments will be served.

**Special
(Wednesday thru Tuesday)
2 p.m. until closing**

**Clip this coupon for
2 Burgers & 2 Fries
\$5.99**

**El Primo's
Call 806-366-3799
1120 E. Texas Hwy 54**

Character—the willingness to accept responsibility for one's own life—is the source from which self-respect springs.
—Joan Didion



Stratford Hospital District Election

STRATFORD HOSPITAL DISTRICT has two openings in the upcoming election. Applications may be picked up at the District's Business Office at Coldwater Manor. Application signup time will be February 14, 2011 through March 14, 2011 from 8:00 a.m. to 5:00 p.m. Election will be May 14, 2011. Board members whose terms will expire are Billy Bell and Richard Chumley. Holdover members are George Bonds, LeRayne Donelson and D'Lynn Reed.

Births

The world became a better place on Tuesday-February 22, 2011 at 2:45* in the morning when Nathan Elijah Brown was born. He tipped the scale at 7 pounds, 4 ounces and was 20 inches in length. Proud parents are Davy and Christina Brown of Stratford.

Smiling Grandparents are David and Janice Brown of Stratford, Kevin Sides of Amarillo, and Rachel Sides of Hooker, OK. Elated great grandmothers are Bula May Sides of Durham, OK and Loraine Conner of Keyes, OK.

First day of Spring Sunday March 20th

The American Legion's Boys State & Girls State Hamburger Feed Fundraiser scheduled for March 20th, 2011

The Howard Norvell Green Post 262 of the American Legion will host the annual Hamburger Feed Fundraiser for the Boys State and Girls State Delegates on Sunday, March 20, 2011 at the SCOT Hall in Stratford. Serving begins at 11:30 a.m. and runs until 1:30 p.m. This year's delegates are David Acosta for Boys State and Adriana Caldera for Girls State. The Boys State Program is held each year on the campus of the University of Texas at Austin. The Girls State Program is conducted on the campus of Texas Lutheran University at Sequin, Texas. Both the delegates are nominated by their teachers and selections made by the local post members. These fine young people were selected for their leadership abilities and potential, scholastic achievement, character, competitive spirit, ability to work with others and their sincere desire to attend and participate in the program. Everyone is invited to attend. Free will donation.

Kerrick News

By Marylou McDaniel

Don't forget! Come by the Community building Saturday, March 12th at 11 a.m. until 3 p.m. come see what is being done. Refreshments will be served.

Donna Gillenwaters, Ciccy Harris and Marylou McDaniel attended the Red Hats meeting last week.

Bill Boren spent four days in the hospital last week.

Visiting with Beth Ann Williams a few days was her sister Darla Lewis of Denver.

Dempsey Collums was second in his class in the Pinewood Derby and best paint job, in his class. He is 8 years old.

Peggy Hawkins flew to Mississippi to see her mother Maylene Rish who has not been well.

Remember!! March 19th beginning at 6:00 p.m. will be the German supper at the Community Building. Tickets are available or just come on!

Kerrick Community Needs your help

By Marylou McDaniel

Kerrick Community is in the process of making some much needed repairs on the building.

On March 12th there will be an open house from 11:00 a.m. to 3:00 p.m. Come see what needs to be done. There will be refreshments.

The March 19th beginning at 6:00 p.m. there will be a German Supper. The Menu is Bierox, German potato salad, Hominy, Red Beans, Sauerkraut relish, sauerkraut, Bratwurst.

The community is trying to raise money to repair the roof and windows of the building. Tickets are available from Happy State Bank, Roy & Ciccy Harris, Bill & Donna Gillenwaters and at the door.

No Money for Marketing?

Get Help with new Ed2Go Course *Only \$79*

Small Business Marketing on a Shoestring, an online, instructor led course from Ed2Go, is now being offered through Community Connect. Like all Ed2Go classes, the course will begin on the third Wednesday of the month and registration is available at www.dalhartcommunityeducation.org.

Led by Glynns Thomas, the class will instruct students to build their own customized marketing plans step by step as they discover how to attract their target audiences, entice customers to buy their products or services and keep buyers coming back for more. They will also learn how to generate referrals, evaluate tactics, track their results and continue to improve their marketing strategies. Other related courses offered by Ed2Go include *Marketing Your Business on the Internet, *Business & Marketing Writing, * as well as *Creating a Successful Business Plan.*

City of Stratford to hold Election

The City of Stratford will hold an election on Saturday, May 14, 2011 to fill four expiring terms on the ballot. Council members who terms will expire are

Bryan Wright, Councilmember: two year term Ann Johnson, Councilmember: two year term Ricky Reed, Councilmember: two year term Brad Williams, Councilmember: one year term

Holdover members are Marca Ewers, Mayor and Joe Zak, Councilmember.

Anyone interested in applying for a place on the ballot may do so from February 12, 2011 through March 14, 2011. You may apply at City Hall, 518 N. Third, Monday through Friday, between the hours of 8:00 am and 5:00 pm.

NOTICE OF DEADLINE TO FILE APPLICATIONS FOR PLACE ON THE BALLOT

Notice is hereby given that application for a place on the Stratford Independent School District Regular election ballot may be filed February 12, 2011 thru March 14, 2011. Office Hours: 8:00 AM— 4:00 PM Monday — Friday, March 14th office hours 2:00 PM — 5 PM. You may file applications in person at Stratford ISD Administration Office, 503 N 8th Street, Stratford, TX.

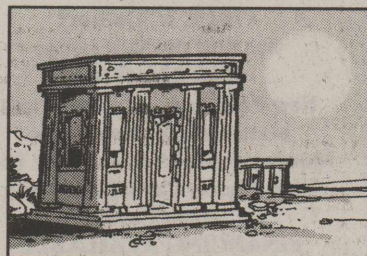
Board members whose terms will expire are Joe Reinart and Barney Willborn. Holdover members are, DeWain Traylor, Greg Wright, Michelle Lutes, Tres Hess and Chet Everrett.

Alcohol Education Class to be given

The 69th Judicial District CSCD will be conducting an Alcohol Education Class for minors on Tuesday March 15, 2011 from 5:30 p.m. — 9:00 p.m. and Wednesday, March 16, 2011 from 5:30 p.m. — 9:00 p.m. at 412 Denver Ave., Suite 501, Dalhart, TX 79022. All persons needing to attend the program may register at the Adult Probation Office, either in Dalhart at (412 Denver Suite 501, 249-5276 or Dumas at (804 N.E. 4th, 935-6945) by 4:00 p.m. on Tuesday, March 15, 2011. Enrollment is limited to the first 18 students. Should you need further information, please call Tracy at 249-5276.



The man who speaks his positive convictions is worth a regiment of men who are always proclaiming their doubts and suspicions.
—Anonymous



Families in ancient Greece built their homes to get the most sunlight during the cold winter months.

Time Change
this coming
weekend.
Don't forget to
turn your clocks
one hour ahead.
Sorry Guys!!!!

Express Lane

119 E. Texas

Spring Break Specials March 9-25

Buy any 2 Breakfast Sandwiches for \$3.98 get 2-12 oz. coffees free
All breakfast from 6 a.m. to 10:30 a.m.

Any Personal Size Pizza, get 1 Cinnamon Street Cookie Free

Buy Any Topping Large Regular crust pizza for \$16.00-get order of cheese bread & 2-liter soda

Free delivery on Friday
March 18th and March 25th—
inside City limits....

Call 806-366-7000- if busy 806-366-5602

Food Court Store hours

Sunday-Thursday

6 a.m. to 9 p.m.

Friday-Saturday

6 a.m. to 10 p.m.

Attention to all subscribers!!

Effective immediately The Stratford Star will no longer be 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 \$30.00 and out of the area \$37.00. If you are paying for someone else's sub, you will be billed for that person. Due to the rising cost of postage, etc. we feel this is the best solution for us at this time. Thanking you in advance.

Marty

The Churches of Stratford Welcome You

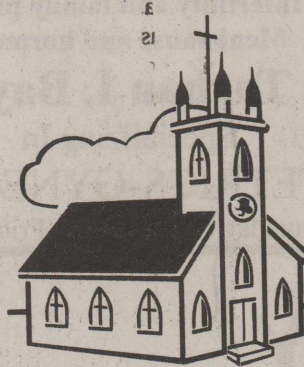
First Assembly of God
Kevin Anderson, Pastor
921 Fulton
Sunday School 9:45 a.m.
Morning Worship 10:45 a.m.
Evening Worship 8:00 p.m.
Wed. Bible Study 7:00 p.m.

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.
Senior High UMY 5:00 p.m.
Youth High UMY 6:00 p.m.

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

Church of Christ
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. p.m.



Heritage Bible Baptist
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
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)
Escuela Dominical 9:45 a.m.
Miercoles (Wednesday)
Servicio De Adoracion 11 a.m. Escuela
Biblica & Servicio De Oracion 6 p.m.
Servicio De Adoracion 6 p.m. en Castellano
Sesiones Durante El Servicio

Eben-Ezer Templo Hispano
Asamblea De Dios
Pastor: Juan M. Valenzuela-
806-366-3071
205 N. Poplar-Hwy 287 208-2100
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

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Sons, Inc.
754-4411
Stratford Star
366-5885



Stratford Elks 2010-11 Basketball Honors

Stratford Elks receiving 2010-11 basketball honors from left: Casey Lantelme – Honorable Mention, Kyle Horsford – Co-Defensive MVP, Bryce Cummings – Co-Offensive MVP, Trevor Christian – 1st Team All-District, Michael Ortega – Honorable Mention, and Edgar Guerrero – Honorable Mention.

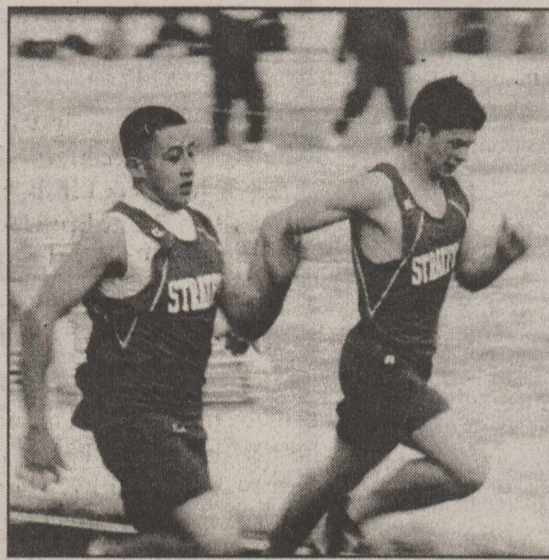


Lady Elks 2010-11 Basketball Honors

Lady Elks receiving 2010-11 All-District and Honorable Mention honors for basketball from left: Jessica Ibarra – 1st Team All-District, Ragan Foss – 1st Team All-District, Brianda Chavoya – Honorable Mention, Kelsie Keener – Honorable Mention and Rubi Rueda – Honorable Mention. Jessica and Ragan recently found out that they received Caprock-All Tournament Team, also.



Bryce Cummings placed 2nd in the 110 Hurdles at the Sunray Track Meet held this past weekend.



Jose Rueda, left and Tyler Seward competed in the 100-yard dash for the J.V. Elks in Sunray this past weekend.



Mazie Vincent, freshman on the Lady Elk track Team participated in the 100-yard dash at the Sunray Track Meet.

Never be afraid of doubt, if only you have the disposition to believe.

—Samuel Taylor Coleridge

The meeting of two personalities is like the contact of two chemical substances. If there is any reaction, both are transformed.

—Carl Jung

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Termite & Pest Control • Rat Control • Bird Control
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"Professionals in Pest Control Technology"

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Owner

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

Dr. Turhan I. Baykan, M.D.
Specializing In
OBSTETRICS-GYNECOLOGY

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

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Seed Order Hotline 1-800-338-2885
806-659-3838 Spearman, TX

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CRP Grass Specialists

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- *Four 30 foot drills
- *Native Grasses, Legumes, Forbes

Business Directory	Stratford Hospital District Coldwater Manor Stratford Family Medical Clinic Stratford EMS Elk Pharmacy Proudly serving the medical needs of Stratford and Sherman County
WALTER LASLEY & SONS INC. THE Feedyard Since 1953 753-4411	Vincent Insurance Agency Sabrina Melton P.O. Box 739 Office: 806-396-2456 Stratford, TX 7908 Home: 806-396-2512 email: vinceins@xit.net
Stratford Grain Co. Stratford 396-5541 Lautz 769-4485 4 North Main	Joe Taylor, Photography PO Box 27 1305 N Chestnut Stratford, TX 79084 806-366-2459 Weddings, Portraits, Etc.
Stratford Auto Electric 119 S. Wall, Stratford, Texas 79084 Phone 366-5961 366-5857 Alternator, Starter, Magneto Rep Since 1964	Structured Touch Massage Therapy Cecce Yelek CMT LMT 401 N. 3 rd #3 (XIT Bldg) Stratford, TX 806-366-2444 (AHHH) 9-5 M-F Saturday by Appointment
This space available Call 366-5885 for more information	Duncan Chevrolet P.O. Box 510 Stratford, TX 79084 Phone 806-366-5557 www.duncanchevrolet.com E-mail duncanche@xit.net
A&I PARTS CENTER AUTOMOTIVE AND INDUSTRIAL PARTS 201 N. 2nd Street - Stratford, TX 79084 Tele (806)366-5592 * Toll-free 800-624-5494 Fax(806)366-2583	Joe's Auto Shop Car Repairs • Sales • Oil Change Hours: Mon. - Fri. 1730 - 2010 Sat. 0800-1600 (806) 763-4404 111 S. Maple (806) 366-3134 Stratford, TX 79084
C&M Furniture 1702 E 1 st Dalhart South of the Elks Lodge 806-244-4663 New Furniture, and mattresses for your home Monday-Friday 9-5 Saturday 10-4 Visa, Master Card, Discover & Debit Cards FINANCING AVAILABLE "HARD TO FIND, TOUGH TO BEAT"	This space available Call 366-5885 for more information
	FARM BUREAU INSURANCE National Quality Award—35 Year Member JOE FLORES AGENT P.O. Box 25 Hwy 287S, Stratford, TX 79084 Office Phone/806-396-5538 Bus. Phone/806-396-2422 Residence/806-396-5389 Fax/806-396-2113



It Pays To Look In The

Star Classifieds

..The Best Salesperson Around

Phone 366-5885

Houses For Sale

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

House for Sale: 3 bdrm, 1 1/2 bath, detached garage, 3 outdoor buildings, fenced yard, FMI call 366-5354
3-3-4's

For Sale: 3 lg. bedroom, 2 baths, lg. kitchen with new flooring, basement, central A/H, 2 car garage with shop attached, fenced in yard, sits on 3 lots. 806-366-5997.
1-3-tfn

For Sale by Owner
218 Purnell-3 bdrm-1 bath, brick single garage. Central H/A 366-7664 or 753-6677.
2-18-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

Nice 4 bedroom house located right outside of Stratford city limits. The house sits on approximately 10.5 acres with horse stalls and tack room. Both bathrooms and the kitchen have been renovated within the past three years. The house also features a beautiful stone fireplace and new carpeting. Please call 806-249-6759
6-10-tfn

Help Wanted

The City of Stratford is accepting applications for the Recycle Department. Must be able to perform a variety of tasks associated with the operation of the Collection Station. This position may require lifting equipment parts or recycled materials as heavy as 100 pounds. Must be able to operate various pieces of equipment and machinery. Applications will be accepted through March 15, 2011. Submit applications to City Hall, PO Box 188, Stratford, TX 79084-0188 or deliver to 518 N. 3rd.

Coldwater Manor is seeking full time RN and LVN. Please apply in person at 1111 Beaver Road, Stratford, TX Phone # (806) 396-5568
2-17-tfn

JBS Five Rivers Cattle Feeding-Cimarron Feeders is accepting applications for a full time Feed Truck Driver. Excellent facilities, team atmosphere & respect for refined skills and quality performance. Great benefits that include: Medical & Dental Insurance as well as 401 K and paid time off. Apply in person at Cimarron Feeders. Pre-employment drug screen required. EOE M/F
2-10-tfn

JBS Five Rivers Cattle Feeding-Cimarron Feeders is accepting applications for a Part-time Feed Truck Driver. Excellent facilities, team atmosphere & respect for refined skills and quality performance. Flexible hours. Apply in person at Cimarron Feeders. Pre-employment drug screen required. EOE M/F
1-13-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

Spring Break
Monday-March 14th
Thru
Friday-March 18th
Enjoy students & teachers

For Sale

Used Parts Sale at Duncan Chevrolet. Tool Boxes, Grill Guards, bed liners, etc.
Duncan Chevrolet 366-5557
11-8-tfn

St. Joseph's Catholic Church still has sausage for Sale, Call Heather Braden at 366-3224. \$4.00 a pound (Cooked and uncooked)
2-24-p

Attention to all subscribers!!

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Marty

Hamburger Feed Fundraiser scheduled for March 20th, 2011

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Food Ideas

(NAPS)—Nutrition professionals say healthful diets can include the occasional sweet treat. For nutrition and food safety information, you can visit the International Food Information Council Foundation's website at www.foodinsight.org.



From complete dinners ready to heat and eat to key ingredients, convenient solutions can be found in the frozen aisle at the supermarket. What's more, the National Frozen & Refrigerated Foods Association has a Family Caribbean Cruise Sweepstakes. Learn more at www.EasyHomeMeals.com.

Legal Notice

NOTICE OF SALE OF REAL PROPERTY

The City of Stratford, Texas is accepting bids for the possible sale of the real property located at the northwest intersection of South Spruce Street and Highway 54 (Texas Street), comprising approximately 0.482 acres, and described as Lots 6 through 10, Block 88, Original Town of Stratford, Sherman County, Texas.

Sealed bids should be submitted by 12:00 PM on, Tuesday, March 29, 2011 to, Kathy Rendon, City Secretary, 518 N. 3rd Street, Stratford, Texas 79085. In order to be eligible to bid, all prospective bidders are required to obtain a copy of the "Notice of Bid Opening for Real Property" which contains detailed bidding instruction requirements. This can be requested at City Hall which is located at the above mentioned address.

The City may award the bid that is determined to be the best value to the City. The City reserves the right to reject any and all bids.

Published in The Stratford Star, Thursday, March 10, 2011, Thursday, March 17, 2011 and Thursday, March 24, 2011.

Card of Thanks

Thank you for supporting me at the 2011 Sherman County Stock show. I plan to use the money to purchase my next year's heifer. I will also use the money to pay off my feed bill. You have helped me reach my dream of starting my own registered cattle ranch. Thank you

Rhyan Burton

Card of Thanks

The family of Lorene Spurlock wants to express their gratitude for the thoughtfulness and acts of kindness shown to us after the death of our mother and grandmother. We appreciate all your prayers, kind words, cards, food and memorials that we have received. Your expressions of sympathy will always be remembered.

Jean Spurlock
Max & Elaine Jordan
James & Linda Spurlock
The Brent Spurlock Family
The Paul Tallent Family

Card of Thanks

I would like to thank all of those who contributed to the Contributors fund and the Scholarship Fund at the Sherman County Stock Show. I am blessed to live in a community that supports the youth like Stratford does. I have been involved in 4-H and FFA for the last 10 years and your support has been tremendous.
Thanks Again- Kyle Horsford.

Card of Thanks

A special thank you goes out to Moore County Hospital for the excellent care that we received, to our First Baptist Church family for all your prayers during the birth of our son and to the community for the acts of kindness you have shown us. Thank you to everyone who bought food and to those who came by to see our bundle of joy! Your generosity is greatly appreciated at this exciting time!

Davy and Christina Brown



Jimmy Carter was the first president to walk the inaugural parade route from the Capitol building to the White House.

Preventing Heart Disease Through Better Nutrition

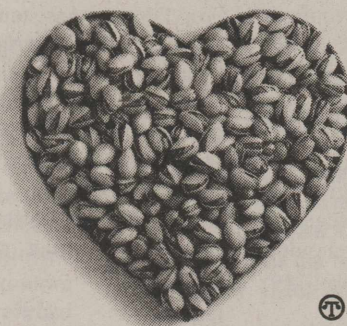
Advice From Registered Dietitian Keri Glassman

(NAPS)—A nutrient-packed diet and regular exercise are key factors in preventing what the Centers for Disease Control and Prevention considers the leading cause of death in America: heart disease. It's behind more than one in every four deaths in the United States.

Fortunately, antioxidant-rich foods, such as fruits, vegetables, nuts and whole grains, contain many important nutrients and offer numerous heart-healthy benefits, according to Keri Glassman, MS, RD, New York-based celebrity nutritionist and author of "The O2 Diet: The Cutting Edge Antioxidant-Based Program That Will Make You Healthy, Thin, and Beautiful."

"What you put into your body affects everything from your weight to your mood to your overall cardiovascular health," said Glassman. "In general, simple diet changes, such as eating smaller meals throughout the day, will provide more sustained energy, which means less work for your heart."

Glassman often recommends incorporating foods high in fiber and antioxidants, such as pistachios, into daily meals and snacks. "A homemade trail mix of dried fruits, such as apricots, and a



You can treat your heart to better health when you treat yourself to the great taste of pistachios.

handful of pistachios stored in individual bags is great to keep on hand to snack on throughout your day," said Glassman.

Helpful Tips

She offers these healthy eating and lifestyle tips to help you maintain a healthy heart:

- **Exercise regularly:** Twenty to 30 minutes of moderate activity at least three to four times a week will improve your circulation to help strengthen your heart and cardiovascular system.

- **Manage stress:** High stress levels can lead to high blood pressure, increasing the risk of heart disease. Research suggests that those who eat pistachios experience a significant reduction of the

Pet Products

Adding cherries to your dog's diet can help hips

(NAPS)—Good news for dogs and their people. Long walks may soon be more comfortable for both—thanks to a surprising fruit.

Research at Michigan State University's Bioactive Natural Products and Phytochemicals Laboratory found tart cherries are not only loaded with antioxidants, but they may help avoid discomfort by supporting the body's normal inflammatory response associated with daily exercise and activity.

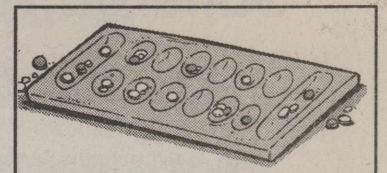


Functional dog chews and baked treats containing tart cherries have been shown to promote healthy hips, bones and joints.

These findings led to the development of new, all-natural, functional soft chews and baked treats for the active canine.

Overby Farm worked closely with university experts and practicing veterinarians to create Hip Bones—The Original Cherry Dog Treat, Hip Bones, Jr., and two soft chewable products: Hip Flex and Hip Flex Feline. They feature whole tart cherries, tart cherry concentrate, ground flaxseed, ginger, cinnamon, glucosamine and calcium in all-natural recipes supporting healthy hips, bones and joints.

For more information and to request a free sample or to order products, visit www.overbyfarm.com or call 888-628-8783.



The board game Mancala may date back to as far as 3,000 B.C.

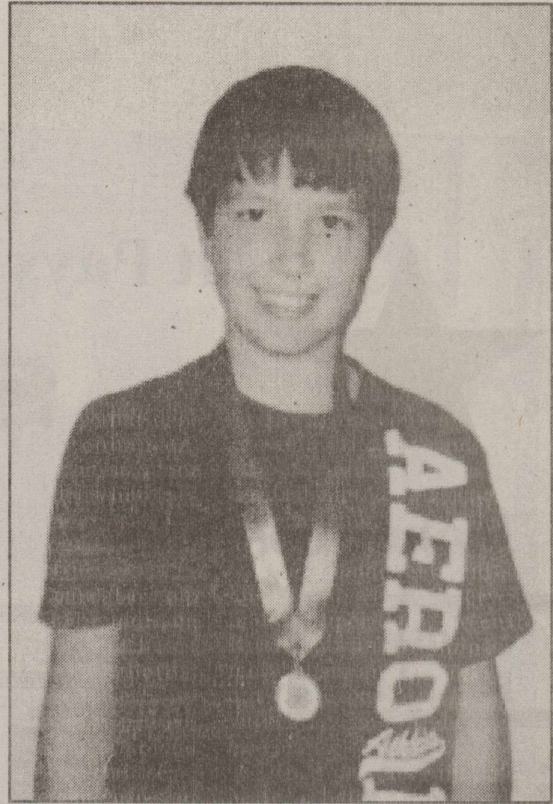
District 4-H Food Show



Mary Ann Spurlock & Kavan Killian at District 4-H Food Show



Abby Ely & Blaine Killian at District 4-H Food show



Russell Spurlock at District 4-H Food Show

4-Hers Compete at District Food Show

Five local youth recently competed at the District 4-H Food Show held in Bushland on February 26 representing Sherman County. Kavan Killian and Mary Ann Spurlock both competed in the Senior Division with Kavan entering in the Breads and Cereals Category and Mary Ann entering in the Main Dish Category. Kavan received 2nd place honors for his efforts while Mary Ann finished 3rd in her category. Only the top placing finisher in each category in the Senior Division moves on to State Round Up in College Station, but both of these young cooks will serve as alternates in case the designated senior cannot attend State Round Up.

Sherman County also sent three competitors to Bushland in the Junior/Intermediate Division. Abigail Ely competed in the Fruits and Vegetables, Russell Spurlock in the Breads and Cereals, and Blaine Killian in the Main Dish. All three of these 4-Hers did a great job with Abigail and Russell bringing home top four finishes.

In addition to the days cooking and judging, Kavan represented Sherman County as a member of the District 4-H Council. He is the District Reporter and he conducted the 4-H pledge to open up the awards ceremony and helped hand out awards. All of these young men and women did a fine job and when you see one of them, congratulate them on a job well done.

Kathy Ryan Rural Fire and Rescue Endowment Fund

Announces Grant Award to the Top of Texas Rural Fire Academy.

The Kathy Ryan Rural Fire and Rescue Endowment Fund announces a grant award to the Top of Texas Rural Fire Academy. The first class will graduate on March 12, 2011, the fifth anniversary of the death of Kathy Ryan, in whose honor the fund was created.

Mrs. Ryan died in the wildfires of 2006 while attempting to help her neighbors flee the approaching fire. The fund was created by Mrs. Ryan's children and Attorney Joe Lovell to assist in the training of firefighters and rescue personnel in the rural areas of the Texas Panhandle.

The founder of the academy, Ron Antalek, as well as some of the instructors and participants plan to be in attendance. The academy was developed through a grant from FEMA with required matching funds from the Kathy Ryan Rural Fire and Rescue Endowment Fund.

The Kathy Ryan Rural Fire and Rescue Endowment Fund are managed by the Amarillo Area Foundation. Applications are accepted through December 1 and are awarded each year on March 12. Those interested in applying or donating can contact the Amarillo Area Foundation at 806-376-4521 or www.amarilloareafoundation.org.

Farm Service Agency has Resources to Help Livestock Producers Who Suffered Winter Losses

Rebecca Hemphill, Executive Director for the Sherman County USDA Farm Service Agency (FSA), announced that permanent disaster assistance programs created in the 2006 Farm Bill allow FSA to offer relief to producers affected by adverse weather. The winter months brought much snow, ice and frigid temperatures across the state causing livestock and forage losses.

The Livestock Indemnity Program (LIP) provides livestock producers with benefits for livestock deaths in excess of normal mortality caused by adverse weather. The Emergency Assistance for Livestock, Honeybees, and Farm Raised Fish Program (ELAP) provides emergency assistance to producers of livestock, honeybees, and farm-raised fish that have losses due to disease, adverse weather or other conditions, including blizzards and wildfires for livestock producers. ELAP assistance may be available for feed losses due to a major weather event. ELAP benefits paid are based on FSA's calculation of the value of feed lost compared to the feed needs of the livestock during the disaster period. Producers should document any additional costs associated with transporting feed to livestock.

"Many farmers and ranchers have faced a rough winter, and they need to know FSA has programs that offer relief when they need it most," said Hemphill. "For LIP benefits, producers should document the number and kind of livestock that died due to the winter storms and notify our office as soon as possible," she said.

To meet eligibility requirements under LIP, producers must file a notice of loss within 30 days from when the loss is apparent to the producer. It is also important that the verification of death loss is verified by an unrelated third party.

Another disaster assistance program available to livestock producers is the Livestock Forage Program (LFP) which provides financial assistance to producers who suffer grazing losses due to drought or fire. LFP requires that producers obtain a policy or plan of insurance for the grazed forage crop under the Federal Crop Insurance Act (FCIA) or file the required paperwork and pay the administrative fee by the applicable state application closing date for the Noninsured Crop Disaster Assistance Program (NAP).

"Although we don't often think of drought and snow in the same context, it is very possible that both weather conditions are occurring at the same time and UP is available to help alleviate the financial strain caused by drought," said Hemphill.

Hemphill stressed that applications received for any of the livestock disaster assistance programs are considered on a case-by-case basis and producers should be prepared to provide information to determine eligibility and applicable benefits.

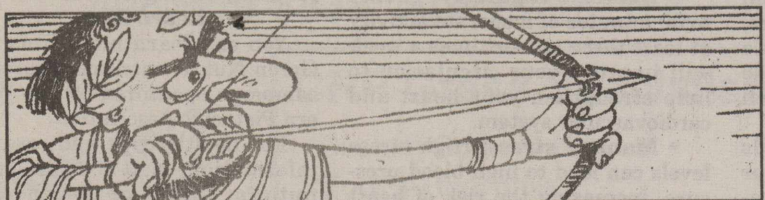
Producers who have questions regarding livestock disaster assistance program eligibility and the application process should contact the Sherman county FSA office at 806-396-2211 or visit www.fsa.usda.gov

One's dignity may be assaulted, vandalized and cruelly mocked,
but cannot be taken away unless it is surrendered.

—Michael J. Fox

Self-respect is the fruit of discipline; the sense of dignity grows
with the ability to say no to oneself.

—Rabbi Abraham Heschel



The Roman Emperor Domitian, it is said, was such a good shot, he could put four arrows between the spread fingers of a man's hand.

Health And Well-Being

Getting And Staying Fit Is As Easy As 1, 2, 3

(NAPS)—Getting and staying fit can be easier than you think with just three easy-to-follow steps.

Eat To Lose Weight

Skipping meals can actually slow down your body's rate of fat burning, and starving yourself can slow the rate at which you burn calories. What's more, some of the weight loss from fasting may be lean muscle mass, not body fat. Increasing your dietary protein intake may lower your sweet cravings naturally, help to increase lean muscle mass and promote weight loss.

Eating on the go can be particularly challenging to making good choices. Salads from fast-food restaurants or a nutritional fruit smoothie are good alternatives. Smoothie King, as an example, has about 100 smoothies formulated to help you trim down, stay healthy, build muscle, get energy or snack right. These are perfect meal replacements or mid-morning and afternoon snacks.

Build Nutrients Into Your Diet

Nourishing your body with the correct nutrients can speed up fat loss while preserving energy-efficient muscle. Improve your diet with easy-to-take vitamins and supplements.

You can also load up that delicious smoothie with enhancers such as multivitamin, antioxidant or fiber blend if you don't like taking pills.

Make Exercise A Daily Routine

Regular exercise can also help in your fat-loss quest. In addition, it can reduce your risk of heart disease, stroke and diabetes; improve flexibility, joint stability and range of movement; protect your bones; improve your mood and memory; and reduce stress. Simple and effective exercises you can do whenever and wherever include:

- Stand about an arm's length from a desk, table or counter and push your arms against it. Push in and out to strengthen your arms and shoulders.
- Stand with your feet parallel and your knees relaxed. Contract the muscles around your belly button, and then elevate your upper torso and release.
- Jog in place while watching TV. Lift your knees and pump



To lose weight, combine proper nutrients with exercise and three to five healthy meals a day.

your arms to get your heart rate up.

Remember to consult your physician before doing any strenuous exercise or beginning any exercise or nutritional program.

If you need a jump start to your weight-loss program, there are several safe, natural, over-the-counter weight-loss products. For example, Smoothie King's Two-Week Weight Loss Acai Berry Cleanse & Flush has an herbal-based formula to purify and flush toxins from your system while providing the antioxidant protection of fruits, green tea and other natural ingredients, such as natural caffeine, to produce energy and fat oxidation.

The company's liquid soft gels offer a superior delivery system, and its Super Boost Green Tea Fat Burning supplement boosts metabolism and burns calories for optimum weight loss combined with a low-calorie diet and exercise plan.

Other products include Yerba Maté, a balanced natural stimulant, along with other herbal concentrates to kick-start weight loss. Antioxidant Boost with bilberry, blueberry and pomegranate is also available, plus other powerful antioxidants to protect cells from free radical damage, which is especially important during weight loss.

All these can be easy to try at any Smoothie King, where you can see more about responsible ways to control weight. Learn more at www.smoothieking.com or visit a store near you.

Did You Know?

(NAPS)—Homeowners can get an endorsement to their insurance policy covering losses such as sewage backup. For expert advice on the insurance, consult an agent or broker holding the CPCU designation. Find one at www.cpcusociety.org, click "Consumers" and then click "Find An Agent/Broker."



A knowledgeable advisor will help you determine the amount of insurance needed to protect your family. You can contact a New York Life agent at (800) 710-7945 or find out more about how life insurance can help secure peace of mind for your family at www.newyorklife.com.

To help people achieve a healthier weight, the Obesity Action Coalition is challenging the public to assess their weight and talk to their health care pro-

fessionals about weight and wellness through its "Your Weight Matters" program. For more information, visit www.yourweightmatters.org or call 800-717-3117.

A survey commissioned by the largest retailer of professional beauty supplies in the world, Sally Beauty, named top celebrity styles—and those that fell short of fabulous. For more information, visit SallyBeauty.com or call (800) ASK-SALLY.



The diesel engine is named for Rudolf Diesel, a German engineer who developed the device in 1897. In 1913, he mysteriously disappeared aboard a ship bound for London.